



LiftLetter

Century City Ski Club September 2001



- LAC Club of the Year '95-96, '98-99
- LAC Dave Seret Champs '00
- Elske Race Champs '97, '99, '00
- FWSA Outstanding Ski Club '93, '95, '96, '97, '99
- FWSA Outstanding Publication '72, '73, '85, '88, '99
- FWSA Outstanding Web Site '01
- Joe Ross Club Champs '92, '93



Madam President . . .

WOW! That is the only way I can describe our south August meeting, held at our new meeting location Earth, Wind and Flour in Santa Monica. Like the old days, we had over 40 people show up and find out all the exciting things coming our way in Century City Ski Club. Again, I want to say thank you to **Sandy Langston**, Meetings VP, for finding this new location for us. It looked like we all ate, drank and enjoyed.

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Winter Trips-

Thank you **Ron Lucas**, fellow skier from South Bay Ski Club and LA Council, for joining us to talk about our upcoming winter ski trip to Big White, Canada. With everything planned for that week it's going to be interesting to find time to actually ski during the week. **Marsha Corbett**, Winter Trips VP, also made the announcement of a spring ski trip to Ogden, Utah where we will be hitting the slopes of Snow Basin & Powder Mountain. Please check inside your Liftletter for all the details.

Happy Hours-

Before we hit the slopes of Mammoth, Canada and Utah, (which, by the way, is only 4 months away) there is so much going on. September 14th we will be gathering for another great Happy Hour at our favorite (other side of the hill) location, The Odyssey. If you haven't been to one of our Happy Hours you are really missing out on a fun time. Can't make it that Friday? You can always meet us

Continued page 10!

Renew TODAY !

Membership Expired August 31, 2001!!!

TRIPPING AROUND

❖ Century City Ski Club ❖

- BEACH BIKE RIDE. 8 September 2001
Lisa Felker @ 310-215-9999
- HAPPY HOUR (Odyssey, Granada Hills). 14 September 2001
Cindy Lemos @ 310-306-4123
- PISMO BEACH BIKE RIDE 28-30 September 2001
Lisa Felker @ 310-215-9999
- HAPPY HOUR (Shanghai Red's, MDR) . . . 19 October 2001
Cindy Lemos @ 310-306-4123
- SNOW GALA (Marina City Club) 3 November 2001
Cindy Lemos @ 310-306-4123
- BOOTH CONSTRUCTION PARTY 16 November 2001
Mike McCloskey @ 661-257-2902
- SKI DAZZLE (Los Angeles) 29 Nov - 2 Dec 2001
Andy Vogel @ 310-581-0761
- KICK-OFF PARTY 8 December 2001
- MAMMOTH RACE CAMP. 9-14 December 2001
- MAMMOTH BUS TRIP. 14-16 December 2001
- MAMMOTH BUS TRIP. 4-6 January 2002
- MAMMOTH BUS TRIP. 24-26 January 2002
- BIG WHITE, Canada 2-9 February 2002
Marsha Corbett @ 661-259-0410
- MAMMOTH BUS TRIP 8-10 March 2002
- SPRING GARAGE SALE 16 March 2002
- SNOW BASIN, UT 20-24 March 2002
Marsha Corbett @ 661-259-0410
- MAMMOTH BUS TRIP. 12-14 April 2002

❖ Los Angeles Council ❖

- BIG WHITE, Canada 2-9 February 2002
- Alyeska, Alaska 26 February - March 4, 2002

❖ Far West Ski Association ❖

- SPORTSFEST, Mammoth 28-30 September, 2001
Bob March @ 619-444-6411
- COPPER MOUNTAIN, CO 26 January - 2 February 2002
- GRINDELWALD, Switzerland 8-16 March, 2002
- FWSA CONVENTION 2002 (Portland) 6-9 June 2002
- IRELAND TBA
- BIG MOUNTAIN, MT. 25 January - 1 February 2003

What's New?

Membership Expired August 31, 2001-

Your membership expired at the end of August. If you haven't already done so, won't you take the time NOW to pay up your 2001-2002 CCSC membership so you will continue to receive the LiftLetter and participate in some fun activities and trips at the membership price. ▼

Now Available-

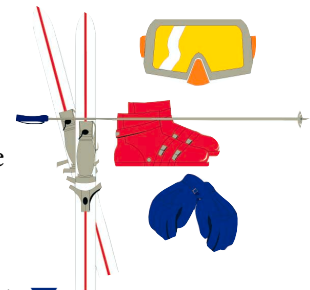
Vicki Rittenberg has our logo koozies available for sale. Contact Vicki at 310-839-1896 to order yours today. ▼



Ski Swap-

Andy Vogel is working hard to make CCSC's appearance at this year's Ski Dazzle the best ever. He needs our help. One of Andy's ideas concerns CCSC's participation in the swap.

If you have old skis, boots, etc. you want to get rid of but can't make it to the swap personally, consider donating them to the club. Andy will collect and take to Ski Dazzle. All proceeds will benefit the CCSC race team. Items not sold at the swap will be donated to charity.



To donate items, contact Andy at andy@pureindulgence or 310-581-0761. ▼

Susan's Swan Song-

After 20 years in LA, long-time CCSC member **Susan Gruber** has moved to Columbus Ohio. Susan can be contacted via email, GSugru@aol.com.

Susan, in her swan song, says she has had a tremendous amount of fun, laughter and good times with CCSC and she will miss all of us. We'll miss you Susan, but we wish you the best. ▼

**Ski With Pride
Let It Ride
Watch All Sides
*First With Safety Awareness***

Member Profiles—

Congratulations to our 2001 Man & Woman of the Year who will be representing CCSC at the LA Council Snow Gala on November 3, 2001. As you may remember, **Larry Davis** and **Cindy Lemos** were voted by members of CCSC as the most valuable members for the 2000-2001 season. Who better to be named Man & Woman of the Year?

Cindy Lemos -

In the two short years Cindy has been a member of CCSC, she has managed to infuse the club with much energy and frivolity. She has brought back the monthly Happy Hours and stepped up to the plate to run summer trips when no one else would.

Cindy is currently our Social Kitten and doing a damn fine job! Her first event with CCSC was the 1999 Snow Gala. She knew of CCSC since she

had shared many a jello shooter with us in Mammoth's Jacuzzi.

Larry Davis -

Larry joined CCSC in 1985. At the urgings of **Nancy Goettling**, Larry went on his first CCSC event—a bus trip to Mammoth. He was hooked. Since then he has served CCSC as Summer Trips VP three or four times, Winter Trips once, Meetings, President and now Past President.

Larry has been very active in CCSC, especially participating in skiing, racing and water skiing.

Snow Gala -

Mark your calendar and sign up for this elegant event and lend your support to Larry and Cindy. The location is fabulous and the evening should be most memorable. See page 7 for details. ▼

Our Man and Woman of the Year



CCSC's South Meetings

2222 Wilshire Blvd., Santa Monica

Third Tuesday of every Month, 8 PM

Come with an Appetite & join the Fun!



