



NWSCC NEWSLETTER AND CALENDAR AUGUST-SEPTEMBER 2010

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NWSCC IS GOING TO QUARTERLY MEETINGS!!!!

The September 15 NWSCC meeting will be held at the Shanghai Noble House (5331 SW Macadam Ave, Portland, OR 97239), starting at 6:00 pm! Guest speakers may include Mt. Hood Meadows, Brundage Mountain Resort, and Mt. Hood Ski Patrol! (No host food - full menu - great food!)

The next meetings will be December 15 for PACRAT Night and a continuation of the highly successful Pie Sale to benefit a "food" charity; followed by meetings on the third Wednesdays of March (highlighting the End of the Season, FWSA Convention, and Man & Woman of the Year) and June (Elections).

TIMELY ALERTS:

The **Mt. Hood Snosport Swap** will be held **October 8-9, 2010**, at the West Linn High School, 5464 West A Street, West Linn, Oregon. Equipment, clothing and accessories for all winter sports are available, including nordic and alpine skiing & snowboarding. Sports retailers around the northwest will be there to sell thousands of new and demo'd equipment items at incredible swap prices! Consignment items will be accepted, and you could make money on your old ski gear. The Swap benefits the Mount Hood Ski Patrol and the West Linn High School Snowboard Team. See mhsss.com for full details!

Cabernet Ski & Sail Club is offering a trip to **Aspen December 9-14, 2010!** The \$960 price includes airfare from Portland or Seattle, transfers, 5 nights' lodging at The Gant condos (luxury, 2 BR/2 BA), and 3 days of lifts good at all 4 areas (\$46 for an additional day). The initial deadline has just passed, but you can contact Steve Coxen at stevecoxen@yahoo.com or 503-679-9022 to see if you can still get on this great trip!

Mt. Hood Heritage Day Sept. 18 @ Gov't Camp!

PORTLAND AND SEATTLE SKI SHOWS:

(Opportunities for free publicity for your club!)

Washington Skifever & Snowboard Show, Washington Convention Center, 800 Convention Place, Seattle, WA
Friday, October 15: 1:00 pm - 10:00 pm
Saturday, October 16: 10:00 am - 9:00 pm
Sunday, October 17: 10:00 am - 6:00 pm

Portland Skifever & Snowboard Show, Portland Expo Center, 2060 N. Marine Drive, Portland, OR 97217
Friday, November 5: 1:00 pm - 10:00 pm
Saturday, November 6: 10:00 am - 10:00 pm
Sunday, November 7: 10:00 am - 6:00 pm

The ski shows are a great venue to showcase your club and its membership benefits. All clubs in NWSCC are welcome to display their brochures/photos at the NWSCC

booth, but no large club banners or posters will be allowed. When volunteering to staff the booth, you will be representing all of NWSCC's member clubs and the Council as a whole. Clubs can set up starting the day before each of the shows. We have a 10x10 Booth, with an 8' skirted table, at each show.

For volunteering, you will receive FREE admittance to the Ski Show - Portland or Seattle. For the Portland Ski Show, please contact Mary Olhausen at 503-880-7383 or mary52@comcast.net. For the Seattle Ski Show, please contact William Shadbolt at wmsad@msn.com.

The ski shows are a lot of fun, with all the major ski resorts and retailers showing their goods - it's also a great place to purchase new equipment. Seattle now has a giant ski show and sale with all of Seattle's best ski and snowboard

shops--save up to 70% on ski and snowboard gear at both shows! This simply will be the largest Ski and Snowboard Sale ever to hit Seattle! So volunteer to work the booth and you can spend some time afterwards shopping!

NWSCC's Ski Fair is scheduled for **November 8** at the Convention Center, Holiday Inn Airport (site of last year's Ski Fair), 8439 NE Columbia Blvd., Portland, OR 97220. Doors open 6:00pm. Take advantage of this early opportunity to visit with snowsport industry reps, see new fashions, and visit other club members. Discounted ski passes will be available.

