



NWSCC NEWSLETTER AND CALENDAR DECEMBER 2013

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The next NWSCC meeting will be held on December 18 at Tubby's Deli (3330 N.W. Yeon Avenue, Portland OR 97210), starting with a Happy Half Hour from 6:00-6:30 pm, followed by the meeting. FREE Food, hosted by NWSCC and PACRAT! Soft drinks and water are FREE, Beer and Wine can be purchased at the deli for \$3 per bottle of beer and \$4 per glass of wine. NO BYOB.

Featured speakers may include Mission Ridge, Mt. Hood Vacation Rentals, Resort at the Mountain, and Huckleberry Inn. Meeting topics will include the new Web / Newsletter Challenge for clubs, Skier Safety and Learn to Ski Month, Ski Challenge Winners, FWSA Convention, and FWSA Awards. Of course it's also PACRAT bib pickup night and the annual PIE sale to benefit our racing scholarship! If you only make ONE NWSCC meeting all year, this is THE ONE!!

In the first half of 2014, meetings will be held on January 15 (Charitable Events, Travel, Learn to Ski/January Safety Month, FWSA Convention & Awards Program (deadline March 20)); February 19 (Travel, FWSA Convention & Awards Program); April 16 (Ski Season Wrap Up, Club Summer Activities, FWSA Convention); and June 18 (Elections, Summer Activities, Summer Safety, Club Membership, Skiers' Directory). Meeting locations will vary, so watch for meeting notices!!

need help from all the clubs to make OUR convention a success!! Note that the Convention meeting previously scheduled for December 11 has been moved to December 19. The meeting will be held at Round Table Pizza, 10070 SW Barbur Blvd, Portland, OR, starting at 7:00 pm (in the "back room"). Contact Mary Olhausen at President@nwskiers.org for current information about convention planning meetings.

This year's **Northwest Skiers' Directory** is now available at Certified Folder Display locations throughout sports locations in the Northwest! But it's truly cool to look at it online, on the home page of NWSCC's website. You can turn the pages and hit links that take you directly to the clubs or commercial members' websites!

BONUS SILENT AUCTION AT DECEMBER MEETING!! There were a few auction items left over from Ski Fair, and you now have a chance to bid on them! In addition, you can enter bids in advance of the meeting by emailing Linda McGavin at Communications@nwskiers.org with your bid, and maybe you can be the winner even if you are unable to attend the meeting! Here are the items being auctioned:

- #1 Grand Targhee, WY, 4 unrestricted lift tickets, value \$280, **minimum bid \$100, minimum raise \$20**
- #2 Grand Sierra Resort, Reno; 1 night stay in a luxury Summit room; subj. to availability, exp. 11/30/14; excl. all major holidays, also excludes 4/11-12/14, 5/26/14, 8/1-2/14; 9/1/14, 9/12-13/14, & 9/26-27/14; must be 21 years or older to be eligible; value \$150, **minimum bid \$50, minimum raise \$10**
- #3 Mt. Hood Vacation Rentals, OR - \$250 off a stay (cabins to chalets) (Sun-Thurs, non-holiday, minimum nights required, taxes/fees extra; exp. 4/5/14); **minumum bid \$80, minimum raise \$20**
- #4 Salomon Advanced Skin S-Lab Belt Set for endurance runners: see www.salomon.com/us/product/advanced-

TIMELY ALERTS:

CONVENTION PLANNING MEETINGS are starting - we

[skin-s-lab-2-belt-set.html](#) for details; value: \$70;

minimum bid \$20, minimum raise \$5

- #5 Yaktrax Pro Heavy Duty Traction Device, size Small; Value: \$30; **minimum bid \$10; minimum raise \$2**
- #6 Yaktrax Pro Heavy Duty Traction Device, size Large; Value: \$30; **minimum bid \$10; minimum raise \$2**
- #7 Two hour kayak rental for 2 people at Scappoose Bay Paddling Center; value \$80; **minimum bid \$25; minimum raise \$5**
- #8 Ross Island Kayak Tour for Two; value \$80; **minimum bid \$25; minimum raise \$5**
- #9 Blue Gordini Gloves, Ladies Large; value \$40, **minimum bid \$18; minimum raise \$2**
- #10 Outdoor Research Ambit Gloves, Women's Medium; value \$55, **minimum bid \$20; minimum raise \$2**
- #11 Salomon Patrol Black Matt Helmet, Size Medium; value \$120, **minimum bid \$40; minimum raise \$5**
- #12 Salomon Snowboard Boots, Women's Size 8-1/2; value \$80, **minimum bid \$25; minimum raise \$5**
- #13 Salomon Snowboard Boots, Size UK#9, CM#27.5, Black & Yellow; value \$90, **minimum bid \$30; minimum raise \$5**
- #14 Salomon Snowboard Boots, Size UK#9, CM#27.5, Black & Green; value \$90, **minimum bid \$30; minimum raise \$5**
- #15 Salomon Scarlett Ski Boots, size 22.0 (missing one buckle); value \$250; **minimum bid \$40; minimum raise \$10**

AND lift tickets to Bachelor & Timberline (1 each) as well!