Nov. 29 - Dec. 2, 2001

LA Convention Center
West Hall
1201 S. Figueroa, LA

Work the Ski Swap to earn money for CCSC to help defray cost of the 2001-2002 CCSC Race Team!

Thursday, Nov. 29	3-7 PM or 7-11 PM
Friday, Nov. 30	3-7 PM or 7-11 PM
Saturday, Dec. 1	11 AM - 3 PM or 3-7 PM or 7-11 PM
Sunday, Dec. 2	Noon to 6 PM

Contact Andy at andy@pureindulgence.com to sign up. Free admission with minimum 4 hours worked. Must pay own parking.



Can you say SOCIAL?!

by Cindy Lemos

We had an incredibly successful August Happy Hour at Shanghai Red's in the Marina on August 3rd. We had about 40 people show up for this one, including **David Phillips** and his new wife and daughter! In addition, **Dennis Leon** brought a number of Beach

Cities Ski Club members over since it was so close to their usual Friday haunts. People that I've never seen at a Happy Hour showed up for this one: **Tom White, Kim Wilkens, Debbie Page** and **Roger & Sandee Sands** were just a few of the happy surprises that showed up!

So are you ready to do it all again?

Happy Hour—Friday September 14, 2001, 5:30 PM

We'll be returning to *The Odyssey* in Granada Hills. For some reason the commute was actually bearable last time, so it wasn't hard to twist my arm to hold it here again. **Michelle** and **Dave Hollister** always make an appearance as do most of our "northern contingent" members. If you don't know who these people are, join us on the 14th! Make some new friends and have a wonderful time enjoying the incredible view.

Earth, Wind & Flour — September 18, 2001, 8 PM

Just a mention on our new "south" meeting place, because it's actually quite social! **Sandy Langston**, you did a wonderful job picking this location! And at our next meeting, we'll be televising the Century City Ski Club Duettes doing their McClure I rendition of the old Queen song: "Don't Stop Me Now (I'm Having Such a Good Time.)" Come watch Sandy, **Marsha Corbett, Barbara Blakeley** and me as we regale the drunken, sunburned audience at the McClure Pavilion. No, you won't want to miss this one!



Happy Hour— Friday, October 19, 2001, 5:30 PM

Shanghai Red's it is! Many compliments for this location, so we hope to see everyone there in October. Just walking in through the koi ponds is an experience. The bar is situated on the water and the sunsets can be spectacular. As usual, dinner will be optional after cocktail hour(s) and everyone is invited to stay!

Vegas, Anyone?

Ed Mahfuz brought up the possibility of a weekend getaway to the casinos for our club members. I'm totally into this – Are the rest of you? Send me email at SocialKitten2001@aol.com if you want to do this. I'd put together a package that included the flight and the overnight stay along with those standard freebies that they normally throw in. It won't be fun unless we have a number of people to go, so let me know what you think. I adore the Craps tables (oh yes, they see me coming) so I'm in!

(Proposed) Temecula Harvest Barrel Tasting

November 17-18, 2001

The plan is to again team up with Beach Cities Ski Club to invade the Temecula wineries for this annual festival of food and wine. I love this trip – It's the time of year when the wineries are releasing all their new wines that they've just bottled. Sometimes we get to try wines that are still in the barrel using the siphon that they call a "wine thief."

The cost for a weekend "passport" is \$60 this year and is available by calling toll free 1-800-801-WINE or visiting online at www.vintnersevents@temeculawines.org. Please buy your own tickets for this event as they will not be included in the limo package.

I'm looking into the limos that we used last year at a cost of approximately \$40 per person per day (or \$80 for both days.) This is really the way to go! Our drivers took care of all our purchases, which was especially helpful after the 4th or 5th winery of the day. The limo cost is all inclusive (which means it includes a generous tip to our patient drivers.) The limo spaces will be sold on a first come basis and I'm only reserving limos as I get commitments to fill them. We put 10 people into each stretch that we used last year. If you want to do this, let me know now!

Lodging is also available separately. We always stay at the Embassy Suites in Temecula. These suites go quickly, so call now if you want to stay there. Other lower-cost accommodations are also available in Temecula. We like Embassy Suites because of the great Jacuzzi and the killer brunch on Sunday.

There's still lots of water to be skied this summer so go out and have

Fun! Fun!! Fun!!!

CCSC invites you to join in the fabulous—

Pismo Beach Bike Ride

September 28 - 30, 2001

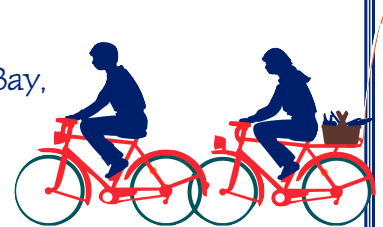
Trip Includes

- Two nights Lodging (dbl. occ.), Holiday Inn Express, Grovers Beach
- Two Continental Breakfasts
- Great American Melodrama Theater and Vaudeville Saturday Night

\$135*

The Ride

- Approximately 50 miles each day of relatively flat easy terrain
- Wimp Wagon for Entire Route
- Saturday will start in Cambria and continue south to Harmony, Morro Bay, Pismo Beach
- Sunday we will bike north and end in Cambria



For Information & Reservations

- Lisa Felker, 5943 W. 77th St., LA, CA 90045, 310-215-9999, institches310@yahoo.com

* Member Price (Non-member price is \$155)

CCSC presents another fantastic—

HAPPY HOUR Odyssey

**15600 Odyssey Dr, Granada Hills
405 to Rinaldi, then up the hill**

Friday, Sept. 14, 2001, 5:30 PM

For Information—

contact Cindy Lemos
at 310-306-4123 or
socialkitten2001@aol.com



CCSC presents another fantastic—

HAPPY HOUR Shanghai Red's

**13813 Fiji, Marina Del Rey (Venice)
310-823-4522**

Friday, Oct. 19, 2001, 5:30 PM

For Information—

contact Cindy Lemos
at 310-306-4123 or
socialkitten2001@aol.com



CCSC presents another fun-

Beach Bike Ride & Rollerblade

Marina Del Rey to Santa Monica & Redondo Beach

Saturday, September 8, 2001, 9 AM

We will meet at 9 AM at Pier 52 in Marina Del Rey, (first lot off Fiji Way, west of Admiralty) and then ride or blade along the bike path to Santa Monica and then to Redondo Beach. We will enjoy lunch together when we return to Marina del Rey.

Helmets required. Rollerbladers should bring shoes to wear in the Restaurant.

For further information, contact **Lisa Felker** at 310-215-9999 or institches310@yahoo.com. ▼



Century City Ski Club History

by Judith Miller

In the fall of 1970, a group of employees asked Equity Funding if they could have a ski club. When the company said, "no," **Michel Alkaslassy** and his ski buddies at EF said, "OK, we'll form our own club."

The result was that on a Monday in late September, in the lobby of each office building in Century City (there were only about ten at that time), future CCSC officers handed out flyers, asking "Are you interested in a ski club?"

