

U PacificRimAlliance.org

Official Publication

Published Quarterly

Volume 19 | Issue 2 **Summer** | 2015

Skiing is a Dance in which the Mountain always Leads.



Far West Highlights

- Pac Rim makes a Hat Trick
- Giving Back Opportunties

Upcoming Trips & Events

- Water Ski the Colorado River
- Wine Maker Dinner for MS
- Ski Big White this Winter

Of Interest

- Maintain your Ski Shape
- Reduce. Reuse. Grow.
- Snowbasin turns 75



word from the **ALLIANCE**



SUMMER splash Check out what's on tap for us this summer!

Get a preview of winter to come!

WATER SKI 2015

Our water ski trips with the Radar River Rats is in full swing. We have once again scheduled nine trips for June through October. We will be staying at the Needles Marina where there is a pool, beach and some cabins for rent. We are closer to town and check-out is 5 pm. Details can be found on page 20.

BIKING fridays

Don't forget about our bike rides around Mission Bay. It's getting warmer and biking is a great way to stay in shape for skiing. Scheduled dates are at 10 AM on

> July 18 August 15 September 12 October 10

TELLURIDE 2016

Far West is going to Telluride, CO, January 30 – February 6, 2016. You can hook up with one of the ski councils for a stay at a ski-in ski-out condo or hotel close to the main village. We've included flyers for FWSA (page 26) and San Diego Council.

UPCOMING EVENTS

There are some really fun and worthwhile events coming up that we support. You get to have fun while supporting some very worthwhile causes.

- Beach Clean-Up, Oceanside July 18, 2015 see page 18
- USARC Peak-to-Peak, Big Bear to Mammoth, October 7, 2015 see page 18
- Alzheimer's 5K Walk, San Diego October 17, 2015 see page 18

BIG WHITE, December 5 – 12, 2015

We will be opening Big White's season in British Columbia, Canada and closing it out in the Spring.

See flyers on pages 21 & 22 for details.



Big White is building a beautiful new lodge at Black Forest where you can enjoy hot, delicious food and tasty, cold beverages while taking in the views and Okanagan sunshine. The lodge is expected to open this winter.



Pacific Rim intends to take advantage of Big White's amazing powder. As we go to press, the US dollar is gaining in value —

Big White's 2015 Winter Kick Off

December 5 – 12, 2015

\$789 per person double occ.

Trip Includes—

- Welcome Reception
- 7 Nights Lodging (dbl. occ.) in the slopeside White Crystal Inn in a Superior Kitchenette room with 2 queen beds and fireplace
- · 7-Day Lift Ticket
- Daily Après Parties
- Transfer to and from airport

Extras—

· Big White can assist you with booking air. Lots of non-stop flights available from various airports. United, West Jet, Air Canada and Alaska fly into Kelowna from most Western US Cities.

Contact—

- Gene Fulkerson / 858-467-9469
- Visit pacificrimalliance.org for more information.



Far West — 16



Links... Membership Trip Form (pdf) Liability Release (pdf) Trip Insurance Past Publications Ski History Photo Gallery





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Catherine Ohl, Editor Graphic Dezignz, Design / Production

EVENTS calendar

Details and flyers can be found under **TRIPS** at <u>PacificRimAlliance.org</u>



Water Ski Weekend Pacific Rim Alliance & Radar River Rats.

Water ski on the Colorado River. We operate out of Needles Marina in Needles. Camping, equipment, food and drink included. Contact Patricia Ortiz / 323-651-0686 before 9 PM.

Bike Mission Bay Pacific Rim Alliance.

Meet in the parking lot just east of the Bahia Hotel. Contact Gene Fulkerson / 858-467-9469.

Beach Clean Up, Oceanside Join the party sponsored by Rubios after spending a couple of hours picking up trash. For information visit offers.rubios.com/coastfest2015/.

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Water Ski Weekend Pacific Rim Alliance

& Radar River Rats. Water ski on the Colorado River. We operate out of Needles Marina in Needles. Camping, equipment, food and drink included. Contact Patricia Ortiz / 323-651-0686 before 9 PM.

Happy Hour, San Diego Council. Meet at 57 Degrees from 5-7 PM.

Bike Mission Bay Pacific Rim Alliance.

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Water Ski Weekend

Pacific Rim Alliance & Radar River Rats.

Water ski on the Colorado River. We operate out of Needles Marina in Needles. Camping, equipment, food and drink included. Contact Patricia Ortiz / 323-651-0686 before 9 PM.

Rhine Cruise San Diego

Council. *Take the Viking Ship from* Amsterdam to Basel—7 nights, 6 tours, 4 countries from \$2,456 pp. Air extra. Book directly with Universal Travel. Contact Eileen Sanford / 858-695-1442. FLYER



Water Ski Weekend

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Bonaire Diving Far West Ski

Association. Dive in the amazing coast of Cozumel. Package includes lodging, meals, drinks and 10 dives. Non-dive option available. Contact Randy Lew / 530-304-0802.



Wine Make Dinner Pacific Rim Alliance.

Wine Maker Dinner for MS consists of 7 courses perfectly matched to 7 wines. 100% of proceeds to benefit Can Do MS. Our Executive Chef, Mary Trimmins, returns to dazzle us with her culinary creativity. Contact Gene Fulkerson / 858-467-9469.

Water Ski Weekend **Pacific Rim Alliance**

& Radar River Rats. Water ski on the Colorado River. We operate out of Needles Marina in Needles. Camping, equipment, food and drink included. Contact Patricia Ortiz / 323-651-0686 before 9 PM.

Peak to Peak Ride your bike from Mammoth Mtn to Big Bear in 5 days to raise money for USARC. For information visit usarc.org.

Bike Mission Bay Pacific Rim Alliance. Meet in the parking lot just east of the

Bahia Hotel. Contact Gene Fulkerson / 858-467-9469.

5K Walk for Alzheimer's Join us for a 5K walk to end Alzheimer's. For information visit alzsd.org.

Snow Gala Los Angeles Council.

Annual snow season kick-off banquet honoring the clubs' Men & Women of the Year. Contact Paula Hazzard.



EVENTS calendar

Details and flyers can be found under **TRIPS** at <u>PacificRimAlliance.org</u>

Water Ski Weekend Pacific Rim Alliance & Radar River Rats.

Water ski on the Colorado River. We operate out of Needles Marina in Needles. Camping, equipment, food and drink included.
Contact Patricia Ortiz / 323-651-0686.



Winter Gala
San Diego Ski Council.
Annual snow season kick-off dinner
honoring the clubs' Men & Women
of the Year. Contact Barbara Blase /
858-270-0915.

Snow Jam Show Annual snow-sports show at Del Mar Fairgrounds. snowjamshow.com/Shows/Sd.

Bike Mission Bay
Pacific Rim Alliance.
Meet in the parking lot just east of the
Bahia Hotel. Contact Gene Fulkerson /
858-467-9469.



Ski Dazzle Expo
Annual snowsports
show at LA Convention Center. http://
www.skidazzle.com/.

Ski Big White Pacific Rim Alliance.
Ski the amazing early season powder at Big White. Trip package includes lodging, lift tickets and transfer from airport. Contact

Gene Fulkerson / 858-467-9469.

FLYER

Ski Aspen San Diego

Council of Ski Clubs. Aspen is known for being the Rocky Mountain playground of the rich and famous, but this authentic mountain town offers far more than just glitz and glam. Contact Mike Sanford / 858-695-1442. FLYER

Bike Mission Bay Pacific Rim Alliance. Meet in the parking lot just east of the Bahia Hotel. Contact Gene Fulkerson / 858-467-9469.



