



## Who & What's New For 2014

### Ted Ligety Honored

The U.S. Olympic Committee (USOC) has named Park City, Utah's Ted Ligety as its 2012-13 Olympic Sports Man of the Year, the organization's highest annual individual athlete honor. Ligety, the first male alpine skier to win the award, was honored at a ceremony in New York City's Times Square during the USOC's 100 Days Out festivities.

### 2014 Women's Ski Jumping Team Named

Women's Ski Jumping USA has named the athletes to represent the Visa Women's Ski Jumping Team this year on the World Cup and Continental Cup circuits. This season also marks the first time women will be competing in ski jumping in the Olympic Winter Games. Team A - Sarah Hendrickson, Park City, UT, Team B - Jessica Jerome and Lindsey Van, Team C (World Cup) - Abby Hughes and Alissa Johnson, Team C (Continental Cup) - Nina Lussi and Nita Englund, Development Team - Emilee Anderson and Manon Maurer. The U.S. women are going into the 2014 winter World Cup season as the No. 1-ranked team in the world for a second year in a row led by 2013 World Champion Sarah Hendrickson and long-time pioneers of the sport Lindsey Van and Jessica Jerome

### Steamboat Offers Night Skiing

Steamboat Springs has added night skiing on Christie Parkway on Friday, Saturday and Sunday nights. The cost is \$29 for this evening of fun (\$20 prepaid).

### June Mountain Reopens

Welcome back, June Mountain! After being closed for a year, June Mountain reopens in December, targeting families and entry level skiers and boarders.

### Happy Anniversary

Bogus Basin Ski Club turned 75 years old this year. One of twelve member clubs of our Intermountain Ski Council, Bogus Basin Ski Club serves the Boise area. The Over the Hill Gang of Los Angeles council celebrated their 25<sup>th</sup> anniversary in October. Congratulations to you all!

## FREE 4 Kids Programs

January may be Learn to Ski and Snowboard Month, but a number of states offer winter-long special programs for school children that not only include lessons but also FREE skiing or snowboarding. The "Passport Programs" provide kids an affordable way to ski and snowboard at resorts in host states. Programs vary by state:

Colorado Ski Country USA's 5th Grade Passport Program provides three free days of skiing or snowboarding at each of 20 member resorts. The First Class Program allows 5th graders to learn how to ski or snowboard throughout the month of January. Colorado Ski Country USA's 6th Grade Passport Program provides participants with four days of skiing or snowboarding at each of our 20 member resorts for \$99.

The Ski Utah Fifth Grade Passport allows kids to ski or snowboard three days FREE\* and includes special deals on equipment rentals and lessons at each of Utah's 14 participating resorts. The Passport not only provides one day of skiing or snowboarding at each Utah resort, it also includes special deals on equipment rentals, lessons and other activities.

Ski NW Rockies and Ski Idaho is offering the 5th Grade Ski or Ride Free Passport Program to children in the 5th grade from any state. The Passport allows students to ski or ride three days FREE and includes special deals on equipment rentals and lessons at each of Ski NW Rockies and Ski Idaho participating resorts.

Ski Idaho is offering the 6th Grade Ski or Ride Free Passport Program to children in the 6th grade from any state. The Passport allows students to ski or ride two days FREE and includes special deals on equipment rentals and lessons at each of the Ski Idaho participating resorts.

The [skiandsnowboardmonth.org](http://skiandsnowboardmonth.org) website provides details about each program and links to state associations where a "passport" booklet can be purchased.

## 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,

San Diego Council will again sponsor their native daughter, Alexa Wehsener, with a \$700 scholarship.

Congratulations to all of these fine, outstanding athletes!

## Far West Travel

### Far West Ski Week

January 25 to February 1, 2014 are the dates set for Far West's 2014 Ski Week in Beaver Creek, Colorado. Lift tickets are included in the ski week package; however, EPIC passes will also be available and should be purchased from our Tour Operator at Skigroup.net by calling 1-800-500-2SKI (2754). Each member purchasing the EPIC Pass through Skigroup, will receive a \$25 discount off their lodging during our ski week. Check our [website](#) for additional information.

### Far West Mini Ski Week

February 22-27, 2014 are the dates set for the Mini Ski Week to be held in Layton, Utah. Lodging will be at La Quinta Inn & Suites in Layton for 5 nights, which includes a deluxe continental breakfast daily. There will be a welcome party and more. Several ski and lodging packages are available, ranging from \$230-\$550. Skiing will be at Snowbasin Ski Resort. Contact **Gloria Raminha**, Trip Leader at: [garski2011@gmail.com](mailto:garski2011@gmail.com). Check our [website](#) for additional information.