A huge party was held at the Beverly Hilton with around 350 attendees, and from that Century City Ski Club was born. The first Mammoth trip (\$25 for bus and lodging) was in December. CCSC met at the Hilton for several years until the hotel started "bumping" us too often. We tried several restaurants in Century City, ending up at the Hamburger Hamlet until it closed, and have continued our nomadic ways since.

The first CCSC ski week was in 1972 to Aspen (\$99, including air, lodging, lift tickets and breakfasts). Also in '72, CCSC joined Elske League and was league champion several times over the years.

In 1972, we participated in the LAC Sno-Ball at the Proud Bird, and **Pam Russell**, our candidate in the Snow Queen Contest (as it was then called), was 1st runner-up (after a tie was broken). Since then, CCSC has had several kings and queens who made strong showings as well as going on to represent LAC at Far West.

In the late 1970s, **Bob Nelson** started the CCSC Invitational Ski Race, which was held for several years into the 1980s. In the late 1980s or early 1990s, the club expanded by starting a "North Chapter" that meets in Valencia.

In addition to success in Elske, CCSC has won the Joe Ross trophy at FWSA Ski Week on two occasions as well as the LAC Championship. But more important than racing are the times CCSC has received the FWSA "AA" Outstanding Ski Club and Outstanding Publication awards. ▼

(Editor Note — This article was an attempt to capture the history of the Great Century City Ski Club. Judith Miller was a member at the start and later held many offices. I would gladly accept any additions (or corrections) to this history.)



Ski Dazzle

by Andy Vogel

Plans are under way to staff the Annual Ski Dazzle at the L.A. Convention Center on November 29 - December 2, 2001.

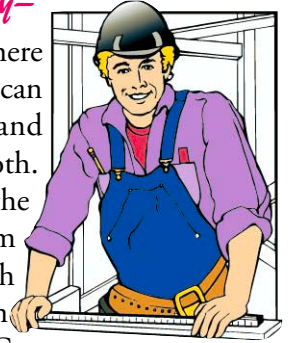
Photos Needed-

We are trying to put together a collection of photos of club activities for display at our Ski Dazzle booth. If you have winter or summer photos from the last couple of years, it would be appreciated if we could borrow them. Please contact me and I will arrange to scan and reproduce your photos and return the originals to you, or if in digitized form, please email them to me. Thanks. I hope to make our appearance at Ski Dazzle one of the best ever. And with your help and enthusiasm we can make it happen.

**Andy Vogel at 310-581-0761
or Andy@pureindulgence.com**

Booth Construction Work Party-

On Friday November 16, 2001, there will be a work party for people who can help with the construction and decoration of our Ski Dazzle Booth. We will put the booth together at the McCloskey's home and barnstorm ideas for decorating it. People with artistic and creative talents who can help are needed. Being a CCSC event, it is also necessary that this be fun, and therefore the McCloskey home will feature beer and pizza and also beer and pizza and finally, more beer and pizza. **Please RSVP to Mike** (so we'll have enough beer & pizza). ▼



Booth Construction Work Party

**Friday, November 16, 2001, 6 PM
31545 Vaca Ave, Castaic, CA 91384
661-257-2902 or clutchmccloskey@yahoo.com**

CCSC Booth Workers Needed-

The following times are available for staffing the CCSC Booth. Shifts are two hours long but of course you can take more than one shift. Please email me with your 1st and 2nd choice (in case your first is taken).

Date	11am-1pm	1-3 pm	3-5 pm	5-7 pm	7-9 pm	9-11pm
Thursday, November 29	X					
Friday, November 30	X					
Saturday, December 1						
Sunday, December 2					X	

Work the Ski Dazzle Swap and Earn \$\$ for CCSC-

The following four hour shifts are currently available. Work the swap and get into the Dazzle for FREE!!!

Date	11am-3 pm	3-7 pm	7-11pm
Thursday, November 29	X		
Friday, November 30	X		
Saturday, December 1			
Sunday, December 2			X



Safety— Hydration

by Pam Malouf

More than eleven athletes have died of heat stroke this year in supervised work outs, so, let me spread the word about fluid consumption and hydration safety.

Sun and Dehydration—

When temperatures climb above 90 degrees people are more susceptible to heat-related illnesses which, if left untreated, can cause serious injury and possibly death. Some signs of heat exhaustion include nausea, dizziness, flushed or pale skin, heavy sweating, and headaches. Heat stroke can cause death if not treated and occurs when the person's body stops sweating. Victims of heat related illnesses should be moved to a cool location, given water to drink, (no ice in beverage or on body) and cool wet cloths to be applied to their skin.

Dehydration is the major cause of heat-related illnesses and can be avoided by drinking lots of water and fluids. You must know and be aware that you should drink, because if you are thirsty then you are already in the first stages of dehydration! Drinking plenty of water also rehydrates the muscles so you will be less sore after doing sports. Six to eight glasses a day are recommended and should be increased if you drink a lot of caffeinated beverages because they dehydrate you.

Avid exercisers also need more – at least 3 to 5 more glasses. And if you drink any alcohol, you will need twice as much water because alcohol actually pulls it out of your system. Besides water, unsweetened, flavored waters and decaffeinated beverages are also good. Sports drinks are good unless you need to watch your sodium. Many foods provide a surprising amount of water – particularly lettuce, broccoli, watermelon, cantaloupe, apples, raw carrots, low-fat cottage cheese and yogurt.

Points To Remember—

1. If you stop sweating it could be because you are suffering from heat stroke. Headache, numbness, confusion and rapid pulse are also signs. In advanced stages of heat

stroke, you may need an ice bath or intravenous fluids to cool down.

2. Even a 1 percent loss of fluid can affect athletic performance. At 5 percent, you'll experience problems with concentration, drowsiness, vomiting, impatience and headaches. At 7 percent, there's a good chance of collapsing. A 15 percent loss of fluid require hospitalization to restore a normal balance of fluids and electrolytes.

3. An alcoholic beverage can lead to dehydration more quickly because it is a diuretic, meaning it flushes water from your system. It takes 8 ounces of water to make for drinking 1.5 ounces of alcohol.

4. An adult loses roughly 12 cups of water per day with * to 1 cup coming from the soles of your feet, 2-4 cups from breathing, 2 cups from perspiration and about 6 cups from urine.

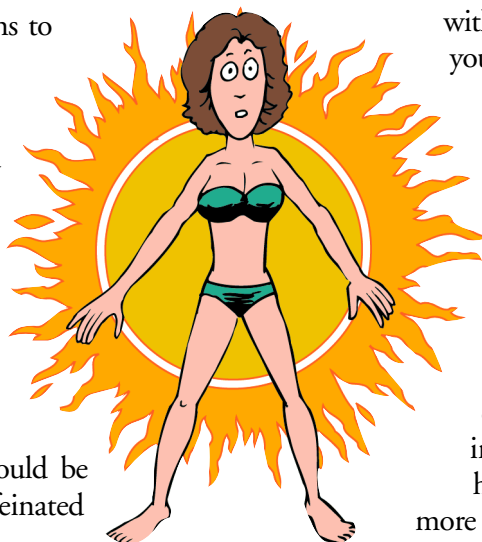
5. Kidneys remove uric acid, lactic acid and other waste from the body. Without enough water to dissolve these compounds, the waste can sit longer in the body. This results in more concentrated urine, which can contribute to painful urinary tract infections. Forcing kidneys to work harder also makes them less efficient and more prone to failure. Cartilage between joints has a lot of water, which serves as a lubricant. Without enough water, joints move less smoothly, experiencing more friction.

