



NWSCC NEWSLETTER AND CALENDAR AUGUST 2009

Editor: Linda McGavin

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Website: www.nwskiers.org

NOTE that the August 19 NWSCC meeting will not be held at the Buffalo Gap; it will be "Appreciation Night" at Sheri Parshall's Blue Lake residence at 20721 NE Interlachen Lane, Fairview, OR 97024.

The menu will include BBQ hamburgers, sides, and desserts. Come early (call first) if you wish to go boating.

Club officers are invited, as well as anyone in your club you want to "appreciate." You will receive information on next year's planned Council activities, and a chance to mingle with other club officers. The winners of the Northwest Ski Challenge will be announced.

PLEASE RSVP to Sheri Parshall at 503-912-0064 so we know how many to prepare for!

Notice: The previously proposed PACRAT Sun Attack has been canceled for this year.

Mountains of Memories - 9/19/09!

NWSCC will be hosting a special **30th Anniversary Party and Silent Auction on Saturday, September 19** with proceeds to benefit the Mt. Hood Cultural Center and Museum. The theme will be "**Mountains of Memories.**" Our special guest will be **Phil Mahre**, and there will be entertainment by the **Jefferson Dancers**, who will perform a special ballet on skis created for this occasion. **DJ Randy Free** ("**Freefall**") will provide music for dancing. Mark your calendar for a fantastic gala event! Volunteers will be needed! Tax deductible donations to the auctions are welcome! The event will be open to the public – invite all your friends! The committee is trying to organize a free bus for Government Camp residents to make it easier for them to attend. Tickets are \$65 and include heavy hors d'oeuvres, 2 drinks, all the fabulous entertainment, and silent and oral auctions to benefit the Mt. Hood Museum.

Tickets may be obtained by contacting any NWSCC board member, or at the Mt. Hood Museum in Government Camp. Only 300 tickets will be sold, so get yours early!

Clubs: note that you will have free table space for a display at this event - so get your tri-fold displays ready! Special centerpieces will include historical photos of your club's events, so contact Debbi Kor at 503-314-7078 or ijustwannarun1@comcast.net regarding your photos, and your reservation for a club display table.

RECAP OF JULY NWSCC MEETING:

Watch for further details on the NWSCC Ski Fair to be held November 9, and a NWSCC ski trip to Utah to be held in early December. The 2010 Bachelor Blitz trip is tentatively planned for April 16-18, the weekend after the FWRA championships in Mammoth (April 9-11). The council is planning a trip to Mammoth for that event, assisted by Beth Paraskeva of PACRAT. Mammoth and Horizon Air are working on a proposal to create a \$39 one way ticket from Reno to Mammoth, which would be faster and cheaper than bus transportation currently available. Everyone will be welcome, racer or not, to join us and ski this incredible mountain - it's not named "Mammoth" for nothing!

Sales are under way for the NWSCC commercial membership program - contact Jessica Lee at 206-947-0938 or e-mail jrlee1284@gmail.com.

Clubs are requested to submit new officer contact information BOTH to FWSA and to NWSCC. Clubs renewing for 2009-2010 should update their Northwest Skiers' Directory listing with Linda McGavin by August 19 at mcgavinski@gmail.com. Linda will also be asking about your club trips and events for next year for the All-Club Calendar - and photos are welcome!

Ideas were discussed for topics at future meetings, as well as potential educational opportunities for club members. Some of the ideas suggested were:

- * Having a "newsletter night" with a presentation on newsletter editing or one on website creation and maintenance. It was suggested that clubs could parcel out writing articles for the newsletter to more than one member, and to solicit corporate sponsors at the club level.

- * Trip planning, including how to be a good participant on a club trip.

- * Backcountry safety, including avalanche danger and preparedness, the costs of going out of bounds if you need rescue, statutes, and life flight insurance.

- * The impact of new legislation on Mt. Hood recreational activities - possibly a presentation from the Forest Service.

- * ODOT - the Oregon Department of Transportation - road information, snow park permits and plowing, and our responsibility as recreational participants. Access to Mt. Hood Meadows in the event of another washout.

- * An "injuries" discussion night - safety aspects and lessons learned.

