



SNOWScene

OFFICIAL PUBLICATION OF LA COUNCIL
WWW.LACOUNCIL.ORG

MAY-JUNE 2006

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CONGRATULATIONS 2006/07 LAC BOARD-



Iris Williams, JoAnne Taylor, Rinda Wohlwend, Karen James, Kathy Faris, Judith Miller
Not pictured: Mary Albritton, Gordon Cardona

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Check out NSCF deals—

www.skifederation.org
Username: **skiclub**
password: **member**

FAREWELL & WELCOME

Thank you & Farewell—

It has been a great year for LA Council starting with the very successful hosting of the Far West Convention and 75th Anniversary Celebration.

Thanks to the 2005/06 Board, they did a fabulous job throughout the year.

Rinda Wohlwend, President
Jacquie Nemor, Past President
Karen James, Secretary
Ray Craig, Treasurer
Bonnie West, VP Travel
Catherine Ohl, VP Communications
Kathy Faris, VP Competition,
Iris Williams, VP Membership
Mary Albritton, VP Programs

Welcome—

The new LAC board should be just as exceptional. Welcome the the new 2006/07 board. Please lend them your support.

Judith Miller, President
Rinda Wohlwend, Past President
Karen James, Secretary
Kathy Faris, Treasurer
Iris Williams, VP Travel
Gordon Cardona, VP Communications
JoAnne Taylor, VP Membership
Mary Albritton, VP Programs

The position of VP Competition has been eliminated since it was determined that it was no longer necessary. Have a great year! ❄

NUTS & BOLTS— A FINAL WORD FROM THIS EDITOR

by Catherine Ohl, LAC Communications VP > > > > > > > > >

Thank You—

It's been a great four years working as your newsletter editor (and the two years before that as Membership VP). I have enjoyed just about every minute of it. I am especially grateful for the freedom and support I have received from each of the six boards & LAC convention committees I worked for and with.

I'd especially like to thank **Jacquie Nemor**, **Bonnie West**, **Rinda Wohlwend**, **Ed Knott**, **Ray Craig**, **Kathy Faris**, **Iris Williams**, **Karen James**, **Gordon Cardona**, **Mary Albritton**, **Celeste Coleman**, **Kathleen Craig**, **Andy Vogel** and everyone who ever sent me an article or an idea.

Goodbye—

This is finally it. I will be retired from most all of my volunteer work very soon. I've already started to celebrate and I have to tell you it's been pretty awesome.

When Gene retired in January, our lives took on a will of its own as we have been traveling quite a bit. We started in February with a group in **Big**

Sky, MT. We stayed around so that we could participate in the annual Heuga Vertical Express. Our team came in fifth. From there we headed north. We stoped and skied in **Big Mountain**, MT, **Fernie**, BC, **Kimberely**, BC and **Kicking Horse**, BC before heading home. Along the way we skied **Schweitzer**, ID, **Silver Mtn.**, ID, **Tamarack**, ID and **Alta**, UT.

We were home a week before we headed to Europe to ski the **Trois Vallées** of France and visit **Turkey** and **Greece**. That pretty much takes care of March.

In April, we skied **Silver Star** and **Big White**, closing out their season. We had cool temperatures and fresh snow for almost two weeks!

We are now headed in our motor home for a tour of all the **Wine Countries of California**. In June we will be towing our ski boat up to Canada for a month of **water skiing**. On our return we will be headed to **New Zealand & Australia**.

While I will miss all of you, I am looking forward to the freedom to travel with my honey. ❄

Catherine



AUSLICH VISITS LA'S SKI PAST

< < < < < < < < < < < < < < < < by Chuck Morse



On March 7, 2006 over 300 Long Beach skiers (mostly over 60 years of age) and members of the Auslich Ski Club listened for over an hour to former Far West Executive Director, **Chuck Morse**, give talk on history of skiing in Southern California, ski tips, 1960 Olympics, Far West Ski Association and little know facts of skisport.

In addition to presenting ski history, Chuck had a display of how avalanches are formed. This proved to be the highlight of the evening. In addition, skiers learned a magic trick on how to get free drinks in ski resort bars.

Russ Tiffany, international ski writer, former editor of Far West News from 1970-77, former Wailers Newsletter editor, and presidential speech writer from Boston, MA, made a guest appearance. Russ was disappointed **John Watson** was unable to attend so they could continue their famous San Francisco Fisherman's Wharf Hotel fight.

