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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 the 2005-06 ski season. This card entitles each FWSA member to receive a variety of benefits.

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



and entitled to all the benefits associated with membership in FWSA. This card is non-transferable. Photo ID is required.

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.

Name

Club.

Your council representatives can pick up cards for your club at the next general LAC meeting.

Check out Far 2Jest [twsa.ork] and the Ski Council Federation [skitederation.ork] for details on membership discounts and benefits.

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Check out NSCF deals-

www.skifederation.org Username: skiclub password: member

"The Voice of the Western Skier AR WEST SKI ASSOCIATION FOUNDED 1930

2005-2006 Membership Card Expires June 30, 2006 www.fwsa.org

FWSA

Member ID The bearer of this card is a member of Far West Ski Association



PRESIDENT'S MESSAGE GOODBYE SUMMER, HELLO FALL!

Wow! Summer's almost gone, can you believe it?? Before you know it, we'll be heading to our favorite ski/snowboard resorts for the winter season.

Snow Gala-

And, to kick off this upcoming winter season, we're busy planning our annual Snow Gala Dinner Dance on November 5,

> 2005, at the beautiful Marina del Rey Hotel.

Raffle tickets are available right now for \$10 for 11 tickets. As clubs keep 50% of the ticket price, it's a great fundraiser for your club.

> Dinner tickets are also available now. I hope every club

will come and join in at this lovely event. *See page 9 for defails*.

Man & Woman of the Year-

I'm also hoping each club will participate in the Man and Woman of the Year event at the Gala. This is a terrific way to honor the individuals in your clubs that have contributed so much of their time, talent and hard work for the last three years to your club. That's right – your club.

Resumes need to reflect the last three (3) years of dedication and contributions made to their own clubs, not to LA Council or Far West.

Clubs can nominate either or both a man or woman candidate. We need a judge from your club too! For more detailed information, please look at the LA Council website: lacouncil.org. So come on and join the competition. Win or lose, it's a lot of fun for all!

Shop 'Til You Drop-

On October 23, 2005, LA and Orange Councils will host a **Shop 'Til You Drop** event at H&H Jobbing in Redondo Beach. Talk with the reps from local resorts, shop for your new ski outfit, ride the Virtual Snow ski ramp and find out about trips available. What could be more fun?! *See page* 11 for details.

Ski Dazzle-

The 42nd Annual Ski Dazzle Show & Snowboard Expo is coming to the LA Convention Center on December 1-4, 2005. Representatives from 85 resorts, clothing, equipment, and just about anything a skier/boarder could want will be there. For more information please see their cool website at www.skidazzle.com

Race Camps-

Rokka Race Camp will be December 4-10, 2005 this year. LAC Race Camp will be the following week, December 9-18, 2005. *See page 12 & 13 for* details.

Membership Cards-

The FWSA Membership Cards are here and club representatives can pick them up at our next general meeting, which, by the way, will be at a "new" location: Tony's Subs & Pizza at 119th & Aviation Blvd. Beer & wine is available for purchase.

Hope to see you soon. *

Rinda

ALL Clubs are invited to enter the Far West Outstanding Club, Newsletter & Web Contest

FAR WEST CLUB, NEWSLETTER & WEB COMPETITIONS-

A lot of time and effort is put forth by Clubs and Councils to produce a useful newsletter and effective web site. Far West has a program to honor the best of the best. This is a great opportunity to showcase your club. Deadline for signing up is September 30, 2006.

For a copy of the 2006 entry forms, rules and judging criteria go to the Far West Web site [fwsa.org] and follow the links from the "Awards" button to "Club Awards" page. ** Individuals can support The Unrecables by shopping at Ralphs.

- Register your Ralphs card with Sigrid at sigski@earthlink.net.
- Get your family & friends to register!
- Use your Ralphs card for all your purchases.

The Unrecables thank you for your support.



MEMBERSHIP MATTERS - DUES ARE NOW PAST DUE

> > > > > > > > > > > > > > > > by Jris Alliams, LXC Membership NP

Welcome to the dawn of the 2005-2006 Winter Ski Season. Last year was exciting with one of the longest ski seasons in history. Hopefully, this year will be even better.

Club Member Dues are Past Due-

So long. Some clubs forgot to send in their club dues along with a list of their newly elected officers and have now been removed from the council web site! I know you thought that the season had not ended and you were just enjoying life as a skier. Oops!!

The following list of clubs have sent in their dues.

Aerospace	Over the Hill Gang
Auslich	Pacific Rim Alliance
CCSC	Radar River Rats
Conejo	Saga
Edelweiss	Santa Barbara
4 Seasons West	Singles
Grindelwald	Snow Busters
Hughes	The Unrecables
Long Beach	Tri Valley
Los Padres	Westwood

As we speak, the information we have received to date is being compiled for the *Far West Skier's Guide* and the *LA Council Directory*. These magazines are important vehicles for promoting your club and activities. It would be a shame if your club was missing from these publications.

Please have your membership person forward your updated club information and \$30 dues ASAP to Iris Williams, VP Membership, via email [membership@lacouncil.org]. The forms are on the Council website at lacouncil.org.

