



SNOW *Scene*

Official Publication of LA Council

September / October 2004

www.lacouncil.org

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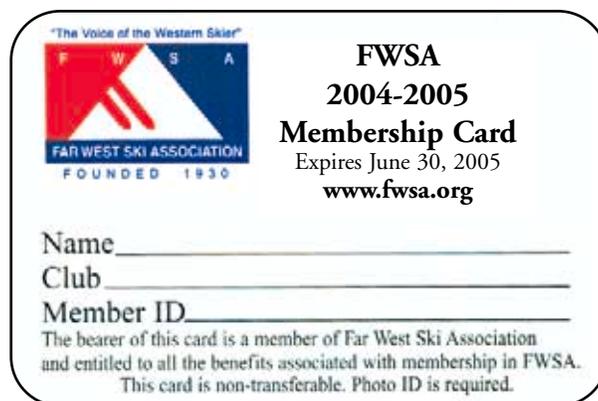
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Membership has its Far West Benefits

FWSA membership cards identify the cardholder as a member of not only their own local club and council, but also as a member of Far West Ski Association during 2004-05. This card entitles each FWSA member to receive a variety of benefits, some of which are listed on page 3. Members of clubs enjoy many benefits from their membership, including excellent trips at reduced prices, recreational racing, social activities, industry discounts and the opportunity to participate in Far West's special events. You can get your FWSA card from your ski club or just cut this one out, fill in your name and club, and start using it.



👉 See page 3 for partial list of membership benefits!

Inside This Issue

Features

- President's Message* 2
- Membership Matters* 3
- Travel Tidbits* 5
- Racer's Edge* 6
- Nuts & Bolts* 14
- Kid's Korner* 19
- Advertisers* 21

Public Affairs

- Fitness* 16
- Safety* 16
- Ski Resort News* 17
- Far West History* 20

Tripping Around

- Golf Wack Off* 14
- Shop 'Til You Drop* 7
- LAC Snow Gala* 7
- Ski Dazzle* 6
- LAC Steamboat* 4
- FWSA Aspen* 10
- LAC Salt Lake City* 9
- LAC Sunshine / Banff* 8
- LAC Race Camp* 18
- FWSA 2005 Golf* 11
- FWSA 2005 Convention* 15

It's A Wrap

- Presidents' Meeting* 12
- LAC Awards* 13
- August Meeting* 13

Calendar

- LA Council Clubs* 22
- FWSA* 22
- LA Council* 23

Check out the deals at—
www.skifederation.org
Username: **skigroup**
password: **24councils**

Message from the President

Fall Adventures

by *Jacquie Nemor, LAC President*

While we are winding down our summer activities, before you know it you will be heading to the mountains to enjoy your favorite winter sport – snow skiing/boarding. And to kick off the winter season we have planned our annual Snow Gala event for November 6, 2004, at the beautiful Marina del Rey Hotel. [See page 7 for more information.]

Club Men & Women of the Year—

We hope each club will participate in the Man and Woman of the Year event at the Gala. There isn't any reason not to because it's the best way to honor the individuals in your club that have contributed so much for the last three years. Yes, that's what the Man and Woman of the Year contestants' resumes need to reflect, the last three years of dedication and contributions made to your club.



The contestants' resumes are weighted on club contribution, not Far West or LA Council contributions. You don't have to nominate both a Man and Woman of the Year— you can nominate a Man or a Woman or both. But we definitely need a judge from your club too. Resumes need to be in by September 22, 2004. For more information, please look at the LA Council Web site: lacouncil.org.

Snow Gala—

The annual LAC Snow Gala will be on November 6, 2004, at the beautiful Marina del Rey Hotel. Dinner tickets are \$50 for your choice of prime rib or salmon until November 1st, then they go up to \$70.

Raffle tickets are \$10 for a book of 11 or a dollar a ticket. This is a fundraiser for your club because clubs keep 50% of the tickets proceeds sold before the Gala. The grand prize is a terrific trip for two with LA Council to Steamboat Springs, Colorado, February 5-12, 2005.

Golf Wack Off Fund Raiser—

September 19, 2004 Tri Valley will be hosting a **Golf Wack Off** as a fundraiser for the Unrecable Ski Club. You certainly don't have to be a great golfer for this event. In fact, the worse you play, the better your chance of winning! [See page 14 for more information.]

Shop 'Til You Drop—

October 31, 2004, LA and Orange Councils will be hosting a **Shop 'Til You Drop** Event at H&H Jobbing in Redondo Beach. Talk with the reps from the local resorts, shop for your new ski outfit at great discounted prices, ride the Virtual Snow ski ramp, find out about the various ski trips available. It's Halloween so dress in costume if you dare! [See page 7 for more information.]

Ski Dazzle—

December 2-5, 2004 will be the annual Ski Dazzle Show at the Los Angeles Convention Center. We need volunteers from every club to help man the LAC booth. This will get you into Ski Dazzle for free and you will be able to work the Ski Swap to earn money for your club. Also we need tri-folds from each club with your club information so that we can pass out.

LAC Ski, Board & Race Week—

December 10-19, 2004 is the annual LAC Ski, Board and Race Week at Mammoth Mountain. [See page 18 for more information.]

FWSA Membership Cards—

All the clubs should have received a packet of information either at the Presidents meeting in July or sent to the club post office box that included Far West Ski Association membership cards and other valuable information. You can use the membership cards to print your club information on the back.

Hope to see you at all these upcoming events. ●

Jacquie

Membership Matters

Are You Ready for Winter?



Iris Williams, LAC Membership VP

Cooler weather already? Are we going to have an early winter? Do you feel it yet??

New ski year, new club board members, new news? So how do we let other people know how much fun we are having in our clubs? By having up-to-date information printed in LA Council Directory and the Far West Skier's Guide you can reach potential new members.

The upcoming 75th FWSA Celebration and Convention will bring club exposure to hundreds of new people looking to join an exciting group of skiers or snowboarders. Are you ready for them?

Have you printed Tri-folds for Ski Dazzle, the H&H Jobbing Halloween Affair, and The Unrecables' benefit Golf Wack-off. Don't miss these

great opportunities to seek, meet, and greet people who could bring your club to new greatness.

Also remember if you have children or grandchildren who want to ski, Family Day is coming in April to Mammoth Mountain! FWSA is now promoting the younger flyer— these future leaders and racers will blaze the way as the silver streakers points them in the right direction.

