



# Update

www.PacificRimAlliance.org

Volume 15 | Issue 4

Winter | 2011-12

## BIG WINTER snow

*La Niña, the weather condition that brought us an epic winter last season, is predicted to return this year. The coming winter may not be a carbon copy of last season but it is excellent news.*

### SKI RESORTS early openings

Early snow and cold temperatures have encouraged several areas across North America to begin operations as early as October 2011. Among them on the west are Boreal, CA, Timberline, OR, Loveland

and Arapahoe Basin, CO. This year's first resort to open in Colorado was Wolf Creek.

Copper Mountain and Keystone Resort, CO joined the ranks of open areas in North America on November 4, 2011 bringing the total in Colorado to five, and the North American total to roughly a dozen.



photo courtesy Aspen Snowmass

*Snowmass amazing powder.*

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### SKIING overseas

Due to the unstable US dollar and an uncertain economy, we are moving our European and New Zealand trips to 2013. We are in the process of getting new bids.

### CANADA, Dec 2011 & April 2012

We will be opening and closing Big White in British Columbia, Canada again this year. Is anyone out there interested in adding a safari to include Red Mountain, Apex and Silver Star in April? Let us know.

### SNOWMASS 2013

Far West announced that next year's ski week will be in Aspen Snowmass, February 2-9, 2013. We are so excited. We are looking into hooking up with one of the ski councils and staying at a ski-in ski-out condo close to the main village. Prices will be available in the spring. Please let us know if you are interested.

### COUNCIL trips

Be sure to check out the Council's ski trips. Both are joining Far West in Jackson Hole, WY. In addition, LA Council is going to Schweitzer & Silver Mountain in Idaho. San Diego Council will be in Aspen, CO in December. (see page 2)

### FAR WEST Ski Association

Intermountain Council is hosting the Far West convention in Ogden on June 7-10, 2012. Catherine and I have been involved in setting up some of the optional activities. Specifically we will be running the Pub Crawl on Historic 25<sup>th</sup> Street on Thursday and the White Water Rafting Adventure on Friday.

New this year is a Film Fest on Sunday where three incredible ski films will be previewed. Details available in the Spring. ♦



## TRIPPING around

## snow TRIPS & ACTIVITIES on tap

Details and flyers can be found under **TRIPS** at [PacificRimAlliance.org](http://PacificRimAlliance.org)

### [Pacific Rim Alliance](http://PacificRimAlliance.org) [pacificrimalliance.org](http://pacificrimalliance.org)

- **Biking** First Friday of the Month, 10 AM  
*Gene Fulkerson / 858-457-9469*
- **Big White, BC, Canada** Dec 3-10, 2011 & April 8-15, 2012  
*Gene Fulkerson / 858-457-9469*
- **Water Ski Weekends** June - Oct, 2012  
*Patricia Ortiz / 323-651-0686*
- **Wine Maker Dinner for Can Do MS** Sept 29, 2012  
*Gene Fulkerson / 858-457-9469*
- **Snowmass, CO** February 2-9, 2013  
*Gene Fulkerson / 858-457-9469*
- **Italy (or France) & Cinque Terre** March 2013  
*Gene Fulkerson / 858-457-9469*
- **New Zealand & Tasmania** August 2013  
*Gene Fulkerson / 858-457-9469*

### [Los Angeles Council](http://LosAngelesCouncil.org) [lacouncil.org](http://lacouncil.org)

- **Jackson Hole, WY** January 28 - February 4, 2012
- **Schweitzer + Silver Mtn., ID** February 4-11, 2012

### [San Diego Council](http://SanDiegoCouncil.org) [skisandiego.org](http://skisandiego.org)

- **Aspen, CO** December 7-13, 2011
- **Jackson Hole, WY** January 28 - February 4, 2012

### [Far West Ski Association](http://FarWestSkiAssociation.org) [fwsa.org](http://fwsa.org)

- **Jackson Hole, WY** January 28 - February 4, 2012  
*Gloria Raminha / 713-818-0471*
- **Chamonix, France** March 9-17, 2012  
Morocco March 17-15 or March 17-31, 2012  
*Norm Azevedo / 935-944-9816*
- **Big White, Canada** March 27 - April 1, 2012  
*Gloria Raminha / 713-818-0471*
- **Far West Races at Mammoth, CA** April 6-8, 2012  
*Bob Ellis / 530-414-4270*
- **Convention, Ogden, UT** June 7-10, 2012  
*Jane Wyckoff / 949-933-9607*
- **Panama Canal Cruise** Sept. 28 - October 12, 2012  
*Gloria Raminha / 713-818-0471*
- **Aspen/Snowmass, CO** February 2-9, 2013  
*Gloria Raminha / 713-818-0471*
- **Garmisch + Innsbruck** March 2013  
*Norm Azevedo / 935-944-9816*



photo courtesy Catherine Ohl

### 2012 Colorado River Schedule

June 22-24	July 27-29
July 13-15	Aug 24-26
Aug 10-12	Sept 21-23
Sept 7-9	Oct 19-21
Oct 5-7	

#### Trip Includes—

Two Days Water Skiing & Wake Boarding  
Equipment & Instruction  
Sandy Beaches & Camping  
Water Games  
5 Meals plus Happy Hour  
Beer, Wine & Soda

#### Prices—

\$145 **	Skier / Boarder
\$75	Non-Skier *
\$18	Child 12 and under *
Free	Child 4 and under*

#### For information—

Visit [www.RadarRiverRats.org](http://www.RadarRiverRats.org)

Call Patricia at 323-651-0686 (before 9 PM)

**EVERYONE WELCOME**  
**Friends • Family • Beginner • Expert**

\*\* Subject to fuel surcharge if gas is more than \$5/gal

\* May not ride in the club boat.