Sandi Shaub gave a report on the status of the lawsuit filed by Women's Ski Jumping USA against the Vancouver Organizing Committee for the 2010 Winter Olympics. While the court ruled there was discrimination in not allowing the women to compete, it was a hollow victory, as the court also concluded that it had no authority to enforce its decision.

The club information shared at this meeting is included in the following section.

CLUB INFORMATION:

NWSCC member clubs are welcome to sign up with Sheri Parshall to present a brief history of their club at upcoming Council meetings. We are asking member clubs to start assembling their history for presentations, to consider preparing to enter FWSA's club history competition, and to think about possibly setting up a permanent record of your club at the Mt. Hood Museum in Government Camp!

Altair Ski & Sports Club in Eugene has a VERY active summer schedule, including golf, softball, hikes, rafting and

Club histories: NWSCC encourages all its member clubs to organize and prepare their club histories to help celebrate! We will provide display space at the anniversary party, and the Mt. Hood Cultural Center and Museum has a club history room where your club could maintain a permanent record of its history. Our **Council Historian Norvin Peer** will work with you on your submissions - contact Norvin at 1-360-430-4546, or send information to Norvin at 1510 Ocean Beach Highway, Longview, WA 98632.

camping, a picnic, a sold out Hawaiian Luau, card games, and weekly social events. In addition, they are continuing a "National Parks series" of trips with a week-long trip to the Olympic National Park September 20-27. See their newsletter on the club website: www.altairsports.org.

Bergfreunde Ski Club has its **20th Anniversary Tahoe Sampler** trip to be held February 21-27, 2010. This popular trip includes 6 nights' lodging, 1 gourmet dinner, 3 nights' hospitality room, dinner dance cruise on M.S. Dixie paddlewheeler, a bus and boat shuttle to Squaw Valley (discount lift ticket available), and a trip souvenir, all for the LOW price of \$364 check/\$375 credit, PP/DO. The leaders scout out the best "deals" for lift tickets on the trip dates. The trip this year is limited to 50 people, so hurry and contact trip captain Bob Burns at 503-524-5261 or bob@inkjetman.com for further details.

Cascade Prime Timers has a campout, kayaking trips, hiking, and generally lots of summer activities.

Cascade Ski Club members can get a discounted summer lift ticket at Timberline. The Cascade Lodge is getting a facade improvement; Heather and Ryan Brown are returning for another season as managers/chefs, and the Board is still determining if summer camp usage will be extended.

Longview Ski Club is working on its 75th anniversary party to be held in the spring.

Mountain High has weekly golf, a picnic scheduled for August 16 in Sellwood Park, preceded by a fun bike ride loop through Portland, and a rafting and camping trip August 20-22.

Mt. Hood Skikats is planning a train trip to Schweitzer next year, including an accordion player.

Skiyente's summer function August 15 has an Amazing Race theme.

PACRAT RACING:

The next **FWRA Championships** will be held at **Mammoth Mountain the second weekend in April, 2010**. NWSCC will plan another trip to Mammoth at that time for racers and others who just want to ski there - it's an awesome mountain!

CHARITABLE ACTIVITIES BY CLUBS:

Does your club do good deeds for your community and support charitable events? Please let Sheri Parshall know so that we can share the information with other clubs and FWSA. **Two of our clubs were recognized at the recent FWSA Convention in Reno for their charitable activities: Schnee Vogeli and Skiyente.**

CLUBS 4-PLAY GOLF TOURNAMENT RESULTS:

Nine teams participated in the annual golf tournament on Sunday, July 26, including 4 from Bergfreunde, 2 from Schnee Vogeli, and 3 teams with mixed members from Cascade Prime Timers, Cascade Ski Club, and Skiyente. Only teams with all their players in the same club were eligible to win the club trophy, but every team won



something, and a good time was had by all. Bergfreunde's team composed of Nick Rigutto, Mick Sunde, Bob Holboke, and Scott Ward won the trophy (see picture), another Bergie team came in second,

and one of Schnee's teams came in third. Special thanks to Sandi Shaub for organizing the tournament, and to helpers Dale Parshall, Colleen Walter, Julie Rasmussen, and Lin Rigutto (Bergfreunde organizer). Mark your calendars now for the last Sunday in July and plan to participate in next year's tournament!