LAC membership provides many benefits such as discounts at the Parking Spot, International cellular phone rental, and insurance for your club's activities. Being a club member of LAC automatically gives your members a membership in Far West Ski Association entitling them to Far West and National Ski Federation discount programs. In addition, your club and members can participate in the Far West travel program. Check out Far West [fwsa.org]

and the Ski Council Federation [skifederation.org, username is **skiclub**, password is **member**] for details on membership discounts.

Club's Men & Women of the Year-

Wow! Many LAC clubs had a major role in the Far West 75th Anniversary Celebration and Convention in Long Beach. Thank you! So this year's Man and Woman of the Year competition should be stronger for this new influx





of energetic people. I can't wait for the Snow Gala on November 5, 2005 in Marina del Rey. Let it snow! Let it snow! * *Iud*

MEMBERSHIP IDEAS

In a round table discussion at a Far West convention, the following ideas on ways to get and maintain members were shared. Maybe one or two of the ideas could work for your club.

- Target visitors with friendly, young, energetic greeters at meetings.
- Follow up first time visitors with a postcard, newsletter, and email inviting them back to an upcoming event.
- Hold a membership night. Invite ski resorts and have some giveaways.
- Stamp a "membership" card each time a member brings in someone new. Give them an extra stamp if the new person actually joins. At the end of the year, give out awards based on the number of stamps.
- Recognize new members that are brought in.
- Set up a discount program with a local shop or ski area for club membership discounts. *

LA Council presents Far West Ski Week to

Telluride, Colorado

February 4-11, 2006

Trip Includes-

- 7 nights Lodging [double occupancy]
- 5 out of 7 day Lift Ticket
- Welcome Party
- 3 Races
- Mountain Picnic
- Après Ski Party
- Pub Crawl
- Farewell Awards Banquet
- Registration

Dayment Schedule & Cancellation Denalty-

Deposit	Due By	Cancellation Fee
\$100 pp	Deposit due NOW	none
\$200 pp	July 1, 2005	\$25 pp
\$400 pp	September 1, 2005	\$100 pp
Balance	November 1, 2005	\$100 pp & cost

Reservations & Information-

Bonnie West travel@lacouncil.org or 562.699.8880

* Price depends on choice of lodging

Telluride Mountain Stats











TELLURIDE



Courtesy Telluride/T.R. Youngstron



TRAVEL TIDBITS- 2006 TRIP UPDATES

Telluride— February 4-11, 2006

Although we had to give back our lodging and air spots by the first of September, there are always cancellations and changes at the last minute.

If you want to go on this fantastic Ski Week, give me a call and we'll find a spot for you. This week should be great fun and a chance to meet other Far West skiers. *See page 4 for trip details*.

Snowbasin & Powder Mtn.– February 23-27, 2006

By popular demand our Utah long weekend is back. This year for something different we're going to Snowbasin and Powder Mountain. This trip leaves on Thursday evening and returns Monday evening for a full 4 days of skiing.

Instead of staying at Ogden, we'll be staying in Layton, which is 20 minutes closer to Snowbasin and has a lot to offer in the town for things to do. *See page 6 for defails or coulact* Brill Johnson at 310.379.8972.

Prague & Kitzbühel– March 14-25, 2006

I've heard rumors this trip is "sold out" but that's NOT SO! We still have about 4 spots available, and there seems to always be last minute cancellations, so if you want to go on this fantastic trip, give me a call!

For the skiers there are 99 miles of manicured pistes. For the non-skiers, there is hiking, skating, swimming, sauna, a casino and more. Excursions to Salzburg, Innsbruck, Munich and Venice will be available.

An optional pre-trip to romantic Prague starts this week off. Prague is one of nine cities that was awarded the title of "European metropolis of culture in 2000" by the European Union. *See page 7 for* trip details.

Ski Season 2007-

Bids have been sent out for the LAC Ski Week 2007. At the November meeting we'll try to have the bids back and give club representatives a chance to have your vote into where the Council Ski Week should be for that year.

We already know Far West will be

going to Steamboat, where we just were this year, so we expect a good turnout for wherever the Council Ski Week is.

Ski Season is almost here!

Bonnie

Far Alest Racing Association presents **The Keystone Nationals December 7-11, 2005**

Trip Includes—

- 4 nights at Soda Ridge Condos
- 3 day lift Ticket for Keystone
- 3 day Race Program (qualifying, gs & slalom races)
- National Ski Club Challenge
- Awards Banquet Dinner
- Welcome Party
- Apres-Ski Party
- Adventure Passport
- All Taxes & Gratuities

Registration & Jutormation-

Moguls Group Sales, groups@moguls.com, 800-925-8914



The Keystone Cup-

At the Keystone Nationals, there will be three days of racing, with competitions between Ski Councils from across the country in slalom and giant slalom formats for great prizes and bragging rights.





LA Council & Tour Pros Ltd. presents **Snowbasin & Powder Mountain, Utah** February 23-27, 2006



Trip Includes—

- Round Trip Air from LAX to Salt Lake City
- Round Trip Transfers from Airport to Hotel
- 4 Nights Lodging at the Holiday Inn Express (double occ.) in Layton, UT
- Buffet Breakfast each Morning
- 4 Days of Lift Tickets—2 at Powder Mountain and 2 at Snowbasin
- Round Trip Shuttle from the Hotel to the Designated Ski Resort each day
- Party One Night at the Hotel

Deposit & Cancellation Policy-

Date	Deposit Due	Cancellation Fee ⁺
September 23, 2005	\$200	none
November 8, 2005		\$50
December 22, 2005		\$630 ⁺ [unless replaced]
January 20, 2006	Balance *	

Cancellations must be submitted in writing to LA Council. After December 22, 2006, cancellations will lose all money unless replaced. Replacements will be charged a minimum \$50 plus any fees accessed by the airline for a name change.