### COUNCILS selects MAN & WOMAN of the YEAR



photo courtesy Los Angeles Council

*LA Council's Man & Woman of the Year Sigrid Noack & Aaron Algazy*

*Council Men and Women of the Year are chosen by their peers in recognition of their many contributions to organized skiing. They will represent their council at the Far West Ski Association Convention to be held in Ogden, Utah June 7-10, 2012.*

Pacific Rim Alliance belongs to two councils in the Far West Ski Association. This gives members the opportunity to participate in many of the activities and events they host throughout the year.

The councils annually kick off the ski season with a Gala, with a twist this year. Los Angeles hosted a Champagne brunch while San Diego partied it up with Margaritas and some good Mexican food. Most importantly, the councils honored the Men of Women of their member ski & board clubs who have contributed to their club, council, Far West or nationally in the promotion of snow sports. These were fun and festive events.

San Diego Council experienced "Margarita Ville" at the Acapulco in Old Towne on Saturday, November 7, 2011. **Brad Davis**, Torrey Pines Ski Club, and **Janet Chenier**, Action, were honored as their Council's Man and Woman of the Year. In addition, **Alexa Wehsener**, a second year J2 racer and recipient of a San Diego Council ski scholarship for the second year was introduced.

Los Angeles Council hosted an elegant Champagne brunch in Burbank on Saturday, November 7, 2011. **Sigrid Noack**, Singles, and **Aaron Algazy**, Century City Ski Club, were honored as their Council's Man and Woman of the Year. The Fay Mumbauer Award was presented to **Jane Wyckoff** for her long-term contributions to skiing. In addition, the Silent Auction raised enough money to send an Unrecable and companion to the Jackson Hole Ski Week. ◆



photo courtesy San Diego Council

*San Diego's Woman & Man of the Year Brad Davis & Janet Chenier with Council President Eileen Sanford.*

### happy BIRTHDAY

#### December

- 1 Patrick Loo
- 2 Christel Chang
- 3 Donna Huston
- 5 Pat Holzinger
- 6 Len Danczyk
- 7 Bob Berg
- 10 Dick Anderson
- 17 Barbara Bontempo
- 17 Bruce Malinoski
- 17 Dean Smith
- 18 Susan Buckley
- 18 Therese Frey
- 22 Nick Friedman
- 26 Sharon Bays
- 29 Kim Gerringer

#### January

- 3 Jeff Beeman
- 7 Nadya Penoff
- 10 Anne Coniglio
- 11 Hans Iliew
- 12 Jim Knapp
- 12 Bob Miller
- 13 Viki Turnipseed
- 16 Kristen Benson
- 21 Celia Lemon
- 27 Phil Harris
- 29 Brigitte Cox

#### February

- 1 Lynda Johnson
- 2 Thomas Delahanty
- 2 Fay Mumbauer
- 3 Susan Corum
- 5 Bob Schulz
- 6 Sue Sindelar
- 14 Karen Abbott
- 16 Michael O' Connor
- 21 Richard Frey
- 25 Marie Lafayette
- 28 Mark Mathis
- 28 Kelly Roberts

it's a **WRAP**

## PACIFIC RIM raises \$2,000 for **CAN DO MS**

*Our 11<sup>th</sup> Annual Wine Maker Fund Raiser Diner was held in San Diego, October 1, 2011  
in memory of our beloved friend **Jimmie Heuga***

Our eleventh annual Wine Maker Dinner for Can Do MS raised more than \$2,000. Thanks everyone for your donations and support. We couldn't have done it without **Chef Mary Trimmings** and the seven fabulous wines and the special water that were donated.



photo courtesy Catherine Ohl

*Jordyn Mathis came early to assist Mary and Gene with the prep and stayed around to help serve.*

The wine that has been donated this year is outstanding and each was perfectly paired with one course.

**Piper Heidsieck Brut Réserve Champagne** donated by Rémy Cointreau USA.

**Kenwood Jack London Cabernet Sauvignon** donated by Heck Estates.

**Kenwood Jack London Zinfandel** donated by Heck Estates.

**Valley of the Moon Cuvée de la Luna Cabernet Sauvignon** by Heck Estates.

**Montevina Terra d'Oro Sangiovese** donated by Trincherio Family Estates.

**Montevina Terra d'Oro Barbera** donated by Trincherio Family Estates.

**Cakebread Cellars Sauvignon Blanc** donated by Cakebread Cellars.



photo courtesy Catherine Ohl

*All the wonderful wines.*

In addition, sparkling water was donated by **Solé Water**.

**Gene Fulkerson** worked with Mary as her Sous Chef. **Robert Nordquest, Mark Linda** and **Jordyn Mathis** served as their waiters and assistants. **Mark and Linda** stayed around to help with the clean up and the hand washing of more than 100 crystal glasses. These events just get better each year.

Thanks to everyone else who contributed and participated—**Claudia Nordquest, Barb & Stu Baily, Paul & Carmen Jackson, Jane Wyckoff, Sandy & Jerry Cordell, Hans & Birgit Iliow, Ray & Kathleen Craig, Steve & Jackie Aaby, Jim & Linda Patzold, Joe & Cheryl Street** and **Catherine Ohl**. ♦



photo courtesy Catherine Ohl

*Claudia and Robert have been attending the dinners from the beginning. Now they travel to the dinner all the way from Bend, OR.*



**THE POWER TO BE MORE THAN YOUR MS**

Formerly **The Heuga Center for MS**  
IRS 501(c)(3) Number 74-2337853  
www.msando.org • 970-926-1290

mark your **CALENDAR**  
**SEPT. 29, 2012, 5 PM**

exciting  
**CHANGES**  
for skiers in the west

Excerpted from *saminfo.com*

### Ski Area Troubles

**Snow King Resort** in downtown Jackson, WY is for sale after a non-profit community group tried but failed to step in and run the area. The area will operate with limited hours.

The venerable 40-year-old **Royal Gorge Ski Resort** at Donner Summit, CA, is in receivership after defaulting on its loan. Operations will be handled by the Douglas Wilson Companies of San Diego.