Bike Mission Bay Pacific Rim Alliance Meet in the parking lot just east of the Bahia Hotel. Contact Gene Fulkerson / 858-467-9469.

Telluride, CO
Far West Ski
Association. Telluride is a former Victorian
mining town located in Colorado. Contact

• FWSA: Nancy Ellis / 530-414-8261

• San Diego: <u>Alan Godwin</u> / 619-663-6626

INTRODUCTORY LESSONS FOR BEGINNERS IS A KEY WAY TO BRING SOMEONE INTO SNOW SPORTS FOR LIFE.



Bike Mission Bay
Pacific Rim Alliance
Meet in the parking lot just east of the
Bahia Hotel. Contact Gene Fulkerson /
858-467-9469.



Ski-A-Thon, Big Bear Ski all day to raise money for USARC. For information visit usarc.org.

Bike Mission Bay
Pacific Rim Alliance
Meet in the parking lot just east of the
Bahia Hotel. Contact Gene Fulkerson /
858-467-9469.

Association. Located in the southern Alps in the Veneto. Spend the second week in Florence & Rome. Contact Debbie Stewart / 559-737-0882.

Crested Butte Far West Ski
Association. Package includes lodging, lift tickets, parties, ground transfers. Contact Nancy Ellis / 530-414-8261.



Ski Big White Pacific Rim Alliance.
Ski the amazing late season powder at Big

White. Trip package includes lodging, lift tickets and transfer from airport. Contact Gene Fulkerson / 858-467-9469. FLYER

Bike Mission Bay
Pacific Rim Alliance
Meet in the parking lot just east of the
Bahia Hotel. Contact Gene Fulkerson /
858-467-9469.

INSTRUCTION CAN HELP KEEP YOU SAFE BY TEACHING GOOD SKIING/BOARDING TECHNIQUE.



Details and flyers can be found under **TRIPS** at PacificRimAlliance.org



84th Convention Far West Ski

Association. Join Far West in Arizona for the 84th Annual FWSA Convention. There will be the usual Pub Crawl, Silent Auction, Ski Show, Travel Expo, Leadership Academy. Contact Linda Westund / 858-695-1442. see page 27

Works...

Association. Known as the "Soft Coral

Capital of the World, Fiji is home to

great diving. Contact Randy Lew /

530-304-0802.

Far West Ski



Pacific Rim Events pacifirimalliance.org

 Bike One Friday / Month Gene Fulkerson Water Ski June — Oct Patricia Ortiz • Dinner for MS Oct 3, 2015 Gene Fulkerson Big White Gene Fulkerson Dec 5-12, 2015 Big White April 1-10, 2016 Gene Fulkerson • Cabo San Jose Oct 25-31, 2016 Catherine Ohl Italy Tentative 2016 Gene Fulkerson

• New Zealand Tentative 2017 Gene Fulkerson



LA Council Events lacouncil.org

 Snow Ball Oct 24, 2015 Paula Hazzard Ski Dazzle Dec 4-6, 2015 website • Crested Butte Mar 21–26, 2016 Nancy Ellis



San Diego Events skisandiego.org

 Happy Hour Aug 5, 2105 Barbara Blase Rhine Cruise Aug 21-28, 2015 Eileen Sanford Winter Gala Nov 7, 2015 Barbara Blase Snow Jam Nov 13-15, 2015 Barbara Blase Mike Sanford Aspen Dec 10-16, 2015 Telluride Jan 30–Feb 6, 2016 Alan Godwin



Nov none Dec 31

Jan 15

Feb 26

Mar 18

Mission Bay

About the Ride-

- Easy 20 miles around the bay!
- Can add 3 5 miles by taking the short or long way around Fiesta Island
- · Bring water, helmet, sunscreen, extra tube and money for lunch
- · RSVP 858-405-0637



FAR West Travel & Events fwsa.org

 Bonaire Sept 26–Oct 3, 2015 Randy Lew Telluride Jan 30–Feb 6, 2016 **Nancy Ellis** Cortina March 5–12, 2016 **Debbie Stewart** • Rome/Florence Mar 12–19, 2016 **Debbie Stewart** • Crested Butte Mar 21–26, 2016 Nancy Ellis Convention June 9-12, 2016 **Linda Westund** • Great Britain Sept 2016 **Debbie Stewart** • Fiii Fall 2016 Randy Lew

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. Here's a list of the major races.

December 9-11, 2015 January 6–8, 2016 Jan 30 - Feb 6, 2016 March 5, 2016 March 19–20, 2016

Race/Ski/Board Camp (GS) Race/Ski/Board Camp (Slalom) FWSA Ski Week (GS/SL), Telluride SoCal Championships (GS/SL) FWRA Championships, Alpine Meadows





MEMBER posting

ski FRIENDS

where are they now...

photos taken from their facebook pages



Mary Trimmins is a Culinary Specialist at La Quinta High School. This is her student "A" Team who served at the La Quinta Museum Reception Party.



Paula Correia enjoys signing with the Agape Choir, yoga, attending opera and living life to the fullest.



Richard Frey had given up skiing and instead enjoys fishing at Pine Flat Lake... a local fishing hole.

happy **BIRTHDAY**

June

- 2 Gary Bunney
- 3 J. B. Hammond
- 4 Larry Angione
- 6 Conor Griffin
- 6 Cormac O'Donovan
- 6 Helen Schulz
- 8 Marie Richard
- 9 Martha Eads
- 10 Barbie Brown
- 13 Craig Henderson
- 14 Jordyn Mathis
- 24 Trini Solano Galvez
- 25 Larry Armstrong
- 25 Jo Ann Rego
- 26 R.T. Johnson
- 26 Fran Papa
- 29 Jonnie Johnson

July

- 2 Jim Gable
- 10 Sherri Reid
- 15 John Moran
- 18 Rene Blanchard
- 18 Larry Stern
- 21 Mary Ann Miller
- 22 Mary Aileen O'Donovan
- 23 R. L. "Smitty" Smith
- 23 R.T.Thompson
- 25 Jeany Davidson
- 27 Jeanette Day
- 31 Cliff Bonner

August

- 3 Russ Walters
- 4 Angelo Bontempo
- 4 Jim Jensen
- 20 Donald Brenholt
- 25 Donna Buys
- 30 Marguerite Jorgensen

SNOW INDUSTRY bulletin



exciting CHANGES for skiers in the west

Excerpted from saminfo.com

New Olympic Winter Events

Snowboard Big Air lands in 2018 winter Olympics. The International Olympic Committee on Monday adopted four new sports for the Winter Olympics in Pyeongchang, South Korea in 2018. The IOC also approved a mass start in speedskating, mixed doubles in curling and a team skiing event that will pair men and women ski racers. To make room for snowboard big air, the IOC dropped the snowboard parallel slalom event, the dual racing contest that made its Olympic debut last year in Sochi, Russia.

Jackson Hole Mountain Resort

This winter, Jackson Hole Mountain Resort will be celebrating its 50th anniversary. And while things look mighty different than when the mountain first opened in 1965, Resort President **Jerry Blann** and Chief Marketing Officer **Adam Sutner** told the Jackson Hole News & Guide that the spirit and excitement that founded the resort is just as strong today as it was years ago. In fact, the resort is pulling out all the stops this winter, with new lifts, new terrain, and new restaurants on tap.

Ski Areas for Summer

Ski areas across the country are ramping up their summer operations with new aerial adventure parks, zip lines, canopy tours, water parks, mountain bike parks and more.

With the slew of new year-round activities being offered (too many to report on here) it's clear that ski areas have a bullish outlook on summer's potential to significantly add to their overall revenue. Check out your favorite resort for more information.

