

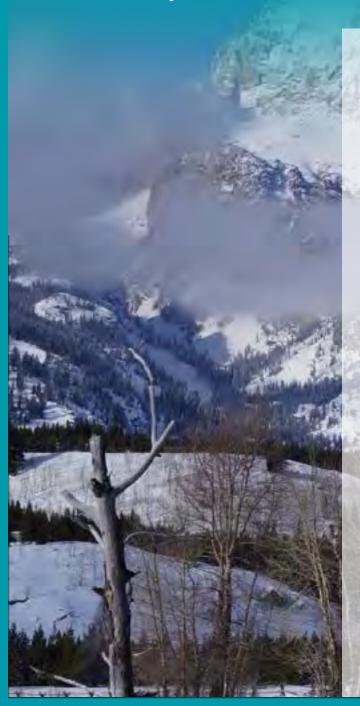
# U PacificRimAlliance.org

Official Publication

**Published Quarterly** 

**Volume 19** | Issue 3 **Winter** | 2015 • 2016

Skiing is a Dance in which the Mountain always Leads.



# **Upcoming Trips & Events**

- Big White Trips for early & last season
- Far West and San Diego
   Council are going to Ireland
- Far West Convention in Scottsdale, Arizona

# Of Interest

- Ten-Minute Yoga Workout
- Jackson Hole turns 50
- Sustainability





# WINTER splash Check out what's on tap for us this Winter!

Get a preview of winter to come!

### **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

Dec 31

<del>Jan 15</del> cancelled

Feb 26

Mar 18

Apr 15

### **TELLURIDE** 2016

Far West & San Diego Council are 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. See the FWSA flyer on page 26.

### **CRESTED BUTTE 2016**

Far West & Los Angeles Council are going to Crested Butte, CO, March 21–26, 2016.

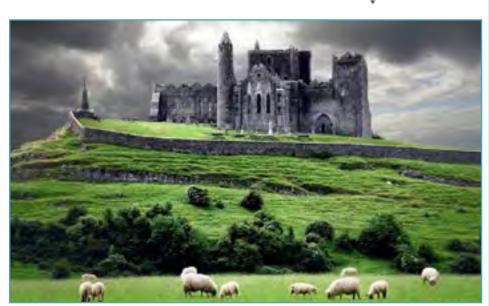
Sign up is done through FWSA. There is a limit of 100 people. See the FWSA flyer on page 26.

### **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.

- Ride for a Cure, Ski Resorts near you now until May 5, 2016. See page 21.
- Vertical Express for MS, Squaw Valley, February 27, 2016. See page 19.
- •Ski-A-Thon, Big Bear, March 5, 2016. See page 20.

**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 2 & 23 for details.



San Diego will be travelling to Ireland, Scotland and Munich this fall— September 1–16. Far West will be following September 11–26, travelling to London, Ireland and Scotland. The dollar is very strong against the dollar.



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.



# Vertical Express — 19 Jimmie Heuga



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





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Interactive features of this publication include links that are activated by clicking on a logo or an underscored text. These features may not function properly on some mobile devices and in browsers. The pdf files are best viewed using a pdf reader app.

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**UPdate** is an official publication of Pacific Rim Alliance. Articles can be reproduced when credit is given to the appropriate person(s). **UPdate** is published quarterly by Pacific Rim Alliance, 10818 Viacha Dr., San Diego, CA 92124 USA. Phone 846-9469.

Catherine Ohl, Editor Graphic Dezignz, Design / Production

# **EVENTS** calendar

Winter | 2015-2016

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



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

# 5 – 1 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

Happy Hour, San Diego Council. Meet at Hotel Del from 5-7 PM.

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

# JANUARY IS





Hike Torrey Pines
Pacific Rim Alliance.

Meet in the parking Torrey Pines Scenic Park Contact Gene Fulkerson / 858-467-9469.



30–6 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



Bike Mission Bay Pacific Rim Alliance

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

Vertical Express for MS Squaw Valley, CA

*Ski all day to raise money for MS.* For information visit <u>mscando.org</u>.





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.

Cortina, Italy
Far West Ski
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.

# 2016 Water Ski Trips to the Colorado River

June 17–19 July 8–10 July 22–24 August 5–7 August 19–21 September 9–11

September 23–25 October 7–9 October 21–23



# **EVENTS** calendar

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



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



9-1 2 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.

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.



Fuly 2016

Water Ski Weekend
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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
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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.

September 2016

Council. Travel to Dublin with optional extensions to Scotland and Munich.

Contact Eileen Sanford / 858-695-1442.

Ireland Far West Ski Association.

Join Far West for travel from London to Dublin to Scotland. Contact Debbie

Stewart / 559-737-0882...

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



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

# Works...

# Far West Ski

Association. Known as the "Soft Coral Capital of the World, Fiji is home to great diving. Contact Randy Lew / 530-304-0802.

# New Zealand Pacific Rim Alliance.

New Zealand is all about the outdoors, and the fun doesn't stop in winter. In fact, it gets even better, with an array of activities that you can only do when it's cold. Contact Gene Fulkerson / 858-467-9469.