Only one snowboarder was in audience. A Suzy Chaffee "stand in" was in attendance with a great story to share. Sad news was revealed. **Burt Sims**, a local ski sports writer, recently died. **Dick Goetzman**, former LA President (1967-68), is not doing very well health-wise.

50 Mountain High lift tickets were given out during a very fun Q&A. Here are some of the questions that stumped the audience. Can you answer any?

- 1) What were the names of the seventeen (that's right 17) ski resorts that once were in the Southern California area?
- 2) In 1939 **Sepp Benedikter** opened up a year-round ski slope in Los Angeles. Name the location and slope name. (It was the "Pine Needle Ski Slope" in Hollywood on the present site of Hollywood's Sheraton's hotel for the stars.)
- 3) In 1937 a ski jump was built in downtown Los Angeles. Where? (A dry land slope was built on the top of the May Company building where many stars were taught to ski.)

Additional ski history gave skiers insight into the proud history of skiing.

- 1849 First recorded skiing in California.
- 1873 First recorded skiing in Southern California.
- 1922 First ascent of Mt. Baldy.
- 1924 First ski jump in Big Bear was built. **Doug Pfeiffer** set a record.
- 1928 Edelweiss Ski Club of LA formed (note: not our same Edelweiss Club that was the former Hollywood Ski club).
- 1931 Winter Sports League was formed. This league later become Southern Skiis and helped to form the LA Council, then known as the Southern Council.
- 1931 **Vandergrift's** is the first ski shop to open in LA.
- 1935 First San "G" (San Geronio) downhill was held. **John Watson** took the silver.
- 1937 San Diego Ski Club was formed.
- 1939 Mt. Waterman opens.
- 1940 NSPS incorporated in Southern California.
- 1953 Mt. Baldy builds the first 60-meter ski jump. **Dick Goetzman** filmed "the thrill, victory, and the agony of defeat" of ski jump opening scene for ABC. ❄



Russ Tiffany announces the creation of his new "Long Beach Sports & Recreation Weekly" to hit the stands soon.



Sepp Benedikter in the 40s



CST# 2022796-50

Ski.com presents LA Council 2007 Ski Week to

Jackson Hole, WY

February 3-10, 2007

Trip Includes—

- Round Trip Transfers from airport to lodging
- 7 Nights Lodging (double occ.)
- 5 out of 7 Days Lift Tickets
 - Seniors 65+ deduct \$85
- Welcome Party
- 2 runs / 2 days of Races – (4 runs total)
- Mountain Picnic
- Farewell Banquet and Dance

\$590-775

plus air

Lodging Options—

- | | | |
|--------------------|-----------------|-----------|
| • Elk Country Inn | Hotel | \$590 |
| • 49er Inn* | Hotel | \$610 |
| • Best Western* | Hotel | \$760 |
| • Snow King Resort | Hotel or Condos | \$685-775 |

* Includes breakfast

Options—

- 4 out of 6 Day Lift Ticket
 - Adults deduct \$35, Seniors 65+ deduct \$105
- Snowmobiling to Yellowstone
- Grand Targhee Skiing
 - \$69 for lift and transportation [2006 prices]

Deposit & Cancellation Policy—

Date	Deposit Due	Cancellation Fee ⁺
NOW	\$50/pp	none
July 1, 2006	\$200/pp	none
October 1, 2006	\$200/pp	\$100
December 1, 2006	Balance	\$200
January 1, 2007		No refund unless replaced

Reservations & Information—

- **Make checks payable to LA Council** and send to
Iris Williams, 654 W. Almond St. Compton, CA 90220
- Contact Iris Williams at 310.638.2826 or travel@lacouncil.org



photos courtesy Jackson Hole.wy

**JACKSON
HOLE**
Get Further Away™



TRAVEL TIDBITS

< < < < < < < < < < < < < by Bonnie West, LAC Travel VP

Jackson Hole 2007 Ski Week— February 3-10, 2007

It is official – LAC Ski Week is to Jackson Hole, WY February 3-10, 2007. Last time LAC did Ski Week at Jackson was in 1992, nearly 15 years ago!

We are taking deposits of \$50 per person for the number your club hopes to bring. (This is flexible until final payment.)

Lodging is offered at the Snow King resort or in town. There is also condo lodging available at the base of the mountain if you prefer. *See the flyer on page 4 for details.*

Seller of Travel—

Remember, if your club advertises or promotes any trip involving air or sea travel (could be a cruise) you need to have a California Seller of Travel (CST).

According to the DA, you cannot even take the money and pass it through the club. All transactions should go to a tour operator who has a CST number.