If not you then who? If not now, then when? or how? Be the person who can forever make a stand. Your club is depending on it— and destiny is always watching! ●



Iris



Membership has its Far West Benefits

Company	Discount	How To Get Your Discount
Copelands Sports	15% Discount	Present your FWSA membership card to receive discount
Sports Rack Ski & Snowboard Vehicle Outfitters	25% Discount on Thule or Yakima ski/board rack	Present your FWSA membership card to receive 25% discount. Contact Trent at trents@sportsrack.com or 800.722.5872 x215
Dominator Ski Wax	See website for multiple deals	Identify yourself as a FWSA member, receive 20% off your purchase at www.dominatorwax.com
Ski Metrix	20% Discount	Present your FWSA membership card to receive 20% off the Booster Strap at www.SkiMetrix.com or call 1-877-2booster
The Timberline Condos Snowmass Village, CO	Free Night's Lodging	Present FWSA membership card, stay at least 2 nights, receive last night lodging for free (subject to availability). Call 800.922.4001 or email: reservations@thetimberline.com
Sun Peaks, B.C., Canada	25% off lift tickets	Present Horizon Air boarding pass and photo ID to receive 25% off purchase price of an adult lift ticket.
Columbine Inn, Taos, NM	10% discount	Present FWSA membership card to receive 10% off lodging. Call 888.884.5723 or email psgeilen@taosnet.com

Check out www.fwsa.org for the complete list of Far West Membership Benefits. ●



All Photos Courtesy Steamboat / Larry Pierce

Package to Include—

- Round Trip Air to Hayden or Denver
- Round Trip Ground Transfer from Airport
- Seven Nights Lodging [dbl. occ.]
- 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
- Optional On-line Registration

CST 2038064-40

Options—

- Add the FWSA trip to Aspen, Jan 29 - Feb 5

For Information—

- Contact your club trip leader or
- Bonnie West, LAC VP Travel
562.699.8880 or travel@lacouncil.org



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"



Travel Tidbits

Trips Plans for 2005 & Beyond

by Bonnie West, LAC Travel



The summer has flown by! Although it is still nearly 3 months before most of the mountains open for ski season, many clubs have completed their trip schedule or are nearly finished. If your club wants their trips on the LA Council website, as we have done in the past, please send the listing to me with dates, location, and Trip Leader and contact information.

Steamboat, CO February 5-12, 2005—

The Steamboat trip just keeps getting more and more interest. Right now we have nearly 350 people planning on participating with us. We really have some good pricing for this trip. I guess I should say except for the accessible rooming for The Unrecables.

Sponsor an Unrecable—

Adaptive lodging for The Unrecables is cost prohibitive, so they are not attending as a club. Since we would like their participation, we are going to help support one adaptive skier and their companion as we did in previous years. They will be chosen by writing why they think they should be chosen and a committee will make the decision.

As in past years, the Council

would like your support for this adaptive skier and companion. Please send your contribution to the Council at the P.O. Box and put in the memo "For The Unrecables."

Aspen/Steamboat, CO Jan 29- Feb 12, 2005—

Contact **Judith Miller** if you are interested in attending FWSA Ski Week at Aspen. [See page 10 for more information.]

There are quite a few people who are going to Aspen then coming over to Steamboat for the second week. **Catherine Ohl** (ohl@acatmeowz.com or 858-467-9469) is handling those people who are interested in doing the back to back trips. Air from LAX to Eagle via Denver and return from Hayden to LAX via Denver is \$339. Ground transfers from Eagle to Aspen, Aspen to Steamboat, and Steamboat to Hayden is an additional \$100.

Telluride 2006—

Far West Ski Week 2006 is to Telluride February 4-11, 2006. We were really excited when we

heard this— however, it appears that the trip will be between

\$1,300 and \$1,400 per person! The price tag seems a bit steep and there are some commitments for air transportations that could be costly.

The LAC Board talked it over and decided that we would offer this trip, but also pursue a separate Ski Week as we have done in the past.

Salt Lake City, UT February 24-28, 2005—

The Utah trip is getting sign-ups. Deposit money talks — if you have club members who want to attend, let them know to get their money in soon! [See page 9 for more information.]

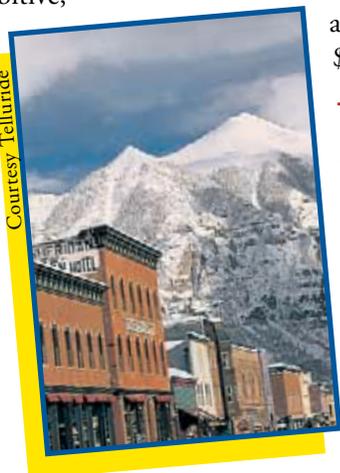
Sunshine/Banff, Canada April 17-23, 2005—

Sunshine/Banff is planned for April 17-23, 2005. This is a joint venture with Northwest Ski Club Council, so it should be a lot of fun. [See page 8 for more information.]

Raffles—

Remember to buy your raffle tickets before the Gala. You could win a trip for two to Steamboat! Remember, winner need not be present. [See your LAC rep for tickets.]

Ski you soon. ●



Bonnie

Racer's Edge

Winter is Almost Here!

by Kathy Faris, VP Competition

As hard as it is to believe, winter is just around the corner. Mammoth Mountain will be opening November 11, 2004, and it's time to start planning your ski trips to the mountains.

The various race leagues have been working on their dates for the 2004-2005 race season.



There are several websites with contacts for you to note. The most important is **fwra.com**— the website for all leagues of the Far West Racing Association, including Rokka & Ullr. Keep checking back for any updates to race dates.

FWSA Championships—

This season's Far West Championships will be held at Heavenly, March 18-20, 2005.

Southern California Championships*—

A new race to encompass the LA Council Race, is being planned for the weekend of April 16-17, 2005. This will be

LAC Leagues Schedule—

The current schedules for ROKKA and ULLR leagues are:

12/6-10/04	ROKKA Race Camp
12/11/04	ROKKA I
12/12/04	ULLR I
12/13-17/04	LAC Race Camp
1/8/05	ULLR II
1/9/05	ROKKA II
1/22/05	ROKKA III
1/29/05	ULLR III
3/12/05	ULLR IV
3/13/05	ROKKA IV
4/16/05	SOCAL/LAC*
4/17/05	SOCAL/LAC*

a Southern California Championship, open to all clubs, leagues, etc. We are working on having a full 2 day event, and hope you will put it on your calendars for the season.

Race Clinics—

As many of you know, Mammoth Mountain has not been offering race clinics, except to groups. Therefore, ROKKA League started sponsoring race clinics last year, and it was a great success, so there will also be a number of race clinics for the 2004-2005

season in Mammoth.

The clinics are open to all, and are a great chance to improve your skills. Although they are being sponsored by the ROKKA league, anyone can join the clinics. The tentative clinic schedule is:

1/7/05	Slalom clinic
1/21/05	GS clinic
1/23/05	Slalom clinic
1/30/05	GS clinic
2/12/05	GS clinic
2/13/05	Slalom clinic
3/11/05	Slalom clinic

ROKKA will try to obtain as many dates as possible for training, and I will update the schedule as it changes.

Masters Series—

In addition, the information on the Far West Masters Series of ski racing can be found at: FarWestMasters.org.

Masters Racing is open to men and women 21 and over, who wish to race by age class, as opposed to ability level. The races are held in various ski areas, including Mammoth Mountain. ●

Kathy



LA Convention Center – West Hall
1201 S. Figueroa, LA

December 2-5, 2004

Th, Dec. 2	4 PM to 11 PM
Fri, Dec. 3	4 PM to 11 PM
Sat, Dec. 4	11 AM to 10 PM
Sun, Dec. 5	Noon to 6 PM

LA Council will have a booth and we will need help staffing it. If

your club does not have a booth and would like to earn money working the swap, you can sign up through LA Council.