Hakuba, Japan

Hakuba Valley in the Japanese Alps has joined the Mountain Collective for the 2015-16 season. The Collective provides access to 18 mountains in five countries that combined have more than 41,000 skiable acres of terrain and 244 lifts.

Hakuba Valley is comprised of 10 distinct areas that encompass a huge variety of terrain, from beginner areas to glades, guided off-piste tours, terrain parks, and expert terrain.

Horstman Glacier

This coming winter, Whistler Blackcomb will conduct a snowmaking pilot project aimed at preserving the Horstman Glacier on Blackcomb Mountain. The area will operate four low-energy guns in the Horstman Hut area to determine if a full- scale snowmaking system is an option to prevent further recession of the glacier.

Antelope Butte

The board of directors of the Antelope Butte Foundation (ABF) signed an agreement with the U. S. Forest Service on June 19, paving the way for the purchase of the ski area located in the Bighorn Mountains near Dayton, WY.

The Foundation is purchasing the property, lifts, lodge, and outbuildings for \$275,000. ■

more RESORTS 4 SALE

The listings of ski areas for sale recently grew by two, as Spout Springs, OR, went on the market for \$1.25 million and Marshall Mountain, located seven miles northeast of Missoula, MT, is also for sale for \$2.95 million.

Spout Springs OR

The 1,400-acre area has 800 vertical feet with a base elevation of about 5,000 feet. The business runs on a lease with the Umatilla National Forest, and includes two double chairlifts, a lodge and restaurant, rental shop and ski patrol building.



Marshall Mountain, MT

Marshall Mountain has been closed for more than a decade. The ski area began operation in 1941 and continued until 2003, when the property was seized by the Internal Revenue Service due to financial difficulties.



Snowboard Big Air makes its debut at the 2018 Olympics.



SUSTAINABILITY

The world is abuzz with Sustainability

Biodegradable coffee cups embedded with seeds grow into trees.

Americans throw away more than 146 billion coffee cups every year... a waste.

A creative company in California called **Reduce. Reuse. Grow.** has designed a coffee cup that is not only biodegradable, but has seeds in its walls so that it can be planted and grown!

The cups, which are currently part of a Kickstarter campaign, made with fibers from local recycling centers, are embedded with an assortment of

California native seeds based on their locations.

The cups could be soaked in water for five minutes and planted in the ground; they could be collected in a special container for use at nearby reforestation sites; or they could

be thrown away and would biodegrade within six months.

Participating stores will encourage people to plant the cups themselves or to return them to be planted by the company.

According to the company "We do know that there are a handful of seeds that will make it no problem, due to the nature in which they are meant for in the wild, very hardy and durable.

However with a majority of the seeds, it will take time to really lock in the temperatures and times exposed to these temps in order to all operate and germinate properly."

At this point, the Kickstarter prototype is for the California region, and there are still many tests to complete, such as putting the seeds through the manufacturing process to see whether they can germinate afterward. If they can, they will put the cups in consumers' hands and monitor usage patterns.



Whale Rock Reservoir Project

Seeds collected from California

With California's recent drought and struggles with habitat destruction, there are over 200 acres at Whale Rock which need to be restored with native fauna.

Much of the habitat contributes to species of bear, mountain lion, monarch butterflies all the way to Steelhead Salmon.

The Whale Rock Reservoir is a 38,967 acre-foot reservoir created by the construction an earthen dam on Old Creek near the town of Cayucos.

Visit www.planttrash.com/.

Alex Henige

Alex Henige, founder of Reduce. Reuse. Grow., is a senior in the landscape architecture program at Cal Poly San Luis Obispo. For his senior project he developed this "The World's First Plantable Coffee Cup" and founded this company.

d Mix Based on Location



Sustainable Slopes, adopted by the ski industry in 2000, provides an overearching framework for enhanced environmental performance.

SKI PASS deals



EARLY BIRD discounts

Ski Resorts continue to join forces— a win-win for the skier/boarder.



Epic Pass

Photo: Vail Resorts

Unlimited access to Arapahoe Basin, Beaver Creek, Breckenridge, Canyons, Heavenly, Keystone, Kirkwood, Northstar, Park City, Vail, Afton Alps and Mt. Brighton. Now includes unlimited access to Perisher Resort in Australia.

\$769. Passes go off sale when sold out. www.snow.com.



Mountain Collective

Photo: Whistler / Paul Morrison

Two days each at Alta/Snowbird, Aspen/Snowmass, Jackson Hole, Mammoth, Lake Louise/Sunshine Village, Squaw Valley/Alpine Meadows, Sun Valley, Whistler-Blackcomb and Thredbo. Includes 50 percent off all additional days.

\$389

www.themountaincollective.com.



Cali4nia Pass

Photo: Mammoth Mountain

Unlimited access to Mammoth Mountain, Bear Mountain, June Mountain, and Snow Summit. Premium pass includes half-off lift tickets at Mountain Collective resorts.

\$799 (\$439 for seniors). Add \$100 for premium pass. www.cali4niapass.com.



Tahoe Super Pass Gold

Photo: Squaw Valley

Unlimited access to Squaw Valley and Alpine Meadows. Four days at Sierra-at-Tahoe and Sugar Bowl. Two days at Zermatt, Switzerland. This pass includes half-off lift tickets at Mountain Collective resorts.

\$789.

www.squaw.com.



Rocky Mtn. Super Pass +

Photo: Copper Mountain

The Super Pass Plus offers unlimited skiing and riding at Winter Park / Mary Jane and Copper Mountain, plus 6 unrestricted days at Steamboat, 3 unrestricted days at Crested Butte, 7 unrestricted days at Mt. Ruapehu, New Zealand plus lots of great discounts.

\$559 (\$427 for 70+). www.skicolorado.com.



M.A.X. Pass

Five days each with no blackout dates at 22 mountains all over North America includes these 11 western resorts Steamboat, Winter Park, Big Sky, Brighton, Crystal Mountain, Cypress Mountain, Summit at Snoqualmie, Copper Mountain, Mt. Bachelor, Boreal Mountain, and Las Vegas.

\$699 (New for 2015/16 season) www.themaxpass.com.



KIDS' korner

GOOD STUFF for the kids & grandkids

Fun & Safe in the Sun— Summer Safety Tips

by Gene Fulkerson

You want the kids to be active and have fun, but there are potential hazards, so keep them safe to enjoy these days of freedom and outdoor activities.

Sun Safety

The sun can quickly burn tender skin. Most children get 20-80 percent of lifetime exposure to the sun before they turn 18! Always make sure your kids are wearing sunscreen before they head outdoors, and reapply every two hours. Sweat and water will wash the protection away! Infants should be kept out of direct sunlight and wear sunprotective clothing. Teach toddlers and older kids to grab a hat with a brim for additional protection.

Hydration

Make sure kids drink plenty of water on hot summer days. Dizziness and nausea are just two of the signs of overheating, which can lead to heat exhaustion. Sugary drinks and carbonated beverages containing caffeine can actually accelerate dehydration.

Never leave an infant or child unattended in a car. This rule is more critical than ever in hot months when the temperature inside a vehicle can soar to above 100 degrees in a matter of minutes. That heat is deadly.

Bike Safety

Kids have bike-related injuries every year, but these accidents can be avoided or minimized with some precautions. Your child should always wear a helmet when riding. This protective gear reduces the risk of head injury by as much as 85 percent.

Explain rules for safe play — riding only on the sidewalk or designated bike path, no riding near cars and no side-trips that put them in danger from traffic or natural hazards.



Water Safety

Enroll kids in swim lessons taught by a certified instructor. Always have children wear proper-fitting life vests in a boat or near deep water. Take precautions if you have a home pool. Children need constant supervision around water.