We have received some relief on the penalties that will be assessed, but the D.A.'s office is looking for all clubs to have a CST.

Good Bye—

With this article, I turn the reins of VP Travel over to **Iris Williams**. I've thoroughly enjoyed my four years as your LAC VP Travel.

Ski you on the slopes! ❄️

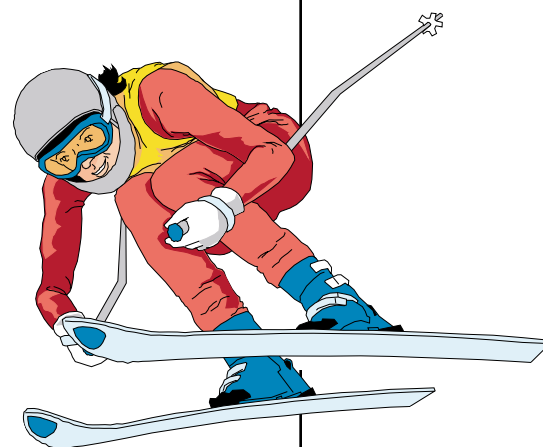
Bonnie



Southern California Champions

submitted by Bob Warzynski

Club Results						League Results		
Place	Club	League	GS	SL	Total	Place	League	Total
1	Singles	Rokka	52	69	121	1	Rokka	246
2	North Island	San Diego	48	58	106	2	Ullr	193
3	4 Seasons	Ullr	64	33	97	3	San Diego	190
4	Westwood	Rokka	25	37	62	4	Schuski	25
5	Aerospace	Ullr	22	19	41	5	Inland	7
6	Don Diego	San Diego	20	18	38			
7	San Diego	San Diego	19	18	37			
8	Wailers	Rokka	27	9	36			
9	CCSC Sports	Ullr	16	9	25			
10	Long Beach	Ullr	16	6	22			
11	Balboa	Schuski	6	13	19			
12	Grindelwald	Rokka	5	9	14			
13	Cliff Hangers	Rokka	13	0	13			
14	Action	San Diego	9	0	9			
15	Conejo	Ullr	5	3	8			
16	JPL	Inland	5	1	6			
17	Orange	Schuski	6	0	6			
18	BLIT	Inland	1	0	1			



Los Angeles Council of Ski Clubs presents —

A Day at the Beach



Date: **July 29, 2006**

Time: 12:00 Noon to 4:00 p.m.

Where: Alfredo's Kayak Spot, Long Beach
Corner of Ocean & Bayshore



Who: All LAC Ski clubs members and guests

Cost: \$30.00 per person

What: A day at the beach, our own private lunch spot and area on the bay.

Includes: Beverages, lunch, kayaking and discounted bicycle rental.

Bring: Beach chairs, towels, sunscreen and a good attitude. **Children are welcome. 5 years & under—no charge.** RSVP: Mary Albritton
(323) 582-6852 or (562) 856-0922



LAC PROGRAMS— WHAT'S COMING UP

< < < < < < < < < < by Catherine Ohl, LAC Communications VP



Well, we're off to a new year with the election of new officers for the Board of LA Council. Congratulations to Judith and her ladies... (Where are you men?) I'm sure everyone will have a lot of fun in the upcoming months!

Day at the Beach—

Speaking of having fun – we're hoping that you'll join us on July 29, 2006 for our "Beach Day" in Long Beach. A day of kayaking, lunching, biking if you choose, and just all around enjoying the beautiful So. California sun, sea and sand!!!

We will have our own area at the bay, and our own restaurant for the day, along with kayaks reserved just for us. Lunch will be provided, along with beverages throughout the day.

We will have 'guides' to take you around the bay and provide some instruction in the kayaks, and if you wish to rent bicycles, there will be a great discount on the rates!

Armbands will be provided for anyone over the age of 5. Cost for the day is \$30.00/per person. All you need to bring is your beach chair and towel, and a "kick-back" attitude!!!

Please note that alcohol is not allowed on the public beach!

Time for the event is 12:00 noon to 4:00 p.m., Saturday, July 29, 2006. We will be the corner of Bayshore & Ocean, next to the handball courts.

We will be able to accommodate a limited number of people, so please sign up ASAP. You can contact me at 323-582-6852, 562-856-0922, or by at e-mail dragonladyracer@aol.com.

Please come out for what I think will be a really enjoyable day of fun & sun!!!
See flyer on page 6 for details.