Contact Ed Knott at 310-313-1902 or whyknott@earthlink.net to sign up for LAC booth. Free admission with minimum 4 hours worked. Must pay own parking. ●

2004 LAC SNOW GALA

SATURDAY, NOVEMBER 6, 2004, 6 PM



2003 MEN & WOMAN OF YEAR

Marina del Rey Hotel

13524 Bali Way, Marina del Rey
310.301.1000

Evening Events—

6 PM — No Host Bar

7 PM — Elegant Sit Down Dinner

- Choice of Salmon, Prime Rib or Vegetarian

8 PM — **Men & Women of Year Awards**

9 PM — Dancing until the wee hours (midnight)

- The fabulous **Patti Stone & River Rock** Band
- Raffle Prizes, Great Door Prizes
- FREE Parking

Dinner Tickets & Reservations—

- Contact your club's LAC Representative or
 - **Celeste Coleman** at 626.797.0892 or queencele2001@yahoo.com
 - **Ed Knott** at 310.313.1902 or whyknott@earthlink.net
- 11930 Avon Way, #105, Los Angeles, 90066

Grand Raffle— Tickets only \$1 each

- Grand Prize: Trip for 2 to LAC Week in Steamboat, Feb. 5-12, 2005
 - Includes Air, Lodging, Lift Tickets, Parties, Races, Registration
- Lots of Great Raffle Prizes (lift tickets, lodging & much more)
- Winners need not be present

Gala Hotel Room Rate at Marina Del Rey Hotel is \$111—

- Call 310.301.1000 or 800.882.4000 to make your reservation
 - Rate good until Oct. 22, 2004 or when room block is gone

* \$70 after November 1, 2004

Dress is Cocktail / Formal

SHOP 'TIL YOU DROP

Sunday, October 31, 2004
Noon - 5 PM

H & H JOBBING

2772 W. Artesia Blvd.,
Redondo Beach, 310.793.9150

Afternoon Events—

- Deep Discounted Ski & Snowboard New Fashions & Accessories
- Experience Virtual Snow with **Bob Salerno**, 2-Time World Champion
- Food, Drink, Music, Dancing
- Ski Club, Trip Information, Mtn. Reps
- Prizes

For Information—

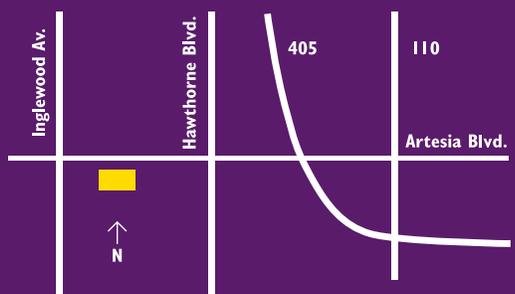
- **Jacquie Nemor**
310.399.0945 or 4jacquie@gte.net
- **Nancy Sanford**
714.402.0202 or nanskii@aol.com

About H&H Jobbing—

H & H Jobbing is a Discount Outlet Store serving the Greater Los Angeles Area. They have been selling wholesale to the public since 1940. They specialize in middle to high-end ski and snowboard apparel and accessories for the whole family.

You will not find a larger or more extensive inventory anywhere in the world!

In addition to clothing, they carry a huge selection of Snowboards, Boots, Bindings. Hard to find small sizes are their specialty.



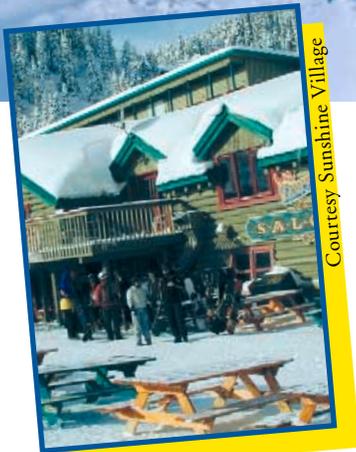
LA Council presents

Ski Banff lake louise Sunshine

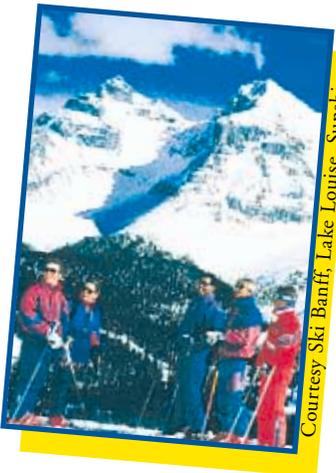
April 17-23, 2005



LA will be joining the Northwest Ski Club Council



Courtesy Sunshine Village



Courtesy Ski Banff, Lake Louise, Sunshine

Package Includes—

- Round Trip Air LAX to Calgary
- Round Trip Transfer from Airport
- Transfer between Sunshine Village and Banff International Hotel
- Three Nights Lodging at **Sunshine Inn**, Banff's only ski-in/ski-out Hotel
- Three days of skiing at Sunshine
- Three Nights Lodging at **Banff International Hotel**
- Welcome Reception at each Hotel
- All Taxes and Required Fees including Banff National Park User Fee
- All Gratuities for Bellmen and Maids Services

Optional Activities—

- Two days skiing at Lake Louise
- Council Challenge Race [\$5]
- Pub Crawl [\$10]

Information & Reservations—

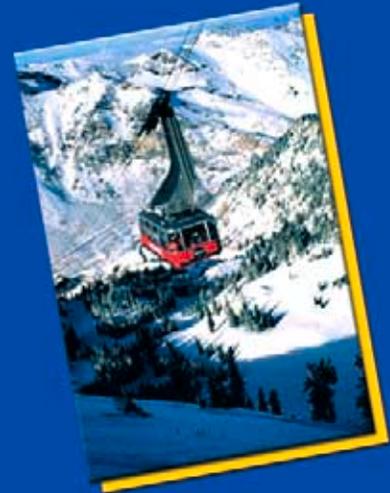
- Sigrid Noack at skisig@earthlink.net or 310-823-1373
- **\$200 deposit due NOW**
- Send checks, payable to LA Council, to Sigrid at 4918-1/2 McConnell Ave., Los Angeles, CA 90066

\$850
per person
[dbl occ]



SKI UTAH!

February 24-28, 2005



CST 2070260-40

• Package Includes—

- Round-trip air from LAX to Salt Lake City
 - Leave after work on Thursday, return on Monday after skiing
- Four nights lodging at the Ramada Inn (double occupancy)
- Four days of lifts included (Snowbird Tram included)
- Transportation to the slopes included each day
- Non-skiers deduct \$160
- Pizza Party with pizza & soda provided

\$545

• Stay at Ramada Inn Salt Lake

- Deluxe continental breakfast each morning
- Hot tub & pool
- Price based on double occupancy

• Information & Reservations

- Britt Johnson at 310-379-8972 or fax 310-379-5964
- Send check, payable to **LA Council** to Britt at
321 - 28th St., Hermosa Beach, CA 90254

• Mountain Statistics

	Alta	Snowbird	Brighton	Solitude
Acres	2,200	2,500	850	1,200
Lifts	12	10 + Tram	8	8
Base (feet)	8,530	8,000	8,755	7,988
Top (feet)	10,500	11,000	10,500	10,035
Vertical (feet)	2,020	3,000	1,995	2,047
Terrain (B/I/A)	25/40/35	27/38/35	21/40/39	20/50/30
Snowboarding	no	yes	yes	yes
Nordic Center	yes	no	no	yes
Snowfall (inches)	500	500	500	500+