# Italy Pacific Rim Alliance.

It's time to plan a return to Italy... where do yo want to go. Contact Gene Fulkerson / 858-467-9469.



- 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



### Pacific Rim Events pacifirimalliance.org

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

Gene Fulkerson



### LA Council Events lacouncil.org

• New Zealand Tentative 2017

Ski Dazzle Dec 4–6, 2015 <u>website</u>
 Crested Butte Mar 21–26, 2016 <u>Nancy Ellis</u>



### San Diego Events skisandiego.org

Happy Hour Dec 19, 2105 Barbara Blase
 Aspen Dec 10–16, 2015 Mike Sanford
 Telluride Jan 30–Feb 6, 2016 Alan Godwin
 Ireland Sept 1–19, 2016 Eileen Sanford



### FAR West Travel & Events fwsa.org

 Telluride Jan 30–Feb 6, 2016 **Nancy Ellis**  Cortina March 5–12, 2016 **Debbie Stewart Debbie Stewart** • Rome/Florence Mar 12–19, 2016 • Crested Butte Mar 21-26, 2016 Nancy Ellis • Convention June 9–12, 2016 Linda Westund Ireland Sept 11-26, 2016 **Debbie Stewart** • Fiji 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 <a href="fwra.com">fwra.com</a>. Here's a list of the major races.

December 9–11, 2015 Dec 11, 2015 **Dec 12, 2015** Dec 14–18, 2015

Dec 14–18, 2015 January 6–8, 2016 **Jan 30 – Feb 6, 2016** 

Jan 9, 2016 Feb 20, 2016 March 5, 2016

March 5, 2016

March 19–20, 2016

Race/Ski/Board Camp (GS)

GS Clinic 1–3 pm

**GS Race** 

Mammoth's Ski Ride Race Camp Race/Ski/Board Camp (Slalom) FWSA Ski Week (GS/SL), Telluride Slalom Race w/ beer & raffle

**GS** Race

SoCal Championships (GS/SL)

**FWRA Championships, Alpine Meadows** 





# **MEMBER** posting

# **COUNCILS** selects

# **MAN & WOMAN**

of the **YEAR** 

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 Scottsdale, AZ, June 9–12, 2016.

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.

Both councils annually kick off the ski season with a Gala to honor the Men of Women of their member ski & board clubs who have contributed the most to their club, council, Far West and nationally in the promotion of snow sports.

Los Angeles Council hosted their Gala at the Pickwick Gardens on Saturday, October 24, 2015. **John Gray**, The Unrecables, and **Kathleen Byrnes**, Wailers, were honored as their Council's Man and Woman of the Year. The Fay Mumbauer Award was presented to **Norbert Knapp** for his long-term contributions to skiing and Los Angeles.

San Diego Council experienced "Venice Carnival" at the Holiday Inn Bayside, November 7, 2015. **Rick Bonnett**, North Island, and **Eileen Weiner**, San Diego Ski Club, were honored as their Council's Man and Woman of the Year. **Debbie Schroeder**, Torrey Pines, was awarded the annual Joe Harris Award.



LA Council's Woman & Man of the Year— John Gray & Kathleen Byrnes.



LA Council's Fay Mumbauer award for 2015 was presented to Norbert Knapp.



San Diego's Man & Woman of the Year— Eileen Weiner & Rick Bonnett.



San Diego's Joe Harris award for 2015 was presented to Debbie Schroeder.

# 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



# **SNOW INDUSTRY** bulletin



# exciting CHANGES for skiers in the west

Excerpted from saminfo.com

### Intrawest goes RFID

Intrawest Resorts Holdings has announced that Radio-Frequency IDentification (RFID) technology will be initiated at its Steamboat and Winter Park resorts for the upcoming 2015 and 2016 winter season with SKIDATA.

All daily lift tickets, season passes and frequency products will be available on QuickTrax™ cards, which are embedded with an RFID chip to enable hands-free access to lifts.

### Free Parking at Park City

Park City Mountain Resort (PCMR) has committed to not charge for parking in the surface lots at the Resort Center and at Canyons Village during the upcoming ski season.

Vail Resorts has poured significant resources into building a gondola linking PCMR and Canyons Resort into a single property, the largest mountain resort in the U.S. This raised fears that parking fees would be accessed to offset the investment.

### Mammoth SKYBOX

Mammoth has introduced a SKYBOX program for businesses, which includes private skiing via helicopter or snowcat, a private clubhouse, luxury ski-in ski-out lodging and a chance to cut lift lines at Mammoth Mountain.

The Silver membership annual fee of \$30,000, gets a company two shareable "black cards" for skiing, biking and other activities plus a personal concierge, 10 additional lift tickets, members-only lift lines, 20 percent off lodging, private access to the SKYBOX club and dining room for all company employees, and family and friends.