Snow Gala—

And mark your calendars for the first weekend in November (the 4th). It's Snow Gala time, and we are working on possibly a brand new idea for this year's festivities! I'm sure you'll all want to see what's in store. So save the date!!! We'll have announcements soon!*

Mary



Courtesy Bonnie West

League Champions

submitted by Bob Warzynski

Rokka League			UIR League		
Place	Club	Points	Place	Club	Points
1	Singles	918	1	CCSC Sports	540
2	Westwood	798	2	Aerospace	351
3	San Diego League	547	3	4 Seasons	305
4	Wailers	265	4	Long Beach	296
5	Schuski League	258	5	Conejo	59
6	Beach Cities	126	6	Winter Fox	14
7	Cliff Hangers	97	7	Tri Valley	11
8	Inland League	82			
9	Grindelwald	59			
10	Edelweiss	12			



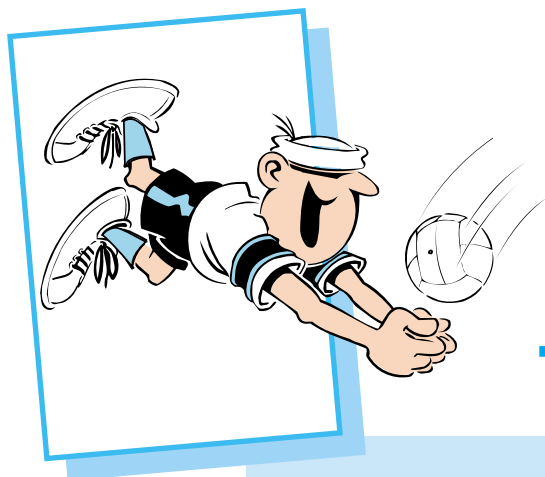
VOLLEYBALL SCHEDULE FOR LAC

Los Angeles Council is continuing its Summer Volleyball Tournament Series beginning June 18, 2006 in Manhattan Beach. There are 5 Divisions based on degree of skill level (College experience to beginner), and 27 current teams. Four tournaments are scheduled (one per month) through September. All tournaments are on a Sunday.

Volleyball Schedule—

1	June 18, 2006	Manhattan Beach
2	July 16, 2006	Manhattan Beach
3	August 20, 2006	Playa del Rey
4	September 17, 2006	Manhattan Beach

Come on out and cheer for your favorite team or just enjoy the sun and fun!
For information, contact **Ron Dun** at rdun@raytheon.com or 310.513.1401. ❄



Far West 2006 Convention

June 8-11, 2006

Sheraton Wild Horse Resort, Phoenix, AZ

Convention Highlights —

- Friday night **Silent Auction**
- Saturday **Seminars**
- Saturday **Luncheon**
- Saturday night "Boot Scootin' Boogie" **Awards Banquet & Dinner Dance**
- Sunday morning **Eye Opener**
- Sunday morning FWSA **Business Meeting**



Early bird discount available until May 15, 2006 for registration and reservations at the fabulous Sheraton Wild Horse Resort in Phoenix, AZ

Fun Optional Activities —

- Thursday night **Rawhide Dinner** with live Country Music
- Friday **Golf Tournament** at Whirlwind Golf Club, includes lunch
- Friday **Hike** in the beautiful South Mountain Park, includes lunch
- Friday **Aji Spa Day** with lunch, 50 minute treatment of your choice and day use of spa facilities
- Boat to **Gila River Casino**

Convention Registration —

- Register for complete convention, optional activities or meals at www.fwsa.org
- Early registration through May 15, 2006 for \$135 per person

Hotel Reservations —

- Call 866-837-4156 or local 602-225-0100 and state your affiliation with FWSA
- Follow the link at www.fwsa.org under the Convention tab.
- Reserve now before May 15, 2006 for special \$129 per night rate

Contact Information —

- Arleigh Meiners, Host Council Convention Chair
- E-mail at arleigh.meiners@cox.net
- Phone at 480-391-2612



- - FWSA 2006 Convention - -
Individual Pre- Registration Form
 (This Form Must Be Completed For **EACH** Attendee)
Forms due to FWSA by May 15, 2006

VERY IMPORTANT – Registration Type

- | | |
|--|--|
| <input type="checkbox"/> Voting Delegate (Record Name on Credentials Form) | <input type="checkbox"/> Non-Voting Delegate/Guest/Other |
| <input type="checkbox"/> Alternate Delegate | <input type="checkbox"/> FWSA Direct Member |

Please Print Clearly

Ski Club Name			Council
Member's Name	First Name _____	Last Name _____	Phone () _____
Member's Address	Street _____ Apt # _____ City _____ State _____ Zip _____		
Email Address	_____		
Option to Exclude Information	The information submitted above will be provided to industry sponsors and donors to the Silent Auction. You may exclude your information from this list by initialing here _____.		