6. Loose, lightweight clothing is best when exercising in high temps. If you toss the shirt, your body temp may increase because of heat reflected from the pavement.

7. When your thirst is quenched, keep drinking. Our thirst signal is usually satisfied before we've replenished all fluid lost during exercise. (Tip: Cool, not cold, water or low-sugar sports drinks are absorbed the fastest.)

8. A study completed more than 35 years ago showed that a 25-degree increase in environmental temperature

Continued on page 13



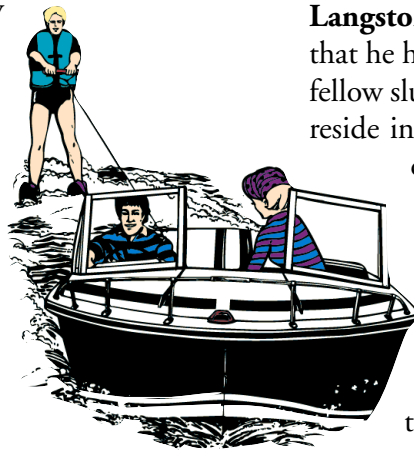
McClure II Recap *by Cindy Lemos*

McClure II — three days of hot sun, choppy water, long walks up that horrible hill and RIVER PUNCH!

Yes, Century City invaded Lake McClure near Merced, CA on August 9th and we wouldn't leave until the 12th. Nearly 70 of us showed up for the annual bash.

The Lake was down so low that obstacles were everywhere this time. The place where we tied the jetskis at McClure I was about 70 feet HIGHER than the current level of the lake on this trip.

But that didn't stop anyone from getting in tons of water and sky skiing! The good skiers all complained about the choppy water. I was thankful to actually be up and skiing behind so many different drivers and boats, (as opposed to snorkeling behind the boat which is what I used to do.) I don't think us beginners can even tell the difference in water!



Which brings me to Special

Thanks to great, patient boat drivers: **Cathy Kaufman, Bryan Campbell, George Eaton, Clutch McCloskey, Don Gately, Lloyd Huff, John Freeman, Barbara Blakeley, Dave & Lisa Felker** — you guys rock!

So what did we do after all that skiing? (do you really have to ask?) We partied, of course! Margaritas on Friday night and River Punch on Saturday. The food was incredible, thanks to **Kim Wilkens** and **Debbie Page**. They deserve a huge amount of credit for keeping you

and the deer of Lake McClure fat and happy the entire trip! They also supplied the ambiance with music and those great colored lights in the Pavilion.

Then there was the infamous gobbler story. Many of us heard it for the first time around **Michelle Hollister's** picnic table late Friday night. Her longtime friend, **Anne Wenning**, told the story and I have yet to find anyone who can coherently remember the entire story although we all concur that it was A) gross and B) sexually explicit!

Saturday night was perfect for the meteor shower, watched with fellow "trailer trash on the hill" compadres **Bryan Campbell, Kelly Evans, Barbara Blakeley, Sherri Reid, Ed Mahfuz, Larry Davis & Sandy Langston**. Personally, I think Clutch was just jealous that he hadn't gotten our prime uphill location as he and fellow slum-dweller **Dorothy McCloskey** were forced to reside in the swamps upwind of the Pavilion where the deer wreaked havoc on our garbage each night.

Which brings me to a final anecdote from the trip: someone came to me frantically on Friday night when I was just a bit inebriated from those Margaritas. "Cindy, you've got to do something about the deer! They're raiding the Pavilion!"

Have you seen Letterman lately? Does that video feed of the deer and hunter he plays ring a bell with anyone?! How does a herd of about 10 of them at once sound? These guys are skinny but they are bigger than I am!

That's it for our McClure trips in 2001, thank you to everyone who volunteered and to everyone who helped out. Don't forget that the Houseboat trip to the Delta is coming up over Labor Day — Hope to see you all there! ▼

Thank You

Roger & Sandee Sands

for the donation of the microwave

SKI & SURF FALL SALES

Pre-Season Sale

October 13 & 14, 2001

• Demo Skis • Boots • Snowboards • Clothes • & More

Ski Swap

October 27 & 28, 2001



Ski & Surf Shop • 1765 Artesia Blvd. • Manhattan Beach, CA • 310-379-2312

More Madam President from page 1 at our new favorite (my side of the hill) location, Shanghai Red's, on October 19th. Last month's Happy Hour there was fantastic!!! **Cindy Lemos**, you did good.

Bike Rides-

Lisa Felker has once again put together another great bike trip so don't put away your summer shorts just yet. We are wrapping up our summer trips with a weekend bike ride to Pismo Beach and Cambria on September 28th – 30th. This bike ride has now turned into a popular annual event that you don't want to miss out on.

Theater-

If you weren't able to join us at the Hollywood Bowl last month, please think about joining us on October 7th, for a Tribute to Woody Guthrie, at the Theatricum Botanicum in Laguna Beach. It should be fun reliving our youth (my very first concert was an Arlo Guthrie concert at the Sawdust Festival with my parents. I believe I was about 4). This is an unofficial gathering.

Membership-

Have you renewed your membership yet? If not, your membership expired on August 31st. Please send your check to **Steve Shiel**, Membership VP. Membership has its benefits. For one thing you can enjoy all our trips and events at the membership price. But even more important, you get to receive this wonderful LiftLetter, to find out about all the exciting trips and events to fill up your calendar for the months to come. Don't miss out, renew now!!!

Until next month – Have a safe and happy Labor Day holiday. ▼

Debbi

Los Angeles Council presents

Snow Gala 2001

to honor our Man & Woman of the Year

9 November 2001, 6 PM

Marina City Club

(4333 Admiralty Way)

\$43 *Includes-*

- Champagne Reception with hors d'oeuvres
- No Host Bar
- Elegant Sit Down Dinner
 - Salmon, Prime Rib or Vegetarian
- Glass of Wine with Dinner
- Dancing
- Door Prizes
- Valet Parking

Raffle Tickets \$1.00 each

- Grand Prize: Trip for 2 to Big White, Canada, February 2-9, 2002.
 - Winner need not be present

Rooms-

Marina International Hotel
4200 Admiralty Way, MDR
310-301-2000
\$99 plus tax (available until 10/5)

For Tickets & Reservations-

Candy McKnight
661-254-4462 or candymcknt@aol.com

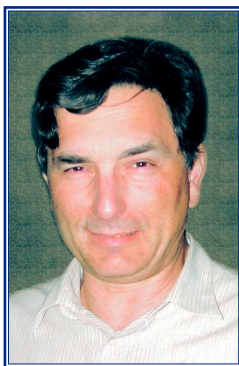
Dress is pink tie formal!



