

The Blizzard



Huntington Beach Ski Club

Get Ready

Black Friday— make way for White Weekends

Still recovering from too much turkey, massive clan gatherings, black Friday mobs and mayhem? Well get over it! And get ready.

La Niña is back! This may be the most exciting snow season yet. The new HBSC season officially started November 1st, the Mammoth season kicked off on November 10th, snow's falling and the mountains are calling!

HBSC has a record 10 Mammoth trips planned, Trip #1 has a record number of condos booked, and Mammoth is expecting a record snowfall of 1,000" this season. Unbelievable!! What are you waiting for? Grab your gear, get packing, and don't forget that ski pass as you rush out the door!!

Speaking of ski pass, the new MVP12 is RFID!

Translated: Radio Frequency Identification. A little RFID makes lift lines a lot easier. No more fumbling for that glam photo ID. Leave it in your pocket....but no holes please, and keep it quarantined from that very smart phone of yours.

Greet the Season heartily. As you make that first pilgrimage to Mammoth, don't forget to wave to those adorable HBSC Ski Dummy homesteaders in an old mining shack on Rte 14 near 395. And smile - The new Chair 5 chariot awaits! ENJOY!

The Blizzard

- Get Ready for a Great Season!
- Let the snow fall and the carpools begin
- HAPPY HOLIDAYS and BEST WISHES from the HBSC Board

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Get Psyched

In Sunny So Cal? Why Not!

Sure —the mountains are where the real action is, but HBSC has an uncanny knack - in spite of the brilliant blue skies, sandy beaches, and hot Santa Ana winds—for getting psyched for the snow.... in sunny So Cal.

How? HBSC Monthly meetings, our SoCal Socials, and the anxiously anticipated annual Warren Miller movie!

"Like There is No Tomorrow" is the new Warren Miller movie—playing **Nov 30th** at the Lido Theater, 3459 Via Lido, Newport

Beach 92663. Showtime is 7:30pm. And for the full HBSC tradition— meet up for dinner @ Woody's Diner, 6pm, right next door. You'll be psyched for the whole season!





President Andy & wife Patti

Your HBSC Board **2011—2012**

President - Andy Snodgrass
 Vice President—Betsy Pedley
 Treasurer—Vickie Pope
 Secretary—Barbara Spencer
 VP Special Events—Ron Paine
 Trip Coordinator—Curt Parham
 Newsletter—Penny Edlund
 Race Chairman—Ron Paine
 Director—Curt Parham

HBSC Ski Dummy Design Team
Betsy Pedley and Chris St Marie

Dr Anatole Lokskin, AlpineRelay

President Andy's Address

Hello Skiers and Boarders,

I hope everybody had a wonderful holiday weekend and Thanksgiving. I know we're all really looking forward to the upcoming snow season. We already have 4 condos reserved and filled for the December trip, and we're already adding a 4th condo for the January 5th trip.

We're planning an HBSC Christmas party for Friday December 16th, so pull on your favorite Santa Hats and get ready to celebrate the Holiday Season with your Ski Club family and friends. More details to come!

Happy Holidays!! Enjoy this amazing Snow Season 2011 - 2012

See you at the meetings and remember.....Tips UP!! Andy

Get Gear

Whether you need new gear (yup—some of use broke stuff) or just love to look (for others, even just looking is intoxicating, exhilarating!) you've got some great options as the 2011– 2012 Snow Season kicks off. Whatever your preferred shopping style—Online, Brick & Mortar, or the Ultimate Kasbah experience— here's 3 options worth checking out. So take your pick:

#1: Online

www.skiessentials.com A FWSA newsletter find, this site offers some great deals and seasonal ski lease packages.... An excellent option if you're in the test-drive/ demo mode.

#2: Brick & Mortar

[REI Huntington Beach](#). Shop local with confidence, convenience and great selection. REI's Kevin Yuskoff and staff give personal attention, and even do expert boot fittings.

#3: Ultimate Kasbah

[SKI DAZZLE](#)—The annual LA extravaganza for ski and snowboarders!! **December 1,2,3,4** LA Convention Center—South Hall. www.skidazzle.com Get gear @ up to 70% OFF at the Sale and Swap. Enjoy FREE Ski School, Rail Slide Lessons, Rock Climbing Wall and much more.

Not RFID for the Season?

