

The Los Angeles Council of Ski Clubs is a non-profit organization dedicated to promoting the sport of skiing, and in particular, ski clubs in the Los Angeles area. LAC is a member of the Far West Ski Association and the National Ski Council Federation.

#### LOS ANGELES COUNCIL BOARD OF DIRECTORS 2023-24

**President** Sandra Blackwell lacpresident@lacouncil.org

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## SKI TRIPS OFFERED BY LAC CLUBS

SANDY'S SAYINGS SANDY BLACKWELL, PRESIDENT

#### LAC Meeting Dates

The next LAC meeting is set for Monday, November 6th at 7:00pm via Zoom. The main focus of our meeting will be

ski trips and Pray For Snow Parties. Also, any reports or comments about great events your club had during the summer.

I would, once again, like to thank our clubs that have sent in their LAC membership renewal forms – which includes their updated officer information and dues. Thank you for your continued support and joining LAC in another fun year.

We would like to also welcome our newest ski and snowboard club "Let's Link Up Club," a 20's and 30's aged club. *"We are a ski and snow*board club that goes skiing and on snowboard trips in the winter and do other outdoor activities (hiking, golfing, camping, etc.) in the off season. We started this group to connect adventurers in their 20s-30s." They also have a few interesting trips planned to Snowbird, and to Zermatt, Switzerland with an option to Tomorrowland in French Alps.

#### Steamboat 2024

There are 4 pillows open (2 king bed-

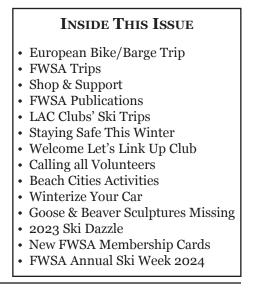
rooms – Master suite – in 2 condos on the Steamboat 2024 trip (Jan 27-Feb 3, 2024). The flyer for the trip is in this newsletter.

#### **Skiing is Back**

Ikon Passes, Colorado passes, Epic Passes (the list seems to grow).

Many of our ski clubs in LAC have their winter ski trips planned and are ready to go. Century City Ski Club (headed to a very different ski resort in Niseko, Japan), Wailers Ski Club (many Mammoth trips by bus), Conejo Ski Club (headed to Sun Valley, Idaho and Big Sky, MT), just to name a few.

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### CENTURY CITY SKI CLUB 2023 EUROPEAN BIKE/BARGE TRIP

Every year or two we organize a European bike/barge trip with our ski club. This year's did not disappoint. We flew into Frankfurt and hopped the train to Koblenz, where our journey started. The walking tour and cable car to the Ehrenbreitstein Fortress perched high above town where the Rhine and Moselle rivers join were highlights. Two days later we took the train to Cochem to start our bike/barge trip - but not before taking the Cochemer Sesselbahn (chairlift) to the cafe at the top for panoramic views and visiting the Reichsburg Castle built about 1000 AD.

Thirty-one of us called the Princess Royale barge our home for the next week. Yes, we chartered the entire boat. Over six days of riding we covered 188 miles along the Moselle river - with its breathtaking scenery of vineyards through small towns - Beilstein, Zell, Traben-Trarbach, Krov, Bernkastel-Kues, Brauneberg, Piesport, Trittenheim, Neumagen, Schweich, Trier and Saarburg. Trier, built in 15BC, is the oldest city in Germany, and still has the quite impressive "Porta Nigra" wall (built in 170 AD) that we walked through during our city tour. We also marveled at the Villa in Nenning, where in 1852 a farmer trying to plant a field discovered a 50 ft by 50ft remarkably preserved Roman mosaic tile villa floor,- using millions of tiles - built in the 3rd century AD. Our boat or "moving hotel" motored right along with us, providing us with delicious meals and comfortable sleeping accommodations for the week.

We passed through Luxemburg, including Schengen, where the Schengen Agreement was signed 20 years ago that essentially did away with borders between 27 European countries.