Reservations & Information—

- Make checks payable to LA Council and send to Britt Johnson, 321 - 28th St., Hermosa Beach, CA 90254
- Contact Britt at 310.379.8972 for Information

* Price is subject to change if suppliers costs such as airline taxes, fuel charges, etc. are adjusted.









Kitzbühel, Austria

March 17-25, 2006

Trip includes—

- Round trip economy air from LAX on Lufthansa
- ♦ Round trip transfers from airport to Kitzbühel
- ◊ 7 nights lodging at 3-star Hotel Edelweiss (Dbl. Occ.)
- Breakfast & dinner daily
 Farewell Gala dinner
- ◊ 2 Euros/day toward drink
- ◊ Après Ski coffee & cake buffet
- ♦ Local Taxes & Service Charges in Europe
- ♦ Local English speaking representative
- ◊ Vacation Protection Plan

Does NOT Include-

- ♦ Lift tickets
- ♦ Air taxes, fees, fuel charges (est. \$210)

Reservations & Information-

Bonnie West at travel@lacouncil.org or 562.699.8880

Payment & Cancelation Schedule-

Deposit	Due By
\$200 pp	Deposit due now
\$500 pp	September 30, 2005
\$500 pp	December 1, 2005
Balance	December 30, 2005
	January 30, 2006

none \$100 \$250 \$350 no refund unless replaced

Cancellation Fee

Council of Ski Clubs

* Pricing based on 1 Euro = \$1.23. Trip price could change, depending on the exchange rate at time of final payment.

\$215*

Prague, Czech Republic



March 14-18, 2006

Prague pre-trip includes-

\$1,425*

- ◊ 3 nights at a Hotel (Dbl. Occ.)
- Daily breakfast
- ♦ Half day city tour of Prague with English speaking guide
 –Entrance to Vladislaw Hall in Prague Castle
- ◇ Prague to Kitzbühel transfer





You are invited to join Far Zest

SHOP THL YOU DROP Sunday, October 23, 2005 Noon - 5 PM



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
- Mini-Swap
- Ski Club, Trip Information, Mtn. Reps
- Prizes

For Information-

- Mary Albritton 562.856.0922 or programs@lacouncil.org
- 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.



7-Day Hawaii Cruise aboard the Pride of Aloha

October 9-16, 2005

Cruise from Honolulu visiting the islands of Oahu, Kauai, Maui and the Big Island.

The **Pride of Aloha** has 6 restaurants, 13 bars and lounges, 2 swimming pools, 5 hot tubs, spa, fitness center, jogging/walking track, shops, library, video arcade and two golf driving nets.

There is something for everyone on board!

Pricing—	C	ategory I	-WSA	Price
	J G D BE	Inside Ocean View Deluxe Ocean V Balcony	ïew	\$1025 \$1225 \$1389 \$1669

Additional Information-

- * **Deposit** \$350 pp at time of booking [\$50 pp non-refundable]
- * Final Payment— July 5, 2005
- * Airfare— Contact Montrose Travel at 800.301.9673 for airfares
- * Transfers— \$40 per person
- * Gratuities— \$70 per person (payable on board)
- * Credit Cards Accepted—Visa, Mastercard, AEX, Discover







To sign up visit http://www.montrosetravel.com/index.php?fwsa or call Linda at Montrose Travel at 800.301.9673



LAC SNOW GALA SATURDAY, NOVEMBER 5, 2005, 6 PM







Grand Raffle– Tickets only \$1 each

Grand Prize:

Trip for Two to Telluride

- Five Nights Lodging
- Four Days of Lift Tickets
- Valid for 2005-06 season
- Lots of Great Raffle Prizes
- lift tickets, lodging & more
- \bullet Winners need \underline{NOT} be present

Evening Events-

- 6 PM No Host Bar
- 7 PM Elegant Sit Down Dinner
 - Choice of Salmon, Prime Rib or Vegetarian
- 8 PM Honor the 2005 Clubs' Men & Women of Year
- 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
 - Mary Albritton at 562.856.0922 or dragonladyracer@aol.com
 - Ed Knott at 310.313.1902 or whyknott@mac.com
 11930 Avon Way, #105, Los Angeles, 90066

Gala Hotel Room Rate at Marina Del Rey Hotel is \$123.17-

- Call 310.301.1000 or 800.882.4000 for reservations
 Rate good until October 5, 2005 or when block is sold out
- * \$70 after October 24, 2005

Dress is Cocktail /Formal



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PROGRAM PROSPECTS- LET IT SNOW! LET IT SNOW!

Snow Gala— November 5, 2005, 6 PM

Let It Snow is the theme for our 2005 Snow Gala, to be held November 5, 2005 at the Marina del Rey Hotel, in beautiful Marina del Rey.



l Marina del Rey. Tickets, Raffle Tickets, and Rooms are available NOW. We have a block of rooms reserved for \$123.17 a night for the Gala, but there is only a few, so make your reservations now!