Member Guest Policy—

The board voted to enforce the CCSC non-member policy on all Club trips. If a person is not a currently paid up member of CCSC, he/she must pay the \$20 guest fee when attending a CCSC trip. A person is allowed to attend two such events before he/she must join CCSC to be allowed to go on any more CCSC trips.

While some our trip leaders in the past have not been as diligent as others, your current board is determined to check every participant's membership status for every trip. So if you and your guest are planning to go on at least two CCSC trips, just have your guest pay the CCSC membership fee. And if a guest goes on just two events, their membership is almost paid for. ▼



Membership Matters *by Steve Shiel*

For those of you who were on the August Lake McClure trip you may have overheard CCSC's version of the Vagina Monologues, on Friday & Saturday nights led by **Michelle Hollister** and her friend **Anne Wenning**. For those of you who are members, you know who Michelle is and the way she expresses herself. Membership brings with it all kinds of fun times and memories that are not to be forgotten.

It is never to late to renew your membership.

But, at the end of September if you have not renewed, your name will be removed from the list of those who receive this newsletter. Renew now to continue as a member in good standing. You are all important in this organization. We all contribute to the fun times. ▼



Renew TODAY !
Your Membership Expired August 31, 2001 !!!

Newsletter by E-mail

CCSC has moved into cyberspace. We offer members the opportunity to download the newsletter via the internet. The newsletter is in pdf format and you need the latest FREE copy of Adobe Acrobat Reader to open it. To help save a few trees, just let Steve Shiel know you want it emailed. ▼



Membership Submissions-

Steve Shiel, Membership
14046 Fenton Lane
Sylmar, CA 91342-1655

Inquires & Updates-

(H) 818-367-5591
szshiel@juno.com

Happy Birthday



- David Felker 9/4
- Annette Arbuckle 9/7
- Catherine Ohl 9/8
- Glenn Williams 9/9
- Doug Routh 9/9
- Ben Lupu 9/9
- Steven Shiel 9/10
- Coco Leigh 9/17
- Jennifer Beever 9/18
- Wolfgang Jahn 9/19
- Mike Mc Closkey 9/21
- George D. Eaton 9/21
- Ilene Straus 9/21
- Bill Shea 9/22
- Brian Burrell 9/24
- Michelle Hollister 9/25
- Marcie Pettigrew 9/26
- Florence Pagan 9/27
- Gwen Davis 9/27
- Teresa Chase 9/28
- Forest Fischer 9/29

Welcome New Members



- Bruce Barber
- Melanie Davis
- Susie Elder
- Xiao He
- Mori Khorrami



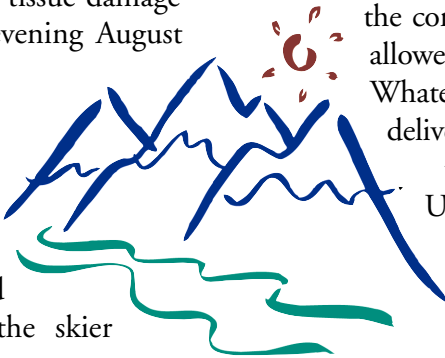
Ski Industry News

by Catherine Ohl

Hermann Maier Injured in Motorcycle Accident –

World Cup and double Olympic ski champion **Hermann Maier** is no longer in danger of losing his broken lower right leg. The 28-year-old Maier suffered a severe compound fracture and muscle tissue damage in a motorcycle accident on Friday evening August 25, 2001.

None of the medical staff has yet to make any clear statement about Maier's chances of competing again. Police have still not determined whether Maier or the 73-year-old German man who drove the car the skier collided with was at fault for the accident.



\$248.75 per person. In addition, a pass good at both mountains will cost \$379.

Volant Shuts Down Ski Production –

In a cost-cutting move, ski maker Volant halted production Tuesday and Wednesday, ordering its 70 workers to stay home, according to the Denver Rocky Mountain News. The long-term implications of the move by the Colorado company are unclear. **Stephan Hienzsch**, vice president of sales and marketing, said none of the company's 95 employees had been fired but allowed that layoffs may be on the horizon. Whatever is going on will apparently not affect deliveries of this year's skis. Volant and K2 are the only companies still making skis in the U.S. Last month K2 announced it would shift most of its remaining production to China. Volant also may choose to shift production overseas. ▼

Snow Valley Reorganizes –

Snow Valley Mountain Resort filed for Chapter 11 protection on July 26, 2001 to restructure its corporate holdings and obligations. According to published reports, Snow Valley LLC filed under the bankruptcy code stating it had assets of \$4.9 million and liabilities of \$27 million. Resort management has affirmed the ski area, now in its 52nd year of operation, will open for the coming season and continue operating during the reorganization. It is expected that current management will remain in place and that the financial restructuring will allow for improvements aimed at revitalizing the business.

Colorado Pass Wars Begin –

The Colorado pass wars have resumed and Vail Resorts has fired the first shot. The Colorado Pass, good for unlimited use at Breckenridge, Keystone and Arapahoe Basin and 10 days at either Vail or Beaver Creek, is selling for \$299, down from \$319 this past spring.

The Buddy Pass, good at Breckenridge, Keystone and Arapahoe Basin, is going for \$249, the same price it was this spring. Copper Mountain's season pass will cost \$209, while Winter Park's will cost \$299. But the Winter Park four-pack of season passes costs \$995 or

Fitness — Skate for Success

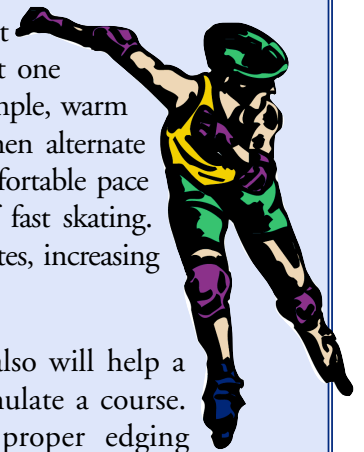
excerpted from Kellee Katagi in SKI, September 2001

The more ski-specific you can be in your cross-training, the more your hard work will pay off. Inline skating is a great way to train, as it uses many of the same muscles and motions as skiing.

Incorporate intervals—short bursts of speed—into at least one workout each week. For example, warm up for about 10 minutes, then alternate two minutes at an easy, comfortable pace with one to two minutes of fast skating. Continue for about 15 minutes, increasing your time slowly.

Sprints and hill workouts also will help a bunch. Set up cones to simulate a course. Using ski poles, imitate proper edging control as closely as you can. (The technique of skiing on shape skis is similar to in-line skating.) This will whip key muscles into shape and keep your workouts from becoming stale.

