



## Who & What's New For 2014

### Powder Alliance Pass

Twelve ski resorts throughout the west have united together to offer winter enthusiasts the variety, flexibility and affordability to broaden their powdery horizons. This deal gives local season-pass holders, at participating resorts, three (3) free days of skiing or riding at each of the twelve locations which include: Arizona Snow Bowl, AZ; China Peak, Mountain High, and Sierra-at-Tahoe, CA; Crested Butte, CO; Schweitzer, ID; Bridger Bowl, MT; Angel Fire, NM; Mt. Hood Ski Bowl and Timberline, OR; Snowbasin, UT; Stevens Pass, WA. "It really means great added value for skiers and riders and gives them the incentive to explore the West," Schweitzer Mountain Resort's Sean Briggs told SnoCountry.com. "It helps people get out of their comfort zone and visit resorts they might not otherwise consider." These free tickets are valid Sunday through Friday during the 2013-2014 season. There are no membership fees. Just show your current season pass at the ticket window to cash in on this terrific deal.

### US Free Skiing and Snowboarding Teams Named

The U.S. Ski and Snowboard Association announced its full rosters of free ski and snowboard team members this week. One notable absence from this outstanding team was gold medalist, Shaun White. Tom Kelley, ski and snowboard team spokesman said "Shaun rides independently from the U.S. Snowboarding team. Just his choice. There's no requirement that you need to be a part of the team." Shaun has been on the two previous U.S. Olympic teams, but does not participate with the U.S. team outside of the Olympics.

### Women's Ski Jumping Team and the New York Times

The VISA Women's Ski Jumping USA team made the cover of the New York Times Magazine on November 24<sup>th</sup>. The cover story, entitled "Who Said Girls Can't Jump", takes an in-depth look at the decade-long struggle to get a women's ski jumping event into the Olympic Winter Games by focusing on the U.S. team's fight to get there and to win. In conjunction with the New York Times Magazine cover story, Women's Ski Jumping USA has launched a new fundraising campaign to raise \$70,000 to meet budget demands of their most expensive World Cup season ever.

## FWSA Athletic Scholarship Program

The Far West Ski Week at Beaver Creek will mark the beginning of the FWSA Athletic Scholarship program's 2014 fund raising. Thanks to our long-running sponsor, Karbon, they will donate a Karbon ski outfit to be raffled at the ski week banquet. The winner will select the style, color, and size from the 2014 Karbon catalog and that outfit will be made for him or her and delivered in the fall. Raffle tickets are \$5 each or 5 for \$20. Ski week participants are invited to stop by the scholarship display at the welcome party and the farewell banquet to learn more about the program. Volunteers to help ticket sales would be especially appreciated.

Karbon offers a discount on Team Gear. How about your club? Isn't time to show your colors on the slopes? Now is the time to think about Karbon's team discount program. Buy 10 jackets of the same style and color and a world of accessories opens to you. For more information, contact Randy Lew (Cell: 530.304.0802/ E-mail: [fwsarandy13@telis.org](mailto:fwsarandy13@telis.org)).

## Far West Ski Foundation

LET'S PUT OUR USA WOMEN'S SKI JUMPERS ON THE PODIUM IN SOCHI!

You know their story; they struggled against overwhelming odds to compete in the 2010 Olympics. Even with favorable Canadian laws, they were not allowed to compete. Now, with four years' training and jumping in international competition, they are going to carry OUR flag and the hopes of all Far West Members to Sochi in the first Winter Olympics ever to feature women's ski jumping.

The Far West Ski Foundation and the Far West Ski Association made a joint commitment earlier this month to raise a share of the \$70,000 stated by WSJUSA as needed to cover our team's last minute expenses and we need help from any and all members. Our joint Far West share is \$5000 by February 5. The current USA Women's Ski Jumping team lives and trains in Park City. It's like they are Far West's team!

We are asking individuals to make a tax-deductible contribution to Far West Ski Foundation in this tax year (or in January for that matter). Councils and clubs can make their contributions, earmarked for our jumpers, any time before early February. The Foundation is the lead for this campaign, with the Association in a strong backstop role to top off the joint commitment.

You can make your contribution in two ways: by check to the FWSF Treasurer, John Reinhardt, 6105 SW Sheridan, Portland, OR 97225; or by using the contributions page of the website [farwestskifoundation.org](http://farwestskifoundation.org). FWSF is a California public benefit corporation operating under section 501c3 of the IRS tax code.

## Far West Convention

### A Volcanic Paradise is Waiting for You

Plans are coming 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---- Fun Day on Mt. Bachelor with Tailgater BBQ; 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

Central Oregon offers a variety of things to do from Cycle Pub Tours and the Bend Ale Trail to fly fishing in any one of the numerous mountain lakes and beautiful 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 Charity & Community Service Recognition

### News for 2014

FWSA encourages all clubs and councils to get involved with charities and community service. The Charities and Community Service Recognition Program has been recognizing clubs for their charitable work at each convention for the past eight years. Information can be obtained on the Far West website: [www.fwsa.org](http://www.fwsa.org) regarding this wonderful program, and how easy it is to apply for this recognition.

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-ups will each receive \$100 to be donated to the charity of their choice. In addition, we now award \$100 to the top ski club council. All groups that apply will be recognized at Convention. Application deadline is March 20, 2014. For more information about how to get your club on the "Honor Roll of Clubs and Councils Supporting Charities", or any Charity & Community questions, contact Sigrid Noack at <mailto:skisig@earthlink.net>.

## 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).

## **Clubs and Councils**

### **San Diego Council of Ski Clubs**

Rokka League's Ski, Board and Race Camp for 2013-2014 will be held January 6-10, 2014 at Mammoth Mountain. The camp is open to all racers, skiers, and snowboarders. Registration fees are \$525 and include five days of 5-hour lessons, with top race coaches and ski and snowboard instructors. Also included is a video analysis, slalom race on Friday, and a happy hour Friday night with a raffle which will benefit Disabled Sports Eastern Sierra. For more information, contact Bob Brower: [skinut@cox.net](mailto:skinut@cox.net).

## **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~~