Boundaries

Children relish the freedom of summer, but set some boundaries. Have them play within sight and sound of home, or by arrangement at a friend's where there will be adult supervision. Until they reach a certain age and maturity, kids should not go to the park or other places alone. Parents must always know exactly where their children are and whom they are with.

Untouchables

Kids are naturally curious so keep household, yard and garage dangers stored away. Weed killers and yard chemicals, radiator coolant and other solvents are poisonous to children and pets. Keep them out of sight and out of reach.

Fenced In

If possible, provide a safe play area for your children that's fenced in and in sight from the house. Ideally this space will have room for them to run and play, be cleared of items that are hazards (lawnmowers, sharp gardening implements, etc.) and have a shaded area so kids can get out of the hot sun.



Quick Tip

Even a small wading pool can pose a danger to toddlers. Never allow small children in the water without an adult to supervise! Since water reflects sunlight, be sure the kids are protected with sunscreen and not exposed to direct sun for too long before it is reapplied.

getting & staying FIT

UPdate PacificRimAlliance.org Summer | 2015

Maintaining ski conditioning year round

Stretch slowly and never do any exercise that causes pain.

by Gene Fulkerson

It's never too late to get in shape for the slopes... you never know when you will get the opportunity to ski. Better yet, here's some exercises you can do to STAY in shape.

The key areas of physical fitness that will pay dividends on the slopes are:

- Flexibility
- Aerobic Exercises
- · Anaerobic Endurance
- · Strength and Power

Flexibility

Whether you do it before a workout or the day you hit the slopes, taking time to work on your flexibility is important if you want to stay injury free.

One of the best options for flexibility is yoga. Dynamic warm-ups before workouts/skiing and stretching after workouts/skiing are crucial.

Don't use the slopes to get in shape, get in shape to use the slopes.

Examples—Flexibility

- Bikram Yoga Warm-Up
- High knee walk/skip/run
- Straight-leg walk/skip/deadlift walk
- Backward run
- Backward/forward lunge walks
- Hamstring stretch
- Lateral lunge
- · Mountain Climbers
- Jumping jack/seal jack/ski jack

Aerobic Exercises

Aerobic endurance allows you to sustain physical performance for sustained periods of time by maximizing your body's ability to consume and distribute oxygen to your muscles efficiently.

Examples—Aerobic

Performing any of these exercises for

30-60 minutes, 3-5 times per week will do a lot for your aerobic base.

- Running
- Cycling
- Hiking
- Swimming
- Jumping

Anaerobic Endurance

Anaerobic endurance is your muscles' ability to function in the absence of oxygen. In anaerobic metabolism, lactic acid builds up in your muscles. This mechanism causes that "burning" sensation you get in your thighs mid run.

Anaerobic exercises improve your body's ability to process the build up of lactic acid, allowing you to send it for longer and harder.

Many anaerobic workouts involve High Intensity Interval Training (HIIT), with periods of intense effort followed by rest periods and then by intense efforts again for a number of repetitions.

Examples—Anaerobic

One example of an anaerobic workout is Fartlek training, which is Swedish for speed play training.

Fartlek training "is simply defined mixed periods of fast and slow exercise."

- 1 minute of burpees
- 30 seconds of easy jog

Burpee

The burpee is a full body exercise used in strength training and as an aerobic exercise. The basic movement is performed in four steps and known as a "four-count burpee":

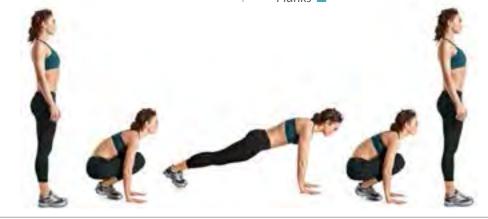
- Begin in a standing position.
- Drop into a squat position with your hands on the ground.
- Kick your feet back, while keeping your arms extended, then do a push up.
- Immediately return your feet to the squat position.
- Jump up from the squat position
- 2 minutes of burpees
- 1 minute of easy jog
- 3 minutes of burpees
- 1.5 minutes easy jog

Strength and Power

Strength workouts improve your ability to bust crud and keep your skis pointed the direction you want in the thickest and dampest of snow.

Examples—Strength and Power

- Squats
- Box jumps
- · Lateral Side Jumps
- Medicine ball throws
- Planks





HISTORY snowbasin resort

celebrates **75 YEARS**

Snowbasin was put on the world map when they hosted Olympic skiing

Snowbasin Resort is one of the oldest continuously operating ski areas in the nation. The history of Snowbasin and the US Forest Service is a story of discovery, restoration and conservation of this unique and bountiful area as a special place of beauty and adventure.

In 1938, ski pioneer and Forest Service recreation advisor **Alf Engen** and several other Forest Service employees hiked into Wheeler Basin and determined that it was an excellent location for a ski area.

Soon, Snow Basin earned the reputation of, as a huge public playground. Snow Basin's first ski tow was in operation by 1939. As word of Snow Basin's pristine powder spread, the area began attracting more and more visitors.

In 1940, Engen and the Forest Service supervised a Civilian Conservation Corps (CCC) crew in building an access road to the resort.

1940s — Expansion

Snow Basin hosted its first ski race in December 1940, attracting 75 racers. The following year, Engen and the CCCs cut more ski runs, including the very steep run off of Mt. Ogden that is now part of the 2002 Olympic downhill course. Sverre and Corey Engen opened Snow Basin's first ski school in 1941.

Construction of the mile-long Wildcat chairlift began in 1941, but was halted with the advent of World War II. The Forest Service closed the ski area for the duration of the war and reopened it in 1945. The Wildcat chairlift was completed and dedicated in 1946.

Recreation skiing grew rapidly after WWII thanks in large part to the energy and enthusiasm of the veterans of the 10th Mountain Division. Nearly 1,000 soldiers of the 10th Mountain Division lost their lives in WWII, including Ogden native **John Paul Jones**.



1960-1984 — Growing Pains

Snow Basin continued to operate through the 1950s with few improvements to the ski area. In the early 1960s, the Glendale Inn Lodge was constructed on the site of the original Forest Service shelter, the Porcupine chairlift replaced a ropetow and the Wildcat double chair lift was completed.

Through the 1970s and early 1980s, Snow Basin changed ownership several times, and new owners changed the official name of the resort to "Snowbasin" in 1978. Snowbasin was significantly improved in 1979 with the construction of the Middle Bowl triple chairlift and a 2,700 square foot day lodge.

1984 — Welcoming the World

The Holding family purchased Snowbasin in 1984 and still own it today. The Snowbasin Master Development Plan was revised in 1985 to include the development of a destination fourseason resort and a land exchange with the Forest Service. The environmental impact study of the plan began in 1989 and took nearly two years to complete. During this time, the Trappers Loop road

was constructed connecting Huntsville to Weber Canyon, making Snowbasin one of the easiest resorts to reach from the Salt Lake International Airport.

In 1995, Salt Lake City was awarded the 2002 Olympic Winter Games and Snowbasin was chosen as the venue for the men's and women's downhill, super G and combined races.

In 2000, a land exchange was completed, transferring 1,377 acres of National Forest System lands at the base of the resort to Snowbasin and 11,757 acres of private land in northern Utah to the Wasatch-Cache National Forest. Approximately 60 percent of Snowbasin Resort remains on the National Forest.

2004 — Summer Operations

In 2004 Snowbasin Resort took another step towards becoming a four-season resort. The Blues, Brews & BBQ Free Summer Concert Series has become a Sunday afternoon must for many locals.