> The tickets have been given to club representatives and/or presidents,

and we have plenty! If you need more tickets, contact me at 562-856-0922 or dragonladyracer@aol.com, and I will see to it that you get as many as you need.

Remember, the dinner tickets go up to \$70 after October 24, 2005 and half of the \$\$\$ from the raffle tickets goes to your Club! What club can't use a little extra cash???

We have **Patti Stone & the River Rock Band** lined up to play for our dancing pleasure, and we plan to have lots and lots of GREAT raffle prizes for



LA Convention Center – West Hall 1201 S. Figueroa, LA you to win.

Our Grand Prize this year is a trip for two to Telluride with 4 days lift, 5 night lodging, and not only will it be good during Far West/LAC Ski Week, but if you can't make that, you can use this prize any week throughout the year!! What more could you ask for?

BUT, you can't win if you don't buy tickets!! So, buy some, sell some, and sell some more... you can buy them right up to the night of the event.

The Gala promises to be the "Elegant Evening of the Year", so don't be left out – come and support your King & Queen, and enjoy a lovely, lovely evening with all of your friends and fellow club members. Let's make this the biggest turnout yet. And maybe, if we have great participation at the Gala, we'll have another record year of snow!!! Who knows??!!? *See pube 9 for delate.*

Shop 'Til You Drop-October 12, 2005, Noon

H & H Jobbing's "Shop 'til you Drop" is coming your way October 23, 2005 at noon to 5 PM. This will be a really fun day, with food, drink music and

December 1-4, 2005

 Th, Dec. 1
 4 PM to 11 PM

 Fri, Dec. 2
 4 PM to 11 PM

 Sat, Dec. 3
 11 AM to 10 PM

 Sun, Dec. 4
 Noon to 6 PM

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

lots of "SHOPPING".

Not only will H & H Jobbing have lots & lots of discounted merchandise, but also we are holding a Mini-Swap, where you will be able to sell your own clothing and equipment.

If your club is interested in having a booth at the event, please contact me as soon as possible for information. I think this could be lots of fun, and you never know what treasures you might find!!! Let's really support this and see if we can't start a new tradition. *See*

page 11 for details.

Ski Dazzle– December 1-4, 2005

And even though it seems oh so far away, December and Ski Dazzle will be here before you know it. The Council needs help in manning the booth at the Dazzle, and this gives you an opportunity to promote your own clubs, and see the show!

We will be taking sign-ups in the next couple of months, so please find a couple of hours that you can help us out and get a first look at what's new in the Ski/Snowboard Industry.

Don't forget, "Let it Snow, Let it Snow, Let it Snow..." *



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

Contact Mary Albritton at 562-856-0922 or programs@lacouncil.org to sign up for the LAC booth. Free admission with minimum 4 hours worked. Must pay own parking, \$

Second Volleyball

We had an outstanding turnout for the 1st and 2nd LAC tournaments. The results are listed below. Beach Cities [bcskiclub.org] provided the photos from these tournaments. We should have the final results for the next newsletter. The last tournament of the summer is Sunday, September 11, 2005 at the Manhattan Beach Pier Volleyball Courts. You won't want to miss the action while working on you tan.

	-		
4 D' ' '	6/12	7/10	Points
A Division			
Sports-R-Us (Will)	5-3	5-3	20
Last Jump (Mark)	5-3	4-3-1	19
H.B. "Girls On Top" (Terri)	5-3	4-4	18
Balboa (Carolyn)	4-4	4-3-1	17
Sports-R-Us (Marilyn)	1-7	2-6	6
B-1 Division			
Fred Tabuena	9-0-1	7-1	33
Beach Cities (Charlyn)	7-1	7-3	28
Balboa (Keith)	5-3	7-3	24
Aerospace (John)	8-0	2-7-1	21
Sports-R-Us (Susan)	6-3-1	2-5-1	18
Newport-Coast (Mike)	0-8	8-2	16
Sports-R-Us (Lita)	1-7	5-5	12
Beach Cities (Mark)	1-7	4-6	10
Beach Cities (Joe)	2-6	3-5	10
Beach Cities (Norm)	2-6	0-8	4
B-2 Division			
Beach Cities (Stu)	7-1	9-1	32
Sports-R-Us (Carl)	7-1	8-2	30
Long Beach (Yvonne)	6-2	8-2	28
Beach Cities (Randall)	5-3	8-2	26
Sports-R-Us (Burton)	4-2	8-2	24
Beach Cities (Keith)	5-2-1	3-5	17
Balboa (Cliff)	3-4-1	5-5	17
Beach Cities (Andy Deva)	6-4	1-5	14
Aerospace (Wayne)	3-5	2-6	10
Beach Cities (Andy Smith)	2-8	2-6	8
Beach Cities (Trudi)	2-6	0-10	4
Beach Cities (Lynn)	1-7	0-8	2

Ron Dun of Beach Cities Ski Club has been running these tournaments for awhile and he gets very little recognition and less compensation for it. Please be kind to him as he has heard it all before and is constantly trying to improve things. *****

> by Ron Dun, LAC Volleyball Chair







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Los Angeles Council of Ski Clubs
Council of Ski Clubs
www.lacouncil.org