FWSA Convention Pre-Registration Package Selection

Selection	Description	Price	Amount Enclosed
Fri/Sat/Sun June 9-11 <input type="checkbox"/>	Full Package – All FWSA business meetings, election & panel sessions, convention pin & books and all other hosted parties & activities.	\$135 by 5/15/06	
	Friday Silent Auction & Dance, Buffet and Beverage	\$160 after 5/15/06	\$ _____
	Saturday Continental Breakfast, Travel Expo, Luncheon, Cocktail Party, Awards Dinner & Dance	\$190 after 6/5/06	
	Sunday Eye Opener and Buffet Brunch	\$10	\$ _____
	Delegate Book – The Delegate Book will be included on a CD in your packet. Indicate here if you would like to purchase a printed copy for \$10.		

OR

Sat/Sun June 10-11	Meetings ONLY – Attendance at FWSA business meetings, election & panel sessions and convention books – No Meals or Parties	\$50	\$ _____
Saturday, June 10	Awards Dinner & Dance ONLY – Saturday night Banquet and Dance. Dinner must be purchased in ADVANCE. (Seating LIMITED – Priority will be given to Delegates who purchase the Full Package). [Black Tie Optional]	\$65	\$ _____

AND

The following events are optional activities (see fliers for details). You may register for these NOW or at a later date, but all fees for all events are to be submitted to FWSA Convention Registrar, c/o Michael E. Jones, 2205 E. Sherri Drive, Gilbert, AZ 85296.

Thursday, June 8	Rawhide Steakhouse Dinner – Famous Rawhide Steakhouse and Saloon. Deadline May 31.	\$38	\$ _____
Friday, June 9	Golf Tournament – FWSA 15 th Annual Golf Tournament at the Whirlwind Troon Golf Course. Includes lunch.	\$95	\$ _____
Friday, June 9	South Mountain Day Hike – Approximately 6 miles roundtrip. Vertical climb of 900 feet. Includes lunch.	\$12	\$ _____
Friday, June 9	Aji Spa Day – Any one 50-minute treatment or two 25-minute treatments. Includes lunch. See www.wildhorsepassresort.com/spa-wild-horse-pass .	\$115	\$ _____
Total amount enclosed – make check payable to FWSA (No Refunds)			\$ _____

Submit all forms and payments to FWSA Convention Registrar, c/o Michael E. Jones, 2205 E. Sherri Drive, Gilbert, AZ 85296.

IT'S A WRAP— PRAGUE & KITZBUHEL

Photos & text by Bonnie West, LAC Travel VP > > > > > > > >

Castles, fortresses, the Sound of Music, crystal, skiing, Mozart, sunshine and chocolate. What do they have in common? We experienced them all on the LA Council trip to Prague, Czech Republic and Kitzbühel, Austria.

Prague, Czech Republic—

Thirty of us trekked off to Prague, one of the few large cities that wasn't bombed in WWII. Consequently, there are lots of older buildings, castles and churches with interesting architecture.

We toured Wenceslas Castle and Old Town as a group to get our bearings. Quite a few people went to concerts in the evening while others scouted out the great restaurants.

The one item in the hotel that jarred a lot of us was the glass doors into the bathroom, on the

shower and into the potty! Not really any privacy there!

Kitzbühel, Austria—

Then it was on to Kitzbühel and the Hahnenkamm. Several of our skiers were excited about getting to ski the Hahnenkamm, although they didn't go 90 miles an hour!

The weather was bright and sunny the first of the week, but snow at the top of the mountain was very good. Toward the end of the week, it turned a bit cooler, so the bottom wasn't quite as soft.

Our hotel was a great "Mom and Pop" type of place, where we ate breakfast and dinner. They also encouraged you to make a sandwich, and take some fruit and cookies for your lunch!

More on page 11



IT'S A WRAP— PRAGUE & KITZBUHEL

< < < < < < < < < Photos & text by Bonnie West, LAC Travel VP



Tripping Around—

We also made a couple of side trips. First to Innsbruck – we got on the express train in Kitzbühel and met our guide, Angelica. After she toured us around the town, we had lots of shopping – especially at the crystal shop!