FWSA 2005 SKI WEEK

ASPEN SNOWMASS

January 29-February 5, 2005



Experience the Power of Four

Aspen • Snowmass • Highlands • Buttermilk

Package Includes—

- 7 Nights Lodging in Snowmass (Double Occupancy)
 - \$750* per person at Woodbridge 2B/2B condos
 - \$964* per person at Stonebridge Inn (hotel)
 - * plus air & ground transportation
- Round-Trip Air from LAX
- Transfers to and from Airport
- 5-of-7-Day Lift Ticket at Four Fantastic Mountains
- Welcome Party Sunday Evening
- 3 Races
- 1 Mountain Picnic
- 2 Après-Ski Parties
- Farewell Banquet & Dance
- Registration and Activities Fees
- All Taxes



Extras—

Commemorative vest is available for an additional \$25

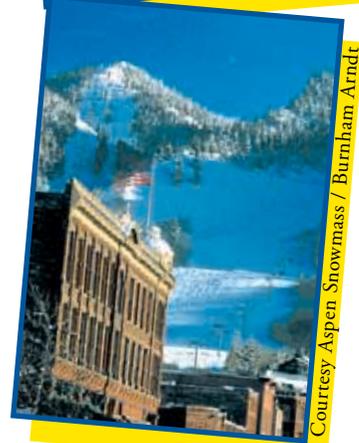
Payment Schedule & Cancellation Fees—

Initial deposit due NOW	\$150	\$25 Cancellation after July 10**
September 5, 2004	\$300	\$100 Cancellation after Sept 10**
October 13, 2004	\$300	
November 17, 2004	Balance	

***plus any applicable fees imposed by the airlines*

Reservations & Information—

- Send check, made payable to **LA Council**, to—
Judith Miller, 1701 Scott Road, #208, Burbank, CA 91504
- Please indicate your choice of roommate if applicable
- Contact Judith Miller at
818.841.4192 or jmiller@murchison-cumming.com



FWSA

Golf Tournament



Friday, June 10, 2005

Long Beach Recreation Park

Golf with Ski Industry Reps & Celebrities

Golf Package Includes—

- Range Balls
- Carts
- Fabulous Lunch
- Lots of Great Prizes



Format is a Scramble & AM Shotgun Start—

- Open to all FWSA Club Members
- Team Selection by Blind Draw
- Deadline to Enter is **May 15th, 2005**

For Information Contact—

- **Ed Knott** at whyknott@earthlink.net or 310-313-1902

To Sign Up—

- Send this Form with check payable to FWSA to
- **FWSA Convention Registrar c/o Karen James**
1812 Vickers Dr., Glendale, CA 91208



Located among beautiful rolling hills, Rec Park was constructed in 1917 as the Virginia Country Club. This very private club was opened to the public in 1931 and has since been known by its current name.

Golf Tournament Registration Sign-Up, June 10, 2005

Name(s) _____

Ski Club _____ Council _____

Street _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Fax _____

Email _____

Handicap (or average score) _____ Need Rentals (\$20 additional charge) Left Hand Right Hand





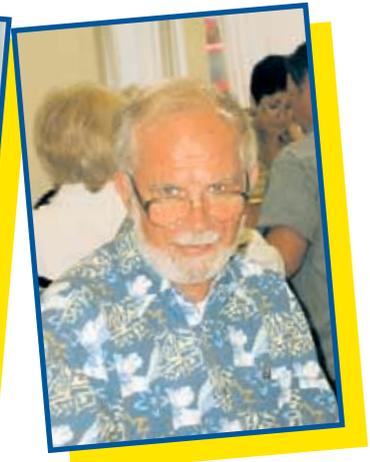
LAC Presidents' Quarterly Meeting

Eighteen LA clubs were well represented at the recent President's meeting on July 26, 2004. In addition to those pictured, **Beach Cities, Edelweiss, Los Padres, Pacific Rim, Radar River Rats, Singles, Snow Busters, South Bay and Westwood** participated.

Insurance, membership, travel, and incorporation were among the topics discussed. Presidents shared their concerns and insights while learning more of what LAC and FWSA can do for them. This was one of our best meetings. ●



*Ingrid Hobo-Scheinfarb
The Unrecables*



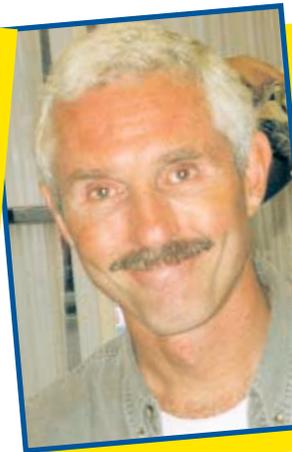
*Dick Barch
Hughes*



*Bill & Carol Shook
Wailers*



*Debbie Russell
Tri Valley*



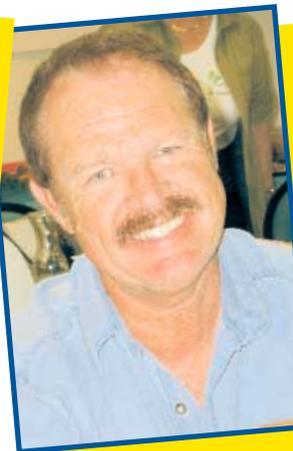
*John Mahany
Auslich*



*Terri Green
Long Beach*



*Roslyn Hart
Conejo*



*Larry Davis
Century City*



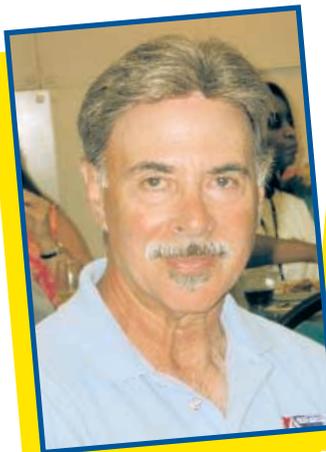
*Louis Buhler
Grindelwald*



*Jacquie Nemor
LA Council*

LAC Meeting Wrap-Ups

LAC Award Presentations



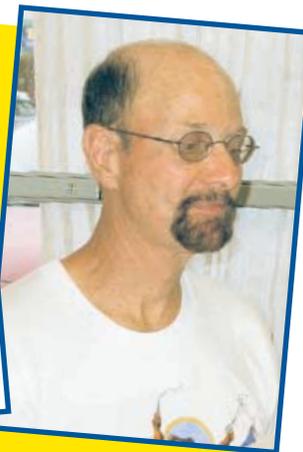
*Ed Knott
President's Award*



*Bonnie West
Webmaster*



*Ron Dun
Volleyball*



*Britt Johnson
Attendance*

LAC Annual Awards-

At the May meeting, LA Council President, **Jacque Nemor**, presented the following awards.

Ron Dun	Volleyball
Ken Karahara	Ullr Race League Chair
Patrick Bennett	Rokka Race League Chair
Bob Warzynski	Race Score Keeper
Britt Johnson	Best Attendance
Bonnie West	Webmaster
Ed Knott	President's Award

In recognition of the person who has contributed the most towards the goals and objectives of the Council, LAC introduced an achievement award in honor of **Fay Mumbauer** and named Fay as the first recipient.

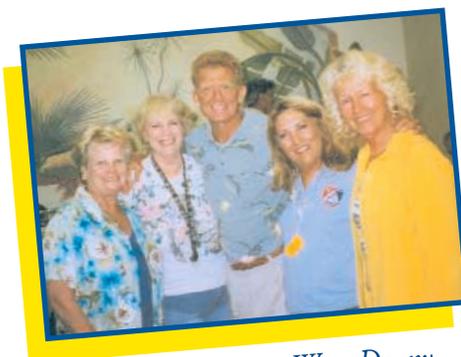
This award couldn't have been named for a more deserving person. Fay has contributed so much to her club, LA Council, Far West and skiing. LAC picked a real winner. Thank you, Fay, for all that you do!