### 10 Most Expensive Lift Tickets

If you are going skiing this winter, plan ahead. In my opinion, you can't beat the Vail Pass or the Mountain Collective. It all depends on where you want to ski. Here's a list of most expensive lift ticket prices when purchased at the window

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\$130 Jackson Hole

\$135 Keystone / Heavenly

\$139 Squaw / Alpine

\$140 Northstar at Tahoe

\$144 Winter Park / Copper Mountain

\$149 Aspen

\$159 Steamboat

\$164 Breckenridge

\$175 Vail / Beaver Creek

# photo courtesy Portillo

Portillo, owned by American Henry Purcell, is the oldest ski area in South America. Portillo is the summer home to the US Ski Team.

# a skier's **BUCKET LIST**

Where will your next ski adventure take you? Here's a list worthy of a skier's bucket list — from Alaska to Ushuaia. How may have you skied?

**Zermatt, Switzerland.** Centered on the Matterhorn Zermatt offers an unrivaled panorama with a year-round ski season on the glacier.

**Sochi, Russia.** Sochi, home of the 2012 Olympics boasts almost 5,800 feet vertical features countless runs and stunning.

**Lake Louise.** The Canadian Rockies have some of the best skiing in the world and Lake Louise, typically one of the first resorts to open, is second-tonone in terms of scenery.

**Val d'Isère, France**. Home to the French ski legend Jean Claude Killy, Val d'Isère provides some of the best turns in the French Alps, including the intimidating Face de Bellevarde.

**Diamond Peak, USA.** Tahoe's Diamond Peak is the locals' tip for undiscovered, affordable skiing with around 40 percent of the runs marked for advanced skiers and 360 degree views.

**Zao Onsen, Japan.** Zao Onsen provides the best of Japanese skiing: excellent powder, hot springs and its natural ice monsters (snowghosts.)

**Portillo, Chile.** Sitting on the edge of Inca Lake, South America's oldest resort is 100 percent above the treeline. With just one hotel and no town, the place has a unique ambience and no crowds.

**Ohau, New Zealand.** Located on South Island, near Wanaka, most of the terrain is off-piste, offering incredible uncrowded slopes, but there are a few groomed runs, too.

### Cerro Castor, Ushuaia, Argentina.

There is something magical about skiing in Ushuaia where snow-capped mountains meet the sea at the "end of the world." The ski resort sits at just 650 feet, with a vertical 3,500 feet.



# **LIFT TICKET** deals

# KIDS ski free at many resorts

# Early season lift packages are gone— here are some in-season discounts

While most of the best season pass packages are no longer available, it doesn't mean there aren't still some lift tickets deals to be had.

With the cost of full-day lift tickets well over \$100 at many resorts, frugal families may find skiing too expensive this year. But instead of skipping the slopes all season, try these simple ideas to save big on lift tickets.

# Liftopia

Deeply discounted tickets on Liftopia. com. Know when and where you plan to ski? Head to Liftopia and buy your tickets in advance for up to 90% off regular price.

Liftopia sells discounted, date-specific lift tickets, rentals and lessons to more than 150 resorts in North America. You must buy in advance for the date you plan to ski, so purchase real early if you are planning to go over a holiday.

# Local stores

Buy your tickets in advance at local stores like Costco or REI. Most local ski shops offer discounted lift tickets when buying at the shop, but search online to find area-specific deals.

REI and Costco members can purchase discounted tickets in stores, but you will need to check with your local store to

find out which tickets you can purchase, usually local mountains.

### Shell Gas

BOGO FREE Lift Tickets with Shell Fuel Purchase. Skiers in California, Colorado, Michigan, Nevada, Ohio, Oregon and Washington can receive a BOGO voucher for participating ski resorts in California, Nevada, Colorado and Michigan





Big White "Canada's Family Resort" has perfected the family fun vacation.

with the purchase of 10 gallons of gasoline or more at Shell stations. You can find gas stations and ski areas at skifreedeals.com.

# Geigerrig Pack

When you purchase a Geigerrig pack you receive a FREE High Adventure Pass that includes FREE lift ticket to ski resorts across North America, BOGO lift tickets FREE summer mountain biking passes and two FREE oil changes. The Geigerrig is an affordable (\$100+), innovative hydration pack with a unique pressurized bladder that is worth the money even without this valuable passport. For details visit geigerrig.com.

# Alta Boarding Pass Program

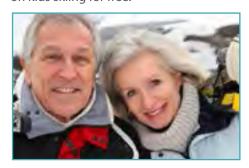
Fly in to Salt Lake City and ski at Alta the same day for half price with the new Boarding Pass program. Register online 24 hours in advance to convert your airline boarding pass into a half-price Alta lift ticket. Offer valid Monday through Friday during the 2015/16 winter season. Ticket is \$54 for adults and \$35.50 for kids. Visit alta.com/boardingpass.

# Learn to Ski/Board Month

January's Learn to Ski or Snowboard Month is a nationwide program offering great beginner packages that include lift tickets, rentals, and lessons at a minimal cost so newbies can get interested in snowsports. Check each resorts for details.

# Kids Ski Free

Lots of resorts allows kids 5 or 6 under to ski FREE! Resorts include Utah, Brighton, Canyons, Eagle Point, Park City Mountain Resort, Powder Mountain, Snowbasin, Snowbird, Sundance and Solitude. Check with resorts in your area for their policies on kids skiing for free.