The next day we went to Salzburg, where Mozart was born and they are celebrating his 250th birthday. Remember when LA had all the angels painted all over town?

Salzburg had “Mozart balls” all over with different decorations depicting something about Mozart. We saw various places where The Sound of Music was filmed and ate lunch in the oldest restaurant in Europe which started in 803.

We had a little party in the apartment next to the

hotel where **Henry Yoo** was staying with his wife and two other females. Henry joked about being the “king of this castle” so of course we had to make a parody of the “Henry the Eighth, I am” song. We even found crowns for them at Burger King!

Then with an early wake-up, we headed back to Munich for our return to LA with lighter pocketbooks and heavier suitcases!

Great trip! Check it out. There are more trip photos on the council website at lacouncil.org. *



Bonnie



Long Beach



Tri Valley



by Catherine Ohl, LAC Communications VP > > > > > > > > >

Warm weather means most of us are out in the heat of the day hard at work playing. If the body does not cool properly the result could be a heat-related illness. The body has natural ways of keeping cool by letting heat escape through the skin and evaporating sweat.

Prevention

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



Dress for the heat—

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

Drink lots of water—

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

Eat small meals—

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

Take it easy—

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

Take regular breaks—

If you must indulge in physical activity on warm days, take time out to find a cool place.

Care

- Get to a cooler place and rest in a comfortable position.
- Drink a half glass of cool water every 15 minutes. Do not drink too quickly. Do not drink liquids with alcohol or caffeine in them. Loosen tight clothing.
- Apply cool, wet cloths such as towels or wet sheets.
- Heat stroke is a life-threatening situation!
- Call your local emergency number.
- Move the person to a cooler place.
- Quickly cool the body. Wrap wet sheets around the body and fan it. Put ice packs on the body.
- Wrap ice in a cloth and place on each of the victim's wrists and ankles, in the armpits and on the neck to cool large blood vessels.
- Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss. *

Skating for Fitness

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

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

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

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



Dress for heat by layering and wearing light colored clothing. Be sure to cover your head and drink plenty of water (soda & alcohol doesn't count).

WESTERN SKI RESORT REPORT— MAKEOVERS

< < < < < < < < by Claire Walter, excerpted from www.samiinfo.com



When Intrawest redeveloped the vintage resort at Quebec's Mont Tremblant, the company created a formula that became a standard—a pedestrian village concept, with underground parking, the retention of view corridors toward the mountains, and the incorporation of an open plaza for socializing.

Before long, Intrawest and others created similar layouts across North America, cloaked with regional architectural themes. Not all these other developments achieved high levels of success. As a result, resorts are stepping back from the one-size-fits-all approach.

Red Resort— Harmonizing Resort & Town

British Columbia's Red Resort, formerly Red Mountain, and the town of Rossland are little more than a mile apart. The original ski area earned its rep as the steep and rugged mountain where perennial Canadian ski idol **Nancy Greene** learned her turns.

The resort is now in year two of a projected 15-year build-out on 650 acres of private land, with lifts and ski terrain on up to 3,800 acres of Crown lands on a 60-year lease. The addition of much-needed beginner terrain and a dedicated lift are planned for the 2007-08 season.

Snowmass— Persistence in Planning

No resort has struggled more with expansion than Snowmass.

The Forest Service granted a permit for terrain expansion onto Burnt Mountain in the late '60s, but all was stymied by issues ranging from elk habitat to the sheer difficulty of getting a major project underway in Pitkin County. In the end, East Village morphed into a day lodge, parking, and one high-speed chair, to provide large single-family homes scattered on the hillside above with ski-in, ski-out access.

Now, after nearly four years of planning and study, Snowmass Base Village is underway. With voter approval and partnership with Intrawest, what was a parking lot will become a resort center that will eventually feature lodging (including two luxury condo-hotels), an events center, kids' facility, parking for 1,000 cars, and a dozen or so restaurants.

Crested Butte— A Tale of Two Towns

Skiers think of Crested Butte as a single place, but there are four local entities—Crested Butte Mountain Resort (the mountain company) and the separately incorporated municipalities of historic Crested Butte and the resort community of Mt. Crested Butte, plus Gunnison County.

Ideas for and reactions to the proposed makeover and expansion of the existing base area and the construction of a second village across the valley involved both mayors, town councils, the Office for Resource Efficiency and others.

The first part of the \$200 million Mountaineer Square at the ski area base is under construction on a former parking lot and bus station, partly on Town of Mt. Crested Butte land and partly on ski company property. The project's 89 residential units sold in just six hours.