If you email Linda, she will tell you what the current bid is and take your bid or raise. The silent auction will continue at the Council meeting until 8:00 pm, at which time bids will be closed. Winners can pay by check or cash at the meeting.

NWSCC NEWS:

NEW CLUB WEB/NEWSLETTER CHALLENGE CONTEST!! NWSCC wants to encourage all clubs to promote FWSA, the 2014 FWSA Convention in Bend, and NWSCC on their websites and in their newsletters, and is offering a prize worth \$298!! Your club can be entered in this contest simply by updating its website to include logos of the Far West Ski Association, the 2014 Convention logo, and NWSCC; and by including links to the two organization websites and to the Convention flier. See attachment on the newsletter page for further details. NWSCC will provide the logos and links. The club delegates must pay the registration in advance, and the club will be reimbursed after the convention. The offer cannot be combined with any other promotion, i.e., the FWSA "six pack" program.

RECAP OF OCTOBER 16 MEETING:

The Mountain Shop (our PACRAT bib sponsor) was our first guest speaker, with **Guy Trombley** and **Greg Coulter** speaking about different aspects of the shop. The Mountain Shop has been in business for **76 years** in Portland, and the staff has combined experience of over 120 years! Greg Coulter came in this year to handle race services, and Shawn joined the staff from the Start House in Lake Tahoe. They have recently added 4,000 square feet to the shop. Guy says the demographics of snowsports are changing, and ski clubs are very important to the future of snowsports. The Mountain Shop is the proud owner of the same stone grinder used by the US Ski Team's in Park City, Utah - and those are the only two of that machine. They also have a "hot box" to help the wax bond to skis. They have boot fitting experts working at the shop, including Greg Coulter. PACRAT racers bringing in their bibs can receive 20% off of service work. In addition to PACRAT, Mountain Shop is sponsoring a Ram's Head fundraiser, "Bring a Friend" and "Learn to Ski." They will be offering tuning and boot clinics in the future, and will have their famous annual "Pajama Sale" in February.

Our next guest speaker has a new website which is of interest to everyone using Mt. Hood for recreation: [ShredHood.com](#). **Ben Jacklet** is putting literally everything about Mt. Hood onto this website, including news, weather, classifieds, racing, backcountry, resources and links, stories about Mt. Hood "legends," and even wifi hotspots on Mt. Hood! Ben has been a journalist for 25 years, and his mother is a member of the Skiyente Ski Club. You can go to his website and "opt in" to receive his updates approximately twice weekly. Every email I have received from Shred Hood has included really good stories, and the very latest updates on the ski areas and the weather. Check it out!!

Last but not least, one of our favorite friends from Idaho, **Jared Montague** of **Brundage Mountain**, brought along their new group manager, **Josie Quillan**. Brundage has the best powder in Idaho, which you can enjoy on uncrowded slopes! The area has a new general manager and is doing some remodeling. One of Brundage's very special offerings is snowcat skiing on adjacent terrain which is extremely affordable and includes guides, lunch, and even powder skis. You can book the entire snowcat for private skiing for your group! Brundage Mountain Vacation Planners (1-800-844-3246 or [www.inidaho.com/brundage](#)) can handle all of your planning for a trip to Brundage (*wow - check out the affordable prices!*). If you want to ski two mountains, Tamarack is only 30 minutes away. Best of all, Brundage is offering NWSCC members discounts with your membership card and ID: \$50 weekend lift tickets (\$8 off), and \$45 midweek tickets (\$12 off)! If you are one of our "super seniors" 70 or over, your tickets are only \$37. Make plans to

visit Brundage this year!! Brundage is about an 8 hour drive from Portland, or a quick flight to Boise and 2 hours to McCall, Idaho.

PACRAT NEWS:

The PACRAT board is meeting and working on plans for next year's races. Teams should be finalized now, though there is probably room for last minute add ons. Racers need to be at least 18 years old and a member of any NWSCC club. Bib pickup by team captains will be at the December 18 NWSCC meeting at Tubby's Deli.