PACRAT INFORMATION:

BIG changes are coming to the PACRAT racing program this year! With a brand new board and lots of ideas, PACRAT has made the decision to buy its own race timing equipment - a state of the art wireless Phoenix timing system. This will be the finest timing system found on the mountain, and PACRAT will be trained by the manufacturers on how to properly set it up and operate our own equipment to help reduce the timing malfunctions that can be associated with ski racing. PACRAT wants to offer a no-hassle all fun experience and is going to great lengths to see to it that our racers will have an enjoyable on the hill experience.

S.A. Piazza & Associates, LLC, has paid the club national member fee for PACRAT to offer NASTAR (National Standard Race) qualifications and points and awards at no extra cost this season! View NASTAR.com for more information on the benefits of NASTAR to our racers.

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 in Government Camp!

FWSA NEWS AND TRIPS:

FWSA is on Facebook!

Next year's **FWSA Convention** will be held in Industry Hills, California (Los Angeles area) June 9-12, 2011. It is apparently closer to the Ontario airport than the Los Angeles airport.

How about a really memorable way to celebrate the new year in 2011? FWSA is joining Holidaze Ski Tours for an

Admission is FREE and this event is open to the public--so invite all your co-workers, friends & neighbors. The show highlights ski/snowboard resorts, retailers and clubs, as well as safety programs and racing programs. No host beverages available.

The SILENT AUCTION will offer some awesome ski trips and equipment. Remember that this is a free opportunity for your club to have a booth to show off what you are all about! If you are interested in booth space, volunteering for this fun kick-off event, or donating items, please contact Debbi Kor at ijustwannarun1@comcast.net or 503-314-7078.

PACRAT's tentative dates for this season are as follows:

Oct	Racer Round Up Orientation & Team Registration opens
Nov 20	Team registration Deadline
Dec 15	Team Captain meeting and Bib Pick Up
Jan 2	PACRAT Training Day, Location TBD
Jan 9	Race #1 Timberline
Jan 23	Race #2 Mt. Hood Meadows
Feb 6	Race #3 Mt. Hood Skibowl
Feb 27	Race #4 Timberline
Mar 13	Race #5 Mt. Hood Meadows
Mar 21	Make Up Race (if necessary), Location TBD
TBD	End of Season Rat Attack Party
April	FWRA Championships

For additional information about PACRAT, contact NWSCC or a member club, visit www.PACRATs.org, or contact Barb Pressentin at BP2Ski@Gmail.com or 503-267-0522.

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!

Watch for a special article in the upcoming Northwest Skiers' Directory!

Antarctica Adventure & New Year's Eve in Buenos Aires December 29, 2010-January 12, 2011!!!

Participants will leave December 29, 2010, for a 15 day trip with 3 nights in Buenos Aires, followed by a flight to Ushuaia and a 10-day cruise on the MS Fram. The cruise includes meals, lectures, guided tours and many fantastic locations and sights you have only seen on TV, including whales, seals, penguins, icebergs, snowy peaks, ice cliffs, and much more! The last night will be at a hotel in

Ushuaia. Prices including airfare from JFK or LAX start at approximately \$5,800 pp/do including extra charges, and go up from there - but this is probably a once in a lifetime opportunity!

NEW ANNOUNCEMENT: All club members are invited to the **Snowmass Alpine Nationals January 3-7, 2011**, for a great time racing with other ski clubs from around the nation. Check out the flier for fantastic prices on lodging. \$190 per person includes races, awards and Welcome Reception. Lift tickets and lodging not included. Contact Bob Ellis at rellis9681@aol.com for further details.

NWSCC can still get you on the 2011 FWSA Ski Week in Sun Valley (January 22-29, 2011), though possibly not with our group of 36 (we had to turn back spots that were in demand by other Councils). Depending on lodging, the trip price ranges from \$895 to \$1325 per person, without transportation (consider that Sun Valley's daily lift tickets are \$82 this year!). A new option this year is an amenities-only package. If you have access to your own lodging at Sun Valley you may purchase an "amenities package" that includes registration, racing, parties, picnic, banquet, and the 5 days of lift tickets included. We should know the final price of this amenities only package soon, but a \$100 deposit is still necessary to hold that reservation.

See the attached Sun Valley flier to determine what type of lodging you would like to request. There's lots of flexibility with this trip. If you don't want to use all your lift tickets, their value may be applied to other activities, including lessons, dining and entertainment, ice skating and lunch, massage, gifts, or even helicopter skiing!