# Sevior Deals

While the senior age rises, the discounts have fallen but there are still a few resorts that offer FREE skiing. Seniors 70+ ski free at Snowbasin, Whitefish, Snow Valley and Monarch (69+). Skiers 80+ ski free at Taos and Alta. There may be others.

# **SUSTAINABILITY**



# The world is abuzz with Sustainability

Not every ski area is a loser in light of rising temperatures

Excepted from **saminfo.com**.

Early indications are that we are in for a warm but wet winter. So what does that mean for our ski areas today and the future?

Continued increases in both day and nighttime temperatures might threaten the livelihood of some ski areas, especially those at lower elevations. This could have a ripple effect on the industry.

Nobody is talking about the end of snow—in Colorado, in California, or in any of the ski resorts in North America. It's all about, whether or not there it will be enough to snow to cover our hills to sustain the business of the resorts.

Obviously rising temperatures are already a real problem for ski area operators at lower elevations.

U.S. temperatures have increased an average 1.3° F to 1.9° F since 1895, with most of that increase since 1970, according to the National Climate Assessment. Nighttime minimum temperatures have been rising, too.

This has already narrowed the windows of opportunity available for snowmaking. Those windows will narrow even more as global temperatures continue to rise.

On the other hand, some ski areas—higher, colder, and with the best snowmaking equipment—may actually thrive in coming decades, picking up business at the expense of resorts in these marginal locations.

Still, even the winners won't escape some of the fallout from rising temperatures. The new-skier/rider population could suffer if smaller ski areas are lost. Such low-elevation ski areas have long developed new skiers and riders and fed them to larger resorts.

If those areas go out of business or, at a minimum, face greater challenges, the whole industry can expect to shrink.

Global warming presents a myriad of questions for ski area resorts.

For ski areas barely above sea level, like Whistler, B.C., the warmer temperatures of the future have been entering into current investment decisions, such as the effort to locate infrastructure higher on slopes and making snow on their glacier.



High, interior locations like Colorado's Arapahoe Basin probably will have good snow for decades to come—but rising temperatures will likely reduce the days of powder skiing.

Sun Valley, the first purpose built destination ski resort in North America, turns 80 this year. Sun Valley Makes lots of snow but will they have enough snow 80 years from now to justify a business based on 90 to 120 days of skiing?

As rain increasingly replaces snow, even operators in the highest, coldest locations will face mounting challenges.

Climate change may be driving consolidation, with the geographically dispersed properties of Vail Resorts and Intrawest being the obvious models. One ski area might not be able to withstand three consecutive years of temperatures too warm for good snow. With diversity, there should be relative strength.



### Horstman Glacier, Blackcomb

The above aerial photo of the Horstman Glacier on Blackcomb from July vividly shows the effects that hot and very dry conditions left on this popular summer skiing attraction.

Instead of gleaming, wide open glacial snowfields that are heavily used by both the public and elite skiers, there is a skinny-looking white and black patch of ski terrain with a t-bar in the middle.

For years, Whistler-Blackcomb managers have monitored the Horstman Glacier and what they are seeing is similar to what is happening to other glaciers around B.C.

Glaciers are retreating at relatively fast rates at this point.

A good snow year can help insulate the glacier from the summer's sun and slow down the melting rate.

Starting this winter, the resort has guns and above-ground piping on the glacier with the hope that the buildup of snow over the winter will help maintain the snow for the summer use — and ultimately slow down the glacier's melting.





# KIDS' korner

# **GOOD STUFF** for the kids & grandkids

# ski tips from — **TOP KID INSTRUCTORS**

We want our kids and grandkids to love skiing and riding as much as we do. So here's a few tips from the experts—kid instructors.

Talk about the trip long before you go and continue to talk about it more and more as the date approaches. They will get so excited.

— Mya Frantti, Deer Valley, Utah

Have the kids try on skis walk around in boots so the feeling is familiar.

— Mya Frantti, Deer Valley, Utah

Dress kids for comfort—layers are best. It can make things easier to remove clothing if they become warm, and layers keep them warm if it's cold outside Also put hand warmers in their pockets just in case. — Mary Flinn Ware, Park City Mountain Resort, Utah

Always protect kids' eyes with goggles or glasses and their skin with sunscreen. Higher elevations can make you learn this lesson the hard way. — Mary Flinn Ware, Park City Mountain Resort, Utah

Arrive early, preferably the day prior to get rentals if needed, to get tickets in hand and hopefully avoid lines during peak season. It is great to let your children know where they are going and what will take place throughout the day, to reassure them. — Mary Flinn Ware, Park City Mountain Resort, Utah



Some children will not do well in a group lesson and should be considered for private instruction. Most kids enjoy



being around others their own age and ability. A good instructor will engage the group with social interaction as well as ski improvements and will end the day with excitement. — Dave Hartley, Steamboat, Colorado



Kids learn differently than grown-ups. Most kids need to get the basic idea of what you want them to do, and then they need to go do it. Repetition with coaching is the prescription for children. They will learn by doing and not realize that they are getting taught something.