### World Cup Ski Jumping Women Announce Sponsors

The new sponsors of the first season of the women's FIS Ski Jumping World Cup were announced at the traditional Forum Nordicum in Ramsau am Dachstein, Austria.

OMV, an integrated international oil and gas company, has joined the series as the official main sponsor alongside Viessmann, a long-term partner of FIS World Cups.

### Congress Passes Ski Area Summer Activities Bill

A bill authorizing summer and year-round activities at ski areas on Forest System lands has passed Congress and is expected to be signed.

The measure will allow the 121 ski resorts located on public lands in the West to offer their guests a wider array of activities in summer, including zip lines, mountain biking and mountain bike parks, ropes courses and Frisbee golf courses.



*Americans predicted to increase spending on recreation and fitness gear by 11%.*

### Squaw Improvements

Squaw Valley USA has detailed the first two years of a five-year, \$50 million capital improvement plan that will impact the on-mountain and base village experience.

Plans include everything from new food and hospitality offerings to new beginner and advanced high-speed chairlifts, trail improvements and a state-of-the-art mountain information system.

### Squaw Valley and Alpine Meadows Join Forces

Squaw Valley and Alpine Meadows Ski Resort, CA, announced that the two North Lake Tahoe ski resorts have agreed to combine operations under common ownership and offer season passes and lift tickets that will allow guests to enjoy skiing and riding on both mountains.

Can an interconnect be far behind? ◆

## CALIFORNIA government

### California Vetoes Helmet Bill

Gov. Jerry Brown has vetoed California's winter sports helmet law, calling the bill overbearing and expensive. The bill, passed by the state legislature earlier this year, would have mandated helmets for all youths ages 17 and under at winter resorts.

The veto signals that the governor, a Democrat, has a deep aversion to "nanny government," and is generally opposed to new state mandates for personal conduct.

In his veto message, Brown said, "While I appreciate the value of wearing a ski helmet, I am concerned about the continuing and seemingly inexorable transfer of authority from parents to the state. Not every human problem deserves a law."

### Bill to Name a Sierra Nevada Peak

U.S. Senator Barbara Boxer (D-San Francisco) has sponsored a bill that passed the U.S. Senate unanimously that would name a previously unnamed Sierra Nevada peak for two-time Olympic gold medalist Andrea Mead Lawrence. ◆



*Northstar Resort has expanded the resort boundaries in two areas of the mountain, adding 170 acres of new sidecountry terrain to the resort's skiable acreage. Guided sidecountry tours and snow cat accessed skiing and riding will also be offered.*

## equipment SAFETY

### be **PREPARED** *mentally physically equipment-wise*

Choosing the right equipment is key to creating a safe and enjoyable experience on the slopes.



#### Helmet

A ski helmet is the most important piece of protective ski gear you can buy. But just because you wear a helmet doesn't mean that you are invincible. You can still get a concussion so ride with care.



#### Padded Shorts

Ski and Snowboard Protective Shorts for men and women offer semi-hard shelled padded protection to reduce the force of impacts against terrain and obstacles while riding or taking a tumble.



photo courtesy Scott Serfas



#### Upper Body Armor

Body armor protects your spine, chest, and shoulders. Skiing body armor helps keep you safe while experimenting with new tricks, hitting the park, or just some extra padding for today's run.



#### Knee, Elbow, Shin Guards

If you ski at the park, where rails aren't forgiving on your body's vulnerable spots – your knees, shins and elbows – or if you ride hard on the slopes, you need some protection.

#### Goggles

Wear ski goggles that fit properly around your helmet. If you wear eyeglasses, buy goggles that fit comfortably over your eyeglasses or consider prescription goggles.



#### Wrist Guards

Snowboarding wrist guards reduce your risk of the most common snowboarding injury: wrist fractures. Snowboard wrist guards are an inexpensive piece of snowboard protective gear, and can usually fit underneath your current snowboard gloves.



#### Ski Gloves

Ski gloves are an important part of your ski wardrobe, and unless you want cold hands, they can't be overlooked as a non-important accessory. After all, a pair of well-fitting, warm ski gloves or ski mittens can make your ski day a lot better. ♦



# getting & staying **FIT**

## preparing for the **SLOPES**

*All you need is 10 minutes before hitting the slopes.*

As excited as you are to beat everyone to first tracks, a ten minute warm-up that utilizes the muscles you ski with can save you from injury and enhance your performance. Getting ready for your day on the slopes can include even a brisk morning walk or an energizing yoga class.

But if you're ready to go, these exercises below are a perfect way to warm the muscles you're going to use on the mountain.

Start out slowly and increase your intensity and speed until your body turns warm, literally. Some examples of warm-up exercises for snow sports that will reflect your movements and muscles being used on the slopes include:

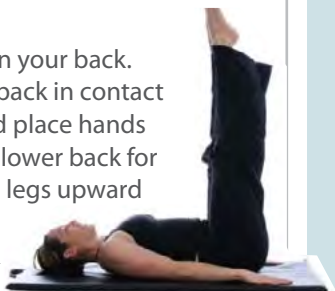


### Cat and Camel

Start on your hands and knees, with shoulders above your wrists and hips above your knees. On inhaled: Arch your back upward and lower your head. Round out your spine comfortably. Tuck your pelvis under using abs and butt. On the exhaled, lift your head upward and push your chest and abs towards the floor. Alternate positions in five second intervals. 5-10 sets should do the trick.

### Leg Raises

Lie on the floor on your back. Keep your lower back in contact with the floor and place hands to sides or under lower back for support. Lift your legs upward as far as possible. Lower them back down to slowly and with control. It's important to make sure your back stays flat on floor and abdominals are tight.



### Heel Raises

Place your feet shoulder-width apart with your knees slightly bent. Raise your heel off the ground by pushing up with your toes. Make sure that your toes remain on the ground, but that the heels of your feet have lifted up so that you feel your calf muscles working.