Sporting Life Visits LAC-

Guest speaker for the August meeting was **Denny Bartlett** from The Sporting Life. Denny is the tour operator chosen for the LAC Ski week to Sunshine/Banff. [See page 8 for more information.] ●



*Fay Mumbauer
Fay Mumbauer Award*



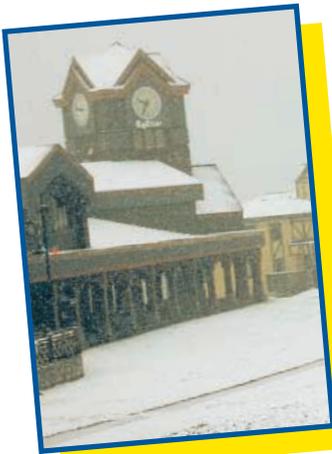
*Kathy Faris, Bonnie West, Denny
Bartlett, Jacquie Nemor, Sigrid Noack*

A Word (or two) from the Editor

by Catherine Ohl, LAC VP Communications

It's Snowing in Big White—

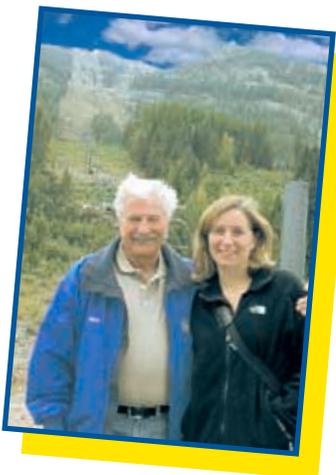
It's September 2, 2004 and I am in Big White and have been watching the snow come down all morning. Yes, it's really snowing! It snowed until noon before turning to rain. All together we had 6 cm of the white wet stuff. It was awesome and we hope it's a sign of a great winter season to come.



If you haven't been to Big White lately you won't recognize the place. The mountain is busy adding more runs, terrain and a lift. Meanwhile condos & hotels are cropping up all over.

Red Mountain—

In a follow-up of Lucie's presentation on Red Mountain, we just had to stop by and visit. Red is the oldest ski area in BC, Canada. It is very quaint and steep.



Like other resorts, Red has a new owner who will be bringing energy and dollars to the resort in the coming years. Plans for next season call for a new base lodge and a lift to access the back side of Red Mountain, adding more intermediate runs.

Sustainable Slopes Outreach February 26 2005—

A joint effort between the ski industry and the Natural Resources Defense Council has been forged to address global warming. The Annual Report shows that collectively, reporting resorts are reducing their impacts on climate change by reducing CO2 emissions.

Collectively, the reporting resorts' total climate change-related efforts are equal to planting almost 13 million trees or not driving a car from New York to Los Angeles nearly 135,000 times. Twenty-one (21) of the reporting resorts are purchasing green or renewable energy for their operations.

- Resorts are conserving approximately 335 million gallons of water for snowmaking per year.
- Resorts are conserving approximately 42 million gallons of water for consumptive uses per year.
- Resorts are conserving approximately 39 million kilowatt-hours per year of electric energy.
- Resorts are diverting approximately 8,190 tons per year of solid waste from landfills, either through source reduction or recycling.
- Resorts are reducing approximately 46 million vehicle miles traveled per year through providing shuttles, buses and other transportation programs.

The Brendle Group spearheaded data collection and analysis. ●

Tri Valley Ski Club presents

Golfing Wack Off of 2004 to benefit *The Unrecables*

When: Sunday, September 19, 2004, 9:30 AM

Where: Creekside Golf Course
3151 E. Riverside Drive, Ontario

Who: Everyone is invited to play! You don't even have to be good to participate. Guaranteed to be loads of fun.

Donation: \$15 per person for a 9-hole game of golf and a delicious BBQ dinner. Covers your Unrecables team captain.

Due: Entries are due September 15, 2004. Make check payable to Tri Valley Ski Club and send to Gary Gilmore at 15111 Pipeline Ave., Sp. 180, Chino, Hills, CA 91709.

Contact: Gary Gilmore, Event Coordinator, at 909-597-5662
Sigrid Noack, at 310-823-1373 or skisig@earthlink.net

If you are unable to join them, donations are appreciated.



2005 FWSA Convention

June 9 - 12, 2005 in Long Beach

www.fwsa2005celebration.org



Meet Committee Members-



Barb Kedwards & Kay Cofield
Friday Optional Activities



Iris Williams *Nancy Sanford*
Entertainment *Hotel Liaison*



Karen James
Registration



Nancy Goettling
Secretary



Andy Vogel
Sponsorship



Barbara Razo
Silent Auction

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

It's not too early to make your reservation for the 2005 FWSA Convention [and 75th Anniversary] to be held at the Westin Long Beach on June 9-12, 2005.

Reservations at the Westin-

- \$129 before May 15, 2005
- Call 800-228-3000, say you're with Far West Ski Association
- Visit www.fwsa2005celebration.org
- Room rate available 3 days before/after event

Everyone's Invited to our Committee Meetings-

Monday, September 20, 2004, 7 PM, Mrs. Garcia's
 Monday, October 18, 2004, 7 PM, Mrs. Garcia's



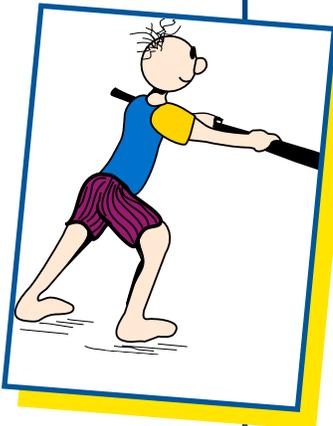
Club History Exhibit SignUp Deadline-

The deadline for signing up to exhibit your history at the Convention is **September 15, 2004**. To sign up contact **John James** at jsjxski@sbcglobal.net or 818-249-5982.

Fitness- Cooling Down

by Catherine Ohl

Cooling down after a work out is important to prevent injuries. While cooling down, you can add a little more general body & core strength to the workout by alternating different exercises. Move from one exercise to the next without resting to continue the aerobic benefits.



- **Sit Downs—**

Work by starting in a sit up position and doing a reverse crunch or sit down. Do 2 sets of 10-20 repetitions.

- **Calf Raises—**

Calf raises work all lower leg muscles. Raise up slowly, hold for 2 seconds, and lower slowly. Try for 2 sets of 10-20 repetitions.

- **Push-Ups—**

Push-ups improve the strength of the chest muscles and shoulder stabilizers. Do one set of push-ups in each of three different hand positions: hands narrow (thumbs touching), hands shoulder width and wide. When starting out try doing them in a kneeling position or against a table making the resistance a little less. Do 2-3 sets of 10-15 repetitions.