LA COUNCIL SKI, BOARD & RACE CAMP **REGISTRATION FORM**

DECEMBER 9-18, 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) Small Medium Large X-Large	Air Quality (Circle One) Smoker Non-Smoker Do Not Care	Lesson Request (Check One) Racing Technique Only 50% Skiing / 50% Racing 75% Skiing / 25% Racing Skiing Technique Only Beginner Ski Lessons Snow Boarding (Beginner) Snow Boarding (Int, Adv)	(1) (2) (3) (4) (5) (6) (7)
	Trip Package (Select pace 1. Registration, lessons, nin (lodging is Friday night thro 2. Registration, lessons, sev (lodging is Sunday night th	e nights lodging. No Li <i>ugh Sunday morning)</i> en nights lodging. No l	40 (D	
	3. Registration and lessons ONI	Y. (includes all activities)	\$480	
	+ Add 5-day Lift Ticket to any	U	\$220	
Contact 8 AM or 9 PM John Funtsch 310-545-9349	 (5-day lift ticket begins Monday for + Add 4-day Beginner Skier Lit (No ticket needed for first day) 	0	e. \$186	

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 non-refundable deposit due NOW if lodging required (\$50 if lodging not required)
 - Full Payment Due November 15, 2005
 - Cancelations after November 15, 2005 are subject to incurred costs
 - If Mammoth doesn't have enough snow, you will receive a full refund less \$35

Make check payable to LA Council Ski & Race Camp and mail with this form & SASE to

- John Funtsch, P.O. Box 1090, Manhattan Beach, CA 90266

Jo 310-545-9349 ifuntsch@msn.com

John Catozzi

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

Chris Starczak

310-245-0453 cstar@fetch.com

RACER READY

> > > > > > > > > > > > > > > > > > Xathy Knott-Faris, LAC Competition UP

ROKKA Learn to Race, Ski or Board Week

December 4 - 9, 2005

5-Day Race Camp for \$450 includes—

- Sunday night starts with a welcome Fajita Buffet Party!
- Monday through Friday lessons are 5 hours each day in the same class (unless a change is requested)
- Wednesday Happy Hour in the afternoon
- Friday is the Mike Leonard Standard Race
- Friday night is a Banquet with instructors and awards
- Rokka Week Souvenir

Lift Tickets for \$220-

• 5 of 6 day pass

Discounts Available—

- Lodging at Mammoth Mountain Inn, rooms or apartments, is available at discounts of approximately 25%
- Discount of 10% on breakfast and lunch at the Inn, Lodge and Yodler Restaurants
- Discount of 50% for regular and demo rentals and tuneups
- More discounts to be announced

Chairperson-

- We are looking for a chairperson and/or a co-chairperson.
- For Information contact Jessica Freeman at 805-520-3460 or skiingrandma@msn.com

The 2005-2006 ski racing season will be underway soon. One of the best ways to start the season is with a race camp.

There are two races camps for you to choose from— ROKKA week and LA Council Week.

ROKKA Learn to Race, Ski or Board Week

December 4 - 9, 2005

The ROKKA Race Camp will precede the first season's races. The basic 5 day camp prices start at \$450, and the lessons will be from December 5-9, 2005. *See sidebar to the left for details*.

LAC Learn to Ski, Board or Race Camp-

December 9-18, 2005

The LA Council Race Camp will follow the first season's races. The basic 5 day camp prices start at \$480, and the lessons will be from December 12-16, 2005. See page 12 for details or visit the LAC website at lacouncil.org.

2005-2006 Race Dates-

Please mark your calendars for the races. All races will be at Mammoth except the Far West Championships.

December 10	ROKKA - GS
December 11	ULLR - GS
January 7	ULLR - Slalom
January 8	ROKKA - Slalom
January 28	ROKKA & ULLR - GS
March 4	ROKKA - Slalom** [might be ULLR]
March 5	ULLR - Slalom** [might be ROKKA]
March 17-19	Far West Championships to be held at Kirkwood Ski Area
March 25-26	SOCALS (The Southern California League Championships)

Far West Ski Racing News-

The Vet age has been raised to 50.

Most of the leagues will be running the women first on each race hill (following the Southern California lead).

Pending the outcome of one delayed proposal, the decision was made to hold the 2006 Far West Championships at Mt. Bachelor, Oregon.

See you on the slopes!

Kathy







NUTS & BOLTS- A WORD (OR TWO) FROM THE EDITOR

2005 Ski Demographics-

NSAA, in conjunction with research firm RRC Associates of Boulder, Colorado, have released the 2005 National Demographic Study. The 36page report is designed to track the demographic characteristics of skiers and snowboarders nationwide.

The results are based on

120,696 surveys conducted this year at participating resorts around the United States.

> Among the most prominent trend noted in the study was the continued aging of the visitor base, especially growth in visitors aged 45 and over.

Related to aging are increases in years of experience in snowsports which reflects the industry's success at retaining older participants.

In addition, the demographic data indicates that snowboarding participation has leveled over the past four to five seasons, with continued gains in participation by 18- to 34year-olds counterbalanced by stabilization and possibly declines in groups under 18.

Another ongoing shift noted this season was an increase in helmet usage, a pattern also observed in previous years. Helmet usage continues to remain most popular among advanced to expert participants as well as with those 15 years old and under, and participants 55 years old and over.

The Westin Heavenly Bed[™] at Home–

One of the very nice things about staying at the Westin for the recent Far West Convention was the Heavenly BedTM.

