

NWSCC NEWSLETTER AND CALENDAR MAY 2009

Editor: Linda McGavin

NWSCC, P.O. Box 1915, Portland, OR 97207

The regular May NWSCC meeting will be held at The Buffalo Gap Saloon & Eatery (6835 SW Macadam Ave, Portland, OR 97219), on May 20, 2009, starting at 6:00 pm! Discussion topic will be the upcoming FWSA Convention. (No host food/special menu)

NWSCC ELECTIONS will be held in June. Those interested in running for the Board should contact Colleen Walter at 503-860-6788 or colleenski64@yahoo.com.

PACRAT ELECTIONS will be held at the same time - contact Barbara Parshall at 503-267-9522 or bparshall@equitygroup.com.

CONTESTS - win prizes!! NWSCC is looking for your artwork: **a new logo** that better represents the Northwest's uniqueness. **Send your proposed logos by May 31** to NWSCC at the post office box, or e-mail them to Sheri Parshall at cougskier@aol.com. The prize might be either a 10-time pass to Mt. Hood Meadows, or something of equivalent value for a winner from another area.

Got some great ski shots from this season? There is a cover contest for the Northwest Skiers' Directory each year, with the prize being a 10-time pass donated by Mt. Hood Meadows. Submit photos in vertical format by June 15, 2009, to graphic designer Leslie Baird at leslieb@aracnet.com. Note that we must have the winning photo available in high resolution.

SAVE THE DATE: NWSCC's annual Clubs-4-Play Golf Tournament will be held Sunday, July 26, 2009, at Colwood National Golf Club, 7313 N.E. Columbia Blvd., Portland. E-mail: contact@nwskiers.org
Website: www.nwskiers.org

For the Far West Ski Association
Convention to be held June 4-7 in Reno,
FWSA has announced a Convention
Stimulus Package! For every 6 club
delegates paid, the 6th delegate's
registration fee will be refunded back to the
club after the Convention is over for the
club to use in any way they wish (including
refunds to club participants)! Even better,
the \$145 "early bird" registration fee will be
continued through May 22! So recruit some
more members to attend the convention!
See further convention information under
FWSA News below.

RECAP, APRIL NWSCC MEETING:

It was announced with sadness that Joe's Sports, Outdoor & More has gone out of business. Joe's has been a significant sponsor of NWSCC and PACRAT for many years, and will be missed for many reasons. Anyone with ideas for new commercial members for the upcoming year should contact Jessica Lee at 206-947-0935 or irlee1284@gmail.com.

The **Bachelor Blitz** trip had about 40 participants enjoying the hospitality of The Riverhouse and some fresh snow at Mt. Bachelor. Skiyente had an additional 25 or so. Luckily the precipitation held off for Skiyente's tailgater picnic, where \$150 was raised and will be added to \$150 contributed by Skiyente to donate to the Richard Lubin fund. (Richard is FW SA's "snowboarding chiropractor" and FW SA's Safety Director, who recently suffered a tragic injury resulting in paralysis.) NW SCC will plan another spring Mt. Bachelor trip next year, might work on a fun addon such as a ski and golf event, and might stay with one of our commercial member lodging partners in Sunriver.

The main discussion topic of the meeting was club travel. Sheri started the discussion by asking several questions.

- * The Council is considering a December trip to Colorado and a Spring trip to Bend to replace the Blitz. Should the Council run trips or should it just support Club trips?
- * What are Clubs doing? Do you go to the same places? Do the same people run them? What is the basis for a decision about where to go? For how long? How to travel?

The various clubs present shared information about their club trip practices. Emilio Trampuz of **Mountain High** said the club usually runs one weekend bus trip and two longer organized trips (4-5-7 days), as well as having some carpooling trips. An annual "ski safari" to Canada takes advantage of the free lift tickets offered at the Warren Miller movie, and has had between 2 and 12 participants annually.

One time the club offered a choice of 4 or 7 day options on a trip to Powder Mountain, Utah - staying in hotels for the 4-day group and condos for the 7-day group, and mostly skiing together. That was the first trip where they had everyone make their own plane reservations, just advising them what time to arrive and depart. This allowed people to use frequent flier miles, and to deal with a number of last minute changes on their own (i.e. illness, family emergency). Having had bad experiences with "group" air due to high upfront and change fees, rigid policies as to the number of people and penalties if you drop below that number, and now the additional baggage costs, they now prefer to either let people make their own plane reservations, or to take bus trips.