Looking to the Future

Snowbasin Resort will be celebrating its 75th Anniversary during the 2015-16 winter season. ■

SAFETY altitude sickness Tips to prevent and treat



Most altitude sickness is mild but it should not be taken lightly

by Gene Fulkerson

Altitude sickness occurs when you cannot get enough oxygen from the air at high altitudes.

Symptoms tend to occur within hours after arrival at high altitude and include headache, nausea, shortness of breath, and inability to exercise.

Most cases of altitude sickness are mild, but some may be life-threatening.

Mild cases may resolve in one to three days. Severe cases may require oxygen, medications and moving to a lower altitude.

Common systems

- Headaches
- Dizziness
- · Loss of appetite
- Nausea/vomiting
- Fatigue/loss of energy
- Insomnia

Take It Easy

• Limit physical activity if you are short of breath or fatigued

Cover Up

- At altitude, there is less protection from the sun
 - o Cover up
 - o Use plenty of sunscreen

Acclimate

- Spend time at intermediate altitude before
- Ease into the physical activity for first 24-48 hours

Prepare

- See a doctor before leaving
 - o Get drug for altitude sickness prevention



- o Ibuprofen can relieve altitude headaches
- o Ginger chews, capsules or tea can settle the stomach

Seek Help

- Note that altitude sickness is real and can be debilitating
- If symptoms continue to plague you
 - o Visit nearest medical clinic
 - o Go to lower altitude
 - o Get some oxygen

Every year, people die of altitude sickness. All of these deaths are preventable. If you are travelling above 8,000 feet, follow these three simple **Golden Rules**.

- 1. If you feel unwell, you have altitude sickness until proven otherwise.
- 2. Do not ascend further if you have symptoms of altitude sickness.
- 3. If you are getting worse then descend immediately. ■

How to Avoid

Hydrate

- Drink at least twice the water you normally do
- · Avoid alcohol and caffeine

Replenish

- · Load up on potassium
 - Some good staples to eat include broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes and tomatoes
- Decrease salt intake
- Add complex carbohydrates to maintain energy
 - o Eat plenty of whole grains, pasta, fruits, and vegetables

boat **SAFETY**

Carbon Monoxide

"Teak surfing" or being dragged closely behind a boat is illegal and can be deadly! Those being dragged can inhale the colorless, odorless, tasteless and DEADLY gas called Carbon Monoxide. Avoid the death zones!

Swimming near or under the back deck or swim platform while the motor is running is dangerous. You can inhale Carbon Monoxide.

Did you know that all boats need to display a Carbon Monoxide safety

sticker on their boat? You can obtain the sticker from the California Department of Boating and Waterways.

Drinking

Bring your life jacket, but leave the alcohol at home. The side effects of alcohol— impaired judgment, reduced balance, poor coordination— can be magnified by the boating environment.

Designating a driver is not enough on boats. Drunken passengers on boats can easily fall overboard, swim near the propeller or cause loading problems by leaning over the side or standing up in small vessels, causing vessels to capsize. If you do drink, wear a life jacket.



it's a WRAP

BIG WHITE spring skiing

The snow was unbelievable for April—light, deep and never ending!

More photos can be found on our photo gallery at http://bit.ly/1svBDdn

This was our 12th annual April trip to Big White in hopes of catching some of that late season powder. It didn't seem much like spring as it snowed just about every day. And it was still coming down as we departed the resort. Same story but different year.

The highlight of this trip was the chutes under the Cliff Chair, the trees on Black Forest, the groomers off the Ridge Rocket, the powder from the Falcon Chair and the snowghosts in the Gem Lake area. Gene led the experts out of bounds on Gem Lake.

We also enjoyed dinners out and dinners in, happy hours, free hot chocolate and a bonfire at Happy Valley, recovery time in the hot tub, good friends and new friends, the tube park, Senior day on the mountain, host guided tours, sunrises and sunsets, daily pastries from the Big White Bakery and the incredible beauty of Big White.

The skiing was absolutely awesome! There was fresh powder most days and everlasting powder in the trees. Many days the groomed had up to a couple of inches of untracked. The fact that the temperatures remained in the high 20s was our only indications of spring.



Arline, John and Gene heading out for tapas and wine at the Globe.



Arline, Gene and John enjoying the late season snow.



Rick, Dan, Gene Dan, John, Arline



We took advantage of the senior ski lessons with lunch & wine. Delish.



Taking a break on the slopes after a hard morning of skiing.



The boys of Big White— Jimmie and Michael J.



Jimmie serving up free pancakes for the skiers/boarders on Sunday. Yummy.

it's a WRAP

FAR WEST ski convention

Pac Rim honored with FWSA Charity Award

The 83rd annual Far West convention took place in San Diego, CA June 4–7, 2015.

Pac Rim Wins—

It was a great convention for Pacific Rim! **Catherine Ohl** was honored with the Environment Award for all the work and time she contributes to promoting and protecting our fragile environment.

The communication awards were redefined this year and we were competing in the "Masters" class. We scored another hat trick with a first place for newsletter, website and club. We might be small but we are mighty.

Classes for the Charity award were also redefined. Pac Rim was in the novice class and won a \$200 donation to Can Do MS... our favorite charity.

Far West Silent Auction—

Once again we had lots of fun running around trying to outbid our fellow skiers. We were outbid on everything. There's always next year.

We really enjoyed meeting with all the special guests. We got to spend a lot of time with them on Friday. We especially enjoyed talking to **Stacey Cook**— an amazing women and Olympian.

The Convention—

San Diego Club Council did a fabulous job on the convention. The three days went by way too fast. We planned and lead the amazing pub crawl on the USS Midway and the kayak excursion to the LA Jolla Caves.

We attended the Awards Luncheon, Awards Dinner Dance (great dj) and all the parties. It was wonderful to have the time to catch up with old friends in both the ski clubs and the industry. It was a host the convention in San Diego.



U Pdate
PacificRimAlliance.

Far West's past Hans Georg winners... an impressive history here.

2016 Far West Convention—

The 2016 Far West convention will be hosted by Arizona Ski Council to be held in beautiful Scottsdale, Arizona on June 9–12, 2016. We will be there and make a week of it. There's so many fun things to do in this area. See page 27 for the current convention information.



Pac Rim scores a clubs' communication awards hat trick with a first in all 3 categories of the Masters Class. Yeah!



Pac Rim gets first in Charity in the new Novice Division. A \$200 donation was made in the club's name to Can Do MS.



Catherine shares a win for the very first Environment Award. She also won a trip for two to Aspen for 5 days.



it's a WRAP

FAR WEST ski convention

It's all good—fun, parties, friends, awards and everlasting memories.



George Kish was awarded the J. Stanley Mullin award for his good work with Orange Council.



Most of the LAC Delegates.



Most of the San Diego Delegates.