Our bike/barge trip ended in Metz, a beautiful small town in France, but our vacation didn't end there. Again we enjoyed a town tour, including an art exhibit by Suzanne Valadon at the famous Pompiduo Center in Metz. We then hopped a train to Reims in the Champaign district, and toured the Notre Dame Cathedral of Rheims and the St. Remi Basicalla Abbey. Many of us joined tours of the wineries in this world-famous wine and Champaign district. Lisa and I toured the Pommery Winery. Just as we were falling in love with this old yet vibrant city, after a couple of days we were off to Paris for the last 3 days of our vacation.

We split up in Paris to visit the destinations each of us wanted to visit. Lisa and I walked up and across the Arc de Triomphe (it has 284 stairs to the top), visited the Eiffel Tower, marveled at the Saint Chapelle stained glass windows from the 12th and 13th centuries, where each pane tells a story from the Bible, and walked through the 990AD St. Germain Des Pres church. The food in Germany and France was (is) superb.

Many of our club members have already posted some outstanding pics. Charles Lee, Michelle Hollister, and Bruce Bircks, among others, have posted many outstanding photos. We'll get ours uploaded when we get some time.

We will be unable to forget the breadth of sights and experiences we shared with an amazing group of outstanding people.

## 2023-24 FWSA Board

President: Linda Westlund Secretary: Tina Lyons Treasurer: Randy Lew VP Communications: Joe Harvis VP Int'l Travel: Debbie Stewart VP N. American Travel: Nancy Ellis VP Marketing: Debbi Kor VP Membership: Jean McCasey VP Racing: Bob Ellis VP Public Affairs: Carmela Arnold VP Council Services: Chris Gill Trustees: Jo Simpson, Fran Long, Sherri Parshall, Tom Bundgard

#### **FWSA TRIPS**

**FWSA Annual Ski Week 2024** Steamboat, CO January 27-February 3, 2024

**FWSA Mini Ski Week 2024** Big White, BC Canada March 17-22, 2024

International Ski & Snowboard Adventures Madonna di Campiglio, Italy Feb. 25-March 10, 2024 Val d'Isere, France with extension February 2025

#### Summer Ski Week 2025 Val Nevado, Chile with extension to the Atacama Desert Summer 2025

**FWSA Adventure Trips** East & Central Africa - 2024 Galapagos Islands - 2026

Check out details at fwsa.org.





Thank You **Mammoth Mountaín** for your support of our wonderful ski clubs in

LA Councíl.

### SHOP & SUPPORT

#### SUPPORT THE UNRECABLES AND SHOP RALPHS! Re-register Your Ralphs Card

#### 1. Go to www.RALPHS.com

 Scroll to bottom of the Home page.
Click "Kroger Community Rewards" under Community Contribution.
Click Link your Shopper's Card.
Fill in your info (NPO # WY343).
Watch your grocery shopping save YOU \$\$ and at the same time earn \$\$ for The Unrecables.



Thank you for your support! Contact Sigrid Noack sigski@gmail.com

The Unrecables thanks **LA Council & clubs** for your support.

### **Attention All Clubs**

To get your club's trips, activities, & photos in the LA Council newsletter, please e-mail **Gordon Cardona,** gwcardona68@gmail.com

#### **FWSA Publications**

Available on fwsa.org

Click Member Corner > Publications > The Councilman > Fall 2023.

Click Member Corner > Publications > Far West Skier's Guide 2023-24

Please spread the word to your clubs.

## Beach Cities Ski Club

Snowmass, CO March 2-9, 2024

#### Century City Ski Club

<u>Mammoth trips (bus):</u> Dec. 8-10, 2023 Jan. 5-7, 2024 Feb. 2-4 March 1-3 April 12-14 <u>Week-long trips:</u> Niseko, Japan (sold out) Jan. 20-27, 2024 Sun Valley, ID Feb. 10-17 Jackson Hole, WY (sold out) March 5-12

#### Conejo Ski Club

Mammoth trips (bus): Jan. 18-21, 2024 (Thurs-Sun) Feb. 22-25 (Thurs-Sun) March 17-20 (Sun-Wed) Week-long trips: Sun Valley, ID Feb. 3-10, 2024 Big Sky, MT March 2-9 Adventure Trips: Morocco Oct. 22-Nov 5, 2023 Turks & Caicos May 3-11, 2024 Scotland July 9-20, 2024 Dalmatian Coast Sept. 26-Oct. 10, 2024 Bordeaux River Cruise July 23-31, 2024