FWSA will offer a trip to **Switzerland** (Engelberg and Interlaken) **February 26-March 7, 2011**, starting around \$1,357 without air. A Bulgaria extension March 7-13 starts around \$954, and a further extension to Bucharest and Transylvania March 13-19 is \$1,140. See fliers.

Upside Down Skiing? Well, at least skiing "down under." Be a Hobbit on skis; say hello to some sheep; most importantly, visit with the most wonderful, hospitable people in almost all the world, who live in what some have called paradise. Check out the flier for the FWSA trip to **New Zealand July 24-August 5, 2011** (\$2,891 from SFO/LAX), with a Pre-Trip to **Rarotonga** July 24-27 for only \$250, and a **Sydney/Cairns** post-trip extension August 5-12 starting at \$1,099!

The **2012 Ski Week** will be in **Jackson Hole, Wyoming**, January 28-February 4, 2012!

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 in August of 2011. 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.

Children are welcome on this trip, but there is no special child's pricing. Senior discount pricing will be answered soon. This is a great trip from the Northwest, as Sun Valley is within driving distance for most of us, saving the cost and hassles of air travel. However, if you wish to fly, FWSA will arrange air and shuttles. Contact Barbara Bousum with questions at travel@nwski.org.

Interested in a **chance to WIN a spot on the FWSA Sun Valley trip** valued at \$950+? NWSCC will be selling tickets, with the drawing to be held at a time to be announced. The cost is \$20 for one ticket or \$50 for three tickets. The winner will receive one fully paid trip with condominium lodging (transportation not included; an upgrade to hotel lodging would be at the winner's cost). If you have already paid a deposit at that time, your deposit will be refunded. Tickets are available through Sheri Parshall or other NWSCC officers. Only 250 tickets will be sold, so your chances are far better than the lottery!

WOULD YOUR CLUB LIKE TO EARN A COMP ON ANY FWSA SKI TRIP? All you need to do is to bring 30 people, and the comp is yours to do with as you please. This would also give you more input into future ski weeks that FWSA plans.

THE NORTHWEST SKI CHALLENGE: Winners were announced at Appreciation Night! David Schor won the grand prize by visiting 13 areas; Emilio Trampuz was second with 10, Jay and Dorothy Hart each visited 8, and Shawn Storey and Nick Harlson each visited 7 of the ski areas in Oregon, Washington, and Idaho.

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. See www.nwskiers.org/NWSA/NWSA.htm.

This year three Washington ski areas have new lifts: Crystal Mountain, The Summit at Snoqualmie, and White Pass, and we helped to provide the skiers' point of view to assist all of them!

MISCELLANEOUS, BUT FUN, INFORMATION:

PLEASE NOTE THAT ALL REGULAR NWSCC MEETINGS ARE "OPEN," AND PARTICIPATION BY CLUB MEMBERS IS ENCOURAGED! Meetings are held the 3rd Wednesday QUARTERLY; 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.

Did you know that the **NWSCC has a Facebook page**? You can reach this page from the NWSCC website, and you can keep up-to-date on all our events and activities.

From the National Ski Club News:

To subscribe to the National Ski Club News, go to <http://marquimail.marqui.com/marqui/LandingPage.aspx?id=545694&p=1>. Beginning in the October 2010 Newsflash, they will list familiarization trips that are available to America's ski club officers. Officers of ski clubs must fill out an application to apply to go on each trip so that the resorts, tour operators, etc. can invite those clubs that fit their criteria for each trip. Those ski club officers who wish to explore new destinations and trip concepts are urged to keep checking the FAM trip section of each monthly Newsflash.

Get Up-to-date Airline Luggage Information - Check out www.luggagelimits.com for up-to-date information about surcharges and weight limitations on luggage for your club's next trip. The site provides current information on hundreds of airlines worldwide, so it might be a good idea to include a link to this website in your trip information packets or your club's website.

From the FWSA News:

FWSA Safety Person of the Year 2010—Richard Rizk of Beaverton, Oregon is a member of the Cascade Ski

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. Note Debbi Kor is constantly adding new benefits!

As a member of FWSA, you also belong to the **National Ski Council Federation**, made up of ski councils and clubs throughout the U.S. 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**. One benefit of note is some really good travel insurance.

