



## WHO & WHAT'S NEW FOR 2016

**Happy 80<sup>th</sup> Anniversary:** *Longview Ski Club*, a member of the *Northwest Ski Club Council*, turned 80 this past year. One of the oldest ski clubs in the Northwest, Longview Ski Club members built a lodge and put in a rope tow on the slopes of Mount St. Helens in 1938. They continued to ski on St. Helens until it erupted in 1980. Congratulations LSC!

**January Is “Learn to Ski and Snowboard Month”:** There’s still time to be a part of *Learn to Ski and Snowboard Month*. The “Bring a Friend” promotion is a great way to help promote the benefits of outdoor recreation in the winter and to highlight the availability to world-class winter sports on lands managed by the Forest Service. The Forest Service has a long history with the snow sports industry. Today, their federal lands account for 23 million skier visits on 180,000 skiable acres. Skiing on Forest Service-managed lands also contributes \$3 billion in local communities. Throughout the month of January, many locations throughout the U.S. will offer special learning deals for beginners. The focus will be on beginner lessons. Participating in the event is fun and easy at many resorts located on National Forests throughout the west, including resorts in: California, Idaho, Colorado, Oregon, Nevada, Utah, Washington and Wyoming. For more information on Learn to Ski and Snowboard month, go to: <http://www.learnertoskiandsnowboard.org>.

**FWSA Athletic Scholarship Recipient Scores Her First Word Cup Points:** Six-time FWSA Athletic Scholarship Recipient, *Lila Lapanja*, scored her first Word Cup Points at the FIS Ski Word Cup competition in Fachua, Austria this week. Skiing in only her third World Cup start, Lapanja came out of the 37th start position and laid down a smooth first run, finishing 22nd. Lila made her World Cup debut earlier this season in Aspen, went back to the NorAm circuit and won a pair of slalom races in Panorama, BC last month before joining the team in Europe after the holidays. “I had to be a little bit smarter with my tactics (on the second run), let the skis go out a little bit more, but I was a little bit impatient because I was so amped,” Lapanja said. “I feel pretty good, but I’m a competitor and I already know what I want to do differently to go even faster. But this is an amazing start. I can’t wait to see what the future holds.” Congratulations, Lila.

**Getting Through Airport Security Easier and Faster:** TSA has an expedited security screening process for travelers departing from U.S. airports with faster security lanes. Passengers considered to be low-risk, who qualify for the program, can receive this service through a number of airlines, including: Alaska, American, Delta, Hawaiian Air, Southwest, and United, at more than 150 US airports. Participating airlines will print an indicator on your boarding pass stating “TSA Pre-Approved”. This allows you access to the “Pre” lanes, in which you no longer need to remove shoes, laptops, belts, all the things non pre-approved travelers still must do. The cost for this is \$85 for a five-year membership. For an additional \$15, you can apply for TSA’s Global Entry Program that allows this expedited processing through Customs and Border Protection at airports and land borders upon arrival from another country, back into the United States. A current US passport or permanent resident card is required to apply for the Global Entry Program. Check it all out at: [www.tsa.gov/tsa-precheck](http://www.tsa.gov/tsa-precheck).

**U.S. Adaptive Recreation Center Plans Event:** *Bear Mountain*, home of the [U.S. Adaptive Recreation Center](#) where dreams come true for children (and children at heart) with disabilities, is planning a fun event in March. Skiers and snowboarders are invited to be an important part of our success on Saturday, March 5, by joining the 2016 Ski-A-Thon, presented by Anthem Blue Cross Foundation. This annual

winter FUNdraising event enables the USARC to provide adaptive equipment and 1:1 instruction for thousands of lessons every year, all of which include at least a partial scholarship!

Round up 3 of your friends or family members and register online at our [Ski-A-Thon Firstgiving page](#). Ski-A-Thon participation includes a lift ticket to Bear Mountain (with line-cutting privileges), a t-shirt, goody bag, lunch, adaptive equipment demo tent, raffle, apres-ski party with refreshments, snacks and entertainment. Fabulous incentive prizes await top fundraisers too! Refer to the [Ski-A-Thon flyer](#) for more details.