Warning: Snow is more forgiving than pavement. ▼





Race News

by Candy McKnight

The race schedule is out for the 2001-02 season. The dates were finalized at the annual race meeting in Mammoth this

August. Here's the list.

Elske / Chamonix –

December 15, 2001, Saturday, GS

January 5, 2002, Saturday, Slalom

January 26, 2002, Sunday, GS

March 10, 2002, Sunday, Slalom

LA Council–

March 9, 2002, Saturday, GS

Far West Championship, Mammoth!!!

April 13 & 14, 2002, GS & Slalom

If anyone who raced is still owed a medal or an award for any of the regular league or LA Council races from 2000-01, please feel free to contact **Candy McKnight** at



661-254-4462 candymcknt@aol.com ▼



Ullr & Skade

Ullr Race League

excerpted from an article by Scott Dickson

It's official. The Chamonix and Elske Leagues have been combined into a new League named Ullr, after the god of skiing

Ullr, a.k.a. Uller, Ullin, Holler, Vulder, and Ull, is a pre-Viking era Nordic god and he kept fine company with the likes of Odin, Thor, and other esteemed deities. Among his many skills, he was the god of skiing, archery, hunting, and was known to be quite promiscuous (which he may have inherited from his mother Sif, the Goddess of Fertility).

Ullr's myth tells us he was married to Skade, from whom the name for Scandinavia was derived. Here's how the letter "n" got into Scandinavia. The Roman commentator Pliny made the mistake of adding the "n" to Skade's Island so that it became "Skanda's Island," actually a peninsula. This mistake was not noticed until 18 centuries later, so that the "Scandinavia" name remains in every atlas today.

Ullr was thus resurrected late in the 1800s to provide an authentic ancient foundation for an emerging modern sport in Norway—skiing thus became Norway's national sport.

So when you get in that certain zone – when you are on your skis working the rhythm, enjoying' the speed – and suddenly for a few turns, you feel immortal. The feeling is difficult to describe but perhaps CCSC will sense a little inspiration from Ullr and win his trophy in 2002. ▼

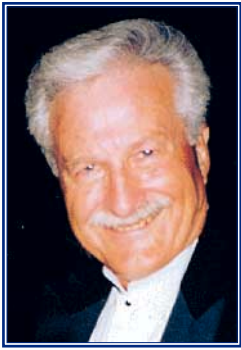
More on Hydration from page 8 📖

resulted in an approximate 15-beat increase in heart rate. In fact, some heart patients who experience chest pain when they exert themselves should back off their exercise pace to avoid symptoms in the heat.

9. Surveys show that two out of three of us know we should drink eight 8-ounce glasses of water daily, only one in two of us follows the recommendation.

10. Soft drinks can count toward your daily total if they are caffeine-free. (Caffeine acts as a diuretic, flushing water out of your body.) However, it's wise to limit the amount of soft drinks you consume each day because fizzy drinks contain phosphorus, which contributes to calcium loss – a concern for women because calcium loss can put you at risk for osteoporosis.

11. You can even "eat" your water by choosing fruits and vegetables, such as watermelon, grapes, grapefruit, cucumbers and lettuce. ▼



Chef's Corner

by Gene Fulkerson

Venison Delight-

- New Zealand Venison, Center Loin
- Garlic Salt
- Ground Cracked Pepper

Coat the venison with a mixture of garlic salt and ground pepper. Barbeque until the internal temperature reaches 120°F (rare). Slice thin, arrange on a bed of fresh spinach leaves, top with a raspberry cherry reduction sauce.

Serve with garlic roasted potatoes. Venison is best paired with a big Syrah. We choose Valley of the Moon Syrah.

Serve 3-4 oz. per person.

Reduction Sauce-

- Raspberry Preserves
- Cherry Preserves
- Corn Starch for Thickener
- Splash of Syrah



Mix raspberry and cherry preserves 3 to 1. Heat in a sauce pan. After the mixture liquifies add syrah and corn starch to thicken. Simmer until thickened. ▼

SPRING GARAGE SALE NOTICE

Saturday, March 16, 2002

- CCSC has decided NOT to hold its annual fund raising Auction. It seems as if the same folks always donate and the same people always buy.
- Instead, we will be hosting a garage sale in Santa Monica on Saturday, March 16, 2002, 7 AM - 10 AM.
- So start saving that junk, excuse me, the neat stuff you no longer use, i.e., clothes, kitchen goods, books, knick knacks, those gifts that are still in their original boxes, etc. This will be a garage sale not a ski sale.

Danna

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acatmeowz.com
graphic
DESIGN

Catherine Ohl

A Cat Meowz Designz
designz@acatmeowz.com
858-467-9469 • 858-565-6721 (fax)
10818 Viacha Dr., San Diego, CA 92124

• Logos • Web Design • Ads • Catalogues • Flyers •



CCSC Business Card Ads

Members	Non-Members
\$15 / 3 mo.	\$30 / 3 mo.
\$50 / yr.	\$100 / yr.

Ads should not conflict or compete with CCSC events. Send ad (text and art) to Catherine at ohl@acatmeowz.com.

Payment to CCSC should be sent to 10818 Viacha Dr., San Diego, CA 92124.



Century City Ski Club

presents



SKI UTAH

March 20 - 24, 2002

\$559*

*\$20 additional for non-members

Package to Include -

- Round Trip Air from LAX to/from Salt Lake City
- Round Trip Ground Transfer to/from Airport
- Round Trip Daily Transfers to/from the Ski Areas (3 days)
- 4 Nights Lodging (Double Occupancy) at the elegant Ogden Marriott Hotel
- 3 Day Lift Ticket (Interchangeable at Snowbasin & Powder Mountain)
 - Additional day Ski & Shuttle can be purchased for \$55
- Welcome Wine & Cheese Party
- Other goodies & much more

Taking Reservations & Deposits Now -

\$100 Deposit due NOW

Marsha Corbett, 24652 Golf View Dr. , Valencia, CA 91355
trips@centurycityskiclub.org or 661-259-0410

Cancellation Policy Will Apply ▼

CST 201736-40



Snowbasin—

snowbasin
A SUN VALLEY RESORT

Snowbasin offers nonstop skiing on a daily basis with terrain to suit everyone's taste. Average annual snowfall is 400 inches with 3,200 acres of skiable terrain and a 2,940 ft. total vertical drop. Eight lifts service the mountain including two 8-passenger Gondolas, one High Speed detachable Quad, and one Jigback Tram. Why wait in lift lines when you can be skiing Snowbasin's incredible snow

— home of Utah and America's Downhill and Super G choice for the 2002 Olympic Games?