- **Hip Bridges—**

Lying on your back with knees bent to 90 degrees, bridge hips up in the air and hold for 4 seconds. Do 2-3 sets of 10-15 repetitions. When your core strength improves add a 1/4 twist at the top. ●

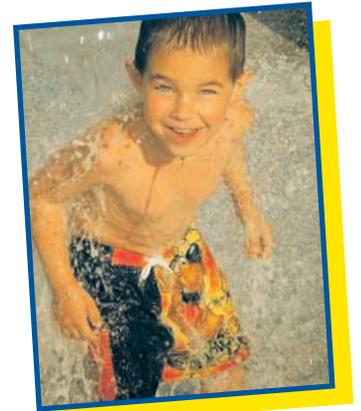
Water Safety Check List-

For Adults—

- Never leave children alone near water.
- Tell children never to run, push, or jump on others around water.
- Learn infant and child CPR.
- Children should always wear U.S. Coast Guard approved life jackets.
- Inflatable inner tubes and "water wings" are not safety devices.
- Keep toilet lids down.
- Keep doors to bathrooms and laundry rooms closed.
- Children in baby bath seats and rings must be within arm's reach every second.
- Teach children to swim after age 4.
- Make sure children swim within designated swimming areas of rivers, lakes and oceans.

For Kids—

- Always swim with a buddy.
- Never run, push, or jump on others around water.
- Always wear a U.S. Coast Guard approved life jacket when you are in or near an open body of water, a boat, or when participating in water sports.
- Inflatable inner tubes and "water wings" are not safety devices.
- Learn how to swim.
- Swim only within designated safe areas of rivers, lakes and oceans.
- Never dive into a river, lake, or ocean. ●



What's News at Western Ski Resorts

submitted by Catherine Ohl, VP Communications



Moonlight Basin Expands—

Moonlight Basin will expand its boundaries for the 2004-2005 ski season. The resort is adding a new quad chairlift, allowing it to provide lift-served access to terrain previously accessible only by snow cat.

At least twenty new lift-served trails will be added. Inbounds hike-to terrain will also be expanded, increasing the resort's total vertical drop to 3,850'—one of the largest inbounds vertical drops in the United States.

Lift-served vertical will increase from 1,850 feet to 2,030 feet. Skiable acreage within the resort boundaries will increase from its current 1,500 acres to more than 2,000 acres.

Mammoth Mountain—

The National Off-Road Bicycling Association (NORBA) is returning to Mammoth for the 2004 US Mountain Bike National Championship September 23-26, 2004. Some of the most incredible mountain bikers in America will descend on Mammoth Mountain for the national championship event.

Slated to take place at Mammoth Mountain's Main Lodge, the three days of competition will feature over 2,000 riders competing in



various categories. Riders must qualify in order to compete for the national championship titles in Cross Country, Short Track, Downhill and Mountain Cross.

New Snowmass Base Village Approved—

Chalk up a victory for **Jim Crown**, the once-shy lead family owner at Aspen Skiing Company. His outspoken lobbying on behalf of the proposed new development of Snowmass Village undoubtedly was a factor in the 5-0 thumbs-up vote that Snowmass's town council gave to the Base Village project August 26, 2004.

The current plan will create a \$400-million core village, hotels, underground parking, retail, and a gondola in the resort nine miles from Aspen, in partnership with Intrawest.

Alta—

Alta finally has a bottom-to-top lift—the new Collins Lift is a 6,300-foot long detachable quad replacing the old Collins and Germania lifts. Skiers will ride one lift to the top in under nine minutes, accessing over 1,800 vertical feet of skiing.

Snowbird—

Winter 2004-05 at Snowbird brings a new Superpipe to complement the recently expanded terrain parks. The new Superpipe is 340 feet long and 50 feet wide. It was constructed with dirt over the summer to enable an early opening.

Solitude—

Solitude upgraded their snowmaking to ensure early and late season openings. The system, covering five lifts and 18 runs, will triple capacity and create snow faster while conditions permit.

Brighton—

Brighton replaced their classic 1955 Majestic double-chair lift with a Doppelmayr CTEC fixed-grip quad. This change will offer skiers and riders a quicker, more comfortable ride to the heart of the resort and one of Utah's most popular terrain parks. The new lift is named after its predecessor and has been dubbed the "Majestic Quad."

Installed in 1955, Majestic was the first double-chair lift in the intermountain region. The classic lift has been relocated this summer to Big Sky Resort, Montana. ●





LAC Ski, Board, and Race Week

Registration Form

<http://www.southbayskiclub.org/laracecamp/>

December 10 - 19, 2004
Mammoth Mountain, California

VCL	
-----	--

Name: _____ Male Home Phone: _____

Street: _____ Female Work Phone: _____

City & Zip: _____ E-mail: _____

Club or League Affiliation (if any): _____

Special Bedding/Condo Requests: _____



T-Shirt (Men's sizes) (Circle One)	Air Quality (Circle One)	Lesson Request (Check One)
Small	Smoker	Racing Technique Only _____ (1)
Medium	Non-Smoker	50% Skiing / 50% Racing _____ (2)
Large	Do Not Care	75% Skiing / 25% Racing _____ (3)
X-Large		Skiing Technique Only _____ (4)
		Beginner Ski Lessons _____ (5)
		Snow Boarding (Beginner) _____ (6)
		Snow Boarding (Int, Adv) _____ (7)

Contact

7:30 - 9 AM or 7 - 9 PM

John Funtsch

310-545-9349
jfuntsch@msn.com

John Catozzi

858-674-7454
john.catozzi@nct.com

Trip Package (Select package 1, 2, or 3)

1. Registration, lessons, nine nights lodging. No Lift Tickets. (lodging is Friday night through Sunday morning, Dec. 10-19, 2004)	\$985	_____
2. Registration, lessons, seven nights lodging. No Lift Tickets. (lodging is Sunday night through Sunday morning, Dec. 12-19, 2004)	\$870	_____
3. Registration and lessons ONLY. (includes all activities, Dec. 13-17, 2004)	\$455	_____
+ Add 5-day Lift Ticket to any Package. (5-day lift ticket begins Monday for 5 of 6 consecutive days)	\$205	_____
+ Add 4-day Beginner Skier Lift Ticket to any Package. (No ticket needed for first day)	\$185	_____

5 Days Ski, Board and/or Race Lessons

- Monday - Friday, Five Hours a Day
- Ski & Board Technique for Beginner to Advanced
- Learn Racing Technique for Intermediate to Elite Racer
- Class Size of Six to Eight with Two Days Video
- Welcome Registration Cocktail Party
- Friday Night Awards Banquet & Huge Raffle of Skis, Boots, Dinners, Discounts & more

To Sign Up (\$100 deposit due NOW, Full Payment Due November 15, 2004)

Make check payable to **LA Council Ski & Race Camp** and send with this form to
- John Funtsch, P.O. Box 1090, Manhattan Beach, CA 90266

Kid's Korner

What Kids Say and Why We Listen

excerpted from NSSA Journal, Aug/Sept 2004, Vol. 12, Issue 4



Today kids aged 4 to 16 represent 15% of total skier and rider visits in the U.S. By the year 2018, there will be a 4% decline of white kids under the age of 20, and a 23% increase of the ethnic minority population under the age of 20. Understanding who they are, what they want and how to make them stick around is important to the future of snowsports.

The Research Study—

Researchers asked 450 kids from across the country a number of questions relating to their current levels of participation in skiing or snowboarding. The kids were asked about their experiences during their most recent visit, what they liked and disliked about skiing or riding, and what leisure activities tend to draw them away from snowsports. The following provides a few brief highlights of the research.