Kayakers returning from the La Jolla Caves.

far west **SERVICE AWARDS**

Snow Sports Builders Award Art Clay & Ben Finley, Founders NBS

Charles A. Morse, Former FWSA Director & more

Hensley Family, Kratka Ridge

Hans Georg

- Long-term contributions

Linda Westlund

Arizona Ski Council

Elizabeth Schatzi Wood Jo Simpson

- Female One or Two-Year Contribution Sierra League & Council

J. Stanley Mullin George Kish

- Male One or Two-Year Contribution Orange Council

Jordon-Reily Jeremy Jones
- Public Affairs Founder Protect Our Winters

Terry Smith Nancy Ellis

- Racing Sierra League & Council

Jimmie Heuga David Briery
- Humanitarian US Adaptive Recreation Center

Bill Mackey
- Ski Industry Employee

Mt. Bachelor, MT

Tommi Tyndall Whitefish Mountain Resort

- Ski Industry Contribution

President's Awards

- Hard News

Northwest Ski Club Council

Bill Berry

- Hard News

Assistant Editor & Writer, "Far West Skier's Guide"

Bill Berry Chris Santella

- Featured Article "Fifty Places to Ski and Snowboard Before You Die"

Warren Miller Red Bull Media House
- Modern Media "Lindsey Vonn: The Climb"

Safety Award Kat Severin, Bay Area Council

Western Ski Heritage Award Mt. Hood Cultural Center & Museum

Environment Award Catherine Ohl, San Diego & LA Councils

Jennifer Nerad Sultan, LA Council

Man of the Year **David Felker**, Los Angeles Council Women of the Year **Linda Westlund**, Arizona Council

Charity Recognition Pacific Rim, Skiyente & Bay Area Council

BITS 'n pieces

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Summer | 2015

Important news... giving back to our community





USARC Peak - to- Peak

Bear Mountain to Mammoth

October 7-11, 2015

The 21st Annual Peak to Peak Pedal (P2P21) enables the United States Adaptive Recreation Center (USARC) to continue offering unique and life-changing outdoor therapeutic recreation programs to children and adults with physical or cognitive disabilities.

Your support, be that as a P2P21 rider, or donating to the ride, ensures the USARC will be able to continue providing the opportunities for everybody to

feel the freedom!

Sign-up/ Donate at usarc.org



2015 Walk to End Alzheimer's

Balboa Park, San Diego

Saturday October 17, 2015 5K walks starts 8 AM

This walk is held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

This inspiring event calls on participants of all ages and abilities to reclaim the future for millions!

Sign-up/ Donate at alzsd.org



Ride 4 the CURE

Let's all support the American Cancer Society

Hope On The Slopes (HOTS) sponsors this really fun event to help raise money for the American Cancer Society. If you ski or snowboard this is the event for you. Make a donation to the cancer society, sign up for the app TRACE and then just ride where ever you want and rack up the vertical feet. Some very cool prizes at the end.



Ski & Ride for the Cure

You are invited to join the 2015/2016 Ski & Ride for a Cure "Vertical Tracking Challenge" for the Pacific Rim Alliance. This is a nationwide season-long vertical tracking competition that runs through May 4, 2016 and supports the American Cancer Society.

- Participants register (donation of at least 530) for the event
- Download the FREE Trace Snow app.
- Get your friends, family and club members to join your tearn or as an individual
- + Skil and Ride resorts of the world

There will be prizes based on participation. Besides prizes give by HOTS, we will award

- · Individual with the most vertical
- + Individual with the most slope time
- · Fasteri man and woman

A Team consists of at least 20 or more riders.

After 20 of your team members have registered and downloaded the Trace App, email your roster to

fwsa@hopeontheslopes.net. Additional individuals will be able to sign up with your ream online.

Please spread the word to your friends, co-workers, family members, club members through social media, email, verbally and any other way you can think of. Emphasize that the funds raised support the research, education, and services funded by the American Cancer Society.

Have fun riding and competing individually or as a team. Make your passion for riding a meaningful contribution to a cause that affects us all.

For more information on this event and to register go to

http://hots.kintera.org/SkiRideVert





water **SKIING**wake **BOARDING**

at its very best!

2015 Colorado River **SCHEDULE**

June 20-22

July 10–12 July 24-26 Aug 7-9 Aug 21-23 Sept 11-13 Sept 25-27 Oct 9-11 Oct 23-25



Friends ° Family ° Beginner ° Expert

Please note: Our skis and wake boards are best suited for Beginners to Intermediates. We suggest if you require more advanced equipment that you rent them from your local sporting goods store.

Trip Includes—

- 1 Full & 1 Half Day Skiing/Boarding
- Equipment & Instruction
- Waterfront Camping
- 5 Meals 3 on Saturday & 2 on Sunday
- Saturday Happy Hour
- Beer, Wine & Soda on Saturday & Sunday

What's Available!—

- Location— Needles Marina
- Pool, Showers & Rental Cabins available
- 6 PM Check-in Fri, 5 PM Check-out on Sun
- Option to add Friday Skiing/Boarding

Prices—

\$145 ** Skier / Boarder

Non-Skier * \$75

\$35 Child age 6-12 *

Child 5 and under* Free

Must be a member of Radar River Rats—

- * May not ride in the club boat during club hours.
- ** Subject to fuel surcharge if gas is more than \$5/gal

For Trip Information—

Visit www.RadarRiverRats.org Call Patricia at 323-651-0686 (before 9 PM)

Boat Drivers—

Call Gene at 858-467-9469 (before 9 PM)

SPRING FLING ²¹ \$789 per person

BigWhite SKI RESORT SNOW

Special pricing for Far West Clubs & Members

December 5-12, 2015 Big White

Basic Trip Includes—

- Welcome Reception
- 7 Nights Lodging (dbl. occ.)
 At the White Crystal Inn in a
 Superior Kitchenette room with
 2 queen beds, fireplace and
 kitchenette. Inn is in the Village
 with easy ski-in/ski-out access.
- 7-Day Lift Ticket
- Airport Transfer from Kelowna
- Daily Après Events
 Taste the local wines of the Okanagan Valley.
- Farewell Banquet

Join Michael J, Jimmie, and/or Katie at the renowned Kettle Valley Steakhouse for a harvest dinner. Enjoy local, sustainable farm-totable ingredients as inspired by their Chef de Cuisine.

Extras—

• Equipment Rentals

Big White will offer all group

members a special rate on

members a special rate on rental equipment.

Master Monday

A popular event for those 50+, which includes a 2 hour group lesson at any level from complete beginner to expert skier, followed by a fantastic gourmet lunch prepared by the amazing chef at the Kettle Valley Steakhouse.

Cost: \$59 pp plus tax

Dinner & Sleigh Ride

Admire Big White's pristine beauty as the majestic Clydesdale horses guide the sleigh through snow covered forest to a cozy cabin in the woods.

Cost: \$65* pp plus tax

* 2015 prices subject to change

Air—

Big White can assist you with booking air.

Lots of reasonably priced non-stop flights available from various airports. United, West Jet, Air Canada/Jazz and Alaska/Horizon fly into Kelowna from most Western US Cities.

Airport Shuttle—

Round trip shuttle from the Kelowna International Airport to Big White.

\$85 reduction if have own.

Contact—

· Gene Fulkerson

858-467-9469

gene@pacificrimalliance.org

Big White **SKI FREE!**

April 1-10, 2016 Choose 5, 6, 7 or 10 days

NIGHTLY LODGING & LIFT TICKETS FROM \$77 USD* PPPN (INCLUDES TAXES)—

Signing Up—

- Choose your lodging, dates and room/condo mates
- Book your lodging with Big White
 - · We will have a special code to use
 - Book your ground transfer (\$90 CAD / \$75 USD*)
- Book your air
 - · Big White can assist you
- Send \$75 USD for the PARTY FUND to
 - Pacific Rim Alliance, Attn: Gene Fulkerson 10818 Viacha Dr., San Diego, CA 92124

Trip Includes—

- One FREE lift ticket for every night booked
 - · Per person based on two per room
- VIP card for in-resort discounts

\$75 Party Pack Includes—

- One group dinner
- Apres ski parties
- Tubing night
- and more

About White Crystal Inn (hotel room)—

- Nightly room rate is \$161 CAD + tax for TWO (dbl occ)
 - That's about \$77 USD* pppn (includes tax)
- Ski-in / Ski-out located in the Village Center
- 2 Queen Beds, mini-fridge, coffee maker
- On-site Sante Bar & Grill
- Hot tub & lockers

About Stonebridge Lodge (2 bedroom condo)—

- Nightly room rate is \$450 CAD + tax for FOUR (2/room)
 - That's about \$108 USD* pppn (includes tax)
- Ski-in / Ski-out located in the Village Center
- 2 Bedrooms + 2 Baths— 1 Queen and 2 Queen Beds
- Full Kitchen & Fireplace
- Private Hot Tub & Locker

Need a roommate? Need condo mates? Need HELP?