Powder Mountain—

Powder Mountain offers skiing and snowboarding for the entire family. There are seven lifts serving over 2,800 acres. Powder Country backside shuttle is available as well as the Lightning Ridge snowcat skiing and guided tours to Wolf Creek Canyon with over 5,500 total acres of terrain from the serene to the extreme. ▼





Century City Ski Club
 Los Angeles Council of Ski Clubs
presents

2002 Ski Week in Big White, Canada
February 2 - 9, 2002

Package to Include—

- Round Trip Air
- Round Trip Ground Transfer from Kelowna
- 7 Nights Lodging (Double Occupancy) in Ski-In / Ski Out Coast Hotel
- 5 Day Lift Ticket
- Welcome Party
- On-Mountain Picnic
- 2 Nastar Races
- Farewell Banquet
- Après Ski Parties
- Souvenirs & other goodies & so much more

\$989*

*\$20 additional for non-members

Taking Reservations & Deposits NOW—

- 2nd Deposit \$250 due **July 31, 2001**
- 3rd Deposit \$300 due **September 30, 2001**
- Balance due **November 30, 2001**

Marsha Corbett, 24652 Golf View Dr. , Valencia, CA 91355
trips@centurycityskiclub.org or 661-259-0410

Cancellation Policy Will Apply ▼

CST 201736-40

Big White Statistics

- 300 inches of snowfall annually
- 2,566 skiable acres
- 755 groomed acres / 1,325 alpine & gladed acres
- Summit at 7,605 feet
- 2,500 feet of vertical
- 112 designated trails
- Longest run is 4.5 miles
- ◆ 26%, ■ 56%, ● 18%
- Night skiing from 5-8 PM
- 1 8-pk Gondola, 4 detachable quads, 1 quad, 1 triple, 1 double, 1 t-bar
- Two tub lifts in Happy Valley

Big White Update

Like an avalanche that starts as a snowflake and can become a mass of thunderous energy and motion, so is Big White ski Resort.



Many activities besides snow skiing and snowboarding are to be found. Snowmobiling, sleigh rides, helicopter tours, ice skating and the new mega snow coaster tube park.

This trips has the making of one of the most memorable trips of a life time.

Only 15 spots left. So sign up TODAY! ▼

CCSC Change Form

Name _____

Street Address _____

City _____

State _____

Zip _____

Home Phone _____

Work Phone _____

Fax _____

Email Address _____

Date of Birth _____

- Check here if you prefer to receive the newsletter electronically.
 Check if you do NOT want your work phone published in the CCSC Directory.

Send changes to — **Steve Shiel, 14046 Fenton Lane, Sylmar, CA 91342-1655**
szshiel@juno.com (email)

Trip Sign-Up Form

Trip Destination _____ Your Name _____
 Trip Date _____ Address _____
 Amount Enclosed _____ City & ZIP _____
 Member Non-Member Home Phone _____
 Emergency Contact: _____ Work Phone _____
 • Name _____ FAX _____
 • Phone _____ E-mail _____
 Special Medical Considerations _____
 Roommate Preference _____
 Boarding Bus Westwood (6 PM)
 San Fernando Valley (6:40 PM)

To be eligible to participate in any of the trips you must fill out this Trip Sign-Up Form and the RELEASE AND WAIVER OF LIABILITY at the bottom. It is your responsibility to verify with the trip coordinator that your space has been reserved, by phone or in person at a CCSC meeting. Watch for flyers with more specific information on all trips. Prices are subject to change, and updates appear in the LiftLetter. Please submit a separate check for each desired event. **A minimum cancellation fee of \$20 will be charged for all trip cancellations.** Some trip cancellation fees may be higher. Please see the Trip Policy on the back of this form for further details. For more information on any trip please call the appropriate trip leader as advertised on the trip flyer. Detach and include this form with your check made payable to Century City Ski Club and return to the designated trip leader.

Release and Waiver of Liability

I, the undersigned, with the intent of legally binding myself, my spouse, significant other, heirs, executors, administrators and legal representatives, do hereby fully and finally waive, release and hold harmless Century City Ski Club and its members, officers, board members, appointed group leaders, chairpersons or agents from any and all liabilities, claims, judgments, or other damages of any nature whatsoever, including but not limited to any personal injuries I might suffer directly or indirectly resulting from my participation in Club activities. I attest that I am in adequate physical condition for participation in activities of the Club and am fully aware of the potential hazards involved, and I hereby agree to accept any and all risks. I acknowledge that I knowingly execute this Release; and that I do so without any coercion whatsoever, and in consideration for being allowed to participate in said event. I have read and will abide by the Trip Policy applicable to this event. I also understand that there will be a trip cancellation fee should I cancel, as described in the Trip Policy.

Signature _____ Date _____

CCSC MEMBERSHIP APPLICATION 2001-2002

PLEASE COMPLETE BOTH SIDES OF THIS FORM
PLEASE PRINT all information CLEARLY, sign and return with dues

Name _____ Significant Other Member _____
 Street Address _____ Unit # _____
 City _____ State _____ Zip _____
 Home Phone _____ Work Phone _____ FAX Phone _____
 E-Mail Address _____ Date of Birth _____

- Check here if you prefer to receive your newsletter electronically
 Check here if you do NOT want your work phone number published

RELEASE OF LIABILITY

(As required for membership, please read and sign.)

CCSC is a year-round sports & social Club providing a variety of activities for its members which are inherently hazardous.

I, the undersigned, with the intent of legally binding myself, my spouse, significant other, heirs, executors, administrators and legal representatives, do hereby fully and finally waive, release and hold harmless Century City Ski Club and its members, officers, board members, appointed group leaders, chairpersons or agents from any and all liabilities, claims, judgments, or other damages of any nature whatsoever, including but not limited to any personal injuries I might suffer directly or indirectly resulting from my participation in Club activities.

I attest that I am in adequate physical condition for participation in activities of the Club and am fully aware of the potential hazards involved, and I hereby agree to accept any and all risks.

I acknowledge that I knowingly execute this Release; and that I do so without any coercion whatsoever. Member AND significant other must BOTH sign.

Signature _____ Date _____ Signature _____ Date _____

MEMBERSHIP DUES

Sept. 1 - Aug. 31 (Couple's membership receives 1 newsletter)

Check one: RENEWING Individual \$45 NEW Individual \$50
 RENEWING Couple \$75 NEW Couple \$85

Please make check payable to CCSC and send with this application to:

Century City Ski Club, c/o Steve Shiel, Membership
14046 Fenton Lane, Sylmar, CA 91342-1655



A Note from the Editor

Thanks again to all of you who sent in your articles for this issue of the LiftLetter. I'd like to extend a thanks to **Debbi Noveshen, Andy Vogel, Steve Shiel, Lisa Felker, Cindy Lemos, Pam Malouf, Marsha Corbett, Judith Miller and Gene Fulkerson**. If any one has photos from McClure or other recent activities, please send them to me. I promise to return them.

The October newsletter deadline is September 18. I prefer to have articles in electronic format either in text, Word ('98 or earlier), PageMaker, or Quark. It appears I can't read WordPerfect or Microsoft Works. You can send your articles or photos to me at:

ohl@ACatMeowZ.com or 10818 Viacha Dr. , San Diego, CA 92124 ▼

WANTED Newsletter Editor!