FWSA NEWS AND TRIPS:

Cruise Scandinavia and Russia with The Cruise Company and FWSA September 13-23, 2009. **The Cruise Company is offering a temporary low rate at this time.** Pre-cruise Copenhagen September 10-13. Contact Norm Azevedo for more information: 925-944-9816 or fwsatravel@sbcglobal.net.

Barbara Bousum reported that we have now received our lodging assignments for the **FWSA Ski Week in Keystone, Colorado, January 30-February 6, 2010.** Everyone will be staying in condos away from the base of Keystone, but with easy access by a short shuttle ride. Participants will book their own air, and ground transportation will be arranged. A 5-out-of-7 day lift ticket will be interchangeable among Keystone, Breckenridge, and Arapahoe Basin, and also includes 2 days good at Vail or Beaver Creek. If a 6th day of skiing is desired, it can be obtained for only \$30 if booked in advance, or \$60 on the trip. Of course the price will include the usual races, parties, and dinner. The banquet dinner will be held Thursday night instead of Friday so that it will be easier for people to pack for departure on Saturday. The ground package for NWSCC attendees will be \$1,079, including a Council night. A \$200 deposit is due now, with further payments each month until November 1. Cancellation penalties apply. Contact Barbara Bousum for more information at Bbousum@gmail.com or 503-224-3584. See flier attached.

The **Keystone Nationals** will be held **January 27-29**, prior to the FWSA Ski Week. The cost will be \$195 for a welcome party, three races, and an awards banquet. See

further details above. This is a national race event where all racers from all over the country are invited and welcome to participate in races with race classes based on ability, age and sex. Call Bob Ellis at 530-582-0566. **FROM JUNE MEETING:** The 5th Annual Keystone Nationals Race Challenge will be held just before FWSA Ski Week, from January 27-29, 2010. The event includes race competition open to club and council racers of all ability levels, with 11 different competition classes for both men and women. The event includes a hosted welcome party, 3 days of races, and a Cocktail Awards Reception and Awards Dinner Banquet, all for the price of \$195 (lodging and transportation not included, but packages are available). For further information check the website at www.Keystonenationals.com or contact Nancy at 775-338-3438 or keystonenationals@sbcglobal.net.

The 2010 FWSA Europe ski trip will be to Cortina, Italy, February 27-March 7, at a base cost of \$1,844 from SFO/LAX (plus airline fees & taxes of approximately \$303), with a **pre-trip February 24-28 to Venice** at an approximate cost of \$575, and a **post-trip extension March 7-14 to Vienna and Budapest** for approximately \$858. (Note you cannot go on the pre or post trips unless you are on the main trip!) See attached flier. **Space is limited to 130 participants, and if you are interested in this trip, you should contact Norm Azevedo immediately, as unassigned rooms were due to be released on July 1, 2009!** Rooms may be available at other nearby hotels for late signups on this trip.

Watch for details of a **Dive Trip to Mexico** to be scheduled in April or May of 2010!

FWSA Cruise in the fall of 2010 - Leaving Boston, visiting Portland, Maine; Bar Harbor, St. John, New Brunswick, Halifax, Nova Scotia, and Boston. The Cruise Company is putting together a package for this cruise. There will also be a package prior to the cruise to tour the Boston area. Pricing will be available for this trip at a later date.

FWSA offers one USA ski week, one European ski week (usually with pre and post-trip extensions), and a number of "adventure" trips. They have had cruises and a trip to Thailand, and are looking at possible future trips including a trip to Australia and/or New Zealand in August of 2011. For information on all FWSA International trips go to www.FWSA.org or contact the FWSA VP of International Travel, Norm Azevedo, by email fwsatravel@sbcglobal.net or phone 925-944-9816.

Check the FWSA website for other great information, including information on the **FWSA Athletic Scholarships**. Two young racers from the **Mt. Bachelor Sports Education Foundation** (Anton Hilts and Jordan Schweitzer) were among this year's recipients.

THE NORTHWEST SKI CHALLENGE: The winner(s) for 2008-09 will be announced August 19 at Appreciation Night.

NORTHWEST SNOWSPORTS ADVOCATES NEWS: NWSA informs the skiing public about ski area development issues in Oregon and Washington. This site also provides an opportunity for skiers to take an active role in helping ski areas get US Forest Service approval of their master plans. It's easy and your help is needed NOW! Sign up for the NW Advocates list serve. Visit www.nwskiers.org and click on Northwest Snowsports Advocates.