Here's the 2013-2104 season's schedule (**CHANGED!**):

January 5	NASTAR Open, Mt. Hood Skibowl (open to the public, for all ages)
January 12	Race #1, Mt. Hood Skibowl
January 26	Race #2, Mt. Hood Skibowl
February 9	Race #3, Mt. Hood Meadows
March 2	NASTAR Open, Mt. Hood Skibowl (open to the public, for all ages)
March 16	Race #4, Mt. Hood Meadows
March 30	Race #5, Timberline
April 6	Timberline (Make-up race date if needed)
April 19	"Rat Attack" Awards Party

EARLY NOTICE: NWSCC MAN/WOMAN OF THE YEAR COMPETITION

NWSCC is holding its annual Man and Woman of The Year Competition. Is there someone in your club who has shown outstanding service to the club and snow sports? There are many club members who qualify for this award! Grab a pen and write a short paragraph about them, and submit it to NWSCC. We are looking for a man and woman from each club who the club wishes to be honored because they have demonstrated outstanding service to their club and the ski community. Any club member may directly nominate someone from ANY NWSCC club who they feel is deserving of being chosen as NWSCC's Man and Woman of the Year! You may submit your entries with a description of why the person deserves the honor by email to Julie Rasmussen at secretary@nwskiers.org. **ENTRIES MUST BE RECEIVED BY MARCH 1, 2014. WINNERS WILL BE ANNOUNCED SHORTLY AFTERWARDS.**

The NWSCC Board will review all Man and Woman of the year nominations and will choose one man and one woman to be NWSCC's 2014 winners. In making its choice NWSCC will consider FWSA's criteria, which includes service not only to a person's club, but also to their Council, their Community, and FWSA. The Man and Woman selected will go on to the FWSA level to compete against the other councils in FWSA. The Council Man and Woman

must attend the FWSA 2014 Convention in order to compete at the FWSA level. NWSCC will pay their Convention registration fees. This is a great way to meet other Council/Club members and contribute to FWSA programs. The overall winning Man and Woman at the FWSA level each wins a 5-night trip for two to Big White Ski Resort—the sponsor of the FWSA Man and Woman of the Year Competition. All nominees will be recognized at upcoming NWSCC special events. To review the FWSA Man and Woman of the Year forms, please visit their website at www.fwsa.org. NWSCC will assist with completion of the application form.

It may help you to understand the FWSA judging criteria: 10% Application Look & Completeness; 15% On-Snow Activities; 15% Public Affairs, Charity & Safety; 35% Activities & Offices Held; 25% Interview. While initial club nominees will not need to fill out the entire form, here is the web link to detailed information and the FWSA entry form:

<http://fwsa.org/MemberCorner/Programs/program-mwofy.html>

For more information on the Man and Woman of The Year, please contact Julie Rasmussen or Mary Olhausen.

CLUB NEWS:

The **FWSA/NWSCC membership cards** should have been delivered to all our clubs by now. If your club does not have your cards yet, please contact our new Membership Director Christine Ciardi at membership@nwskiers.org with the number of cards needed by your club. What does your membership card get you? Discounts!! See the attached article on the newsletter web page about special discounts available by showing your card!

The club booth decorating contest at Ski Fair resulted in a tie --the judges couldn't decide between Mountain High Snowsport Club and Skiyente Ski Club, so each club will receive a refund of half of their NWSCC dues for the year.

Mountain High Snowsport Club invites members of other clubs to join them on the Northern Idaho Adventure Midweek Bus trip January 27-February 1, 2014 (bus, lodging, breakfasts, dinner(s), 3 days skiing at Schweitzer Mountain, 1 at Lookout Pass, 1 at Silver Mountain; all for \$875 (\$835 for seniors), with big savings if you have a Fusion Pass. Contact Emilio Trampuz if interested; emilio2000@earthlink.net. Trip leader Debbi Kor invites other clubs to join on the Mountain High bus trip to Mt. Bachelor February 21-13, 2014 (bus, lodging at the Riverbend, 2 days skiing, dinner, for \$250 adults, \$230 seniors 65-69, or \$205 for seniors 70+). Contact Debbi at jjustwannarun1@comcast.net if interested.

Oregon Nordic Club invites other clubs to participate in its trips, with a small extra charge for nonmembers. They have trips to Yellowstone, Crater Lake, the Wallawas, and the

Canadian Rockies. Check out their website at <http://onc.org/Events/> for information about the trips, and check with the trip captain if interested.