#### Let's Link Up Ski/Board Club

<u>Mammoth trips:</u> Nov. 10-12, 2023 Dec. 1-3 Dec. 15-19 <u>Week-long trips:</u> Snowbird, Utah Feb. 8-11, 2024

### LAC CLUBS' SKI TRIPS

Zermatt, Switzerland with options for Tomorrowland (in France). March 16-23, 2024

#### Long Beach Ski Club:

<u>Mammoth trips:</u> Dec 9-15, 2023 Jan. 7-11, 2024 Feb. 8-11 March 14-17 April 7-11 <u>Week-long trip:</u> Sun Valley, ID Jan 21-28, 2024

#### On The Hill Gang Ski Club:

<u>Mammoth trips:</u> Jan. 7-12, 2024 Feb. 4-9 March 3-8 April 7-12 Learn To Ski Week: Dec. 8-15, 2023

#### Santa Barbara Ski & Sports Club

Mammoth trips (drive up): Jan. 7–10, 2024 Feb. 11–14 March 21-24 Week-long trips: Steamboat, Co Jan. 20–27, 2024 Banff, Canada March 9–16 The Unrecables: Mammoth trips (drive up): Nov 17-19, 2023 Dec 15-17, 2023 Jan 18-20, 2024 Feb 23-25 March 22-24 April 19-21 May 10-12 May 31-June 2 Wailers Ski Club Mammoth trips (bus): Jan. 5-7, 2024 Jan 26-28 Feb. 23-25 March 8-10 March 22-24 🛛 👽

#### How Seniors Can Stay Safe This Winter

# Winterize YOURSELF this Ski and Boarding Season!

1. Wear safe shoes for walking in snow and on ice. Make sure your shoes or boots are warm, with a good base for walking in snow. If you know you will be walking on ice, consider the ice grippers or other that will bite into the ice. These usually will slip on over your shoes or boots. Or, if bad weather, consider waiting until the pathways are clear.

2. When traveling make sure you have food and water in case you get stuck in your car or in the place you are staying. Water is usually at least a gallon a day per person. Make sure you take a sufficient amount (and a little extra) of any medicines you may need.

3. Be careful outside as hypothermia is always a possibility. This deadly condition can set in very gradually, and you can often be unaware that it's setting in. Be careful drinking alcohol, as this can cause you to lose body heat.

4. Eat a healthy winter time diet. Avoid

#### LAC WELCOMES LET'S LINK UP CLUB

Let's Link Up Club is a ski and snowboard club for those who are in their 20s and 30s. We do a lot of snow trips over the winter and do a lot of other activities (hiking, camping, golfing, mountain biking, happy hours, socials) in the off-season. We started this group in 2023 because we wanted to connect outdoor adventurers in their 20s and 30s and help those who are new to SoCal or looking for friends in SoCal find a community. Please feel free to share our group with those in their 20s and 30s who are looking for a community in SoCal. We can be found on Instagram (letslinkupclub), Facebook (groups/letslinkupclub) and our website (letslinkup.club). So excited to be a part of the LA Council of Ski Clubs! 🔍

Vitamin D deficiency by eating a winter time diet rich with milk, orange juice, cheese, egg yolks, grains and seafood (being careful of your own diet restrictions)

5. Avoid the winter time blues. Winter is a time for seasonal depression, thanks to fewer daylight hours and decreased social interaction. Depression can cause malnutrition and affect your mental health. During winter, take advantage of caregiver services and adult day care, as social interaction has been shown to combat depression.

Lastly, for your home or other places you are staying: monitor carbon monoxide levels. The risk of carbon monoxide poisoning increases in the winter because of an increased use of gas fireplaces, furnaces, generators and other heating devices. Test your carbon monoxide detector once a month each winter. Understand the symptoms of carbon monoxide exposure, which include shortness of breath, nausea or dizziness, headaches and a feeling of confusion.