A couple options for ski passes too! 1) HBSC Friend with MVP12, for discounted day passes 2) Costco, for a 3-day pass 3) Employee Discount Programs—some companies offer them.

Get Apps

At our November meeting, Dr Anatole Lokskin introduced us to a new app -**Alpine Relay** - and suddenly out popped all those very smart smart phones to download the app! The ideal tracking tool for skiers and boarders alike, AlpineRelay measures speed, vertical, airtime, Calories, and more on any mountain.

Anatole, a new HBSC member, who has spent much of his professional career working on GPS technology, invites us all to try out Alpine Relay this season. It's at www.AlpineRelay.com and it's free! Sweet!!!

Meet @ Mario's

HBSC meets the 1st Tuesday of every month in Huntington Beach at Mario's. Visitors and guests are always welcome. It's a great opportunity to learn about the club, meet the members, socialize, swap stories, sign-up for trips, coordinate carools and hear some expert speakers. At the November meeting, HBSC gave a warm welcome and big thanks to guest speakers Tom Caruso from the Snow Summit Ski Patrol and to Dr Anatole Lokskin with Alpine Replay .

Get Ready.... For a Safe Season

Tips from an Expert

Tom Caruso, Snow Summit Ski Patrol

Our November 1st, at the Monthly Meeting HBSC welcomed guest speaker Tom Caruso from the Snow Summit Ski Patrol. Tom, a Ski Patrol Instructor for 14 years, talked about ski safety and how to avoid needing help from Ski Patrol! Tom's Advice:

1. Start conditioning your body NOW for ski season. Exercises should include core work like crunches and sit ups and leg work like squats and reverse lunges.
2. Arrive at your ski resort at least 12 hours prior to any activity to help the acclimatization process and reduce the risk of getting altitude sickness.
3. Eat right and often by snacking every 90 minutes while skiing. Drink plenty of water or Gatorade before, during, and after exercise.
4. Get your gear checked and tuned regularly.
5. Dress in layers and avoid cotton clothing at all costs.
6. Get a good night sleep and avoid drugs and alcohol while skiing. [hence "après ski"?] Make smart decisions based on how your body feels.
7. Always wear a helmet and always use wrist guards.
8. If you're skiing with a group have a plan, a backup plan and phone #s in case you get separated.
9. Keep information about medical conditions easy to find in case you get hurt and can't tell anyone about those conditions..... And always carry your Health Insurance info.
10. Always always have FUN. And remember, unless you want that embarrassing "free ride" in a toboggan as your last run of the day, always think of safety first.

Ski Patrol Anyone?

The National Ski Patrol (NSP) is the leading authority of on-mountain safety, dedicated to serving by providing education and accreditation to emergency care and safety service providers. Interested in learning about the Southern California Region's Instructor Development Program? Contact Tom Caruso or visit www.socalnsp.org

Top Ten Trivia According to "Ski" Magazine: Deer Valley tops Ski rankings for fifth straight year! The other top 10 resorts, from top down include: Vail, Whistler, Snowmass, Sun Valley, Park City, Beaver Creek, Steamboat, Breckenridge, and Telluride.

HBSC
Meets @ Mario's
Mexican Restaurant
 18603 Main Street, HB
 (Beach & Main)
1st Tuesday of the
month
 Social @ 6:30pm
 Club Meeting @ 7:30pm



Tom Caruso, Snow Summit Ski Patrol

HBSC Trip Dates

Dec 8– 11

Jan 5- 8

Jan 19-22

Feb 3– 6

Feb 23– 26

Mar 8– 11

Mar 22– 25

Apr 5– 8

Apr 19– 22

May 3– 6





Huntington Beach Ski Club

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We're on the Web
www.hbskiclub.com

The Blizzard

Surf, Sand & Palms meet

Snow, Slopes and Pines

Yes. Surf City has it's very own Ski Club. Huntington Beach Ski Club. A club for active singles and couples who like to do a variety of activities including skiing, snowboarding, whitewater rafting, water skiing, camping, hiking, biking, live music, dancing, dinner shows and much more.

We love the Sand and the Surf. We love the snow. Our trips, activities and events are fun, well-organized, affordable—and we welcome new members.

We are the **Huntington Beach Ski Club**



Where To Find us and How to Join? www.hbskiclub.com and www.meetup.com/Huntington-Beach-Ski-Club-Meet-Up/