For next year Mountain High is considering a bus and airline trip to Fernie and Kimberley, BC. Due to the distance from Portland and the daily driving limits for bus drivers, the bus trip will plan to make one stop in each direction and ski somewhere else, making the trip another ski safari.

Mountain High does a weekend "mystery" trip about every 5 years or so, where participants don't know where they are going until the bus leaves. (Other member clubs of NW SCC have done the same.) Usually the trips are to smaller areas so the overall price can be held quite low - a goal for a weekend trip is \$200-250 including bus, lodging, lift tickets, and sometimes breakfasts. Avoiding holiday weekends and staying at off-mountain lodging usually will help keep the prices down.

Mountain High usually invites other clubs to participate in its trips - Mt. Hood Skikats and Altair have both joined some trips. The club has offered a Tahoe trip the past few years, coordinating with Altair.

Cascade Prime Timers were represented by Marc and Lindsay Parks. Since all their members are over 50, and many are retired, they are able to offer midweek trips, including downhill, cross country, and snowshoe trips. They have about 70%-80% repeat trip leaders, and offer a variety of trips a year depending upon where the trip leaders want to go. With about 400 members (up 10% this year), they are able to have 25-30 on most trips, but some are up to 45 people. They use a variety of transportation methods, including bus, train, carpooling, and some airlines. One time they rode the train to Seattle and took a bus to Whistler from there. Their trip pricing ranges from \$800-\$1200, and they offer such unusual options as a "barge and bike" trip to Holland. They prefer condos to hotels. Everybody signs a release, and people are encouraged to buy their own trip insurance. The have annual trip leader training put on by an activity coordinator committee, and have Directors and Officers insurance.

Bergfreunde offers a number of trips, always including a Lake Tahoe "Sampler" trip which is well attended, several domestic trips, and usually including some European travel as well. They used to have leadership training, though they currently do not offer it. They do have a guide which they are reviewing and updating.

The clubs present use some generalized forms, such as event planning, event financial recap, trip cancellation policy, and release forms.

Sheri requested the Cascade Prime Timers and Bergfreunde to determine if they could share copies of their travel and trip captain manuals with other Council clubs. All present believed this would be a very good training/learning tool. The topic of training trip leaders will be considered as another potential Council meeting topic. [NOTE: This topic will be one of those offered at the FWSA Convention this year!]

There was a discussion about **Club Insurance**, and it appears that most clubs do not have insurance, either general liability or directors and officers insurance. NW SCC has a liability policy which covers PACRAT racing and its Council trips (such as the Blitz), but does not extend to clubs. Volunteers need to be aware of their liability riskan educational need that many people voiced as something the Council could take on. General liability insurance is a good and responsible thing for a club to have, and it is up to the individual clubs to decide if it is a cost they can support. NW SCC has an insurance contact in California who can assist clubs in obtaining general liability insurance - it's not something that the average insurance agent can do.

Other information that was brought up was that if trip leaders get a benefit from the trip (i.e. part or all of their trip paid) it would be a taxable event. Most clubs split the benefit of any "comps" over all the attendees. The second

item brought up was to shop around for buses, as costs vary quite signficantly. Mountain High started using a Eugene bus company after getting quotes from the Portland area companies that would have increased the trip cost too much to run the trip within budget.

party. Sheri Parshall stated that the party will be a joint event with the Mt. Hood Museum, being a fundraiser for the Museum, and involving the mountain community. The date has tentatively been set for September 19, and the Atrium at Montgomery Park is being considered as the venue. There will likely be a silent and oral auction for the museum and a gala dinner/dance event. It will be open to the public, and the entry fee is expected to be in the \$50 per person range. There will be tables for council clubs to share their histories and to use for membership drives. The goal is to get 400 attendees. If you want to help with the organization, please contact Sheri to be on the planning committee.

The editor thanks Sandi Shaub, NWSCC Secretary, for information about the Council meeting!