## FAR WEST CONVENTION

**Far West Annual Convention Five Months Away:** *Arizona Ski Council* will be hosts to the Far West Ski Association's 84th Annual Convention, June 9-12, 2016, in Scottsdale, Arizona, at the beautiful *DoubleTree Resort by Hilton Paradise Valley-Scottsdale*. The resort is located minutes from downtown Scottsdale and 12 miles from the Phoenix International Airport. Rental cars and shuttle services are available at the airport. For room reservations, call 1-800-498-7396. Reference our group name - **Far West Ski Association**. You can also book on-line at the FWSA room reservation site <http://bit.ly/FWSA-2016-Lodging>. The Group Code is **FWS**. For rates and complete details on room accommodations, visit [www.fwsa.org](http://www.fwsa.org) and select Conventions. The "Zonies" have lots of exciting and adventurous activities planned for us. Plan to come early, and stay late to take in all that's available in this beautiful city.

**Charities and Community Service Recognition Program:** The intent of The Charities and Community Service Recognition program is to encourage charity and community service involvement in all of our FWSA councils and clubs, and to recognize those groups for their outstanding financial and/or volunteer support to one or more charitable organizations. The program has been recognizing clubs for their charitable work at each convention for the past 8 years.

There are 2 classes for clubs: *The Double Diamond Class* – for clubs who have won this recognition in a prior year, and the *Diamond Class*, for all other participants. The top 3 clubs will be invited to display a picture board at Convention. From these three, the winning club will receive \$300, and the two runner-up clubs will received \$100 each, to be donated to the charity of their choice. In addition, \$100 will be awarded to the top ski club council, which will also display a picture board of their charitable activities. All groups applying will be recognized at Convention. FWSA also has the "Honor Roll of Clubs and Councils Supporting Charities" program, listing all groups who are involved with any kind of Charity & Community programs. For more information regarding this wonderful programs, and how easy it is to apply for this recognition, check the Far West website ([www.fwsa.org](http://www.fwsa.org)), or contact *Sigrid Noack* at [sig4ski@earthlink](mailto:sig4ski@earthlink). The deadline to apply is **March 20, 2016**.

## FAR WEST TRAVEL

**Far West Mini Ski Week 2016:** Signups are being taken for the 2016 mini ski week trip to **Crested Butte** trip March 21—26, 2016. You can enjoy this true Colorado ski town, with wide open green and blue groomed trails to more advanced long cruisers and the famous extreme limits of the North Face and Headwall. There will also be FWSA activities and optional local activities available. We have on-line registration and credit card payment available. Go to [www.fwsa.org](http://www.fwsa.org) and click on the travel tab for more information, or contact Gloria Raminha, Trip Leader, at [Garski2011@gmail.com](mailto:Garski2011@gmail.com) or (661)800-8229 (cell). Don't miss the fun!

**Far West International Trip 2016:** There's still room on the 2016 Int'l Ski Week trip to **Cortina d'Ampezzo** and extension trip to **Florence and Rome, Italy**. The optional extension trip will be to the *Tuscany* region – 3 nights in Florence with day tours to Sienna & San Gimignano and 4 nights in Rome. If one chooses to not go to Cortina, we will fly you from the US to join us for the extension trip – we call this the "Stand Alone" trip. Contact Debbie Stewart for more information: [FWSAintltrvl@prodigy.net](mailto:FWSAintltrvl@prodigy.net).

**Far West Adventure Trip 2016:** The 2016 Far West Adventure Trip will be to **England and Ireland** September 12-22, 2016, with an extended bike tour in *Ireland* from September 22-26. If you haven't put this on your calendar yet, now is the time to do that. Your trip leaders, Debbie and George Stewart have a phenomenal trip planned for you. For further information, contact Debbie at: [FWSAintlrvl@prodigy.net](mailto:FWSAintlrvl@prodigy.net).

**Far West Dive Trip 2016:** Get ready for the trip of your life! Plans are for the group to go to **Fiji** in September, 2016. Official details are being finalized now, so stay tuned to your Far West News Flash for the latest updates. For other information, contact Randy Lew, your Dive Trip Leader at: [fwsa13randy@telis.org](mailto:fwsa13randy@telis.org).

**Far West Annual Ski Week 2017:** Ski Week 2017 has been set, and will be in beautiful **Breckenridge, Colorado**, January 28-February 4<sup>th</sup>, 2017. The town of Breckenridge has a colorful history full of gold mining, saloons, booms, and busts. There is much to do to keep skiers and non-skiers busy for the week. There are historical tours, shopping, spas, pubs, and plenty of restaurants to keep you active. We have lots of slope-side lodging with many close to town. Council trip leaders will begin promoting this trip in Spring, 2016.