ALL CLUB CALENDAR:**September 2010**

25-10/2 FWSA Fall Canada/New England Cruise FWSA

October 2010

8-9 Mt. Hood Snowsports Swap Mt. Hood Ski Patrol

November 2010

13 Pray for Snow Dance, Gov't Camp Schnee

December 2010

9-14 Aspen in December Cabernet/Open

29-1/2 Buenos Aires/Antarctica Cruise FWSA/All Clubs

Club in the Northwest Ski Club Council (NWSCC). He developed a winter safety speaker awareness series which addressed winter driving, terrain park safety, ski risks and the law, ski patrol advice. Richard also contributed significantly to the development of the NWSCC P.I.E. (Prepared Informed Ecological) campaign which addresses safety issues. He spearheaded an influenza awareness initiative for Cascade Ski Club & NWSCC. Richard recently completed a 17 session backcountry ski safety course which included avalanche training. He also has first aid and CPR training. Richard has taught boating rescue and safety techniques as a YMCA camp boating instructor and performed search and rescue in lakes and pools as a YMCA lifeguard. As a Special Olympics Coach with physician supervision, he regularly monitored downs syndrome participants for medication and safety compliance. He has worked with commercial insureds to develop strategies for making workplaces safer. From an environmental safety perspective as an Environmental Claim Supervisor, Richard authorized and directed the cleanup of some of the nation's most contaminated sites. He also advocates for safer play areas for children. The winner receives a 6 day vacation for two from Aspen Skiing Company including 6 day lift tickets for all 4 mountains (Ajax, Aspen Highlands, Buttermilk &

Snowmass), 6 days of rentals, and a half day group lesson for two, 7 nights lodging provided by The Crestwood Condominiums & The Gant plus round trip air.

Snowbasin, UT filed a Master Plan in June 2010 with Weber County's Ogden Valley Destination and Recreation Resort Zone to build a major resort village called Earl's Village near the existing base lodge with hotels, condominiums and townhouses, a retail and restaurant core, ice skating, spas and an amphitheater. The plan calls for up to 2,400 residential units. Also, a significant terrain expansion near the current Strawberry Gondola is requested, with a second entrance to the ski area to be constructed along Trapper's Loop Road in Morgan County south of the intersection with Snowbasin

Road. This new entrance would cut about 10 minutes off the drive to the resort from the Salt Lake City metro area.

CHEAP SKI MOVIE? Bode Miller, Jonny Moseley, Tanner Hall, Glen Plake, Jen Hudak, Billy Kidd, Franz Klammer, and even Warren Miller are just a few of more than 30 Olympic and X Games legends that make cameo appearances in the film officially promoted as "The worst ski movie ever made." This spoof is so offbeat that Olympic Champion Phil Mahre plays a polygamist in the Utah segment (don't worry, it's a family friendly rating). Find out how your club could win big bucks (or keep the money for yourself)! Contact heroes@CheapSkiMovie.com. For information and to see the film trailer, click here: www.cheapskimovie.com./cf/index.cfm?

Ski Training/Fitness Tips

· Just like in any other outdoor activity, physical fitness must be taken into consideration in skiing. Specifically, you need to get in shape if you are into skiing. It will require a lot of commitment as well as discipline to get in shape for skiing. In fact, you have to strengthen and to make your leg muscles and other necessary body parts flexible weeks or even months before you hit the slopes. In this section, learn some basic points to consider in ski fitness: General Conditioning (www.abc-of-skiing.com/ski-fitness/general-conditioning.asp), Ski Specific Training (www.abc-of-skiing.com/ski-fitness/ski-specific-training.asp), and Upper/Lower Core Training (www.abc-of-skiing.com/ski-fitness/upper-lower-core-training.asp).

· Become a Walking Machine Nordic Walking (www.nordicwalkingonline.com/techniques.php) is a simple, incredibly effective path to physical and mental health. No matter how hectic your schedule is, even 30 minutes a day with your portable LEKI Nordic Walking poles challenges your body and clears your mind. No need to stop your walking routine if you travel... take your poles with you. With a pair of nordic walking poles in your hands, the most basic stroll becomes a surprisingly easy, full-body workout. If you are a runner ready to give your knees a rest, someone looking for posture help, or an active athlete needing another modality for cross-training, Nordic Walking is your Gym On The Go! Two poles, countless benefits: 1. Strengthen your upper body and create resistance to build better bone density 2. Burn 40% more calories than regular walking without pole 3. Pump up your cardio by increasing oxygen consumption. Great workout without perceived exertion.