CLUB INFORMATION:

NWSCC member clubs are welcome to sign up with Sheri Parshall to present a brief history of their club at upcoming Council meetings. We are asking member clubs to start assembling their history for presentations, to consider preparing to enter FWSA's club history competition, and to think about possibly setting up a permanent record of your club at the Mt. Hood Museum and Cultural Center in Government Camp!

Club histories: NW SCC encourages all its member clubs to organize and prepare their club histories to help celebrate! We will provide display space at the anniversary party, and the Mt. Hood Cultural Center and Museum has a club history room where your club could maintain a permanent record of its history. Our Council Historian Norvin Peer will work with you on your submissions - contact Norvin at 1-360-430-4546, or send information to Norvin at 1510 Ocean Beach Highway, Longview, WA 98632.

PACRAT RACING!

PACRAT had a wonderful season, topped off by a fantastic 25th anniversary Rat Attack. There was a new champion this year: the **Tasmanian Ski Devils** held on for the victory. They have been around for numerous years and now have a spot on the trophy. For anyone who thinks that only the

fast teams win, Tasmanian's fastest racers are in the Advanced Intermediate class. Rat Racers ended up second and Racy Brats came in third. Tasmanian had the top participation which helped their cause. King and Queen Rat are awards to racers who show the most consistent and greatest improvement over the course of the season. This year's King Rat is Francisco Valdivieso, who improved his handicap in all of his races, and Queen Rat is Lisa Ratzlaff, who showed improvement in three races and had an overall 71% improvement over the year.

For further information see the PACRAT website at www.pacrats.org or contract Chairman Barbara Parshall at 503-267-9522 or bparshall@equitygroup.com.

CHARITABLE ACTIVITIES BY CLUBS:

Does your club do good deeds for your community and support charitable events? Please let Sheri Parshall know so that we can share the information with other clubs and FWSA. Sigrid Noack is chairperson of the FWSA Charities and Community Committee, and is interested in your club's activities for consideration for a FWSA award. See the FWSA website, or contact Sigrid at sigridn@earthlink.net.

FWSA NEWS AND TRIPS:

It's time to make your room reservations NOW for the 2009 FWSA Convention to be held at the Peppermill in Reno June 4-7 in order to get the special room rates of \$125/135, which will go up after May 20. Delegate registration at the reduced price of \$145 will be honored if received by May 22, 2009 (along with the "convention stimulus" - see page 1), then goes up to \$175 and \$190. Hosted by Sierra Council, the Convention will feature the highly acclaimed Snowsport Leadership Academy, a Silent Auction with over \$100,000 in ski and vacation packages, and many exciting and fun events. Randy Lew reported that this year there will be two new modules for the Snowsports Leadership Academy. There will be a morning leadership session entitled "Risky Business-A Slippery Slope". Topics will include treasurer best practices, CST, NST, TCRC (Travel, Consumer Restitution Corp), and risk management/insurance issues. The afternoon session, "Travel Wise—Smart Tips for Trips" will cover a wide range of issues related to domestic and overseas trips, including pitfalls that can be avoided by careful planning. The hope is to have Billy Kidd, Jonny Moseley, and Glen Plake, freestyle extreme skier, in attendance. association is working to retain a keynote speaker to cover the topics of global warming and ski area sustainability. Planned activities include Kayaking, Golf, Lake Tahoe Cruise, Virginia City Tour, and National Auto Museum "hub crawl.

www.fwsa.org/hidden/2009_delegate_info.html for further information. Sierra Council is looking for great skiing pictures for the convention. Contact Randy Lew at fwsa13randy@telis.org.

Cruise Scandinavia and Russia with The Cruise Company and FW SA September 13-23, 2009. The Cruise Company is offering a temporary low rate at this time. Pre-cruise Copenhagen September 10-13. Contact Norm Azevedo for more information (contact info above).

FWSA's 2010 Ski Week will be at Keystone Resort, Colorado, January 30th to February 6th, 2010. This is the only Colorado resort with night skiing. NWSCC has requested 40 spots on this trip, and will take \$100 deposits to hold a spot for you at this time (fully refundable until later this summer). The Tour Operator will be Rocky Mountain Tours. Pricing will be available at a later time, and skiing at both Breckenridge and Vail will be included in the activities being planned. Contact Barbara Bousum with questions: bbousum@gmail.com.