### Calling all Volunteers! LA Council is Seeking New Board Members

The LA Council needs new Board members for 2023-24 year. President **Sandy Blackwell** will be stepping down in the Spring after many years of service. Other Board positions up for election are Secretary, Treasurer, VP Communications, VP Programs, and VP Travel.

Board Nominations will be held in early Spring with the General Elections in April. Please support your Council by stepping up. It's not a lot of work and the meetings are held quarterly in the comfort of your own home with your beverage of choice on Zoom. If you have any questions, contact **Sandy Blackwell**. Thank you for your support.

#### BEACH CITIES ACTIVITIES CHRIS ABBE

#### Clambake, October 13-15, 2023

Live Oak Camp, north of Santa Barbara on State Hwy. 154.

We're looking forward to seeing everyone at our annual campout and seafood feast! Put on your dancing shoes and Halloween costume for Saturday night's live music by 3 Car Garage! Register today for \$179/person. Price increases to \$189/person after October 2nd. Link for more information and to sign up: <u>bcskiclub.wildapricot.org/page-1861057</u>

Thur: Optional extra night of camping, fee \$40/person. Includes a movie night with snacks!

Fri: Tri-tip dinner.

Sat: Breakfast, Bloody Mary bar. Dinner, seafood feast, live music. Sun: Breakfast, Mimosa bar.

#### Snowmass, March 2-9, 2024

Our trip has a spot for one more! We are looking for a guy (skier or boarder must love snow) who will share a room with another male; twin beds.

If you're interested please email us! Link to trip info: <u>bcskiclub.wildapricot.org/Snowmass</u> E-mail: bcskiclub61@gmail.com ©



#### WINTERIZE YOUR CAR WHEN DRIVING TO SNOW COUNTRY

When you winterize your car, the purpose is to make sure that you and your vehicle are ready for inclement weather. Winter weather can provide a mixed bag of snow, sleet, freezing rain, and wind — not to mention frigid temperatures. When you winterize your car, the goal is to be proactive, which keeps you from having to do these chores in freezing cold conditions — or paying an auto mechanic or dealership to perform these services.

## 10 tips for winterizing your car: 1. Examine your tires

As the part of your vehicle that makes contact with the road, tires are your main defense against snow and ice. If you haven't examined your tires in a while, it may be a good idea to do so before the first snowfall. Check out the Tire Safety Checklist by the National Highway Traffic Safety Administration (NHTSA) for detailed information.

Even if your tires are new or in good condition, you may still want to check their pressure after the first cold night. Fluctuations in temperature can cause tire pressure to vary by 1-10 psi per 10°C. If you need help checking the tire pressure or putting air into your vehicle, follow these steps. You may also want to check the tire pressure on your spare just in case.

2. Stock an emergency kit in your car When it comes to stocking an emergency kit, it may be better to be overprepared. Having essentials like water and a blanket could be important if you become stranded during a snowstorm. These supplies may come in handy if you spot another motorist in need.

Here are some useful items to include in your emergency kit:

- Blanket
- Clothing layers
- First aid kit
- Flashlight with extra batteries
- Flares or emergency light sticks
- Jumper cables
- Small shovel
- Nonperishable food items (high pro-

tein, and energy bars)

- Water bottles
- Tire pressure gauge
- Winter coats and gear (hats, gloves, extra shoes & socks) and possibly small sleeping bag
- Kitty litter for traction

For those that already have a winter car emergency kit in a vehicle, make sure you do an annual check of items to ensure they are in good condition and working order – remember, food expires and batteries don't hold their charge forever. Also, if you do find yourself stuck in the snow, don't run your vehicle without first ensuring the tailpipe and up to three feet behind your vehicle is free of snow; this, along with opening your windows, will prevent deadly carbon monoxide from building up inside the automobile.

3. Replace your wiper blades

Old and worn wiper blades can be a problem when driving in the winter. Instead of clearing the precipitation from your windshield, ineffective rubber stripping could make it harder to see.

If you haven't replaced your wiper blades in a while, give them a thorough examination. Check to see that the metal arms are straight and the rubber isn't hard or worn down. If you determine that they need to be replaced, follow these instructions on changing wiper blades before winter starts. 4. Inspect your battery

Freezing temperatures can be cruel to your engine, especially the battery. Unlike other parts of your vehicle, batteries may not give a warning before they stop working.