CHECK THE NWSCC WEBSITE FREQUENTLY FOR THE LATEST INFORMATION!!

You will find all the latest news, as well as informative articles that contain information your club can really use! As part of our P.I.E. program, Powerpoint presentations will be available for presentation at club meetings if desired.

Note: We have stopped mailing any copies of the NWSCC newsletter, as there were only 5 people who did not have email addresses ... sorry, guys!

NWSCC OFFICERS and COMMITTEES 2010-2011

President
Vice President
Secretary
Treasurer
Director, Communications
Director, Council Historian
Director, Educational Outreach
Director, Membership
Director, Racing (PACRAT Chair)
Director, Travel
Director, Washington Clubs
Webmaster
Past President
Commercial Membership Program/Advertising
PACRAT WORLD HEADQUARTERS

Sheri Parshall 503-706-0522 (Cell)
Dave Rasmussen
Julie Rasmussen
Marcia Brighton
Linda McGavin 503-652-2840
Norvin Peer 360-423-5422
Richard Rizk 503-245-5677 (Work)
Colleen Walter 503-860-6788 (Cell)
Barbara Pressentin 503-267-9522 (Cell)
Barbara Bousum 503-224-3584
William Shadbolt 425-241-0144 (Cell)
David Schor
Mary Olhausen 503-880-7383 (Cell)

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Historian@nwskiers.org
Education@nwskiers.org
Membership@nwskiers.org
Racing@nwskiers.org
Travel@nwskiers.org
WashClubs@nwskiers.org
[Contact@nwskiers.org](mailto>Contact@nwskiers.org)
PastPres@nwskiers.org

www.pacrats.org

2009-2010 NWSCC COMMERCIAL SPONSORS:

PLATINUM MEMBERS:

Mt. Bachelor Ski Area, OR

GOLD MEMBERS:

Mt. Hood Meadows Ski Resort, OR
Sun Valley Resort, ID
Twirl Advertising

SILVER MEMBERS:

Ogden Convention & Visitors Bureau (Powder Mountain & Snowbasin, UT)
Ski Chalet, Portland, OR
Timberline Lodge, OR
Vail Resorts
Wentworth Subaru NW

BLACK DIAMOND:

The Tire Factory/Northwest Tire Factory, LLC

BRONZE MEMBERS:

Big White Mountain Resort, BC, Canada
Brundage Mountain Resort, ID
Collins Lake Resort/Grand Lodges Mt. Hood, Gov't Camp, OR
Cooper Spur Mountain Resort, OR
Discover Sunriver Vacation Rentals, OR
Hillcrest Ski & Snowboard, Gresham, OR
Huckleberry Inn, Gov't Camp, OR
Jackson Hole Mountain Resort, WY
Mt. Hood Skibowl, OR
Mountain Shop, Portland, OR
Resorts of the Canadian Rockies (Fernie Alpine Resort)
Schweitzer Mountain Resort, ID
Silver Star Mountain Resort, BC, Canada
Sleeping Lady Mountain Resort, Leavenworth, WA

SUPPORTING MEMBERS:

49 Degrees North Ski Area, WA
Barbara Parshall - Re/Max Equity Group
Blue Lake Shipping LLC
Bruce Hackett Company (Sun Valley for Less)
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
SPONSORS AND LET THEM
KNOW YOU'RE WITH NWSCC!!**

WELCOME to NEW sponsors for 2010-2011: Aspen/Snowmass, Seventh Mountain Resort, Sunriver Resort, and Cosmopolitan Funding Group!

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.

Why not send this newsletter to all your club members? It's available in .pdf format on the website, and the link easily be passed 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:

Wed., Sept. 15, 2010, 6:00 P.M.

**SHANGHAI NOBLE HOUSE
5331 SW MACADAM AVE.
PORTLAND, OR 97239**

**← NOTE
LOCATION!**

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