The **Keystone Nationals** will be held **January 27-29**, prior to the FWSA Ski Week. The cost remains at \$100 for three races and an awards banquet. This is a national race event where all racers from all over the country are invited and welcome to participate in races with race classes based on ability, age and sex. Call Bob Ellis at 530-582-0566.

NEW INFORMATION: The 2010 FWSA Europe ski trip will be to Cortina, Italy, February 27-March 7, at a base cost of \$1,844 from SFO/LAX (plus airline fees & taxes of approximately \$303), with a pre-trip February 24-28 to Venice at an approximate cost of \$575, and a post-trip extension March 7-14 to Vienna and Budapest for approximately \$858. (Note you cannot go on the pre or post trips unless you are on the main trip!) See attached flier. Space is limited to 130 participants, and if you are interested in this trip, you should contact Norm Azevedo immediately, as unassigned rooms will be released on July 1, 2009!

Watch for details of a **Dive Trip to Mexico** to be scheduled in April or May of 2010!

FWSA Cruise in the fall of 2010 - Leaving Boston, visiting Portland, Maine; Bar Harbor, St. John, New Brunswick, Halifax, Nova Scotia, and Boston. The Cruise Company is putting together a package for this cruise. There will also be a package prior to the cruise to tour the Boston area. Pricing will be available for this trip at a later date.

FWSA offers one USA ski week, one European ski week (usually with pre and post-trip extensions), and a number of "adventure" trips. They have had cruises and a trip to Thailand, and are looking at possible future trips including

a trip to Australia and/or New Zealand.

For information on all FWSA International trips go to www.FWSA.org or contact the FWSA VP of International Travel, Norm Azevedo, by email fwsatravel@sbcglobal.net or phone 925-944-9816.

Check the FWSA website for other great information, including information on the FWSA Athletic Scholarships. Two young racers from the Mt. Bachelor Sports Education Foundation (Anton Hilts and Jordan Schweitzer) were among this year's recipients.

THE NORTHWEST SKI CHALLENGE: If you skied 5 or more ski areas in Oregon, Washington, or Idaho during this ski season just concluding, you may submit proof (lift tickets or receipts) to NWSCC and be entered to win prizes! Send your entries to the NWSCC post office box.

NORTHWEST SNOWSPORTS ADVOCATES NEWS:

NWSA informs the skiing public about ski area development issues in Oregon and Washington. This site also provides an opportunity for skiers to take an active role in helping ski areas get US Forest Service approval of their master plans. It's easy and your help is needed NOW! Sign up for the NW Advocates list serve. Visit www.nwskiers.org and click on Northwest Snowsports Advocates.

MEMBER BENEFITS AND DISCOUNTS:

Look at the NWSCC website at www.nwskiers.org to see an updated list of member benefits and discounts, and check out the FWSA website at www.fwsa.org under Membership to see the current discounts across the western United States and Canada. Note Debbi Kor is constantly adding new benefits!

As a member of Far West Ski Association you also belong to the National Ski Council Federation, made up of ski councils and clubs throughout the U.S. One of your member benefits is the ability to purchase ski equipment, clothing, goggles, gloves, etc. at a discount. A current list of NSCF benefits can be found at www.skifederation.org in the Members Only section. The user name is skiclub and the password is member.

MISCELLANEOUS, BUT FUN, INFORMATION:

PLEASE NOTE THAT ALL MONTHLY MEETINGS ARE "OPEN," AND PARTICIPATION BY CLUB MEMBERS IS ENCOURAGED! MEETINGS ARE HELD THE 3RD WEDNESDAY OF EACH MONTH; THE LOCATION MAY VARY, SO CHECK THE NWSCC WEBSITE. BOARD MEETINGS ARE USUALLY HELD THE 4TH WEDNESDAY; CONTACT AN OFFICER IF YOU HAVE

AN ITEM YOU WOULD LIKE TO HAVE CONSIDERED.