**Far West Mini Ski Week 2017:** *Nancy Greene's Cahilty Lodge at Sun Peaks Resort*, boasting to being the second largest ski resort in Canada, is our destination for the 2017 Mini Ski Week, March 21-26, 2017. We will have an incredible trip with 133 runs to choose from, spread out over 3 mountains, a ski-in, ski-out village, and virtually no lift lines. We will have more information about this trip in the near future, so stay tuned.

**FWSA Site Visit to Breckenridge:** With our 2017 FWSA Ski Week being to **Breckenridge, Colorado**, council representatives and travel staff recently returned from a four-day site inspection of Breckenridge Resort to prepare for the ski week. They toured lodging properties (*Beaver Run; Village at Breckenridge; Doubletree by Hilton; Los Pinos; River Mountain Lodge; Tyra; and Saddlewood*), explored the town of **Breckenridge**, participated in the "Discover Breck" Scavenger Hunt, and sampled food from several restaurants. This will be a trip for the whole family and one that skiers/boarders and non-skiers alike can enjoy!

Thank you to the following people who planned our trip and sponsored various activities and events for our group: Mike Hibbard and Sara Clemons, *Sports America Tours*; Ryan Dohnal, National Group Sales Manager, *Vail Resorts*; Debra Goodman, Senior Sales Manager, *Breckenridge Hospitality/Vail Resorts*; Danielle O'Grady Senior Sales Manager, *Breckenridge Ski Resort/Vail Resorts*; John Hendryson, *Ski Village Resorts* (Los Pinos; Saddlewood); Roger Markel, *Beaver Run*; Chris Sullivan, *Wyndham Vacation Rentals*; Tapio Niskanen, National Sales Manager, *Rentskis*; and Michael Neff, Sales/Services Coordinator, *Breckenridge Tourism Office*. We look forward to our ski week to Breckenridge in 2017 and hope that many will join in on the fun!

## FAR WEST COUNCILS

**Los Angeles Council of Ski Clubs:** The January LA Council meeting boasted two special guests, who spoke on safety issues. *Pete Smith*, president of Wailers Ski and Board Club and Volunteer Patrol Director for the Snow Valley Ski Patrol spoke about altitude sickness, an all-too-common ailment in our winter sport areas. *Charlie Ellingson*, who, with his family, has owned/managed Mt Baldy Resort for many years, spoke about avalanche preparedness, another not-so-rare occurrence in the Western and local ski areas. Recaps of both presentations are here to share with your club members:

### **Avalanche statistics:**

- Between 2010 and 2014 there were 118 Avalanche Fatalities in the U.S.
- Of those 118, 3 of them were in-bounds at Ski Areas
- The 2014-2015 Season recorded 11 Avalanche Deaths
- Average Deaths per year from avalanche in the U.S. is 17

**Red Flags to watch for:**

- New Snow within 24 hours
- High winds in the area
- Rapid temperature Change
- Signs of Natural Avalanche Activity
- Settlement in the Snow Pack

**Cause of death from avalanches:**

- Direct Impact trauma from snow blocks or ice
- Direct Impact with trees, rocks, cliffs
- Hypoxia from encasement in snow
- Hypothermia
- Restrictive chest Compression

**How to prevent avalanche exposure:**

- Search for the local reports in the area
- Have proper tools, (avalanche beacon, search probe, shovel)
- Have group spread out when approaching or crossing avalanche terrain
- Always try to escape an avalanche by going to the side, not outrunning it. Average speeds of an avalanche range from 50-90mph, it will not work.
- If caught and tumbling, keep hands near face for protection, as well as possible air chamber.