— Dave Hartley, Steamboat, Colorado

Before you try and teach your child to ski, make sure you have solid skiing skills, so you can completely focus on them. And make learning a game, not just talk. Games like pizza/French-fries and red light/green light are great.

— Mya Frantti, Deer Valley, Utah

Terrain and ability selection are critical. Ski where they can ski, not where you want to ski. — Mya Frantti, Deer Valley, UT

Pace yourself. Let them learn at their own speed. When they get tired, stop and have some hot chocolate, make a snow cone or build a snowman. Don't rush their time to explore and learn. — Mya Frantti, Deer Valley, Utah



Have your child show you what they learned in their ski class. It's amazing how psyched a kid can become to show a parent their new trick, and likely the parent will be amazed.

— Dave Hartley, Steamboat, Colorado

# riding SAFE

# TREE WELLS a safety hazard

# Best defense is to give tree wells a wide berth

submitted by Gene Fulkerson

Tree wells typically form after a big dump of snow. Low hanging branches prevent snow from collecting around the base of an evergreen tree, creating a hollow space.

90 percent of people who fall into tree wells are totally unable to get themselves out. They are usually wedged head first underneath the snow.

I know. It happened to me. And while I wasn't in danger of suffocating, I could not get myself out of the hole. My friends stood around laughing until they realized I was in real trouble. And I was in bounds.

Roughly four people die from snow immersion suffocation in the USA every year. Many more become trapped and luckily are rescued.

If you're heading to the mountains this winter, make sure you know how to rescue yourself or a friend who is stuck in a tree well.

### Avoiding Tree Wells

- Carry safety equipment for off piste and tree skiing including:
  - Cell phone with resort emergency number
  - Transceiver / beacon
  - Avalung - Compass
  - Whistle - Shovel
  - Probe - Recco
- Wear bright clothing that does not blend with the terrain.
- · Follow proper off-piste and tree-skiing protocol by skiing with a buddy and not using your poles' wrist strap. Your poles should have "powder" baskets.
- In dense tree areas or in poor visibility, ski or ride short pitches and stop to regroup often. Stay within sight of your partner!
- · Ski and ride in control.

• Give tree wells a wide berth. Look at the open spaces between trees not at

### Falling into a Tree Well

- As you fall grab any part of the tree and keep your head from sinking too deep into the snow.
- Yell or use a whistle to get your partners attention.
- Resist the urge to struggle, which might only bring more snow down upon you.
- Try to make a breathing space around your face. Stay calm to conserve air.
- Don't try to unclip your skis, unless you are certain you won't sink any deeper.
- Move your body in a rocking manner to create an air space for yourself. Your ability to survive depends on your ability to keep breathing.
- As long as you don't suffocate, your body will heat and compact the snow over time, giving you a better chance of being able to wiggle out.
- · Trust that your ski buddies are on their way.

# Getting a Ski Buddy Out

- If possible, use your cell phone to call ski patrol or the resort's emergency number.
- Don't leave to get help. Stay with your ski/board buddy!
- IMMEDIATELY begin snow immersion rescue efforts.
- Go directly for the airway, and keep it clear, be careful not to knock more snow into the hole. Clear any snow from the airway and continue necessary first aid or extrication
- Do not try to pull victim out the way they fell in. Instead, determine where

the head is and tunnel in from the side.



# Finding a Ski Buddy

What to do if you did not witness your partner going down but suspect they

- Immediately call resort emergency number and report point last seen.
- If you can not get back to the area where you suspect your partner may be in a timely manner, go to closest lift terminal and notify patrol of your location and stay there until contacted by patrol as what to do next.
- · If you do NOT have a cell phone, ask nearest guest to call resort emergency number.
- If phone service is not available and you are unable to return to your partner to help in a timely manner, proceed to nearest location to contact ski patrol or resort personnel. Remember these accidents are "time critical."



# getting & staying FIT

# Maintaining ski conditioning year round

Stretch slowly and never do any exercise that causes pain.

by Gene Fulkerson

This 10-minute series, created by yoga teacher Jillian Pransky, helps you get focused on your health. All you need is a yoga mat and two yoga blocks.



### Mountain Pose

Strengthens: core, thighs
Lengthens: torso, spine Start in
Mountain Pose, legs and feet together,
heels slightly apart, and arms at sides
with palms facing forward. Keeping
spine long and shoulders rolled back and
away from ears, spread toes and press all
4 corners of each foot into mat. Engage
thighs and lower belly. Close eyes and
slowly bring hands together at heart's
center (shown). Hold for 3 breaths, fully

inflating lungs and lightening upper



### Standing Side Lean

Strengthens: core

bodv.

**Lengthens:** sides of body, arms Sweep arms overhead and interlace fingers, except index and thumb (a). Gently squeeze arms toward ears. On an inhalation, press feet down, engage thighs, and stretch up and evenly over to right (b). On an exhalation, gather belly into back, press feet down, and return to

center. Repeat on left side. Do each side 4 times, then return to Mountain pose.