The Westin Heavenly BedTM is a pioneer in luxury hotel bedding. Just one week after its 1999 introduction, dozens of Westin guests called to find out how they could purchase the Heavenly BedTM for their home.

A special hotline and web site were quickly introduced to take the hundreds of orders for beds that followed. Since then more than 30,000 guests have taken the bed and linens home.

Westin recently became the first hotel chain to sell its custom designed, signature line of luxury bedding at a leading national retailer. The brand's iconic Heavenly Bed[™] line is available in almost 50 Nordstrom stores nationwide.

Schweitzer Mountain-

Schweitzer Mountain is planning a series of improvements as part of a change in ownership. The New Schweitzer LLC, a Seattle-based investment group, will assume full ownership of Schweitzer. Harbor Properties Inc., a Seattle-based real estate company, will assume ownership of Stevens Pass.

Winter improvements planned at Schweitzer include installing

a T-Bar/surface lift which would open up 350 acres of new terrain near Little Blue Mountain for advanced skiers; installing a "Magic Carpet" lift for beginners; and adding a tubing area. A phased upgrade of the Lakeview Lodge is also in place. *

atherine



Proper Water Ski Rope Take In Prevents Knots-

Pulling a water ski tow rope in from the water to the boat can often result in a coiled mess of knotted rope. This often creates a safety issue.

The proper way to take in the line is to pull it in hand over hand and let it drop on the boat floor in between your feet. Be sure to separate the handle from the rest of the rope when you are done.

A lot of people want to coil the rope when it is pulled in so that it will stay neat. Resist the temptation to do this. Coiling can often result in a knotted rope. It is, however, acceptable to coil the rope when you are storing it away.



WESTERN SKI RESORT REPORT

> > > > > > > > > by Catherine Ohl, LXC Communications NP

Mountain High Gets New Ownership Team

Mountain High Resort in southern California was bought by Valor Equity Partners and former GM **Karl Kapuscinski** and key members of his management team. Valor is a Chicago-based private equity investment fund and licensed Small Business Investment Company. Kapuscinski will now become president and CEO of Mountain High.

The new partnership will unveil Mountain High North (formerly Ski Sunrise) this season, an area dedicated to learning and snowplay.

Mountain High North-

Mountain High North adds a new dimension to the resort's profile, offering increased beginner terrain and familyfriendly snow play facilities. North, which was purchased in November 2004, has never operated under the Mountain High umbrella making it a new entity this season.

Of the 100 usable acres, the majority will be dedicated to teaching terrain however the new twenty acre, state-of-theart snow play facility will have a profoundly greater effect on the region. Proposed summertime activities include a restaurant, disc golf and catered events.

Mammoth's Improvements-

Mammoth Mountain Ski Area is focusing on improving skiers' resort experience this summer, with a complete remodel of the Main Lodge dining facilities at the center of the upgrades.

Mammoth will transform the third floor of its oldest lodge into "Broadway Marketplace" — a more open and modern environment with a new fireplace accented by natural tones and mountain charm.

The Broadway Marketplace will feature fresh baked bread, a grill, a salad bar, brick oven pizza, and lighter fare to meet heathier tastes.

Mammoth will debut "Broadway Lofts," which will provide a quiet and comfortable space in the Main Lodge. Inspired by poolside cabanas, the Lofts will feature a livingroom type setting complete with wait service, great views and room to stretch out. Advanced reservations will be required.

Ginn's Ski Area-

A new ski area has been proposed at Battle Mountain near Minturn in Colorado. Ginn's ski area, when and if it's built, will be the first private ski area in Colorado.

At this early stage, it's not clear if the proposed private ski and golf resort will reach the level of price and exclusivity seen at the private Yellowstone Club where you'd have to pony up \$250,000 for an initiation fee, plus annual dues of \$16,000. [And that's on top of the log mansion you'll need to build on the property you have to buy to be part of the club minimum price for a home site? \$1.2 million.] But with home prices near the base areas of Vail and Beaver Creek easily reaching into the millions, it may be that developer **Bobby Ginn** can ask

for and receive plenty for the 1,400 homes he wants to build. With initiation fees, annual dues, and real estate sales, Ginn can throw the skiing and golf in for free.

At Battle Mountain, early word is it'll be private, but maybe not completely exclusive.

Squaw Invests in the Environment-

Squaw Valley USA is focusing on environmental improvements and guest experience enhancements for the 2005-2006 winter season.

This is why there will be no further development for an indefinite period. Summer environmental sustainability and beautification projects include extensive revegetation efforts designed to prevent future erosion and keep the mountain green, drainage improvements, and maintenance to the Gold Coast wetland.

Three new PistenBully winch grooming machines have been added to the resort's sophisticated fleet of over thirty. \$







Squaw Valley





Stretching and flexibility exercises should be performed for a minimum of 5-7 minutes before and after exercising.

Back Stretch-

Stand with hands on hips.

Gently twist torso at waist until stretch is felt.

Hold 10 to 15 seconds.

Repeat on other side.

Keep knees slightly flexed.

HEALTH, FITNESS & SAFETY-

Active People Need Carbs-

It's hard to know what we should be eating these days. Over the years, there has been an outcry against fat, proteins and now carbs.

With all the hype, no wonder so many of us are confused about what we should be eating. In truth, the message about carbohydrates has been so oversimplified that many of us are skimping on the most critical energy source.