Contact Gene at 858-467-9469 or gene@pacificrmalliance.org

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 tour at 10:30 AM.
- 5,757 feet Village elevation.
- 18 Restaurants & Bars.
- · BEST SPRING SKIING in the WEST.

Air Options from LA—

- West Jet
 - Around \$450 with stop in Vancouver
- Alaska
 - From \$410 with stop in Seattle, WA
 - Fly from LAX, Orange, Burbank, Ontario
- Air Canada
 - From \$450 from LAX with stop in Calgary

Air Options from San Diego—

- Alaska
 - From \$486 with stop in Seattle, WA

• The All-Inclusive Basics

- Spacious Hotel Room with Stocked Mini-Bar
- Choice of King or 2 Queens
- Unlimited Meals, Alcohol, Soft Drinks
- Five Restaurants & Four Bars
- Two Swimming Pools and Two Jacuzzis
- Steam Room and Fitness Center
- Weekly Activity Programs
 - Beach & Pool Volleyball, Aqua Aerobics, Water Games, Dancing Lessons, Yoga
- Dinner Shows and Theme Nights
 - Mexican, Latin, Cinema Solaris, Evolution of Dance
- Live Music in the Lobby Bar most nights
- Scuba Diving Demo at the Diving Pool
- Taxes & Tips

Member Benefits Include

- Round Trip Transportation from Airport
- Ocean View Room
- Robe & Slippers
- Free Wi-Fi
- Member Gourmet Breakfast
- Premium Bar & Members Only Lounge
- Premium Dinner Menu & Advance Reservations
- Reserved Seating at Dinner Shows
- Caribbean Night with Brazilian Dancers & Fire Show
- Excursion (1 free for 6-day+ stay) choice of
 - Snorkeling, Camel Ride on Beach, Ziplining

• Pricing [double occupancy]

\$82* per Person per Day

- Includes Basics and Member Benefits

\$464 for 2 Persons for 4 Nights

- Includes Basics and Member Benefits
- Must attend a 90-min [low-key] time-share presentation
- Can add Nights for \$82* per Person per Night
- * Price increases to \$91 pppn after July 10, 2015.

Extras Available (\$)

- Room Service
- Business Center
- Spa, Beauty Salon and Shops
- Shuttle Service to Cabo San Lucas
- Tours Operated by Outside Company On Site offers Zipline, Fishing, ATV, Diving, Swim with Dolphins

• The Fine Print

- Can use Credit Card to Pay [no additional charge]
- Entertainment/Programs subject to change
- Solaris is a time-share and you will be asked if you want to attend a presentation. In our experience, if you say no they will leave you alone.
- Royal Solaris is located in Cabo San Jose, only 15 minutes from the San Jose International Airport (SJD) and just 20 minutes from Cabo San Lucas.
- Trip Insurance is recommended.



UPdate PacificRimAlliance.org Summer | 2015

TRIPPING around

snow TRIPS & ACTIVITIES on tap

Details and flyers can be found at <u>PacificRimAlliance.org</u>



☐ Sorry I won't be able to attend. Accept my donation.

About the Dinner

 Mary Trimmins, Executive Chef, will be back as our guest chef.

\$100*

- The dinner will consist of 7 courses with an exquisite wine specifically matched to each.
- The dinner typically lasts 5 hours.

For Information

Call Gene at 858-467-9469

Send your \$100* Tax Deductible Contribution payable to

Can Do MS c/o Gene Fulkerson 10818 Viacha Dr., SD, CA 92124

100% of proceeds to benefit

Can Do MS formerly Heuga Center for MS IRS 501(c)(3) Number 74-2337853 www.mscando.org • 970.926.1290

* 100% is Tax Deductible. Since this is a fundraiser for charity, there will be no refunds.







SAN DIEGO COUNCIL trips

Tripping around... membership has its benefits.









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FAR WEST trips

Tripping around... membership has its benefits.











84th Annual Far West Ski Association Convention June 9–12, 2016

DoubleTree Resort by Hilton Paradise Valley - Scottsdale

5401 North Scottsdale Road, Scottsdale, AZ 85250-7090 480-947-5400 • www.paradisevalley.doubletree.com

HOSTED BY ARIZONA SKI COUNCIL



Arizona is Awesome

Double Tree Resort by Hilton Paradise Valley - Scottsdale

Reservations call 800-498-7396

Group Name Far West Ski Association

Online Reservations http://bit.ly/FWSA-2016-Lodging
Group Code FWS

Room Rates per night plus tax single or double occupancy — **\$99 Room Registration Deadline** May 18, 2016

HOTEL FEATURES

- 2 heated pools and whirlpools and poolside bar
- Lighted tennis court & sports court & a 9-hole putting green
- Loggia Lounge and The Palm Cafe
- enFuego Restaurant award winning dining
- NO resort fees, NO parking fee, FREE Wi-Fi in guest rooms
- Rates are available 3 days pre and post Convention based on availability

TRANSPORTATION

- Air transportation is via Phoenix Sky Harbor International Airport (PHX), located 12 miles from the DoubleTree Resort by Hilton.
- Rental cars and shuttle services are available at the airport.

CONVENTION HIGHLIGHTS

- Silent Auction
- Travel Expo
- Snowsports Leadership Academy
- Keynote Speaker
- Celebrity Speakers
- Public Affairs Panels
- Saturday Awards Luncheon
- Saturday Awards Dinner
- Far West General Meeting & Elections

OPTIONAL ACTIVITIES

- Thursday
 - Western Journey
 – Museum of the West
 - Old Town Scottsdale Tour via Segway
 - Scottsdale Pub Crawl
- Friday
 - 10th Annual Michael German Memorial Golf Tournament
 - Spa Lamar Day
 - World Music Experience
 - Pool Party

Jane Wyckoff

FWSA Convention Chairperson janewyckoff1@cox.net or 949-933-9607

Jeannine Davis

Silent Auction / Travel Expo Chairperson
SilentAuction@fwsa.org or 415-328-2333

Linda Westlund

Arizona Host Council Convention Coordinator **HostConvention2016@fwsa.org** or **480-216-2010**

pacific rim SIGN-UP FORM

PACIFIC RIM ALLIANCE	
SNOW SPORTS CLUB	•
o sports	

irip/Event:	Irip/Event Dates:	

If you don't have a roommate yet, just fill in the information for Participant 1. If you have more than one roommate, fill out the appropriate number of forms. Single Supplement is usually available upon request. Download Liability Form.

Description	Participant 1	Participant 2 (Roommate)
EXACT Name on Passport		
Street Address		
City, State, Zip		
Email		
Cell Phone		
Home Phone		
Date of Birth		
Passport Number		
COUNTRY Passport Issued		
Date Passport ISSUED		
Date Passport EXPIRES		
BED Configuration (Specify "2 beds" or "matrimonal")		
Cost — Basic Trip (PP)		
Cost — Extension (pp)		
Single Supplement (Call for price)		
Membership (\$8 single/\$10 family)		
Deposit		
Final Payment		
Departure Airport, Date & Time		
Departure Airline & Flight #		
Return Airport, Date & Time		
Return Airline & Flight #		
Special Requests		

Send form(s) with your payment to Pacific Rim Alliance, 10818 Viacha Dr., San Diego, CA 92124. To expedite the process, email this completed Trip Form to gene@pacificrimalliance.org. For information contact Gene Fulkerson or call 858-467-9469.