- Get a chance to serve your club.
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- Contact Catherine (858-467-9469 or ohl@acatmeowz.com) for details.
- Get compensated \$100 per issue.

Apply to Debbi Noveshen at
323-931-7139 or debbiskis@aol.com ▼

CCSC MEMBERSHIP APPLICATION 2001-2002

Check ALL that apply --

(The first column is for _____, while column two is for _____.)

I COULD HELP WITH

- A Social Event
- The Race Program
- A Sport Event
- A Charity Event
- The LiftLetter
- Promoting the Club
- _____

ON SNOW ACTIVITIES

- Snow Ski
- Snowboard
- Ski Shoe
- Ski Skate
- Mono Ski
- X-Country
- Snow Shoe
- _____

TEAM PARTICIPATION

- Race
- Volleyball
- Softball
- Softball
- Just-For-Fun Singers
- _____

JUST BECAUSE

- Years Skiing _____
- Favorite Sport _____
- Favorite Ski Area _____
- Favorite Charity _____
- Charity Involvement _____
- Best Web Site _____
- Where did you hear about CCSC? _____
- Anything Else? _____

Please complete both sides of this form Last Revised 5/2001

ON WATER ACTIVITIES

- Water Ski
- Air Chair / Hydrofoil
- Wake Board
- White Water Raft
- Windsurf
- Surf
- Sail
- Dive
- Jet Ski
- Boat
- _____

OUTDOOR ACTIVITIES

- Road or Beach Bike
- Mountain Bike
- Hike
- Golf
- Tennis
- Rollerblade
- Skate Board
- Horseback Ride
- Volleyball
- Softball
- _____

OTHER INTERESTS

- Theater
- Concerts
- Spectator Sports
- _____

Trip Policy / Trip Sign-Up Form






- For most trips a deposit is required at sign-up. Please submit a separate check or money order for each trip (to make our bookkeeping easier). Sign-up must include the liability waiver signed by you. Payment schedules for trips may vary.
- Non-member fees apply as shown in the trip prices. Non-members may go on no more than three trips per year.
- You may get on the waiting list if the trip is full by sending the sign-up form with a deposit. The deposit will be processed only after an opening becomes available and the reservation is confirmed by you.
- A minimum cancellation fee of \$20 will be charged for all trip cancellations. If you cancel less than fifteen (15) days prior to departure, you will receive a refund (less cancellation fee) only if a replacement is found either by you or trip coordinator, and the trip is full. We cannot accept cancellations less than fifteen (15) days prior to departure on trips not filled. A no-show will forfeit full cost of the trip. This cancellation policy will be superceded for any trip where a cancellation policy is published on the flyer for such trip.
- Bus trips are limited to persons over 21 years of age, unless otherwise specified.
- No smoking ANYTHING on the bus, in the condo/accommodations, or on the houseboats.
- CCSC will not be responsible for articles lost, damaged or stolen. Neither CCSC nor owner of parking facilities shall be responsible for articles or vehicles damaged or stolen.
- Sign-ups may be made at meetings or by mailing your payment and sign-up form to the trip coordinator. It is your responsibility to contact the trip coordinator and confirm your reservation. Payment must be received for reservation confirmation.
- Participation in CCSC events is governed by CCSC by-laws. Participants are expected to conduct themselves in a manner which is always respectful of the rights of others to enjoy the event in a manner of their choosing.

Pickup (Bus Trips):



West Los Angeles pickup is at the Federal Building on Wilshire Blvd. in Westwood. From the 405 Freeway take the Wilshire Blvd. ramp east to the Federal Building. The bus will be east of the small building in the south-west corner of the parking lot. The bus leaves at 6 PM sharp. NO EXCEPTIONS! If you are late, go the the Valley pick-up-site.

San Fernando Valley pickup is at GTE, 11333 Sepulveda Blvd. , Mission Hills. From the 405 Freeway north bound exit at Rinaldi. Turn right onto Sepulveda, then turn right into the first drive way. From the 5 Freeway north bound take the 118 West and exit at Sepulveda. Turn right, go past San Fernando Mission Blvd. GTE will be on the left. From Santa Clarita, take the 405 freeway south, exit Rinaldi, turn left under freeway onto Rinaldi, turn right onto Sepulveda, then right into the first drive. Bus leaves at 6:40 PM SHARP!

September 2001

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					Houseboat on the Delta	
 Labor Day 3 Houseboat	4 8 PM Mtg @ Hamburger Hamlet Valencia	5	6	7 	8 Beach Bike	9
10	11 8 PM Mtg @ @ Earth, Wind & Flour in SM	12	13	14 Happy Hour 	15	16
17	18 8 PM Mtg @ @ Earth, Wind & Flour in SM	19	20	21 	22	23
24	25	26	27	28	29	30 Cambria Bike Ride

October 2001

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9 8 PM Mtg @ Hamburger Hamlet Valencia	10	11	12	13	14
15	16 7 PM Brd Mtg @ Pizza Hut Van Nuys	17	18	19 Happy Hour 	20	21
22	23 8 PM Mtg @ @ Earth, Wind & Flour in SM	24	25	26	27  Car Rally	28
29	30	31				

Ed: Please note that the calendars start with MONDAY. I know—it's not the American way—but it's the way I view it. Sorry for any confusion. ▼

Century City Ski Club Board of Directors

President	Debbi Noveshen	323-931-7139	debbiskis@aol.com
Past President	Larry K. Davis	661-254-9304	ldavis47@mediaone.net
Vice President	Andy Vogel	310-581-0761	andy@pureindulgence.com
Treasurer	Annette Arbuckle	661-255-7521	auarbuckle@earthlink.net
Secretary	Sherri Reid	818-550-8655	sreid@MDBE.com
Winter Trips	Marsha Corbett	661-259-0410	PolyDollyMom@cs.com
Winter Trips Assistant	Jeff Woolf	818-887-6201	snowskier1@hotmail.com
Summer Trips	Position Available	summertrips@centurycityskiclub.org	
Social	Cindy Lemos	310-306-4123	socialkitten2001@aol.com
Promotion	Vicki Rittenberg	310-839-1896	
Competition	Candy McKnight	661-254-4462	candymcknt@aol.com
Membership	Steve Shiel	818-367-5591	szshiel@juno.com
Newsletter	Catherine Ohl	858-467-9469	ohl@acatmeowz.com
Meetings	Sandy Langston	310-828-5055	clang92809@aol.com
Los Angeles Representative	Bill Shea	310-476-1641	chez-shea@prodigy.net
Volleyball	Flora Taub	310-641-1105	floraism@aol.com
Biking	Lisa Felker	310-215-9999	institches310@yahoo.com



Century City Ski Club

P.O. Box 67187
Los Angeles, CA 90067

First Class Mail

Sept Meetings

1st Tuesday, 8 PM
Hamburger Hamlet
2730 The Old Road
Valencia

3rd Tuesday, 8 PM
Earth, Wind, Flour
2222 Wilshire Blvd.
Santa Monica



Renew TODAY !
Membership Expired August 31, 2001!!!