### Ski Jumps

Stand with feet together. Bend the knees and jump to the right as far as you can. Think of jumping laterally rather than vertically. Land with soft knees and immediately jump laterally to the left. Repeat.



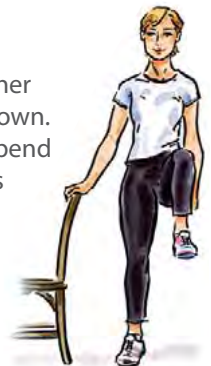
### Squats

Stand with your feet hip-width apart, your toes facing forward and slowly bend your knees as if you were going to sit in a chair. Keep your torso straight and your abs nice and tight. The important thing to remember with squats is that you want to keep your knees behind your toes, this way you are really using your glutes and hamstrings to execute the maneuver.



### Knee Lifts

These can be done either standing up or lying down. Slowly and smoothly, bend your knees up towards your chest. Hold the position for a few seconds. Return gently to the starting position and repeat the exercise. ♦



## wanna **RACE?**

If you'd like to test your skills in a race course, as a member of Pac Rim you can race in League, Council and Far West sponsored races. **More information is available at [fwra.com](http://fwra.com).**

December 5-9, 2011 (M-F)	Rokka Ski/Board Race Camp
December 10, 2011 (Sat)	Rokka 1 & Ullr 1 (GS)
January 7, 2011 (Sat)	Rokka 2 & Ullr 2 (SL)
February 11, 2011 (Sat)	Rokka 3 & Ullr 3 (GS)
March 24, 2011 (Sat)	Rokka 4 & Ullr 4 (GS)
March 25, 2011 (Sun)	Rokka 5 & Ullr 5 (SL)
April 6, 2011 (Fri)	FWRA Championships (pacesetters)
April 7, 2011 (Sat)	FWRA Championships (SL)
April 8, 2011 (Sat)	FWRA Championships (GS)



## ski LEGACY

# BIG WHITE turns 50 next year

*Big White opened in 1963 with two t-bars, a day lodge and a new road.*

*Visit <http://pacificrimalliance.org/history.html> for more ski history.*

The Kelowna Ski Club (KSC) started up in the mid-50s. The club was a social club for Kelowna residents who enjoyed the sport of alpine skiing. The club's original location was on Black Mountain and had two rope tows and a ski jump.

In 1963 **Doug Mervyn** and **Cliff Serwa** started the huge undertaking of creating the Big White Ski Hill from scratch. In their first year they had to build a road, a day-lodge and a lift.

When Big White was opened, the KSC was given a parcel of land in return for the closing of the Black Mountain Ski Hill and moving the club to the Big White. One of the Black Mountain rope tows was moved to Big White.

The ski runs Serwa's (green run off of Ridge Rocket) and Mervyn's (blue run off Bullet) are named after the founding families of Big White.

### Alpine T-Bar

The oldest piece of equipment on the mountain, from 1963, is the return structure on the Alpine T-Bar.

The original lift had wooden towers and went to approximately tower 10 on the current t-Bar. This lift stayed much the same until 1975 when it underwent a retro fit.

In 1975 a new enclosed gearbox was installed. In 1980 the t-bar was shortened, and the load area was moved up hill to the top of the Summit Chair.

In 1980 the t-bar was once again updated and the wooden towers were replaced with steel. In 1986 the T-bar was moved to its current location and became the Alpine T-bar.

### The Chair Lifts

The Ridge Chair (double) opened in the early 70s. The Ridge Rocket Express (quad) replaced the double chair in 1989.

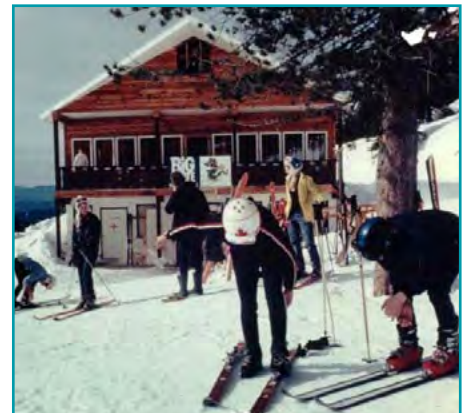
The Powder Chair (triple), the Easter Chair (triple), and the Village Chair (triple) opened in the early 70s. In the mid 80s the Easter Chair was moved to replace the bunny hill t-bar and became the Summit Chair. The Bullet Express replaced the Summit and Village chairs in 1991.

The Falcon Chair, which was in fact the old Ridge Chair, opened up the west side of the hill in 1992. The Gem Lake Express, which more than doubled the skiable area, opened around 2000.

In 2004, the addition of the Cliff Chair opened powder bowls on the mountain summit. And the TELUS Park terrain park has added a whole new dimension for boarders.



photos courtesy Big White/Canada



The Snow Ghost Express (six person), which is adjacent to the Ridge Rocket, ended annoyingly long lineups when it opened in 2006.

### The Owners

Big White was in receivership when **Desmond Schumann** bought the property in 1986. The Schumann family, which owned a resort in Australia, has taken a totally hands-on approach and three generations are currently involved with the operation. It was their vision to create a family-friendly ski-in/ski-out resort and to continually expand the destination. And it is their Australian connection that has led to the strong Australian presence among the staff that gives Big White such a young, energetic and friendly feel. ♦



photo courtesy Silver Star Mountain Resort

*In 2002, Schumann Resorts Inc. purchased Silver Star Mountain Resort.*



## skiing **HERITAGE** week

Revisit the rich ski history of the Northwest throughout OR & WA, April 8-15, 2012.



During the week of April 8–15, 2012, the International Skiing History Association (ISHA) will visit one of the cradles of American skiing: the Pacific Northwest.

This once-in-a-lifetime gathering will see ISHA members and friends visit several mountain destinations whose names evoke some of skiing's grandest traditions: Timberline Lodge, Mount Hood Meadow, White Pass, Crystal Mountain, Mount Rainier, Stevens Pass and Snoqualmie.