**Know before you go:**

- Look at local conditions before you go
- Bring proper equipment (snow shoes, ice axe, crampons)
- Do not be overconfident in your abilities
- Hike in groups
- Watch for evidence of incoming storms
- Be mindful of how much you drink

**Recognizing signs of Altitude Sickness:**

- Typically occurs at altitude > 8000 feet
- Rarely occurs at altitude 6000 to 8000 feet
- No predilection based on gender
- More likely if :
  - Rapid ascent
  - Lack of acclimatization
- Much individual variation in susceptibility
- Basically due to lack of oxygen in blood at altitude
- Also involves tendency for fluid retention (effect of antidiuretic hormone)

**Exacerbating factors:**

- Sudden ascent
- Exertion soon after arrival
- Alcohol intake
- Sedatives (sleeping pills)
- Narcotics
- Prior conditioning are NOT uniformly protective
- Symptoms:
  - Headache
  - Nausea
  - Anorexia
  - Lassitude (i.e.: physical or mental weariness)

- "Like a hangover"
- Insomnia
- Decreased urination
- Onset typically 8 to 24 hours after ascent

**Prevention:**

- Acclimatization
  - Staging of ascent
  - Delaying exertion
- Treatment:
- Usually resolves in 1 to 3 days even without mediation or descent
- Symptoms will improve however with descent
- Resting is the most important treatment

**Northwest Ski Club Council:** With safety in mind, *Northwest Ski Club Council* has developed a *Whistle Program*. To support the use of club members carrying a whistle in their coat or ski pants pocket while they are on the slopes, the council has ordered a supply of them to signal for help when they find themselves out of sight, or in trouble on the mountain. Ladies...they are also a good idea to have in your purse or pocket when walking or running by yourself.

*The Hawaii Ski Club*, a member of NWSCC, no longer offers group ski trips to the Big Island volcano, nor will they endorse or recommend travel agencies who do so. The skiing has become too dangerous, due to low snow levels, and short periods of snow. Typically available in late January through February, the snow fields turn into lava rock fields and many injuries have resulted. Because there is no chair lift, the only way up the mountain is by 4-wheel drive vehicle or helicopter. So, if you've had "skiing in Hawaii" on your bucket list...you may want to re-think that one.

## FAR WEST EVENT CALENDAR

**FWSA Combined Event Calendar:** In December 2015, FWSA launched our new combined event calendar, so that our Councils and Clubs can post their events, and FWSA members across the region and the country can see, search for, find, and participate in your events and trips. Each Council and Club posts and maintains their own events, so you have complete control over how your events and trips are presented. You can include links, upload fliers and other documents. The calendar is at <https://connect.fwsa.org> . Posting your events is easy — a brief video tutorial is available at <https://vimeo.com/150144412> We look forward to seeing your trips on the calendar!

## FAR WEST SKIER'S GUIDE

**Far West Skier's Guide On Line:** The 2016 issue of the *Far West Skier's Guide* is now available through your council or club, or at your local ski area or ski shop through Certified Folder. It can also be found online at: <http://www.nxtbook.com/nxtbooks/farwestskiersguide/2015-16>. In addition to the content of the current printed version, there is an additional insert in the on-line version, located between the general FWSA information and the Council/Club sections. (Pages 66 and 67)

## SAYING GOODBYE TO A LEGEND

*Stein Eriksen*, the legendary alpine skier whose revolutionary technique and distinctive style made him a founder of modern skiing, passed away December 27, 2015 at his home in Park City. Stein was 88 years old. As one of the most recognized names in the ski world, Stein Eriksen has been synonymous with skiing style and elegance for more than 60 years. The first alpine skier to win triple gold at a world championship, an Olympic Gold Medalist and ambassador and father of freestyle skiing, Stein parlayed all that he knew and loved about the sport into an incredible career that spanned almost six decades and changed the face of alpine skiing worldwide.

His desire to develop an internationally-renowned luxury hotel, which now bears his name, is located mid-mountain at **Deer Valley Resort**, where he served as Director of Skiing for more than 35 years. Eriksen originally gained fame through competition at the **1952 Oslo Olympic Winter Games**, where he took the gold and silver medals in the giant slalom and slalom events, respectively. Two years later he went on to win three gold medals at the World Championships in Åre, Sweden in 1954, making him the first alpine skier to win the world championship 'triple gold.' Stein was also known for his spectacular forward somersault, an aerial maneuver credited as the forerunner of the inverted aerals performed by freestyle skiers today.

Eriksen served as an Olympic Ambassador at the 2002 Olympic Winter Games, during which some events took place at his home mountain of Deer Valley Resort and coincided with the 50th anniversary of his Olympic medals. Eriksen was inducted into the Intermountain Ski Hall of Fame in 2003 and the Professional Ski Instructors of America (PSIA) Hall of Fame in 2013. In April of 2015, he received the Lifetime Achievement Award from the Utah Sports Commission.