Skiyente Ski Club will have a family trip to Sun Valley over Presidents' Day Weekend in February; further details to follow.

NORTHWEST SKI CHALLENGE:

A record 10 people have entered this year's Northwest Ski Challenge, having skied 7 or more ski areas in Oregon, Washington, Idaho, British Columbia, and Alaska. The winners will be announced and prizes presented at the December NWSCC meeting. The winners are the three people who skied the MOST resorts in the Challenge.

NORTHWEST SNOWSPORTS ADVOCATES NEWS:

Pacific Northwest Ski Areas Association and Steve Coxen have a special report on many improvements to Northwest ski areas. See this special report attached on the newsletter page.

Northwest Snowsports Advocates has its own Facebook page. Keep current on news about what is going on in the Pacific Northwest with ski area development, roads, and environmental issues by joining our Facebook Group. You will have an opportunity to take an active role in helping ski areas get US Forest Service approval of their master plans. Every skier or snowboarder in the Pacific Northwest should join this page! Let's get the "Fan Base" WAY up there! Become a FAN today!!!!

<https://www.facebook.com/pages/Northwest-Snowsports-Advocates/174195539354385>.

COMMERCIAL MEMBER NEWS:

NWSCC appreciates ALL of its commercial members - see the list on the last page of this newsletter and be sure to check out the fliers on the right hand side of the Newsletter page on the website for specials.

Several of our commercial members are making special offers for all club members who show their membership card this coming year. We will continue to publicize these special "deals" all season.

Brundage Mountain Resort is offering a \$50 adult lift ticket (ages 18-69) during weekend/holiday periods and a \$45 adult lift ticket during mid-week/non-holiday periods. You will need to show your FWSA/NWSCC membership card at the time of purchase. See flier on newsletter page.

Mt. Bachelor is again offering a "NWSCC Club Deal" - \$52 bucks a day to play. NWSCC members, here's your pass to play at Mt. Bachelor whenever you want for the 2013-14 Season. This is your backyard, so plan your trips now and

we'll hook you up with lift tickets for \$52 bucks a day. Tickets must be purchased before 4 pm December 20, 2013 by calling 1-800-829-2442 and asking for the NWSCC Club Deal. Black-out dates are December 26-31, 2013; January 1-4, 2014; January 18-19, 2014; and February 15-16, 2014. Tickets are non-refundable and non-transferable. One lift ticket can be redeemed per day. Please present your NWSCC and your photo ID, as it is required when picking up your passes each day at the ticket window.

Red Mountain, B.C., Canada, is offering all NWSCC clubs a 40% discount on lift tickets on several club appreciation days throughout the upcoming winter season. Just show your FWSA/NWSCC membership card at the ticket window to receive this discount. Valid only on the following dates in 2014: January 5 (Sunday), January 20 (Monday), February 8 (Saturday), March 15 (Saturday), March 29 (Saturday), and March 30 (Sunday).

FWSA NEWS AND TRIPS:

Convention 2014 is just around the corner, and NWSCC is the host council: A Volcanic Paradise is coming to a Convention near you!! Get ready for the 82nd Annual **Far West Ski Association Convention, June 12-15, 2014, in Bend, Oregon.**

The high desert awaits you at The Riverhouse Hotel & Convention Center. To make your reservations, call 800-547-3928 or 541-389-3111. Group Name: Far West Ski Association 2014. Arrive Early - Stay Late! Hotel rates will be honored three days pre and post-Convention. Take advantage of the Central Oregon outdoor mecca with fishing, river rafting, hiking, biking, stand up paddle boarding, golfing, rock climbing, desert cave tours, canoeing, kayaking, volcano tours, shopping, and of course---sampling many of the finest brewpubs along Bend's "Ale Trail." For further information on Bend and surrounding areas see Visit Bend at www.visitbend.com.

[Note new information!] Optional Activities for Convention will be hosted by NWSCC clubs, and will include a Mt. Bachelor Adventure Day with a choice of mountain biking or kayaking on a lake; and an evening Pub Crawl (hosted by Mountain High) on Thursday; the 8th Annual "Michael German Memorial Golf Tournament" (hosted by Schnee Vogeli and Skiyente) on Friday at the River's Edge Golf Course, with breathtaking scenery. Also on Friday, the "Smith Rock State Park Adventure" (hosted by Bergfreunde) will provide you an opportunity to see some of the most spectacular scenery in the world! Cascade Primetimers Ski Club will be the host of Biking at Sunriver Resort. Following the day's activities, plan to cool off at a fun and frantic Pool Party.