MEMBER BENEFITS AND DISCOUNTS: Look at the NWSCC website at www.nwskiers.org to see an updated list of member benefits and discounts, and check out the FWSA website at www.fwsa.org under Membership to see the current discounts across the western United States and Canada. Note Debbi Kor is constantly adding new benefits!

As a member of Far West Ski Association you also belong to the National Ski Council Federation, made up of ski councils and clubs throughout the U.S. One of your member benefits is the ability to purchase ski equipment, clothing, goggles, gloves, etc. at a discount. A current list of NSCF benefits can be found at www.skifederation.org in the Members Only section. The user name is **skiclub** and the password is **member**.

MISCELLANEOUS, BUT FUN, INFORMATION:

PLEASE NOTE THAT ALL MONTHLY MEETINGS ARE "OPEN," AND PARTICIPATION BY CLUB MEMBERS IS ENCOURAGED! MEETINGS ARE HELD THE 3RD WEDNESDAY OF EACH MONTH; THE LOCATION MAY VARY, SO CHECK THE NWSCC WEBSITE. BOARD MEETINGS ARE USUALLY HELD THE 4TH WEDNESDAY; CONTACT AN OFFICER IF YOU HAVE AN ITEM YOU WOULD LIKE TO HAVE CONSIDERED.

ITEMS FROM JULY FWSA NEWS:

Marmot Basin is building the longest high speed chairlift in Alberta's Canadian Rockies—a 2.3 km long (almost a mile and a half) high speed quad chairlift—this summer. It will rise almost 2,000 vertical feet in just over 7 minutes.

Yellowstone Club Sold—Boston based CrossHarbor, a private equity company, has purchased Montana's Yellowstone Club, a private ski resort open only to millionaires that is linked to the neighboring Big Sky and Moonlight basin, creating arguably North America's largest lift-linked ski areas. The new owners say that existing agreements with club members will remain in force.

Airline Fees Big and Getting Bigger—United Airlines has

increased its checked baggage fee to \$20 for the first bag and \$30 for the second bag. However, if you pay the bag fees online, you get a \$5 discount -- or back to their original price for checked bags. The airlines began charging bag fees after the price of oil skyrocketed and they're still trying to recoup their losses. It's working very well so far (for THEM), as the airline industry collected \$1.1 billion on checked bag fees last year.

Vermont Seeking Back Sales Taxes on Ski Share House Rentals—With the down economy, some states are straining to find more income sources. Here's one of Vermont's "solutions" (which they claim to have been pursuing for over a decade). According to a Rutland Herald article dated May 8, 2009, The Vermont Department of Taxes has sent tax bills to ski-share house renters for thousands of dollars each. The tax department's compliance division began issuing notices to both homeowners and lessees of private ski shares in Killington in late April—saying that they must register as a business so they can be billed the state's 9% meal and room taxes.

Competitive Core Training--Learn how to train like the US Ski Team using a method called the Competitive Core Training. Competitive core training is essential to build strength in the torso. The US Ski Team has compiled a short list of beginner exercises to improve your performance during alpine skiing. Check this website if you want to read more:
www.usa.org/magnoliaPublic/usa/en/formembers/sport-science/education/physiology.html

Sports Drinks and Energy--Sports drinks can be a useful supplement to promote hydration and replenishment of important fluids lost during exercise. Read the following article to learn about what a sport drink is, what type should be used and at what time:
www.usa.org/magnoliaPublic/usa/en/formembers/sport-science/education/nutrition.html

Base Training and Injury Prevention--Physical fitness is the foundation of elite skiing performance. Fitness allows skiers to perform skills under extreme conditions for sustained periods of time. Fatigue plays a major role in not only performance, but in causing injury. Achieving higher levels of fitness, therefore, is an obvious way to enhance your skiing performance. This article explains some essential concepts that you should use to build your summer training program and how to prevent injuries this upcoming season.
www.usa.org/magnoliaPublic/usa/en/formembers/sport-science/education/physiology.html