SKI TRIPS & FUN DATES 2009

Jun 4-7 FWSA Convention, Reno, NV Jul 17-19 World Cup Dreams, Mt. Hood

The World Cup Dreams event is scheduled on Mt. Hood for July 17-19, 2009, as a fundraiser for the SFI Foundation, a 501(c)(3) organization which provides grants to world class athletes representing the U.S. in alpine skiing events. It will be a world class ski clinic, with a silent auction/dinner at the Multnomah Athletic Club. If you wish to participate or to volunteer to help with the event, please contact Willie Scroggins at: WorldCup/Dreams@comcast.net.

The Pacific Northwest Ski Association has awarded its prestigious Mel Borgersen Lifetime Achievement Award to Duncan Howat of Mt. Baker Ski Area. This award is bestowed upon an individual who has made significant contributions to Pacific Northwest ski and snowboard facilities over the course of an extended ski industry career. Duncan has been active at Mt. Baker Ski Area since he assumed the area manager position at age 24 in 1968.

Information from the April FWSAnews:

Passages—Start compiling your lists of friends who have passed. They will be read at the Convention in June. Turn in to John Watson electronically at geospace@pacbell.net or personally not later than Saturday morning at the convention.

Dynastar Offers a Great Deal on Next Season's Skis:

Dynastar and Rep Mike Braun, generous donors to the FWRA Silent Auction held April 4 at Northstar, are offering special early season pricing on race skis. Choose any of next year's skis or bindings; for forms and descriptions, go to http://www.fwra.com/Dynastar_offer_2009.htm and contact Mike Braun at lapdski@sbcglobal.net.

Fitness and Brain Power—How Fitness Protects the Aging Brain: An important new U.S. study has provided the first empirical proof that aerobic fitness protects the brain as well as the body from the degenerative effects of ageing. The researchers state that: "the role of cardiovascular fitness as protector and enhancer of cognitive function and (central nervous system) integrity in older adults appears to have a solid biological basis." So go out and get fit - or fitter - so you can enjoy your life more!

Information from the May FWSAnews:

Actress Natasha Richardson fell without a helmet during a lesson in the middle of a beginner slope (Nansen trail at Mt Tremblant in Canada) with reportedly slushy and sticky conditions. After declining medical attention, she

complained of a headache a few hours later at her hotel room, was transported to various hospitals, and later died from an epidural hematoma. Make an informed choice about helmets and become educated about concussions.

Ski jumping is the only sport in the Winter Olympics that has no event for women. And now women are on a quest for acceptance into the 2010 games in Vancouver. See what FIS officials have to say about adding the event to the Olympics at www.wsjusa.com. Delegates at the 2009 FWSA Convention will vote on a support resolution.

Athletic Scholarship Program News (Note that the Northwest Snowsport Foundation, based in Oregon, will run its scholarship program through the FWSF in the future, including the Erin Nicole Memorial Scholarship provided by Skiyente Ski Club.) This year they have a goal of raising \$9,000 which will permit them to serve up to 10 racers. Thanks to their sponsors there are many great prizes for the FWSA Convention auctions and raffle: Silent Auction items will include a 5 day Ski and Stay Package for two at Whitefish Mountain Resort; and a 3-night lodging package at Grouse Mountain Lodge which will include daily breakfast vouchers and a voucher for the Montana Adventure Company valued at \$130 that can be used for one day of skiing, a round of golf at Whitefish Lake Golf Course or a massage Remedies Day Spa.

There will also be a special Raffle at Convention to benefit the Scholarship program: Canadian Mountain Holidays has provided a three-day summer Heli-Hiking trip for two. One of "50 Tours of a Lifetime" featured in National Geographic Traveler magazine, the package includes 2.5 days of Heli-Hiking, all heli flights, accommodations, meals and guiding. This is an amazing opportunity to possibly win a trip of a lifetime, at the same time benefitting young racers!

FWSA Scholarship recipient Dylan Murtha ranked #1 across the U.S. in GS according to USSA. The rankings are for J3 (13-14 year olds).