### Mountain Pose-Chair Pose Flow

**Strengthens**: core, thighs, calves **Lengthens**: torso, arms. Inhale and sweep arms up to sky, biceps alongside ears (a). On an exhalation, sweep arms down and behind body, bending knees and lowering hips. Inhale and reach arms overhead, biceps by ears with pinkies turned in toward each other, arriving in chair pose (b). On an exhalation, return to start. Repeat at least 10 times.



### Warrior II Flow

**Strengthens:** thighs, shoulders, core **Lengthens:** sides of body, arms. Extend arms out to sides at shoulder height and step feet apart so they're directly under wrists, outer edge of back foot parallel to back of mat and toes of front foot pointing forward. Bend front knee, lining it up over front ankle, and come into warrior II with palms up (a). On an inhalation, straighten front leg and sweep arms overhead, bringing palms together (b). On an exhalation, return to warrior ii. Repeat 10 times. Switch legs and repeat.



### Downward-Facing Dog

Strengthens: shoulders, arms

Lengthens: back, hamstrings, calves. Begin on all fours, knees hip-width apart and hands slightly more than shoulderwidth apart. Curl toes into mat. Push down into hands and toes, then pull belly in and lift hips to sky, straightening legs to come into Downward-Facing Dog (shown). Spread toes and actively lift heels to come onto balls of feet. Press down strongly through palms and balls of feet and draw belly in toward spine. Hold for at least 5 breaths.



# Downward-Facing Dog-Plank

**Strengthens**: shoulders, core, arms **Lengthens**: back, hamstrings, calves From Downward-Facing Dog, inhale and pull torso forward, coming into plank pose (shown). Lengthen spine and press heels to back wall, engaging thighs. On an exhalation, push down into balls of feet and hands, pulling belly to spine and lifting hips back into downward-Facing dog. Flow between downward-Facing dog and plank 5 to 10 times.



# HISTORY Jackson Hole celebrates 50 YEARS



Jackson Hole is one of the very few family owned and run resorts in the US.

Named for fur trapper **Davey Jackson**, Jackson Hole, Wyoming has a long and varied history. The Old West boasts no finer valley, with the towering mountain country surrounding, its wildflowers blooming and the ghosts of the past haunting its meadows and forests.

Before 1961, the area that would become the resort was the Crystal Springs Girl Scout Ranch.

Paul McCollister purchased the ranch and formed the Jackson Hole Ski Corporation in 1963 with partners Alex Morley and Gordon Graham. Construction of the ski resort began a year later, and Apres Vous mountain opened to the public in 1964 with two double chairlifts.

The original tram opened on July 31, 1966; carrying 52 people, it took 10.5 minutes to reach the summit elevation of 10,450 ft. The resort officially opened in December 1966.

In 1966, 1964 Olympic gold medalist **Josef "Pepi" Stiegler** of Austria was hired as ski school director. He served as ski director until 2002 after 37 years.

Jackson Hole hosted World Cup ski races in 1967, 1970, and 1975.

The first national Powder 8 Championship was held at Jackson Hole in 1970.

By the 1980s, Jackson Hole had secured its reputation as a stomping ground for the gnarliest skiers in the sport, but that small group wasn't enough to pay the bills. They needed more people to visit the resort while preserving the founders' elevated ideals.

In 1992, McCollister sold his interests in the resort to **John Kemmerer III**, a mining family with history in Wyoming. The Kemmerers went to work modernizing the lifts, adding a gondola



and rebuilding the tram. The result turned modern Jackson Hole into the revered ski resort it is today, one where the best skiers still cut their teeth on the cliffs and couloirs and families introduce their next generation to the sport.



Jackson Hole Mountain Resort cofounder Alex Morley died Nov. 1, just shy of his ninety-seventh birthday. He skied until he was ninety-two. Above he skis at Mt. Bachelor at age eighty-eight. Photograph by Alex K. Morley Since buying the resort, the Kemmerers have invested upwards of \$138 million in new lifts, expanding terrain and snowmaking, grooming, and onmountain amenities.

They built the Bridger gondola and Marmot lift; replaced Apres Vous, Casper, and Teewinot lifts and, their single biggest expenditure, the aerial tram. In 2015 they added the Teton Lift.



Jay Kemmerer— Jackson Hole thrives as one of the only independently-owned premier ski resorts thanks to the Kemmerer Family.



# it's a WRAP

# PACIFIC RIM raises \$2,525 for CAN DO MS

Our 15<sup>th</sup> Annual Wine Maker Fund Raiser Diner was held in San Diego, October 3, 2015 in memory of our beloved friend **Jimmie Heuga** 

Our 15<sup>th</sup> annual Wine Maker Dinner for Can Do MS raised more than \$2,525. Thanks everyone for your donations and support. We couldn't have done it without **Chef Mary Trimmins** and the seven fabulous wines and the special water that were donated.