In a perfect ending to this Northwest sojourn, the group will end up in Seattle for the annual Induction Ceremony of the US Ski & Snowboard Hall of Fame, plus a special tribute to America's greatest ski & snowboard company, K2, as it celebrates its 50<sup>th</sup> anniversary.

Numerous milestones in the growth of skiing and snowboarding have come out of the Northwest, from international competition to innovations

in equipment, resort operations and publicity. There is no aspect of the sport we know today that can't, in some form, trace its heritage to the Northwest.

You have two options on how to participate:

1. Sign up for the whole week of activities on starting Sunday April 8, 2012 in Oregon, package includes lodging, transportation, most meals and all lift passes, for \$1,585 or \$1,795, depending on which Seattle hotel you choose.
2. Or join ISHA in Seattle, starting the evening of April 11, 2012, and purchase what you need – hotel, functions, skiing, etc. on an a-la-carte basis.

For more information visit <http://www.skihall.com> and click on "Skiing Heritage Week 2012" found in the sidebar on the left. ◆

### schedule of **EVENTS**

#### Sunday, April 8, 2012

Arrive in Portland Oregon  
Transfer to Timberline Lodge  
Welcome Reception

#### Monday, April 9, 2012

Ski Timberline on Mt. Hood  
Ski historic "Glade Trail" to Gov. Camp  
ISHA /Beekley Dinner  
- Kirby Gilbert & Mt. Hood Museum

#### Tuesday, April 10, 2012

Ski Mt. Hood Meadows  
ISHA Dinner Movers & Shakers of the NW  
- Nelson Bennett & the Mahre Brothers

#### Wednesday, April 11, 2012

Ski White Pass  
Check in to Seattle hotels (4 nights)  
Ishpeming International Film Fest  
- Awarding of the Jerry's

#### Thursday, April 12, 2012

Ski Stevens Pass - Kamp K2  
Reunion: 50 years of K2  
Ishpeming International Film Fest  
- Best of

#### Friday, April 13, 2012

Ski Crystal Mountain  
- 10th Mountain Founders Tribute  
ISHA Writers & Filmmakers Awards Banquet  
Ishpeming International Film Fest  
- Best of  
K2 50th Anniversary Public Party

#### Saturday, April 14, 2012

ISHA & Hall Board Meetings  
Ski the Summit at Snoqualmie  
- Ski with Hall Honorees & Legends  
Welcome to Seattle Reception & Party  
US Hall of Fame Induction Ceremony



photo courtesy Oregon State University

*Timberline Lodge, 1943. Franklin Roosevelt dedicated the lodge in 1937 as a "testament to the workers on the rolls of the Works Progress Administration."*

## KIDS' korner

# GOOD STUFF for the kids & grandkids

*Preparing children for the slopes.*

by Lisa Mercer excerpted from *Livestrong.com*.

Teaching kids to ski is similar to parenting. Few experts agree about the best methods. Children's age, location and training aids discussions often lead to heated debates, but despite these differences of opinion, certain children's teaching methods are consistent.

The Professional Ski Instructors of America have a special children's accreditation program. These instructors must pass an exam that displays their knowledge about child physical and cognitive development, as well as child-specific safety measures and motivational techniques.

### Time Frame

While some children learn as early as 2 years old, most ski schools will not accept kids until they've reached age 3 or 4. Instructors prefer to work with



photo courtesy Big White

*Be sure your child is ready for skiing.*



photo courtesy esp La Pagne

children who are potty trained and are able to keep their balance while walking.

Preschoolers have loose ligaments, which easily leads to fatigue and younger children also have shorter attention spans. Children's balance and attention span improves by age 7 or 8.

### Mental Considerations

It is important to be aware of your child's unique psychological makeup. For young children, ski school may be the first time they have ever been away from their parents. Preschoolers who have not attended nursery school or camp may be unaccustomed to socializing with large groups of children.

Children who have never seen snow or who have never experienced gliding and sliding movements may be overwhelmed. Begin with a shorter lesson before arranging for a full day at ski school.

### Planning

Many ski areas get bombarded with children during spring break and holidays. Classes during this time frame are often enormous. While expensive, private lessons or family lessons, which teach parents how to ski with their kids, may be a better option.

### Images

Instructors use "pizza" or "French fries" to

help children visualize what they should be doing. Pizza refers to the wedge position, and French fries refer to parallel skiing. Children respond better to these images than they do to technical explanations of the snow plow and parallel skiing.

Instructors use a group exercise called the eraser to teach turning. The instructor descends the slope, imagining that they are drawing lines in the snow with a pencil between their toes. The next skier follows, imagining that he has erasers on skis, which erases the line. This is an effective way to teach turn shape.



### Preparation

Prepare your kids for a day at the slopes.

- The stork stand involves balancing on one foot for 10 seconds at a time.
- The foot-to-foot is a hopping exercise, which teaches kids ski-specific weight transference.
- Side-by-side drill teaches kids how to side step up a hill. ♦