The annual FWSA Silent Auction happens on Friday night. The Silent Auction features an opportunity to bid on more than \$100,000 worth of great deals on ski, sport and adventure packages, plus sports equipment! The Silent Auction is open to all FWSA delegates, their guests, and the general public with FREE admission. We encourage our Bend and Redmond communities to take part in this event. Saturday brings the Travel Expo, both morning and afternoon sessions for Public Affairs and Snowsports Leadership Academy, and a highly motivating multi-media presentation following lunch. Saturday night dress is black tie & shorts to celebrate the Volcanic Paradise. This will include the FWSA Awards Banquet and Dance. Service awards and recognitions will be given to many of our most honored volunteers and industry partners. Sunday includes elections, business meeting, and a fantastic brunch.

If you'd like to assist NWSCC as a volunteer for the 2014 FWSA Convention, please contact Host Council Convention Coordinator Mary Olhausen at omary52@comcast.net. For additional information regarding registration or convention activities, contact Jane Wyckoff, FWSA Convention Chairperson, at jnewyckoff1@cox.net. Our FWSA Industry Partners can contact Debbi Kor, FWSA VP of Marketing and Sponsorships, at fwsadebbie@comcast.net.

Detailed information and registration materials will be posted on the FWSA website, www.fwsa.org, in early 2014. Registration materials will be distributed to clubs and councils at that same time. We invite you to join us for this 82nd annual FWSA Convention in Bend, Oregon – we look forward to seeing you at The Riverhouse Hotel & Convention Center, where you will experience the Volcanic Paradise!! **See Convention flier on the NWSCC home page!**

The **Far West Ski Week 2014 will be in Beaver Creek, Colorado**. The dates will be January 25 to February 1, 2014. The price is \$1,229 pp including 7 nights' lodging, a 5 out of 7 day lift pass, and the FWSA amenities package. The trip is presently full, but you never know - if you think you might want to go, there might be a last minute chance: contact Barbara Bousum at Travel@nwski.org or Christine Ciardi at Membership@nwski.org.

The **Far West "Mini Ski Week" will be held February 22-27, 2014**, and will be based in Davis County, Utah, with skiing at Snowbasin (and possibly other areas). The land package price ranges from \$425 to \$475 (pp/do), including 5 nights lodging at the La Quinta Hotel in Layton, Utah; 3 or 4 lift tickets to Snowbasin; transportation to/from Snowbasin; a welcome party; daily deluxe continental breakfast, pub crawl, and a farewell dinner & party at

Antelope Island State Park. Transportation to and from Layton is not included, but more surprises are being added to the already fantastic package! Senior, children, and teen prices will also be available. Information is on the FWSA website at www.fwsa.org/Travel/NAski/2014-FWSA-Snowbasin/2014-FWSA-Snowbasin.html

For your future planning purposes, **the 2015 Ski Week will be held at Whistler/Blackcomb, Canada; and deposits will be taken starting in early February 2014**. The 2015 Mini Ski Week will be at Whitefish Mountain Resort, Montana.

FWSA offers one USA ski week, one European ski week (usually with pre and post-trip extensions), and a number of "adventure" trips. For information on all FWSA International trips go to www.FWSA.org or contact the FWSA VP of International Travel, Debbi Stewart, by email fwsaintltrl@prodigy.net or phone 559-734-9294.

Far West International Ski Week 2014: Zermatt, Switzerland, March 6-15, 2014; post-trip extension to Barcelona/Madrid March 15-23. See www.fwsa.org/Travel/InternationalSki/2014-FWSA-Zermatt/2014-FWSA-Zermatt.html for full details. Things are moving at a swift pace for Zermatt & Spain signups. Whether you want one week in Zermatt; Zermatt & Barcelona and Madrid, Spain extension; or just Spain as a stand-alone trip, the time to make your decision is NOW!. If you choose to not go to Zermatt, we'll make arrangements to fly you to Barcelona to join us just for the Spain adventure trip. We will spend the first 4 nights in Barcelona; then we will take the high speed train to Madrid for the next 4 nights. This will be an all-inclusive tour including charming four-star hotels, staying in unique and convenient locations. Most meals are included, giving us the opportunity to experience local restaurants with their cultural culinary delights. This tour is completely escorted and will include daily excursions that will be guided by local representatives. You will receive all the value and benefits of traveling to Spain with FWSA. This will be a unique, exciting and exceptional trip to be remembered! Go to the FWSA website (www.fwsa.org) under Travel and see a special video about the Spain trip! Contact Debbi Stewart, VP of International Travel at: fwsaintltrl@prodigy.net.