To ensure your battery is ready for winter, try this quick checklist:

- Examine the cables for cracks and breaks
- Make sure the terminals fit tightly

• Measure the battery fluid level and refill with distilled water if necessary

• If you are uncomfortable inspecting your battery, visit a certified mechanic or service technician to perform the work. 5. Check your coolant/antifreeze

eneck your coolant/ antificeze

In the warmer months, coolant/antifreeze prevents your engine from overheating. In the winter, however, this very same liquid prohibits your engine lines from freezing. Therefore, it's important to have a proper level of antifreeze in your radiator to avoid engine damage and keep your vehicle safe to drive. 6. Add winter-blend windshield washer fluid

Winter-blend windshield washer fluid can be very helpful in colder climates. If you live in an area where they salt the roads, the blend of slush and salt can create a thick coating on your windshield. Basic wiper fluid can be ineffective in removing this winter grime and make it difficult to see the road. Try to carry a spare jug in your trunk to have extra fluid on hand.

7. Check hoses and belts

Take a quick look at the hoses and belts under the hood — this isn't as hard as it sounds. Look for any cracks in the material or if the belt seems loose. The fasteners that keep hoses attached should be checked for rust and wear.

8. Keep the gas tank half full

You may not want to pump gas on a cold day, but it's vital to keep your tank half full. The reason is that it cuts down on condensation, which can cause lines to freeze. Also, if you are stranded, you need to run your car to keep warm. With a full gas tank, you can stay safe until help arrives.

9. Check the weather

Winter weather can change at a moment's notice — temperatures can plunge and moisture in the air can turn into freezing rain or snow quickly. Before you leave — make sure you won't be driving into hazardous conditions.

10. Put safety first

Whether you love winter or want to hibernate until April, you can't ignore the change in driving conditions. Getting your vehicle ready for winter driving won't only keep you safe; it will keep others on the road safe as well. Buckle up and drive safe ALWAYS!

LAC GOOSE & BEAVER METAL SCULPTURES MISSING SANDY BLACKWELL

#### **REWARD OFFERED!!!**

I need your help! It was brought to my attention that LAC is missing the Goose and the Beaver metal sculptures that were given to the Council many, many years ago by the Canadian Bureau of Tourism. Typically, these sculptures were given to the then current years' Man or Woman of the Year. A list of those recipients is here.

I know I had one or both for a year, **Kay Collins** did also. I know they were passed to the next winners of Man and Woman of the Year. But, at some point, they did not return to be passed on to the next winners. They have been missing for at least 6+ years. We do need to find them, they are part of the Council's heritage and the Council's property.

Here is what I am offering: To whoever finds them, or knows where they are, AND LAC recovers both of them – No Questions Asked – There is a \$100 gift card for that person (or \$50 each if it is two people).

My guess is that whoever has them may not even recall they have them, or they are tucked away in a closet or attic somewhere. We would like to have them back, so PLEASE, if you think or know you had them at one point - PLEASE PLEASE check to see if you still do have them somewhere.

My recollection is that the goose was in flight with the wings up a bit, while the beaver was sitting on a log munching on something, and they are very heavy. We would really like them back. Thank you for your help.  $\textcircled{\sc o}$ 





- South Hall
- Exhibitor & Sponsor Booths, Contests & Prizes
- \$6 M illion Equipm ent& C bthing Sale
  - ExpertBootFitting

LiftTicketOffers

- Free Entertainment, Music & More
- Hours: Friday 3pm -10pm Saturday 11am -10pm Sunday Noon-6pm

## FWSA Membership Cards for 2023-24

We have received the new FWSA membership cards which do offer you a variety of discounts. To find all that you can get discounts on, go to the FWSA.org website, then click on member corner, then benefits, and then click on which ever item you are looking into.