## Pacific Rim trips

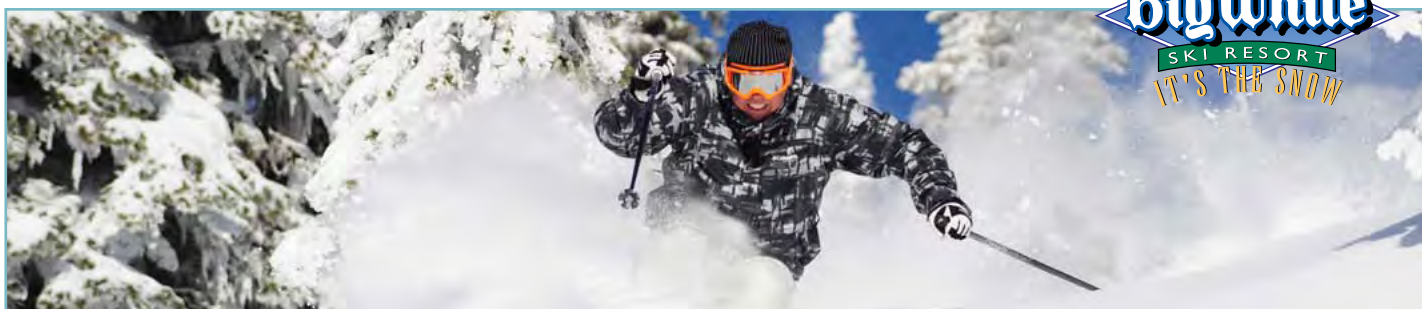
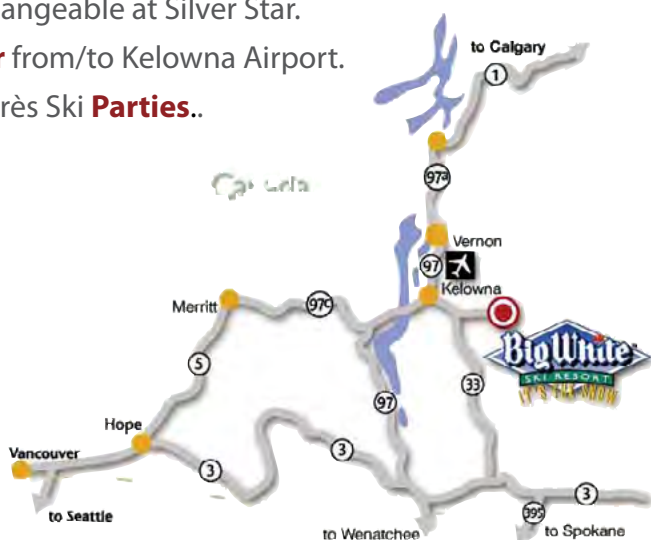


photo courtesy Big White

## Big White December 3-10, 2011 & April 8-15, 2012

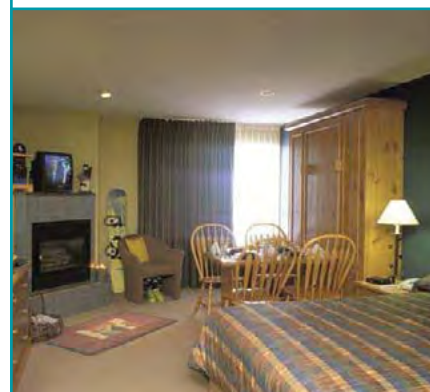
Basic Package \$699 per person dbl occ \*

- Seven nights **Lodging** at The Inn at Big White (dbl. occ.)
  - Ski to / Walk from, located in the Village Center.
  - Superior Room with 1 Queen Bed and 1 Queen Murphy.
  - Rooms have Mini-fridge, Micro-wave & Fireplace.
  - On-site Carvers Bar & Grill open Breakfast, Lunch, Dinner.
  - Hot Tub & Fitness Room & Swimming Pool.
  - Includes HST and Bed Taxes.
- Six days **Lift Tickets**.
  - Interchangeable at Silver Star.
- **Transfer** from/to Kelowna Airport.
- Daily Après Ski **Parties**..



### about **Big White**

- 25 feet annual dry powder.
- 2,800 patrolled skiable acres.
- 2,550 feet of vertical.
- 4.5 miles longest run.
- 6% ◆◆ 22% ◆ 54% ■ 18% ●
- 118 designated runs.
- 10 ski lifts (6 are high speed).
- Free ski hosts two times a day.
- 5,757 feet Village elevation.
- 18 Restaurants & Bars.
- The Best Ever Powder Skiing.



### NOT Included—

- Air** to/from the Resort
  - Delta, Alaska fly to Bozeman
  - Air Canada, West Jet, Alaska fly to Kelowna

### Payment due NOW—

- Pacific Rim Alliance**
  - 10818 Viacha Dr.
  - San Diego, CA 92124
  - Cancellation policy will apply

### For Information—

- Gene Fulkerson**
  - gene@PacificRimAlliance.org
  - 858-467-9469

## Far West Convention

How the West is **ONE!** hosted by *Intermountain Ski Council*



**June 7-10, 2012** Ogden Eccles Conference Center, Utah

### Convention Highlights

- Silent Auction
- Travel Expo
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panel
- Saturday Awards Luncheon
- Celebrity Multi-Media Presentation
- Saturday Awards Dinner
- Far West General Meeting & Elections

### Special Event Sunday 1-5 PM

- **Far West Film Fest** \$12 donation

### Optional Activities

- Historic 25<sup>th</sup> Street Pub Crawl
- Michael German Memorial Golf Tournament
- White Water Rafting
- Salomon Center
- Hiking
- Pool Party

### Information

- **Jane Wyckoff** FWSA Convention Chair  
janewyckoff1@cox.net or 949-933-9607
- **Mary Olhausen**  
Silent Auction/Travel Expo Chair  
omary52@comcast.net or 503-880-7383
- **Linda Scott** ISC Host Convention Chair  
louandlt@hotmail.com or 307-256-7535
- Visit [www.fwsa.org](http://www.fwsa.org)

## CONVENTION lodging

### Hotels Feature

- Restaurants, Lounges, Pool/Hot Tub, Fitness Center, NO Resort Fees, Wireless Internet, FREE Parking, Close proximity to Historic 25<sup>th</sup> St.
- Rates available 3 days pre and post Convention
- Room block release date is May 15, 2012

### ◆ Hampton Inn & Suites Ogden

2401 Washington Blvd., Ogden, UT 84401  
[www.hamptoninnogden.com](http://www.hamptoninnogden.com)

**Reservations** call 1-801-394-9400

**Group Name** Far West Ski Association

**Rates per night plus tax**

Single/Double Occupancy **\$106**

Junior Suite **\$149**

Executive Suite **\$169**

**Includes Complimentary Breakfast**

### ◆ Marriott Ogden

247 - 24th Street, Ogden, UT 84401

[www.marriott.com/slco](http://www.marriott.com/slco) **group code** farfara

**Reservations** call 1-801-627-1190 or 1-800-627-7468

**Group Name** Far West Ski Association

**Rates per night plus tax**

Single/Double Occupancy **\$94**

Junior Suite **\$124**

## Transportation

- 38 miles from Salt Lake City International Airport
- Ground Transportation from airport by Shuttle or Taxi
- Transfers available from Canyon Transportation at 800-255-1841  
- 20% discount if you mention FWSA1657

# Membership Application

ALL Pacific Rim Alliance attendees must be a member to participate in one of our trips. Our membership year is from July 1, 2011 through June 30, 2012.