Far West International Adventure Trip 2014: Lions, Rhinos and Elephants, Oh My! FWSA's 2014 Adventure Trip will be to South Africa in September (exact dates TBA), with an extension to Victoria Falls. This unique experience will offer much more than the normal gaming safaris. You will also travel through the garden route in South Africa, visit botanical gardens, travel through the Winelands area to enjoy wine tastings, view native birds in their natural habitat, experience animal viewing while river boat cruising, and

much more. While traveling to South Africa, Zimbabwe, and Botswana you will enjoy the true African safari experience. We will search to see the "Big 5" and many other animals and native birds in the wild. This trip is guaranteed to be an experience of a lifetime! Watch for further details.

WOULD YOUR CLUB LIKE TO EARN A COMP ON ANY FWSA SKI TRIP? All you need to do is to bring 30 people, and the comp is yours to do with as you please. This might be shared if more than one club with in-club trip leaders has a total of 30 participants. This would also give you more input into future ski weeks that FWSA plans.

MEMBER BENEFITS AND DISCOUNTS:

An attachment to the newsletter page is a listing of this year's member benefits that we didn't have room to publish in the Northwest Skiers' Directory!

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

As a member of FWSA, you also belong to the **National Ski Council Federation**, made up of ski councils and clubs throughout the U.S. A current list of NSCF benefits can be found at www.skifederation.org in the Members Only section. User name: **skiclub** - password: **member**.

MISCELLANEOUS AND FUN INFORMATION:

PLEASE NOTE THAT ALL REGULAR NWSCC MEETINGS ARE "OPEN," AND PARTICIPATION BY CLUB MEMBERS IS ENCOURAGED! Starting in 2014, NWSCC meetings will be held at different intervals (January, February, April, June, September, October, and December); the location may vary, so check the NWSCC website or contact President Mary Olhausen at President@nwskiers.org. Board meetings are *usually* held the 4th Wednesday; contact an officer if you have an item you would like to have considered.

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

From FWSA NEWS:

Far West Ski Association Athletic Scholarship 2013 Recipients: This year, we had thirty applicants from Washington (5), Oregon (1), Nevada (2), Idaho (1), Wyoming (1), Utah (2), and California (18). Application evaluations by the scholarship committee identified 19 potential scholarship recipients (12 women and 7 men). The average GPA of this group is an impressive 3.92. With

this year's scholarships totaling \$13,950, the Far West Ski Association and its partners will have awarded a total of \$79,925 in scholarships to 63 recipients since the onset of the program in 2004. Our partners' scholarships have been awarded as follows: Lila Lapanja from the U.S. Ski Team will be awarded the Sierra League and Council's Frank App Memorial Scholarship in the amount of \$1,250; Skiyente Ski Club's Erin Nicole award for \$1,000 will go to Elyse Burandt from Spokane, Washington; Cai Yamamoto, from Mission Ridge, Washington will receive a \$1,000 scholarship from Mountain High Snowsports Club; the Castro Valley Ski Club's \$1,000 scholarship goes to Kye Moffatt from Berkeley, California. Kye is a member of the Squaw Valley Ski Team. Alexandria Oseland, a member of the Crystal Mountain Ski Team, will be the recipient of the Northwest Ski Club Council's \$1,000 scholarship. Los Angeles Council will sponsor Kayleigh MacGegor, from Mammoth Lakes, California with a \$750 scholarship, and San Deigo Council will again sponsor their native daughter, Alexa Wehsener, with a \$700 scholarship. Congratulations to all of these fine, outstanding athletes!

TRAVEL TIPS FOR "OVER FIFTY" SKIERS

Don't Trust Over-the-Counter Drugs Overseas: Drugs obtained overseas can be questionable. Always carry the basic over-the-counter drugs with you when you travel. If you are going to a sunny destination, be sure to ask your doctor if any of your prescription medicines may cause increased sensitivity to the sun.

Take More Prescription Medicine Than You Think You Need: An extra week's worth of medication is a good rule of thumb. You never know when your trip may be interrupted.

Ask Your Doctor for Duplicate Prescriptions: You never know when your pills may be lost or stolen. Always carry your medications with you in case your luggage gets lost or stolen.

Adjust Your Schedule of Prescription Medication to Account for Time Zones: An easy way to do this is to carry an extra watch and keep it set to your own time zone at home.