<u>FWSA Member Discounts</u> Lodging, Adventure, Services, Equipment and Equipment and Services

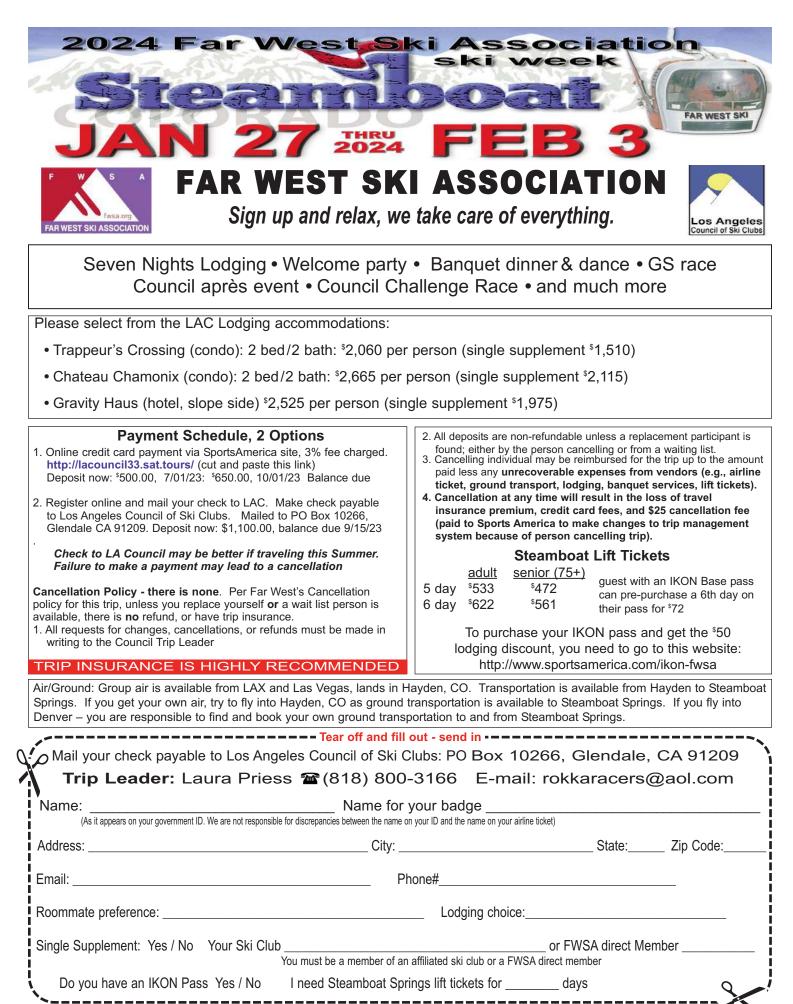
If you or your club would like membership cards, please email **Sandy Blackwell** and let her know how many cards and where you would like them mailed to you. Thanks. ©

# Sandy's Sayings continued -- p. 1

Mammoth trips starting in December or early January, week-long trips to Banff with Santa Barbara Ski Club, and to Steamboat with the Long Beach and Santa Barbara ski clubs. We have a Snowmass trip with Beach Cities. There are more clubs with more trips. See the listing in this Snow Scene and on the LAC website.

The Let's Link Up Club also posted there will be a Burton Snowboard sale on October 7th from 2:30 to 5:30pm at 1460 4th St., Santa Monica. This is Burton's flagship store and from their website – they have everything you could want for skiing and snowboarding!

For details regarding all of the Los Angeles clubs and activities, please visit us at <u>www.lacouncil.org</u>. •



LAC of SKI	CLUBS	CST#	2083418-4	• FW/SA	CTS#	2036983-4	10

## LA Council Meetings

First Monday quarterly (November, February, May, & August) at 7:00pm currently on Zoom. Contact the LA Council President for details. All clubs are welcome to attend.

## CONTACT THE LA COUNCIL

E-mail: president@lacouncil.org Website: lacouncil.org Like us on Facebook

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Gordon Cardona Publisher gwcardona68@gmail.com **Special Thanks** Chris Abbe Sandra Blackwell

*Photos Courtesy* Sandra Blackwell

## FAR WEST SKI ASSOCIATION SAFETY SLOGAN

SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES. First With Safety Awareness





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Fall 2023