Restricting carbohydrates can zap energy levels, compromising the quality of workouts and negating the benefits of a fitness program. The key is choosing the right carbs.

Following is a list of ten of the best energy-sustaining foods, all loaded with powerful nutrients to keep your body running at peak.

1. Rolled Oats

Heart disease still tops the charts as the No. 1 cause of death among women, so women on a 2,000calorie daily diet should eat about 30 grams of fiber a day.

2. Lentil Soup

Lentils produce a low-glycemic response, meaning you won't experience a spike in blood sugar followed by an energy-sapping crash. Also loaded with dietary fiber, lentils help mute those intense cravings for sweets.

3. Fresh Figs

Just three figs provide a whopping 30 grams of good carbohydrates along with a multitude of B vitamins, calcium and potassium to help ensure peak muscle function and optimal bone health.

4. Roasted Chestnuts

Chestnuts contain less than one gram of fat per ounce while providing a hefty dose of fiber, vitamin C and folic acid nutrients important for immune function and reduced risk for cardiovascular disease. Chestnuts are tasty in stuffing, pilaf, vegetable side dishes and soups.

5. Blueberries

A one-cup serving and a mere 80 calories later, you get 20 grams of energy-enhancing carbohydrates, four grams of appetite-curbing fiber as well as a significant amount of vitamin C. In addition, the dye that makes blueberries "blue" has been shown to improve memory, balance & coordination.

6. Low-Fat Plain Yogurt

Yogurt has always been touted as a nutritional powerhouse, partly because it's loaded with calcium, a critical preventative for osteoporosis. Rich in vitamin B-12, yogurt also helps prevent fatigue. And plain yogurt just may be the perfect recovery food for athletes, as it promotes glycogen replenishment and muscle recovery.

7. Rice Bran

Rice bran boasts superior nutritional credentials, with five grams of carbohydrates and more than two grams of fiber in a mere two tablespoons.

Rice bran can replace up to half the flour in any quick bread or muffin recipe and be added to recipes for meatloaf & casseroles.

8. Whole Wheat Pasta

This common carbo-loading meal can be a healthful addition to your diet. Whole wheat pasta provides nearly 40 grams of energy-rich carbohydrates per one cup (cooked) serving. In addition, whole wheat pasta provides five grams of dietary fiber, most of it insoluble fiber, shown to reduce risk for breast cancer.

9. Sweet Potatoes

A four-ounce sweet potato contains a mere 143 calories with a whopping 28 grams of carbohydrates and more than 100 percent of your daily requirement for beta-carotene.

10. Oranges

Oranges are rich in natural sugars for a quick energy boost, yet provide three grams of fiber for sustained energy. In addition, just one navel orange meets an entire day's requirement for vitamin C, while providing immuneenhancing flavonoids, helping to keep colds and flus at bay. \$

Snowboard Safety Tips

- The front foot should be attached by a security leash.
- Before changing direction, especially on a backside turn look behind and check your blind spot.
- Stop only at the side of the pistes and kneel or stand facing up-hill in order to see oncoming traffic rather than sitting down in the middle of the pistes.
- When not attached, your board should be facedown on the piste with the bindings in the snow.
- Due to danger of crevasses, do not remove your snowboard when traversing glaciers.
- The rear foot should be detached from the bindings when riding or boarding the chair. \$

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TRIPPING AROUND- LA SKI CLUBS & FAR WEST

BEACH CITIES

Beach Cities presents its **25th Annual Clambake** to be held at the Live Oak Campground in Santa Barbara October 13-16. The clambake features a Saturday night Seafood & Chicken Feast, Sunday morning Champagne Brunch, Bloody Mary & Margarita Bars and free coffee. Options include a Wine Tasting Picnic and Golf Tournament. *www.BCSkiClub.org*

PACIFIC RIM ALLIANCE

Pac Rim's **10th Annual European Ski Week** will be to Val Thorens, France March 11-18, 2006. Participants can extend their trip with a four-day

> visit to Istanbul, Turkey, followed by a four-day cruise of the Greek Islands. www.PacificRimAlliance.org

CCSC SPORTS

Century City will be **camping at the Wild Animal Park at night** on

October 22, 2005. They will enjoy camp activities, an after-hours look at the wild life, guided walks, animal encounters, a campfire program, and al fresco dining. Price includes tent accommodations, dinner, campfire

snack, pancake breakfast, camp activities, and the opportunity to enjoy the Park starting as early as 9 AM on the 22nd. You may also remain at the Park the entire next day, so you get both days included with the purchase of a single day's ad-mission ticket.

www.CCSCsports.org

OVER THE HILL GANG- LA

The Over the Hill Gang will be going to the Sea of Cortez in Baja California, Mexico October 17-21, 2005. Baja Air Ventures has their own plane and their own island. The group will drive to San Diego and park at Baja Air's airfield before flying to their island on the Sea of Cortez. Trips are 4 or 6 days. **Kayaking** is scheduled for 2 days, **hiking** the island for 1 day, and 1 day is for spotting the whale sharks famous in this area.

SANTA BARBARA & CONEJO

Santa Barbara and Conejo are having a **Joint Summer Picnic & Sports Challenge** at Tora Canyon Park, in the foothills above Montecito. There will be various club-versus-club sport challenges— volleyball, horseshoes and bocce ball.