Mary Trimmons photo bombed by Linda Newcomb Mathis

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

**Taittinger Brut La Francaise** donated by Kobrand Wine & Spirits

**Chalk Hill 2013 Chardonnay** donated by Foley Family Wines

**Isabel Mondavi 2013 Chardonnay** donated by Folio Wine

**Firestone 2012 Syrah** donated by Foley Family Wines

**Lincourt 2013 Pinot Noir** donated by Foley Family Wines

**Kenwood 2013 Pinot Noir** donated by Pernod Ricard

**Campo Viejo 2007 Gran Reserva Riojo** donated by Pernod Ricard

**Kenwood Jack London 2011 Cabernet Sauvignon** donated by Pernod Ricard

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



Rusty, George and Lyn Rae helping Mary plate and serve. They also did dishes.

Gene Fulkerson worked with Mary as her Sous Chef. George Kish, Linda Newcomb Mathis and LynRae Swain served as their platers, waiters and assistants. Paul Jackson was responsible for pouring the wine. Linda and Mark 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 who contributed and participated—

Barb & Stu Baily, Linda & Mark Mathis, Paul & Carmen Jackson, George Kish & Agnes Johnson, Rusty Etzel, Lyn Rae Swain, Kim & Scott Griffin, Corlis & Steve LeDuff, Judy & Jerry Schulthesis, Marie Estocin & Kermit Taylor, Jerry & Sandy Cordell, Arnie Andersen, Far West Ski Assoc. and Catherine Ohl.

mark your **CALENDAR** October 1, 2015, 5 PM



Really fun people.



THE POWER TO BE MORE THAN YOUR MS

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

# it's a WRAP

# UPcate PacificRimAlliance.org Winter | 2015-2016

# **ALZHEIMER'S** 5K walk

We walked in honor of Jayne's sister Pat.

On October 17, 2015, Catherine Ohl led a Pac Rim Team on a 5K walk to END Alzheimer's. The Pac Rim Team raised a bit more than \$1,000.

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.

Alzheimer's San Diego is the go-to local resource for information, care and vital support. There is currently no treatment or cure and it is a disease that not only affects the diagnosed individual, but also takes a heavy toll on those who love and care for them.

The Alzheimer's San Diego team is committed to serving families as they face this difficult journey and helping to advance critical research for a cure.



It was raining when we started out but was good to walk for a great cause.



Gene, Jayne, Dan, Catherine.



Each of the four colored flowers represent a stage of Alzheimer's.



We walked in support of Jayne's sister Pat.

### Yoga cont'd from page 13...



### Modified Side Plank

**Strengthens**: core, obliques, shoulders **Lengthens**: sides of body, arms. From Plank Pose, lower left knee to mat, bringing ball of left foot to floor and keeping right leg extended. Turn torso to right, bringing weight onto left fingertips and side of right foot. Lift hips and sweep right arm overhead, bringing biceps by right cheek with palm facing down. Hold for 5 to 10 breaths. Repeat on opposite side.



### Wide-Arm Cobra

Strengthens: back

Lengthens: chest, spine. Lie facedown on mat. Place palms slightly more than mat-width apart and in line with breastbone, elbows bent. Come onto fingertips and point elbows toward sky and out to sides (a). Press pelvis, toes, and fingertips into floor. On an inhalation, reach through crown of head, keeping spine long, and straighten arms slightly, lifting chest off mat (b). Hold for 10 breaths.



# it's a WRAP

# **WATER SPORTS** on the Colorado River

October 9—11, 2015

Needles Marina welcomes the Radar River Rats

More photos can be found at **radarriverrats.org** 

# September 25—27, 2015



These kids are so much fun and all had success skiing behind the boat..



Every day is so beautiful at the river!!!



Paul taking out a boat load of skiers.



Jayne's swan song... after this run she hung up her ski, vest and gloves.



Trudy, Linda and Mark relaxing after

Linda and Carmen enjoying the sun set during Happy Hour.



Enjoying Gene's infamous "everything but the kitchen sink" burritos.



Love getting up early to watch the sun rise— spectacular.



Brooke, Lucy and Sienna celebrating

# **SKIING** history week

Free Skier Bob Salerno will be inducted into the Ski Hall of Fame

U.S. SKI&SNOWBOARD

IN PARTNERSHIP WITH THE INTERNATIONAL SKIING HISTORY ASSOCIATION

ASPEN\_ SNOWMASS.

SKIING HISTORY WEEK 2016 & HALL OF FAME INDUCTION

APRIL 5-10, 2016

# ASPEN, GO

ALL REGISTRANTS HAVE ACCESS TO: \$32/LIFT TICKETS

### SPECIAL HOTEL RATES STARTING AT:

\$155/night - Limelight Hotel Aspen

\$119/night - Sky Hotel Aspen

# \$329/night - St. Regis Aspen Resort











# HIGHLIGHTS:

- " TUE, APRIL 5 FILM FESTIVAL OPENING NIGHT \$40
- WED, APRIL 6 ASPEN WELCOME TRIBUTE \$60
- THU, APRIL 7 24TH ANNUAL ISHA AWARDS \$200
- FRI. APRIL 8 LEGACY LECTURE SERIES \$60
- \* FRILAPRIL 8 LEGENOS LIVE HERE PARTY \$50
- SAT APRIL 9 INDUCTION & RED CARPET RECEPTION \$350.
- SUN APRIL 10 HALL OF FAMER 1st TRACKS \$100