The Basics—

82% of the kids own their own equipment— 92% of the older kids already had their own gear while only 69% of younger kids did. The study also showed that 59% of the kids took a lesson their first time out.

While 90% of the kids entered the sport on skis, over time a large number switched to snowboarding. By age 14 almost 50% were boarders.

Many of the kids said that they preferred learning from family or friends. Kids 12 years old and under were especially inclined to prefer learning from their parents.

When asked why they are still involved with downhill snowsports, younger kids' comments support the strong influence of family. As they get older their support structure evolves and kids tend to focus more on peer connections.

Fun is the Key—

For kids of all ages the fun factor was of paramount importance in their decision to continue with the sport. Kids are significantly more interested in the speed and thrills of the sport than adults, and are also interested in the sport as a way to spend time with their family.

Other activities are significant competitors for skiing and snowboarding. Clearly soccer represents a significant interest for the kids.

Kid Demographics—

Overall participants were broadly distributed geographically, but not surprisingly, they tended to cluster in key skier/boarder markets. In 2004, kids aged four through 16 made up for about 12% of the total number of skiers and boarders, while four to 16 year olds made up about 20% of the total U.S.

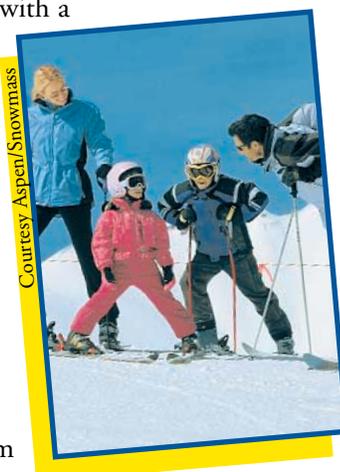
population. To keep skiing / boarding growing, this performance gap needs to be closed by turning young people who try the sport into core skiers and riders.

There is a limited time window for achieving these goals. Population projections from the U.S. Census Bureau indicate that over the next 15 years, the youth market will evolve substantially. The total size of the four to 16 year old age group will increase by about 4.5%.

Kid Growth—

Growth in this age segment is largely driven by a 22% increase in the ethnic population, combined with a 6% decline in the white population. There is significant urgency in reaching out to the existing youth market, while at the same time reconfiguring future marketing strategies to capitalize on a more diverse youth market.

Ski clubs can learn from these statistics if we too want to survive. ●



Skiing in the Far West

The Very Beginning



Rødøy Drawing

Skiing has a rich and colorful past. It is difficult for many of us to imagine a time when there were no on-mountain facilities or trails, skis lacked metal edges, bindings didn't release and the only way to ski was to "earn your turns." The oldest sports have their roots in man's struggle to survive. These sports were practiced out of necessity long before someone figured out how to turn them into ones of pleasure. These activities include running, horseback riding, boating and skiing.

Skiing can be traced back to 2500 BC in northern Europe. The oldest find was two-thirds of a single ski uncovered at Hoting, Sweden in 1921 and estimated to be 4,500 years old. Two rock carvings have been discovered at Rødøy, a Norwegian island just north of the Arctic Circle. These carvings are thought to have been made about 2500 BC, the same time as the Hoting ski.

Introduction of Skis to US—

Skis were introduced to the U.S. in the late 1830s by Scandinavian immigrants who settled in the upper Midwest states. The California Gold Rush of 1849 lured many of them to the gold camps in the high Sierra, where the long boards, snowshoes as the Norwegians called them, were adopted for over snow travel. One of the most famous skiers of that era was

Snowshoe Thompson who carried the mail from 1856 for 20 years from Placerville to Carson Valley, a distance of 90 miles, with a mail sack as heavy as 100 pounds on his back.

It wasn't long before California miners were challenging each other to spur-of-the-moment downhill races when the snow kept them from their work. The rivalry easily spread to other camps and a racing circuit was established. Each camp had its "aces" who rode the 12 foot boards all out for the honor of their camp. Recipes for "doping" (waxing) were highly guarded secrets and often determined who would win or lose. Prizes of silver belt buckles and cash were common. Betting was intense; spirits were high; and après ski revelry could last through the night. These early California competitions took place 15 years before the first European ski tournament.

The First Ski Club—

The mining camps organized into various clubs with rules of conduct for race events. The Alturas Snowshoe Club of La Porte claims to be the oldest competition ski club in the world, since the world's first downhill races were held on their Lexington Hill in 1866.

By 1910, Truckee, CA had a jump, toboggan chutes and ski hill. As a means of making money, the Southern Pacific Railroad established Truckee as a destination. Visitors from San Francisco and Oakland arrived by train and stayed in Pullmans which were parked on a side track. The trains were equipped with a special baggage car converted into a ski shop and one was stripped for dancing. These "Snowball Specials" rolled until the start of World War II.

National Ski Association—

The national skiing organization began in Ishpeming, Michigan in the 1870s with a number of clubs formed by Scandinavian immigrants. On February 21, 1904, **Carl Tellefson** of Ishpeming brought these clubs together and organized them as the National Ski Association (NSA). The first sanctioned meet was held the next day.

In the 1920s, regional divisions began to affiliate themselves with NSA — the Eastern Amateur Ski Association in 1925, the Western US Ski Association (the Rockies) in 1926, and the California Ski Association and Pacific Northwest Ski Association in 1930.

California Ski Association—

The California Ski Association (CSA) came into being as a direct result of losing the 1932 Winter Olympic Games to Lake Placid, NY. Both Yosemite and Big Pine made a bid for the Olympics but the world saw California as the "land of eternal sunshine" and couldn't believe there was any snow in the state. In addition, many in California didn't want the world to know they had snow because they thought it would hurt tourism. But skiers in the state wanted an opportunity to secure a sanctioned meet and invite the world to experience what California had to offer.



Snowshoe



Longboard Races

LA Council Advertisers

Please Support Them



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- \$30 — Business Card Ad - 3 issues
- \$90 — 1/4 Page Ad (2.75x4") - 3 issues

Send ad with art — to Catherine Ohl at ohl@acatmeowz.com.

Send payment to — LA Council c/o Catherine Ohl
10818 Viacha Dr. San Diego, CA 92124.



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Tripping Around Los Angeles Ski Clubs & Far West

Tri Valley Ski Club

Tri Valley is headed north for **The Great Wine Tour of Paso Robles** on October 23-24, 2004. Trip includes deluxe motor coach, 8-10 wineries, lunch, overnight in Paso Robles, and banquet dinner. Contact Betty Ward at 909-815-4370.

www.TriValleySkiClub.com

Long Beach Ski Club

Long Beach will be skiing 7 days in **Val Gardena, Italy** before relaxing in Venice, Italy for 3 more night. Trip dates are March 4-15, 2005 and includes lodging, air, transfers, dinner, breakfast and more. Contact Mil Green at milgreen@att.net.

www.LongBeachSkiClub.org

Los Padres Ski Club

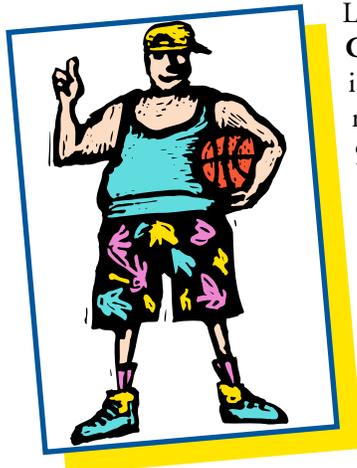
Los Padres will be **Camping on Santa Cruz Island** on October 2-3, 2004. Trip includes boat, camping, dinner & refreshments. Contact Judi Sevcik at 909-581-4340.