To join the Pacific Rim Alliance, fill out the following, Sign your release of liability and send with your check [payable to Pacific Rim Alliance] to:

**Pacific Rim Alliance**  
**10818 Viacha Dr., San Diego, CA 92124**

Name [1]: \_\_\_\_\_ Name [2]: \_\_\_\_\_

Home Addr: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail Addr [1]: \_\_\_\_\_

E-Mail Addr [2]: \_\_\_\_\_

Cell [1]: \_\_\_\_\_ Cell [2]: \_\_\_\_\_

Home: \_\_\_\_\_ Work [1]: \_\_\_\_\_

Birthday [1]: \_\_\_\_\_ Birthday [2]: \_\_\_\_\_

Indicate Membership  
 [Includes membership in FWSA, LA & San Diego Councils, NSAA]

- \$8 INDIVIDUAL Membership
- \$10 FAMILY Membership—Significant other, spouse, children, friends residing at same residence qualify.

Photographs of members participating in club activities are routinely included in a newsletter or on our web site or facebook which is distributed to the membership and other interested parties and is made available to the general public. Signature is required below to agree to this and to the terms of the Release of Liability to the right.

\_\_\_\_\_  
 Signature [1] Date

\_\_\_\_\_  
 Signature [2] Date

## Release Of Liability, Waiver Of Claims, Express Assumption of Risk and Indemnity Agreement

WAIVER: I am aware that participation in the Pacific Rim Alliance events has, in addition to the usual risks, dangers and hazards associated with travel, snowboarding, alpine, Nordic, Heli & off-piste skiing, certain additional risks, dangers and hazards including, but not limited to: boarding, riding and disembarking ski lifts; changing weather conditions; exposed or hidden natural or man-made objects; avalanches; failure to ski or ride safely or within one's own ability; and negligence on the part of other skiers and boarders, the organization or their staff.

I freely accept and fully assume all such risks and danger and the possibility of personal injury, disability, death, loss or damage to person or property that may occur as a result of my engaging in the above activities.

I HEREBY RELEASE AND HOLD HARMLESS [releases Pacific Rim Alliance] WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE.

I hereby release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise.

## MEMBERSHIP has it's BENEFITS


The National Ski Council Federation has discount benefits for club members which include: Cellular Abroad, East West Resorts, Rentskis.com, Crazy Heads, Geardirect.com, Breeze Ski Rental, Mountain Chalet, and so much

more. They have a great pair of carbon ski poles for a mere \$30 with all their member association logos. Such a deal.

Check out [www.skifederation.org](http://www.skifederation.org) for the complete list of benefits. Go to the "Members Only" area and input the following:

User Name: **skiclub**  
 Password: **member**

"The Voice of the Western Skier"



**F W S A**  
fwsa.org  
**FAR WEST SKI ASSOCIATION**  
FOUNDED 1930

**FWSA**  
**2011-2012**  
**Membership Card**  
Expires June 30, 2012  
[www.fwsa.org](http://www.fwsa.org)

Name \_\_\_\_\_

Club Pacific Rim

Member ID PRA-007

The bearer of this card is a member of Far West Ski Association and entitled to all the benefits associated with membership in FWSA. This card is non-transferable. Photo ID is required.

## COMMUNITY center giving BACK

*There are so many ways to get involved and it's so easy to do.*

### Can Do MS

For the past 12 years Pacific Rim has hosted a wine maker dinner for **Can Do**



**MS.** Each dinner typically raises around \$2,500. 100% of the proceeds go to the Center. We collect donations year round whether you attend the dinner or not.

**Can Do MS** [formerly Heuga Center for MS]  
IRS 501(c)(3) Number 74-2337853  
[www.mscando.org](http://www.mscando.org) • 970.926.1290

Our next dinner will be September 29, 2012. For more information contact

Gene Fulkerson, VP Travel  
gene@pacificrimalliance.org  
858-467-9469

SKIATHON  
**2012**  
USARC  
**3 MARCH 2012**

### USARC Ski-A-Thon

The hot FUNdraiser of the winter season is the Skiathon, enabling winter fanatics to have fun on the slopes while supporting the USARC.

When Saturday, March 3rd, 2012  
Where Bear Mountain Resort  
Cost \$150 Individual or  
\$500 Teams of Four

<http://www.firstgiving.com/usarc/skiathon2012>.



photo courtesy usarc.org

*Today, most ski areas offer alpine skiing instruction for adults and children with disabilities. Consider volunteering or make a donation at your favorite resort.*

### USARC

**United States Adaptive Recreation Center (USARC)** is committed to guiding people with disabilities toward the creation and affirmation of rewarding lifestyles. Located in Big Bear, CA, USARC runs an adaptive ski school in the winter. In the summer USARC takes to the fresh waters of Big Bear Lake for wet and wild adaptive water skiing, jet skiing, kayaking, sailing and fishing.

Volunteers are always needed. Volunteers must be at least 18 years old; intermediate skiers, water sports enthusiasts, or mountain bikers; able to complete the required training criteria, and available to teach midweek.