How to Properly Store Your Skis and Boots in the Off Season: With summer approaching, it's time to prepare your gear for storage. Check this website to find out how to prepare skis and boots for hibernation: www.backcountrymagazine.com/index.php?option=com_content&task=view&id=12&Itemid=51

NWSCC OFFICERS and COMMITTEES 2008-2009

President Vice President Secretary Treasurer Director, Communications Director/Council Historian Director, Racing (PACRAT Chair) Director, Special Events Director, Travel Director, Washington Clubs Past President Commercial Membership Program/Advertising

Sheri Parshall 503-706-0522 (Cell) (NEW) Colleen Walter 503-860-6788 (Cell) Sandi Shaub 503-669-8599 **David Schor** 541-513-1012 503-652-2840 Linda McGavin Norvin Peer 360-423-5422 Barbara Parshall 503-267-9522 (Cell) Debbi Kor 206-283-0269 (NEW) Barbara Bousum 503-224-3584 William Shadbolt 425-241-0144 (Cell) 503-880-7383 (Cell) Mary Olhausen Jessica Lee 206-947-0938 (Cell) www.pacrats.org

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2008-2009 NWSCC COMMERCIAL MEMBERS:

PLATINUM MEMBERS: Mt. Bachelor Ski Area, OR

GOLD MEMBERS: Joe's Sports & Outdoor, OR, WA, ID Mammoth Mountain Ski Resort, CA Mt. Hood Meadows Ski Resort, OR Sun Valley Resort, ID

PACRAT WORLD HEADQUARTERS

SILVER MEMBERS:

Carr Subaru NW Resorts of the Canadian Rockies (Fernie Alpine Resort and Kimberley Alpine Resort) Ski Banff/Lake Louise/Sunshine, AB, Canada Ski Chalet, Portland, OR Timberline Lodge, OR

Big White Mountain Resort, BC, Canada Brundage Mountain Resort, ID Collins Lake Resort, Gov't Camp, OR Cooper Spur Mountain Resort, OR Crystal Mountain Resort, WA Orystal Mountain Resort, WA Discover Sunriver Vacation Rentals, OR Hillcrest Ski & Sports, Gresham, OR Huckleberry Inn, Gov't Camp, OR Jackson Hole Mountain Resort, WY Jackson Hole Mountain Resort, WY Mt. Hood Skibowl, OR Mountain Shop, Portland, OR Ogden Convention & Visitors Bureau (Powder Mountain & Snowbasin, UT) Red Mountain Resort, BC, Canada Schweitzer Mountain Resort, ID Signal Sports (in the Pearl District of Portland) Silver Star Mountain Resort, BC, Canada Sleeping Lady Mountain Retreat, Leavenworth, WA

The Lodge at Whitefish Lake, MT

HONORARY MEMBERS: Barbara Parshall - Re/Max Equity Group Grouse Mountain Lodge, Whitefish, MT Mission Ridge Ski Area, WA Mt. Ashland, Ski Area OR Pacific NW Ski Areas Association

PLEASE PATRONIZE AND SUPPORT THESE COMMERCIAL MEMBERS AND LET THEM KNOW YOU'RE WITH NWSCC!!

NWSCC MEMBER CLUBS - NWSCC REPRESENTATIVES

Please check www.nwskiers.org or the NWSCC's Northwest Skiers' Directory for a complete list of member clubs as well as contacts and their phone numbers and/or email addresses. Or, you may contact any of the board members listed above.

Calendar:

Have an event open to all NWSCC members or the public? Post it on www.nwskiers.org, Event Calendar, and then Add An Event. Types of events listed in the calendar include club sponsored events open to NWSCC members and/or the public, NWSCC events, FWSA events, and announcements from ski/snowboard related non-profit groups and vendors.

Why not send this newsletter to all your club members? It's available in .pdf format, and can be sent to YOU upon request to then pass on to your members.

NORTHWEST SKI CLUB COUNCIL P.O. Box 1915 Portland, OR 97207

WEB SITE: www.nwskiers.org E-MAIL: contact@nwskiers.org

> **NEXT MEETING:** Wednesday, May 20, 2009 6:00 PM

← NOTE

LOCATION!

BUFFALO GAP SALOON & EATERY, 6835 SW MACADAM AVE, PORTLAND, OR 97219

EVERYONE IS WELCOME!!

Far West Ski Association Safety Slogan: SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES! First With Safety Awareness!

The Northwest Ski Club Council is a member of: Far West Ski Association: www.fwsa.org National Ski Council Federation: www.skifederation.org