The second part, a base lodge, will be started this summer, replacing an outdated commercial structure.

Jackson Hole—Fulfilling an Old Dream

People who have skied Jackson Hole don't think of Teton Village at the base as a luxury resort. Yet a handful of luxury properties sit next to simpler lodgings that have been there for decades. Jackson Hole Mountain Resort has no interest in developing real estate as it's just a lift company.

JHMR has focused on sprucing up the resort infrastructure and maintaining the franchise. They have caught up on deferred maintenance, added and upgraded lifts, addressed traffic and parking issues, and improved signage and lighting.

JHMR now has their hands full with replacing the resort's iconic 40-year-old tram. A temporary (though at present undetermined) lift will serve for the 2006-07 winter while the resort finds a more permanent solution. ✱



FITNESS— OFF SEASON TRAINING FOR SKIING

by Catherine Ohl, LAC Communications VP > > > > > > > > >

Training for skiing during the off season can be nearly as much fun as skiing itself. The many types of useful exercise range from in-line skating to studio cycling classes— so there's no chance of getting bored.

The following sample workout, aimed at intermediate to advanced fitness levels, will pump up your cardiovascular power, muscle strength and flexibility. If you have any questions, discuss your program with an instructor at your fitness facility.

Don't forget to warm up and stretch before exercising.

Training—

Training for skiing during the off season can be nearly as much fun as skiing itself. The many types of useful exercise range from in-line skating to studio cycling classes - so there's no chance of getting bored. The following sample workouts, aimed at intermediate to advanced fitness levels, will pump up your cardiovascular power, muscle strength and flexibility. If you have any questions, discuss your program with an instructor at your fitness facility.

Front Curb Hop—

To perform a front curb hop, run up to a curb and face it with your toes pointing toward the curb. Hop onto the curb with both feet, then hop down. The two hops— one up and one down— equal one curb hop.

Mammoth News Update—

Mammoth has broken its all-time snowfall record! A total of 617 inches fell after the last big storm in early April. Mammoth has announced that they have extended the season until the Fourth of July. ❄️

The Seven-Day Workout—

Monday 30 minutes of running, sprints and curb hops. Here's how you do it.

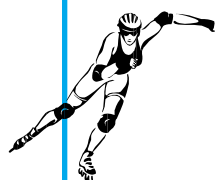
- First 10 minutes: Run.
- Second 10 minutes: Sprint for 30 seconds at 75 percent of your maximum heart rate, then do a light two-minute jog, then do 25 front curb hops. Do the sprint-jog-curb hop routine twice, then follow up with a final sprint and jog (for a total of three sprints, three jogs and two sets of 25 curb hops each).
- Third 10 minutes: Run.



Tuesday Ten minutes on a stair-climbing machine. Choose a machine with movable arms if possible.
45 minutes of strength training.
Five minutes of stretching.



Wednesday 30 minutes of in-line skating or slide-boarding. A slide board is a slick, tough plastic board with side bumpers that you slide back and forth on wearing special socks.
Ten minutes of stretching.



Thursday 35 minutes of strength training.
Ten minutes of stretching.

Friday One-hour studio cycling class.
Ten minutes of stretching.

Saturday Take a break.

Sunday 30 minutes on an elliptical or stair-climbing machine. Choose a machine with movable arms if possible.
30 minutes of strength training.
Five minutes of stretching. ❄️



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LA Council is going to

Jackson Hole
February 3-10, 2007



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TRIPPING AROUND—LA SKI CLUBS & FAR WEST

Tri Valley Ski Club

Tri Valley will be heading to Mammoth Lakes for their annual **Jazz Jubilee** on July 13-16, 2006. This will be a drive up trip. Price covers condo and some parties.

www.TriValleySkiClub.com

CCSC Sports

CCSC will be spending the weekend of June 3-4, 2006 in **Laughlin** on the Colorado River for some big city entertainment and gaming excitement in a relaxing, small town atmosphere. Trip will include a personal watercraft adventure.

www.CCSCsports.org

Pacific Rim Alliance

Pacific Rim Alliance will host its annual **Wine Maker Dinner** fundraiser for the Heuga Center for MS on Saturday, September 30, 2006 at 5 PM in San Diego. Cost is \$65 per person and 100% goes to The Center for MS.

www.PacificRimAlliance.org

Auslich

Auslich is hosting yet another **Golf Tournament** on Saturday May 20, 2006.