Bug Bites and Stings: Be sure to take along an antihistamine if you are allergic to bug bites and stings. An EpiPen may also be a necessary addition to what you take with you. Meat tenderizer, such as Accent is one of the best ways to avoid pain and swelling.

Sunstroke Secrets: Eat bananas, tomatoes and oranges, rich in electrolytes to avoid dangerous dehydration.

Heart Medication: If you take Nitroglycerin for your heart, make sure the pills or patches are fresh. They lose their potency over time.

Insulin: Carry a prescription for your syringes. Many states and countries will not sell them to you over the counter.

Carry a Simple Medical Information Form With You Including:

- * Your name, address, phone number
- * List relatives and friends who should be contacted in an emergency, along with their contact information
- * Personal physician contact information
- * Dentist contact information
- * Current medications you're taking, both prescription and over-the-counter
- * Known drug and food allergies
- * Name and phone number of medical insurance company (direct phone number only)

Insurance: Check with your insurance carrier prior to departure about what documentation they require for reimbursement and payment. Medicare will not cover you outside the US, Mexico or Canada. However, some insurance carriers maintain offices overseas. Most insurance plans only pay to get you to the nearest hospital. If you need to be evacuated to a more appropriate facility, it can be at your own expense. It may be worth considering purchasing insurance from your tour operator for trip interruption or cancellation.

~~Thank you to Snow Tours for these helpful travel tips.~~

From the NATIONAL SKI CLUB NEWS:

NEW SKI HISTORY WEBSITE: The International Skiing History Association (ISHA) recently launched a newly redesigned website, www.skiinghistory.org, where you can read articles, conduct research, watch videos, and view vintage ski art. It's the most visited website of information about the sport's past, and has been dramatically improved and now offers access from mobile phones and tablets. Enhanced search capabilities make it much easier to navigate this content-rich site, which starts with a timeline of events going back to 5,000 BC. Go to <http://skiinghistory.org> for more information.

From last month, but still timely:

WIN PRIZES BY BRINGING A FRIEND TO LEARN TO SKI Organizers of Learn to Ski and Snowboard Month/Bring a Friend have expanded the program to reward passionate enthusiasts who want to share their passion with others. Folks who help newcomers sign up for lessons from professional instructors can win prizes when they register to become an Ambassador or Champion of snow sports. Ambassadors are adults 18 years of age and older and Champions are between the ages of 13-17 who introduce at least three people to skiing or snowboarding this winter by helping them sign up for beginner lessons from a professional instructor.

Anyone can enter the Bring-a-Friend Challenge by introducing just one new person throughout the winter starting December 1 and ending March 15. Complete

details about the program are available at skiandsnowboardmonth.org. The Bring-a-Friend Challenge is hosted at <http://bringafriend.org>.

To subscribe to the National Ski Club News, go to <http://marquimail.marqui.com/marqui/Subscribe.aspx?m=4704>.

CHECK THE NWSCC WEBSITE FREQUENTLY FOR THE LATEST INFORMATION!!

ALL CLUB CALENDAR:

December 2013

26-31	Methow Valley Winter Trip	Oregon Nordic
28-1/1	Black Butte New Year's Trip	Oregon Nordic
28-1/1	New Year's, Red Mountain, BC	S'no Joke

January 2014

3-4	Tilly Jane A-Frame Backcountry	Oregon Nordic
5	Snowshoeing/Pizza After	Bergfreunde
9-11	Leavenworth, WA (DH, XC, SS)	WIHSKI
9-12	Whistler/Blackcomb, Canada	SKIBACS
10-12	Bend/Mt. Bachelor (DH, XC, SS)	Altair
10-12	Ochoco Mountains, OR (XC)	Oregon Nordic Club
10-12	Winthrop, WA (XC)	S'no Joke
11	Berg's Day Bus to Mt. Bachelor	Altair
17-19	Red Mountain/Whitewater (Bus)	Desert Ski Club
17-20	Wenatchee, WA (DH, XC, SS)	Bergfreunde
17-20	Camp Sherman, OR	Oregon Nordic
17-20	Sunriver, OR (XC)	Oregon Nordic
17-20	Mission Ridge, WA (Carpool)	S'no Joke
18	Snowshoe-X/C Moonlight Trip	Bergfreunde
19-25	Sun Peaks, Canada (Bus Trip)	SKIBACS
24-26	Flying L Ranch, WA (XC)	Oregon Nordic
25-26	Bluewood, WA (Carpool Trip)	Desert Ski Club
25-28	Mazama, WA (XC, SS, DH)	WIHSKI
25-31	Big Sky, MT (DH, XC, SS)	Cascade PT
25-2/1	Beaver Creek, CO (FWSA)	FWSA/All Clubs
27-30	Summit Meadows, Gov't Camp	Oregon Nordic
27-2/1	Northern Idaho Bus Trip (DH)	Mountain High