NWSCC OFFICERS and COMMITTEES 2009-2010

President	Sheri Parshall	503-706-0522 (Cell) (NEW)	cougskier@aol.com
Vice President	Richard Rizk	503-642-2114 (Work)	rich@rizklaw.com
Secretary	Sandi Shaub	503-669-8599	sandi.schaub@comcast.net
Treasurer	David Schor	541-513-1012	davidschor@davidschor.net
Director, Communications	Linda McGavin	503-652-2840	mcgavinski@gmail.com
Director/Council Historian	Norvin Peer	360-423-5422	
Director, Membership	Colleen Walter	503-860-6788 (Cell)	colleenski64@yahoo.com
Director, Racing (PACRAT Chair)	Barbara Parshall	503-267-9522 (Cell)	bparrshall@theperottigroup.com
Director, Special Events	Debbi Kor	503-314-7078 (NEW)	ijustwannarun1@comcast.net
Director, Travel	Barbara Bousum	503-224-3584	Bbousum@gmail.com
Director, Washington Clubs	William Shadbolt	425-241-0144 (Cell)	wmshad@msn.com
Webmaster & Director	John Jessen	503-656-2255	john.m.jessen@gmail.com
Past President	Mary Olhausen	503-880-7383 (Cell)	omary52@comcast.net
Commercial Membership Program/Advertising	Jessica Lee	206-947-0938 (Cell)	jlee1284@gmail.com
PACRAT WORLD HEADQUARTERS		www.pacrats.org	

2008-2009 NWSCC COMMERCIAL MEMBERS:

PLATINUM MEMBERS:

Mt. Bachelor Ski Area, OR

GOLD MEMBERS:

Joe's Sports & Outdoor, OR, WA, ID
Mammoth Mountain Ski Resort, CA
Mt. Hood Meadows Ski Resort, OR
Sun Valley Resort, ID

SILVER MEMBERS:

Carr Subaru NW
Resorts of the Canadian Rockies
(Fernie Alpine Resort and
Kimberley Alpine Resort)
Ski Banff/Lake Louise/Sunshine, AB, Canada
Ski Chalet, Portland, OR
Timberline Lodge, OR

BRONZE MEMBERS:

Big White Mountain Resort, BC, Canada
Brundage Mountain Resort, ID
Collins Lake Resort, Gov't Camp, OR
Cooper Spur Mountain Resort, OR
Crystal Mountain Resort, WA
Discover Sunriver Vacation Rentals, OR
Hillcrest Ski & Sports, Gresham, OR
Huckleberry Inn, Gov't Camp, OR
Jackson Hole Mountain Resort, WY
Mt. Hood Skibowl, OR
Mountain Shop, Portland, OR
Ogden Convention & Visitors Bureau (Powder
Mountain & Snowbasin, UT)
Red Mountain Resort, BC, Canada
Schweitzer Mountain Resort, ID
Signal Sports (in the Pearl District of Portland)
Silver Star Mountain Resort, BC, Canada
Sleeping Lady Mountain Retreat, Leavenworth, WA
The Lodge at Whitefish Lake, MT

HONORARY MEMBERS:

Barbara Parshall - Re/Max Equity Group
Grouse Mountain Lodge, Whitefish, MT
Mission Ridge Ski Area, WA
Mt. Ashland, Ski Area OR
Pacific NW Ski Areas Association

**PLEASE PATRONIZE AND
SUPPORT THESE
COMMERCIAL 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.

Calendar:

Have an event open to all NWSCC members or the public? Post it on www.nwskiers.org, Event Calendar, and then Add An Event. Types of events listed in the calendar include club sponsored events open to NWSCC members and/or the public, NWSCC events, FWSA events, and announcements from ski/snowboard related non-profit groups and vendors.

Why not send this newsletter to all your club members? It's available in .pdf format, and can be sent to YOU upon request to then pass on to your members.

NORTHWEST SKI CLUB COUNCIL

P.O. Box 1915

Portland, OR 97207

WEB SITE: www.nwskiers.org

E-MAIL: contact@nwskiers.org

NEXT MEETING:

APPRECIATION NIGHT

Wednesday, August 19, 2009

6:00 PM

SHERI PARSHALL'S HOME
20721 NE Interlachen Lane,
Fairview, OR 97024

EVERYONE IS WELCOME!!

← NOTE

LOCATION!

Far West Ski Association Safety Slogan:
SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES!
First With Safety Awareness!

The Northwest Ski Club Council is a member of:

Far West Ski Association: www.fwsa.org

National Ski Council Federation: www.skifederation.org