www.LosPadresSkiClub.net

The Unrecables

The Unrecables will be selling Entertainment Books again this year as one of their major fundraising projects. The books offer great discounts and are available for any area. Contact Kathy Paisley at spshlk2001@yahoo.com or 626-458-0059 to get yours.

www.home.earthlink.net/~unrecables



Century City Ski Club

Century City will be **hydrofoiling** at Turner Cut on the Sacramento Delta on September 23-26, 2004. Trip includes camping, sky/water skiing, breakfasts, Happy Hours, and dinners. Contact Wendy Offshack at Wendy@Century21exec.com.

www.CenturyCitySkiClub.org

Far West Ski Association

If you are a member of an LAC club, you are a member of FWSA and you can participate in the following events.

www.fwsa.org

- **ALASKA CRUISE** September 19-26, 2004
Lynnell Calkins, FWSA Travel
lynnell@aol.com / 310.370.4617 / www.fwsacruises.com
- **ASPEN, COLORADO** Jan 29 - Feb 5, 2005
Judith Miller, LAC Trip Leader
818.841.4192 / jamski5@juno.com
- **NAGANO-HAKUBA, JAPAN** Feb 19-27, 2005
Tucker Hoffmann, Trip Leader
510.278.5900 / tkhoffmann@aol.com
- **ST.MORTIZ, SWITZERLAND** Mar 12-19, 2005
Tucker Hoffmann, Trip Leader
510.278.5900 / tkhoffmann@aol.com
- **CONVENTION** June 9-12, 2005
Westin, LongBeach
Catherine Ohl, Chair
858-467-9469 / ohl@acatmeowz.com
- **CHINA** Sept 2005
Tucker Hoffmann, Trip Leader
510.278.5900 / tkhoffmann@aol.com

Winter Fox

Winter Fox will be **kayaking the Channel Islands** on, Saturday, September 18, 2004 at 8:30 AM. Contact Nat Turner at winterfox_of_la@yahoo.com.

www.WinterFox.org

Pacific Rim Alliance

Pac Rim's is going to **Bormio, Italy** for 7 nights before heading to **Malta** and **Rome, Italy** for an additional 5 night adventure. Trip dates are March 5-18, 2005 and includes lodging, air, transfers, dinner, breakfast and more. Contact Gene Fulkerson at 858-467-9469.

www.PacificRimAlliance.org

Tripping Around Los Angeles Council



LAC Calendar of Events

SEPTEMBER 2004

- 12 LAC Volleyball, Manhattan Beach
- 19 Golf Whack-Off for Unrecables
- 19 - 26 FWSA Cruise to Alaska

OCTOBER 2004

- 31 Shop 'Til You Drop, H&H Jobbing

NOVEMBER 2004

- 6 Snow Gala

DECEMBER 2004

- 2 - 5 Ski Dazzle @ LA Convention Center
- 6 - 10 Rokka Race Camp
- 11/12 Rokka / Ullr Races
- 13 - 17 **LAC Race Camp**

JANUARY 2005

- 8 / 9 Ullr / Rokka Races
- 15 - 21 National Safety Awareness Week
- 22 Rokka Races
- 29 Ullr Races
- 29 - Feb 5 FWSA Aspen Ski Week

FEBRUARY 2005

- 5 - 12 **LAC Steamboat Ski Week**
- 12 / 13 Rokka / Ullr Races
- 24 - 28 **LAC Salt Lake City**
- 26 NSAA Sustainable Slopes Outreach

MARCH 2005

- 5 / 6 Rokka / Ullr Races
- 18 - 20 FWRA Championships

APRIL 2005

- 16-17 **LAC Championships / So. Cals**
- 17-24 **LAC Sunshine / Banff**

JUNE 2005

- 9 - 12 FWSA Convention, *Westin, Long Beach*
Catherine Ohl @ 858.467.9469
ohl@acatmeowz.com

Los Angeles Council

LAC is a member council of the Far West Ski Association (FWSA) and the National Ski Council Federation (NSCF) and is entitled to privileges of both organizations.

LAC is made up of 28 member clubs located throughout the greater Los Angeles region. The council offers a forum for clubs to come together to share activities and lessons learned. LAC sponsors at least one major Ski Week, a four-day Ski Trip, Club Races, Race Camps, Volleyball, Softball, Gala Dance and Summer Events.

This newsletter is published bi-monthly. **Articles for the next issue are due October 16, 2004.** Media is accepted in electronic form (word or text). You can send photos electronically (ohl@acatmeowz.com) or snail mail (**10818 Viacha Dr., San Diego, CA 92124**). All photos will be returned.

Meetings

Mrs. Garcia's
13365 W. Washington Blvd., Mar Vista
(1 block east of Lincoln at Glencoe)

General Meetings—

First Monday of the Month, 7 PM

Convention Meetings—

Third Monday of the Month, 7 PM

Board Meetings—

Fourth Monday of the Month, 7 PM

2004/05 Tentative Race Schedules

Race Camps

Dec 6 - 10	Rokka	Mammoth
Dec 13 - 17	LAC	Mammoth

League Races

Dec 11 / 12	Rokka / Ullr	Mammoth
Jan 8 / 9	Ullr / Rokka	Mammoth
Jan 22	Rokka	Mammoth
Jan 29	Ullr	Mammoth
Mar 12 / 13	Rokka / Ullr	Mammoth

Championships

Mar 18 - 20	FWRA	Heavenly
April 16 - 17	So Cals / LAC	Mammoth ●



Los Angeles Council Clubs
P.O. Box 83333, LA 90083
www.lacouncil.org

Aerospace
www.aeclubs.org/ski/index.htm

Asian
www.asbcla.org

Auslich
www.auslichskiclub.org

Beach Cities
www.bcskiclub.org

Century City
www.centurycityskiclub.org

Conejo
www.conejoski.org

Edelweiss
www.edelweissskiclub.org/

Executive Board

Four Seasons West
www.4sw.com

Grindelwald Ski Club
www.grindelwaldskiclub.org

Hughes Ski Club

Kronenstadt
<http://geocities.com/kronenstadtski/>

Long Beach
www.longbeachskiclub.org

Los Padres
www.lospadresskiclub.net

Pacific Rim
www.pacificrimalliance.org

Radar River Rats
www.radarriverrats.org

Saga
www.sagala.org

Santa Barbara
www.sbski.org

Singles
www.singleskiclub.org

Slope Surfers
www.slopesurfers.org

Snow Busters

South Bay
www.southbayskiclub.org

The Right Way
www.therightwayskiclub.org

The Unrecables
<http://home.earthlink.net/~unrecables>

Tri Valley
www.trivalleyskiclub.com

Wailers
www.wailersskiclub.org

Westwood
www.westwoodskiclub.org

Winter Fox
www.winterfox.org

LA Council is going to
Steamboat.
February 5-12, 2005



Courtesy Steamboat / Larry Pierce

Ski with Pride • Watch All Sides • Let It Ride
First with Safety Awareness