### Far West International Ski Week 2014

The 2014 International trip will be to Zermatt & Spain. 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 which 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! Contact Debbie Stewart, VP of International Travel at: [fwsainttrvl@prodigy.net](mailto:fwsainttrvl@prodigy.net). Check our [website](#) for additional information.

### Lions, Rhinos and Elephants, Oh My!

FWSA's 2014 Adventure Trip will be to South Africa, September 5-16, 2014, with an extension to Victoria Falls September 16-20, 2014. 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 Wine-lands area to enjoy wine tastings, view native birds in their natural habitat, experience animal viewing while river boat cruising and so 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. Pricing for this trip is based on both "land only" packages, for those who want to use air miles, or "land and air" packages. Check with Debbie Stewart for more details at [fwsainttrvl@prodigy.net](mailto:fwsainttrvl@prodigy.net).

## Far West Convention

### A Volcanic Paradise is About to Erupt

Plans are moving along for Convention 2014. This is your chance to check out beautiful Central Oregon by coming early and staying late to take full advantage of all that Central Oregon has to offer while you attend the 82<sup>nd</sup> Annual Far West Ski Association Convention, June 12-15, 2014, in Bend, Oregon.

The high desert awaits you at The Riverhouse Resort, Hotel & Convention Center. To make your reservations call 800-547-3928 or 541-389-3111. Group Name: Far West Ski Association 2014. Hotel rates will be honored for three days before and after Convention. Convention offers up a variety of activities to entertain you----The Ski Day & Tailgater BBQ on Thursday on Mt. Bachelor; Pub Crawling on Thursday night; the 8<sup>th</sup> Annual Michael German Memorial Golf Tournament on Friday at River's Edge Golf Course; the Smith Rock State Park Adventure Day; Biking With Oregon Adaptive Sports-a community service event; and the ever-fun and outrageous Pool Party.

Attend the Silent Auction on Friday night and the Travel Expo on Saturday morning. Look for something new and different. Saturday night is black tie / shorts to celebrate the Volcanic Paradise. For more information, please contact Host Council Convention Coordinator Mary Olhausen at [omary52@comcast.net](mailto:omary52@comcast.net). Below is a short list of some of the many things to do while in Central Oregon:

- Check out the Cycle Pub Tours & Bend Ale Trail
- Hike/walk Tumalo Falls Trail & Deschutes River Trail
- Visit the High Desert Museum
- Kayak or StandUp Paddle Board on a gorgeous mountain lake
- Mountain Bike on Phil's Trail
- Visit Crater Lake National Park
- Check out the Lava Caves at Newberry National Volcanic Monument
- See the Sisters Wilderness Area
- Go rafting & floating down the Deschutes River
- Try fishing in one of the numerous mountain lakes & rivers

Two websites to assist with your Central Oregon adventure are Visit Bend at [www.visitbend.com](http://www.visitbend.com) and Central Oregon Visitors Association at [www.visitcentraloregon.com](http://www.visitcentraloregon.com).

## Far West Clubs and Councils

### San Diego Council of Ski Clubs

SDCSC is now planning a Serengeti Safari for Aug. 18-Sept 5, 2014 with Overseas Adventure Travel (OAT). We have 25 people so far. Check out website for more information and join us on this trip of a lifetime. <http://www.skisandiego.org> or contact: [esanford1@san.rr.com](mailto:esanford1@san.rr.com) for more information.

## Just the Facts

SnowSports Industries America (SIA) recently released the 2013 Youth Snow Sports Market Intelligence Report, a supplement to the full Market Intelligence Report. Over 4.4 million kids between ages 6 and 17 participated in snow sports during the 2012/2013 season, representing 25% of alpine skiers. Retailers and brands are working together to understand what suits these kids. "If we can figure out how to get kids interested, we will get the whole family involved and to our retail shops". Youth sales brought in \$306 million or roughly 9% of total snow sports sales in 2012/2013, with 57% of those purchases being made at specialty shops.

A frequently asked question: Are the rates of collisions among skiers and snowboarders on the rise? According to Dr. Jasper Shealy, professor emeritus at the Rochester Institute of Technology in Rochester, N.Y., who has studied ski related injuries for more than 30 years, the

number of collision accidents with other skiers or snowboarders accounts for only 6.4 percent of reported accidents. Dr. Shealy's research also confirmed that alpine skiers are three times more likely to be involved in a collision with other people than snowboarders.

## Travel Tips for the "Over Fifty" Skier

**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 Snow Tours for these helpful travel tips~~