> www.SBSki.org www.conejoski.org

SNOW BUSTERS

Snow Busters will be **exploring Temecula**, one of Southern California's largest wine producing areas on September 17, 2005. Trip includes motor coach transfer from Pasadena, refreshments, three wineries, gourmet lunch and a private tour.

www.SnowBusters.com

FAR WEST SKI ASSOCIATION

If you are a member of an LAC club, you are a member of Far West and you can participate in the following events. *www.fwsa.org*

• CHINA Sept 10-24 / Sept 24 - Oct 14, 2005 • CHINA Sept 10-24 / Sept 24 - Oct 14, 2005 • CHINA Sept 10-24 / Sept 24 - Oct 14, 2005 • CHINA Sept 10-24 / Sept 24 - Oct 14, 2005 • CHINA Sept 10-24 / Sept 24 - Oct 14, 2005

- Hawaii CRUISE Oct 9-16, 2005 Harry & Karen Davis, Trip Leaders 800.301.9673 / groups@montrosetravel.com
- TELLURIDE, COLORADO Feb 4-11, 2006 Lynnell Calkins, FWSA Travel lynnell@aol.com / 310.370.4617
- ZERMATT, SWITZERLAND March 11-18, 2006 Sold Witcker Hoffmann, Trip Leader 510.278.5900 / tkhoffmann@aol.com
- GALAPAGOS ISLANDS & MACHU PICCHU
- SOLD OUT May 22 June 6, 2006 Tucker Hoffmann, Trip Leader 510.278.5900 / tkhoffmann@aol.com
- 2006 Far West Convention

June 8-11, 2006 Arleigh Meiners, Host Convention Chair 480.391.2612 / arleigh.meiners@cox.net

• **STEAMBOAT, COLORADO** Jan 27-Feb 3, 2007 Lynnell Calkins, FWSA Travel lynnell@aol.com / 310.370.4617



www.LAPeakTimesInNature.org

TRIPPING AROUND-LOS ANGELES COUNCIL

LAC CALENDAR OF EVENTS

SEPTEMBER 2005

10-24	FWSA trip to China [SOLD OUT]
11	LAC Volleyball
24-Oct 14	FWSA trip to China [SOLD OUT]

OCTOBER 2005

9-16	FWSA Hawaiian Cruise
23	"Shop 'til You Drop" Swap & Sale

NOVEMBER 2005

5	Snow	Gala.	Marina	del Rey	
)	0110 **	Gaia,	1 mai iiia	uci i ucy	

DECEMBER 2005

1-4	Ski Dazzle, LA Convention Center
4-9	Rokka Race Camp, Mammoth Mtn.
9-18	LAC Race Camp, Mammoth Mtn.
10/11	Rokka/Ullr Race, Mammoth Mtn. [gs]

JANUARY 2006

7/8	Ullr/Rokka Race,	Mammoth	Mtn.	[sl]
28	Ullr/Rokka Race,	Mammoth	Mtn.	[gs]

FEBRUARY 2006

4-11	LAC Ski Week, Telluride, CO
4-11	FWSA Ski Week, Telluride, CO
23-27	Snowbasin/Powder Mtn. UT

MARCH **2006**

4/5	Rokka/Ullr Race, Mammoth Mtn. [sl]
11-18	FWSA Week, Zermatt [SOLD OUT]
14-18	LAC Pre-Trip, Prague, Czech Rep.
17-25	LAC Ski Week, Kitzbühel, Austria
17-19	FWRA Championships, Kirkwood
25-26	SoCals, Mammoth Mtn.

MAY 2006

22 - June 6 Far West Galapagos / Machu Picchu [SOLD OUT]

JUNE 2006

8-11 2006 Far West Convention, Phoenix

JANUARY 2007

27-Feb 3 Far West Ski Week, Steamboat, CO

LOS ANGELES COUNCIL

LAC, a non-profit organization, 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 approximately 30 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, 2005. 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

General Meeting-

First Monday of the Month, 7 PM **Tony's Subs & Pizza**

5544 W. 119th St. [at Aviation Blvd.] 310.643.6778

Board Meeting– Fourth Monday of the Month, 7 PM Marie Calendar's 701 N. Pacific Av., Glendale 818.242.6836

LAC TRAVEL ASSISTANT WANTED

Current LAC VP of Travel is looking for someone to learn the ropes on bids and various LAC travel procedures. Candidate should be interested in running for VP of Travel for 2006-08.

Contact **Bonnie West** at 562.699.8880 or bonnie@talleywest.org.









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LA COUNCIL CLUBS P.O. BOX 83338, LA 90083 www.lacouncil.org

AEROSPACE www.aeaclubs.org/ski/index.htm

ASIAN www.asbcla.org

AUGLICH www.auslichskiclub.org

BEACH CITIES www.bcskiclub.org

BuckhORN www.orgsites.com/ca/buckhorn

CENTURY CITY www.ccscsports.org

CONEJO www.conejoski.org

EDELWEISS www.edelweissskiclub.org/

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HUGHES SKI CLUB

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SAGA www.sagala.org

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Telluride February 4-11, 2006 Snowbasin February 23-27, 2006 Kitzbühel March 17-25, 2006

SKI WITH PRIDE • WATCH ALL SIDES • LET IT RIDE First with Safety Awareness