Did you notice the highlights on some of the headings in this newsletter? Here's the key:

TURQUOISE = NWSCC news and events
PURPLE = FWSA news and events
YELLOW = Clubs news and events
GREEN = Other news and events

NWSCC OFFICERS and COMMITTEES 2013-2014

President
Vice President
Secretary
Treasurer
Director, Communications
Director, Membership
Director, Public Affairs
Director, Racing (PACRAT Chair)
Director, Special Events
Director, Travel
Director, Washington Clubs
Regional Rep, Eugene
Regional Rep, SW Washington
Past President
Webmaster
Commercial Membership Program
PACRAT WORLD HEADQUARTERS

Mary Olhausen 503-880-7383 (Cell)
Dave Rasmussen 503-667-1839
Julie Rasmussen 503-667-1839
Marcia Brighton 360-721-1300
Linda McGavin 503-652-2840
Christine Ciardi 503-297-5351
Steve Coxen 503-679-9022
Greg Dilger
Debbi Kor 503-314-7078 (Cell)
Barbara Bousum 503-224-3584
William Shadbolt 425-241-0144 (Cell)
Becki Robinson 541-514-4911 (Cell)
Norvin Peer 360-423-5422
Sheri Parshall 503-706-0522 (Cell)
David Schor
Barbara Bousum 503-224-3584
www.pacrats.org

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Communications@nwskiers.org
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President@pacrats.org
Events@nwskiers.org
Travel@nwskiers.org
WashClubs@nwskiers.org
Eugenerep@nwskiers.org
PastPres@nwskiers.org
[Contact@nwskiers.org](mailto>Contact@nwskiers.org)
CommMember@nwskiers.org

NEW!! 2013-2014 NWSCC COMMERCIAL MEMBERS:

GOLD MEMBER:

Mt. Hood Meadows Resort, OR

BLACK DIAMOND MEMBER

(PACRAT BIB SPONSOR):

Mountain Shop, Portland, OR

SILVER MEMBERS:

Mt. Bachelor Resort, OR

Mt. Hood Skibowl, OR

Timberline Lodge, OR

BRONZE MEMBERS:

Aspen/Snowmass Ski Resorts, CO
Big White Mountain Resort, BC, Canada
Brundage Mountain Resort, ID
Cooper Spur Mountain Resort, OR
Discover Sunriver Vacation Rentals, OR
Grand Sierra Resort, NV
Grand Targhee Resort, WY
Hillcrest Ski & Board Shop, Gresham, OR
Huckleberry Inn, Gov't Camp, OR
Jackson Hole Mountain Resort, WY
Mammoth Mountain, CA
Mission Ridge Ski & Snowboard Resort, WA
Mt. Hood Vacation Rentals, OR
Red Mountain Resort, BC, Canada
Resort at the Mountain, OR
Riverhouse Hotel & Convention Center, OR
Schweitzer Mountain Resort, ID
Sun Valley Resort, ID
Whitefish Mountain Resort, MT
Whitewater Ski Resort, BC

SUPPORTING MEMBERS:

49 Degrees North Ski Area, WA
Pacific NW Ski Areas Association
Resorts of the Canadian Rockies, BC, Canada

**THANKS TO THIS YEAR'S
COMMERCIAL MEMBERS!!
PLEASE PATRONIZE AND
SUPPORT OUR COMMERCIAL
MEMBERS AND LET THEM
KNOW YOU'RE WITH NWSCC!!**

NWSCC MEMBER CLUBS - NWSCC REPRESENTATIVES

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

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

NORTHWEST SKI CLUB COUNCIL

5331 SW Macadam Avenue, Suite 258

Box 438

Portland, OR 97239 WEB SITE: www.nwskiers.org

E-MAIL: contact@nwskiers.org

NEXT MEETING:

Wed., **December 18, 2013**, 6:00 P.M.

LOCATION: Tubby's Deli
3330 N.W. Yeon Avenue
Portland, OR 97210

EVERYONE IS WELCOME!!

← **NOTE THERE IS A MEETING IN DECEMBER!**

Far West Ski Association Safety Slogan:

SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES!

First With Safety Awareness!

The Northwest Ski Club Council is a member of:

Far West Ski Association: www.fwsa.org

National Ski Council Federation: www.skifederation.org