Sking History Week registration and information: www.skihall.com ISHA Awards registration and information: www. skringhistory.org





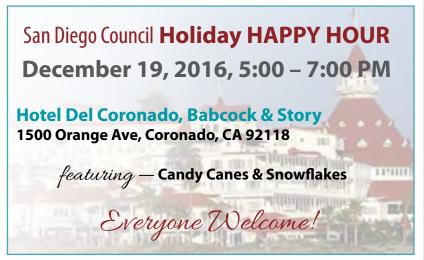


# TRIPPING around BITS & PIECES on tap

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











# **BITS** 'n pieces

UPdate
PacificRimAlliance.org
Winter | 2015.2016

Important news... giving back to our community





### USARC Ski-A-Thon Bear Mountain, CA March 5, 2016

The Ski-A-Thon 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 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, September 10, 2016 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
- + Ski 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







at its very best!

# 2016 Colorado River **SCHEDULE**

June 17-19

July 8-10 **July 22–24** Aug 5-7 Aug 19-21 **Sept 9-11** Sept 23-25 Oct 7-9 Oct 21-23



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)

# 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

<sup>\*</sup> Payments made through Big White will be in Canadian Dollars— USD estimate based on current exchange 1 CAD = 0.83 USD (subject to change)

Cabo San Jose, Mexico October 25–31, 2016 Choose your dates & length of stay

**Royal Solaris** 

# • 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, 2016.

# 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.





# TRIPPING around

# snow TRIPS & ACTIVITIES on tap

Tripping around... membership has its benefits.



### Sign Up

- ☐ YES, please sign me up!
- ☐ Sorry I won't be able to attend. Accept my donation. \$100\*

### About the Dinner

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

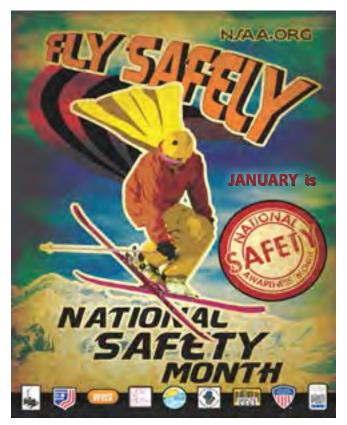




# Update PacificRimAlliance.org Winter | 2015-2016

# FAR WEST trips

Tripping around... membership has its benefits.











# 84<sup>th</sup> 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 <a href="http://bit.ly/FWSA-2016-Lodging">http://bit.ly/FWSA-2016-Lodging</a>
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
  - 10<sup>th</sup> 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	
ow SpOR12 Co	

Trip/Event:				Т	rip/E	vent [	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 "matrimonial")		
Cost — Basic Trip (PP)		
Cost — Extension (pp)		
Single Supplement (Call for price)		
Membership (\$8 single/\$10 family)		
Deposit		
Final Payment		
<b>Departure</b> Airport, Date & Time		
Departure Airline & Flight #		
<b>Return</b> 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	A & San Diego Councils, NSAA]					
\$8 INDIVIDUAL Meml	oership					
	nip—Significant other, spouse, esiding at same residence qualify.					
included in a newsletter or on our distributed to the membership and	d other interested parties and is made nature is required below to agree to					
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 fwsa.org.

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.

The Visco of the Western Sour FV ME  FAR WEST SKI ASSOCIATION FOUNDED 1930	/SA mber Card 2015-2016	The bearer of this card is a member of the Far West Ski Association
Name:		all the benefits associated wit
Council:		membership in FWSA. This card in non-transferable. Photo ID may be
wsa.org	Member Benefit	required.

# **COMMUNITY** center







# 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. 1, 2016**. 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 Winter 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**.

### Ski-A-Thon Fund Raiser

The Peak to Peak Pedal is a life-changing event, not just for the cyclists, but for those whom the ride supports. To join or donate, visit First Giving at <a href="mailto:bit.ly/1jvoqYa">bit.ly/1jvoqYa</a>.





# 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— <a href="mailto:smile.amazon.com/">smile.amazon.com/</a>.

# The Unrecables

{re}Register Ralphs Card [each Sept]

**The Unrecables Ski Club** is a non-profit, 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 <u>unrecables.org</u> or email <u>info@unrecables.org</u>.





# 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 <a href="mailto:ohl@acatmeowz.com">ohl@acatmeowz.com</a>. Visit our <a href="mailto:website">website</a> to learn more.

# Learn-to-ski Programs

We encourage our members to participate in the National Bring-A-Friend challenge (<a href="http://www.bringafriend.org/">http://www.bringafriend.org/</a>) 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 (<a href="https://www.nsaa.org/safety-programs/national-safety-month/">www.nsaa.org/safety-programs/national-safety-month/</a>).







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

# **Contact Information**Board of Directors

# about Pacific Rim Alliance Snow Sports Club

Catherine Ohl, President, Historian, Web Master, Editor ohl@acatmeowz.com 858.405.0637

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

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

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

# 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 <a href="http://fwsa.org/MemberCorner/Programs/programs.html">http://fwsa.org/MemberCorner/Programs/programs.html</a>.

- 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.