Pacific Rim Alliance Photography Policy:

By attending a Pacific Rim Alliance Event (the "Event"), you consent to being filmed and or photographed, whereas your image, voice, and likeness may be used by Pacific Rim Alliance for promotional purposes. Any photograph taken at the Event, whether in digital or analog format, is subject to mandatory, non-exclusive license to the Pacific Rim Alliance for use in Event promotional purposes.



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, 2015 through June 30, 2016.

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]: I	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 [releasees 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 its BENEFITS

The **Far West Ski Association** has an impressive collection of member benefits including trips, lodging, lift ticket and more. Check out the member benefits at <u>fwsa.org</u>.

The National Ski Council Federation

has also discount benefits for club members which includes lodging, lift tickets, ski rental and so much more.

Check out www.skifederation.org for the complete list of benefits. Go to the "Members Only" area and request a member number and password so you can see all the great deals available to you.



COMMUNITY center

UPdate
PacificRimAlliance.org

giving BACK ... so easy to do.



Can Do MS

Everything done at Can Do MS is driven by one simple belief: you are more than your MS. Can Do MS is the start of a whole new way of thinking about and living with multiple sclerosis. For more than 30 years Can Do MS has been empowering people with MS with research, webinars and other programs.

Our next fund raiser for MS will be our annual wine dinner on Oct. 2, 2015. For more information contact

> Gene Fulkerson gene@pacificrimalliance.org 858-467-9469

Can Do MS

[formerly the Heuga Center for MS] IRS 501(c)(3) Number 74-2337853 www.mscando.org • 970.926.1290

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 wild adaptive water sports.

Volunteers and funds are always needed. To volunteer contact Sara Richter, Outreach Coordinator, sara@usarc.org.

Peak to Peck Fund Raiser

The Peak to Peak Pedal is a lifechanging event, not just for the cyclists, but for those whom the ride supports. To join or donate, visit First Giving at bit.ly/1jvoqYa.



October 7-11, 2015



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 Susan G. Komen SD Race for the Cure® on Sunday, November 6, 2015, in Balboa Park, San Diego. To race or donate visit komensandiego.org.



AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost. For more information, to sign up & shop visit— smile.amazon.com/.

The Unrecables

{re}Register Ralphs Card [each Sept]

The Unrecables Ski Club is a nonprofit, volunteer-based organization, serving 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.

Log in to 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.

To volunteer visit unrecables.org or email info@unrecables.org.





the **FINE PRINT**

Skiing is a Dance in which the Mountain always Leads.

About Pacific Rim Pacific Rim Alliance is all about skiing.

Pacific Rim Alliance is all about skiing. We were formed with the express notion of skiing the world and never having to attend a meeting.

Originally we concentrated on skiing exotic resorts in Europe, South America and New Zealand. These have been scaled back due to the weak economy. While many of us are now retired we are looking at locations that fit the quote that "we have more time than money."

We have gotten into the groove of running early and late season ski weeks to Big White Ski Resorts in Canada. These trips run about \$700 per person and include hotel lodging (double

6-day lift ticket, ground transfer from/to the Kelowna airport and various parties. We believe that Big White offers the best and most consistent early and late snow.

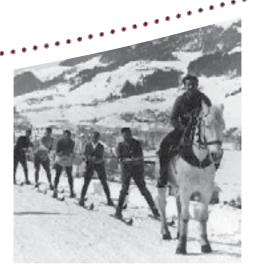
We do not offer Mammoth trips since there are so many ski clubs in both the Los Angeles and San Diego Councils that offer quality affordable bus trips to Mammoth. Just ask and we'll direct you.

We believe in giving back to our ski community.

 Our major fund raiser is our annual wine maker dinner for Can DO MS. To date we have raised almost \$40,000.

- ◆ We encourage members to participate in other on-snow fund raisers for so many good causes— Hope on the Slopes (for cancer), Ski to Defeat ALS, USARC Ski-a-thon and Peak to Peak Pedal (for adaptive skiers) and the Jimmie Heuga Vertical Express for MS.
- We also support junior racers (through the Far West Ski Foundation), Women's Ski Jumpers USA, Wounded Warriors, the Unrecables and others.







Official Documents

We are a 503(c)7 not-for-profit corporation founded in 1997 and incorporated in the state of Nevada. We file a Form 990 yearly.

A current copy of our Bylaws and Articles of Incorporation can be found via the "About US" link on most pages.

Liability waivers are required for membership on all trips and events. Trip waivers can be downloaded from our website.

SKi History

We have a relatively young history as a ski club. Most of our history can be found in our past newsletters and photo galleries cataloged since our beginning.

We also have a collection of history of ski clubs, councils, the Far West Ski Association and ski resorts in the west. It is a work in progress updated regularly by our Club historian. If you have any history you would like to share, contact **Catherine Ohl** at ohl@acatmeowz.com. Visit our website to learn more.

Learn-to-ski Programs

We encourage our members to participate in the National Bring-A-Friend challenge (http://www.bringafriend.org/) in January.

There are some incredible deals for first time skiers. It's a great way to get your friends safely on the slopes.

Another significant program is National Ski Safety Month (www.nsaa.org/safety-programs/national-safety-month/).







Use your brain, it's the most important part of your equipment. ~Kevin Andrews and Warren Miller, Extreme Skiing

Contact InformationBoard of Directors

about Pacific Rim Alliance Snow Sports Club

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Mission Statement

The PACIFIC RIM ALLIANCE is a non-profit organization dedicated to the appreciation of skiing, boarding, 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, Can Do Multiple Sclerosis, Olympic & Junior Racers and Ski Museums.

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), National Ski Council Federation (NSCF) and an associate member of National Ski Areas Association (NSAA). Membership in Pac Rim allows you to participate in their events and programs.











Conduct Policy

This policy applies to all persons participating in a Pacific Rim Alliance Event. All participants are requested to observe common courtesy and generally accepted standards of social and moral behavior.

- ◆ There is a Zero Tolerance Policy on illegal drug use at any sponsored event or trip.
- Alcohol is allowed in moderation and where permitted by law.
- Smoking is not permitted when with the group.
- ◆ There is a strict policy prohibiting sexual harassment and harassment because of race, religion, color, national origin, ancestry, disability, medical condition, marital status, sexual orientation, age, or any other basis made unlawful by any applicable law or ordinance or regulation.
- Profanity and off-color humor is only permitted if it is not offensive to other participants.
- ◆ Parents/Legal Guardians of minor children under the age of 18 are responsible for the supervision and behavior of their children.
- ◆ Board Members will attempt to resolve problems in a mutually beneficial manner. When resolution cannot be achieved, the proper authority will be called to resolve the problem.
- ◆ Participants who violate our Conduct Policy may be excluded from future trips without reimbursement of expenses.



FWSA Recognition Programs

Far West Ski Association has an extensive recognition and awards program. Pacific Rim and our members have won numerous Far West awards.

There are a variety of programs for individuals. Submittal deadline is March 20. Details and applications can be found at http://fwsa.org/MemberCorner/Programs/programs.html.

- Environmental Awardee wins a 5-day ski trip for two to Aspen/Snowmass.
- Western Ski Heritage Awardee wins a 5-day ski trip for two to Steamboat, CO.
- Safety Person of the Year currently wins a 5-day ski trip for two to Telluride, CO.

Far West is offering three great prizes that require some thought and work but yields a big reward.