To volunteer contact **Sara Richter**, Outreach Coordinator, [sara@usarc.org](mailto:sara@usarc.org).

### Recycle Program

Pacific Rim recycles cans, bottles and glass at all our events. Each quarter we donate the proceeds to a charity.



This quarter's donation goes to **National Forest Foundation.**

Donate at <https://app.etapestry.com/hosted/NationalForestFoundation/OnlineGiving.html>.

### Support The Unrecables

[Re-] Register your Ralphs Card

**The Unrecables Ski Club** is a non-profit, volunteer-based organization,



servicing the recreational needs of people with disabilities. They promote adaptive sports, and encourage people with disabilities to participate in sports, recreational, and social activities in their communities. The club is a member of the LA Council of Ski Clubs.

[Re]registering your Ralphs Card is easy.

- Log in to [www.ralphs.com](http://www.ralphs.com).
- Click on **Community Contribution**.
- Click on **Participant**.
- Follow the easy steps to enroll. **Their NPO# is 80831**. Be sure to complete all information.
- Set back and watch your grocery shopping save you money and at the same time earn revenue for The Unrecables.

To volunteer visit [unrecables.org](http://unrecables.org) or email [info@unrecables.org](mailto:info@unrecables.org). ♦

## TRIPS sign up pacific rim FORM

[You must be a current member to sign up for this trip— include Dues and Membership Application if not a member]

Printed Name[s] \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_ e-mail \_\_\_\_\_

### Deposit Due:

- \$200 per person **Big White**, Canada, April 8-15, 2012
- \$200 per person **Big White**, Canada, December 8-15, 2012
- \$300 per person **Snowmass**, CO, February 2-9, 2013 [tentative]
- \$200 per person **Italy / France**, March 2013 [tentative]
- \$200 per person **Big White**, Canada, April 9-14, 2013
- \$400 per person **New Zealand & Tasmania**, August 2013 [tentative]
- \$200 per person **Beaver Creek**, CO, February 2014 [tentative]

### CONTACT Information

Gene Fulkerson, VP Travel  
gene@pacifcrimalliance.org  
858-467-9469

**Send this FORM with your Deposit made out to Pacific Rim Alliance to:**

Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124

## january LEARN TO SKI MONTH



More than 300 resorts from Alaska to North Carolina are participating in Learn to Ski and Snowboard Month.

Ski resorts are offering special free or reduced price ski and snowboard packages which generally consist of a lesson, lift ticket and rentals during January to get children and adults out on the slopes to learn an outdoor winter activity.

At <http://www.skiandsnowboardmonth.org/> you will find links to learning programs throughout the U.S. that provides an opportunity for skiers and riders to take lessons at reduced rates or, in some cases, free of charge.

An added benefit to learning to ski or

snowboard is that snowsports offers a way to get some winter outdoor exercise and burn calories. Research indicates that a 155 pound adult can burn 422 calories an hour skiing at a moderate speed and a 70 pound youth can burn almost 185 calories at a moderate speed. An adult between 110 - 200 pounds can burn between 250 - 630 calories per hour snowboarding.

Learn to Ski and Snowboard Month is an industry initiative organized by the National Ski Areas Association, the National Forest Service, the Professional Ski Instructors of America, the American Association of Snowboard Instructors, SnowSports Industries America, the National Ski Patrol, numerous state and regional resort associations, rep associations, retailers and the snow sports media. ◆



Ski with Pride • Watch all Sides • Let it Ride

First with Safety Awareness



## Contact Information

Board of Directors

Associate Member **National Ski Areas Association**

**Catherine Ohl, President**  
ohl@acatmeowz.com  
858.467.9469

**Gene Fulkerson, VP Travel**  
gene@PacificRimAlliance.org  
858.467.9469

**Fay Mumbauer, Director**  
fay@PacificRimAlliance.org

**Patricia Ortiz, Accounting**  
patricia@PacificRimAlliance.org

The PACIFIC RIM ALLIANCE is a non-profit organization dedicated to the appreciation of skiing, snowboarding, sight-seeing, photography, travel, public affairs and civic awareness. The Alliance is further oriented to the building of international relations among skiers, snowboarders and sports organizations throughout the Pacific Rim.

Surplus moneys above requirements for deposits for future trips will be donated to non-profit organizations devoted

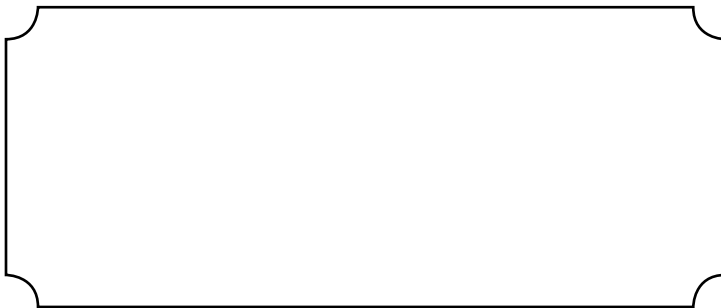
to charity, research & education. We are especially interested in, but not limited to, supporting Ski Area Development, Adaptive Ski Programs, Jimmie Heuga Center for MS and Olympic & Junior Racers, Mammoth Ski Museum.

The Alliance is a member of San Diego Council of Ski Clubs (SDCSC), Los Angeles Council of Ski Clubs (LAC), Far West Ski Association (FWSA) and National Ski Council Federation (NSCF). Membership in Pac Rim allows you to participate in their events and programs. ♦



Visit us on

First Class Mail



Contact  
**Gene Fulkerson** at 858-467-9569  
or gene@pacificrimalliance.org

**Bahia Bell Public Parking**  
998 West Mission Bay Drive  
San Diego

**Biking**  
1st Friday of the Month, 10 AM



**Pacific Rim Alliance**  
Catherine Ohl, Newsletter Editor  
10818 Viacha Dr.  
San Diego, CA 92124-3241