www.AuslichSkiClub.org

Grindelwald

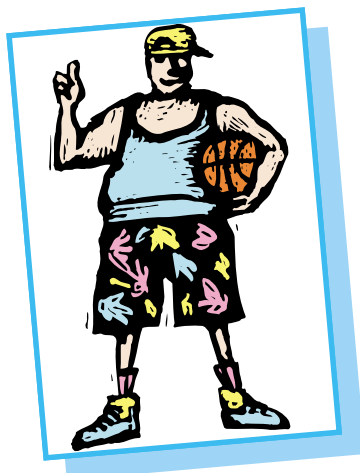
Grindelwald will be **Houseboating on Lake Powell** on September 11-17, 2006.

www.GrindelwaldSkiClub.org

Los Padres

Los Padres will be floating down the **Kern River** in tubes on July 21-23, 2006.

www.LosPadresSkiClub.net



Beach Cities

Beach Cities will host its third annual **Charity Beach Volleyball Tournament** in Manhattan Beach on Sunday, May 21, 2006 starting at 8 AM. The format will be 4-person co-ed teams (2 men + 2 women).

www.bcSkiClub.org

Santa Barbara

Santa Barbara will take part in the **Alameda Park Festival** on June 23-24, 2006. They will be watching the parade from Ruby's Cafe at 734 State Street in Santa Barbara on Saturday, June 24, 2006.

www.sbSki.org

Kronenstadt

Kronenstadt will host its annual **End of the Year Dinner** on Saturday, June 3, 2006 at 6 PM at the El Portal Restaurant in Pasadena.

www.geocities.com/kronenstadtski/

Long Beach

Long Beach will be **Horse Backriding** with Mike Zullo in Burbank on Sunday, May 21, 2006 at 10 AM.

www.LongBeachSkiClub.org

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

• 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

• PANAMA CANAL

October 29 - November 11, 2006

Tucker Hoffmann, Trip Leader
510.278.5900 / tkhoffmann@aol.com

• STEAMBOAT, COLORADO

Jan 27-Feb 3, 2007

Lynnell Calkins, FWSA Travel
lynnell@aol.com / 310.370.4617

TRIPPING AROUND— LOS ANGELES COUNCIL

LAC Events Calendar

MAY 2006

22 - June 6 Far West Galapagos / Machu Picchu

JUNE 2006

18 LAC Volleyball (MB)

8-11 Far West Convention, Phoenix

JULY 2006

16 LAC Volleyball (MB)

29 LAC Day at Long Beach

AUGUST 2006

20 LAC Volleyball (PDR)

SEPTEMBER 2006

17 LAC Volleyball (MB)

OCTOBER 2006

29-Nov 11 Far West Cruise to Panama Canal

JANUARY 2007

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

FEBRUARY 2007

3-11 LAC Ski Week, Jackson Hole, WY

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 June 15, 2006.** Media is accepted in electronic form (word or text). You can send photos to communications@lacouncil.org.

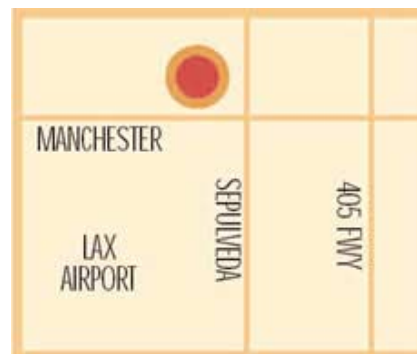
Meetings

General Meeting—

First Monday of the Month, 7 PM

Grinder Restaurant

8521 S. Sepulveda Blvd., Westchester
[entrance off of Manchester]
310.641.8210



Board Meeting—

Fourth Monday of the Month, 7 PM

Marie Calendar's

701 N. Pacific Av., Glendale
818.242.6836



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- Register your Ralphs card with Sigrid at sigski@earthlink.net.
- Get your family & friends to register!
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www.asbcla.org

AUSLICH
www.auslichskiclub.org

BEACH CITIES
www.bcskiclub.org

CCSC SPORTS
www.ccscsports.org

CONEJO
www.conejoski.org

EDELWEISS
www.edelweissskiclub.org/

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

OVER THE HILL GANG - LA
www.lapeaktimesinnature.org

OVER THE HILL GANG - VENTURA

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
www.snowbusters.com

THE UNRECALES
<http://home.earthlink.net/~unrecables>

TRI VALLEY
www.trivalleyskiclub.com

WAILERS
www.wailersskiclub.org

WESTWOOD
www.westwoodskiclub.org

LA Council is going to

Jackson Hole
February 3-10, 2007

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