



SUMMER, 2022

WWW.SIERRALEAGUE.COM

WHAT'S INSIDE!

Race Schedule	Page 1
President's Message	Page 2
Sierra League Contacts	Page 2
Member Clubs/Contacts	Page 3
CA/NV Ski Area websites	Page 3
Racing Chair Message	Page 4
Sierra League/Council Annual BBQ	Page 4
VP of Travel Updates	Page 5
Sierra League Membership	Page 6
◆ Direct Member Form	Page 7
• Waiver Form	Page 8
2022 FWSA Convention Press Release	Pgs 9-10
Safety	Page 11
Travel	Page 12
◆ 2022 FWSA Dive Trip	Pgs 13-14
◆ 2023 FWSA Int. Trip to Zermott	Pgs 15-17
Local Ski Area News	Page 18
Industry News	Pgs 19-21

RACE SCHEDULE

Stay tuned for information regarding the 2022-2023 Race Schedule

Reminder: Sierra League and Council Annual BBQ will be on September 17th. Details on page 4 of this newsletter.

LEAGUE RACE RESOURCES:

Nan Carnal; Sierra League Race Chair:

nan.sierraleague@gmail.com;

530-550-5228 (h); 510-520-7338 (cell)

John Walsh; Singles League Race Chair:

johnwalsh37@sbcglobal.net; 416-596-7234

Debi Phelps; Open League Director of Racing

openleagueracing@gmail.com

NOTE: The FWSA 2023 Ski Week to Jackson Hole is sold out. Contact VP of Travel, Carlene Boutacoff NOW to find if space still available.

Further information about the trip is located later in this newsletter. Email: (cboutacoff@gmail.com)

The Far West Skier's Guide has gone digital.

Access the Far West website (www.fwsa.org). From Member Corner dropdown menu, select Publications. From Publications screen, select Far West Skier's Guide. Link for guide will display on right. Access to the guide is also available on the Sierra League website at the bottom of home screen.



Board Members

President: Jo Simpson
775-787-7556
jo_simpson@sbcglobal.net

Vice President: Corey Doolin
coreydoolin@att.net

Secretary: Pat Ostroff
patpierucci@yahoo.com

Treasurer: Open

Race Chair: Nan Carnal
530-550-5228
nan.sierraleague@gmail.com

VP Travel:
Carlene Boutacoff
(650) 208-4839
cboutacoff@gmail.com

Head Gatekeeper: Mark Ostroff
the_ostroffs@hotmail.com

Newsletter: Beth Perryman
775-322-5805
slabanshee@aol.com

Webmaster: Pavel Bosin
408-685-6470
pavel@bosin.net

President's Message

*By Jo Simpson,
Sierra League & Sierra Council
President*



I hope you are enjoying the summer!

Sierra had a good showing at the FWSA convention in Portland. We brought awards back for the Reno Ski & Recreation Club for their Facebook page visits and recognition for their charity work in support of Sky Tavern, Reno's junior ski facility and program. I hope to see more clubs enter their communications, charity and other awards programs in 2023.

Please plan to attend our annual barbeque/picnic in Tahoe Donner, Saturday, September 17 at Carlene Boutacoff's home. It is always a fun event to reconnect with our ski buddies who we may not have seen during the summer and hear about what's coming for the winter ski season. Everyone is invited. Details are available on other pages of this newsletter.

There will be a short business meeting to elect officers for the coming year. Please consider stepping into a leadership role in your council. We are an all-volunteer organization. Things won't happen if members don't pitch in. Officers are listed in this newsletter. Contact me if you would like further information about a specific job.

Enjoy the remainder of the summer and hope to see you on September 17th for a great afternoon!

See you on the slopes!

Jo

Member Clubs and Contacts

Alpine Ski and Snowboard Club

Las Vegas, NV
www.alpineskiandsnowboardclub.com
Mark Zellmer, President
alpineskiclub@embarqmail.com

Las Vegas Ski Snowboard & Sports Club

Las Vegas, NV
www.lasvegasskiclub.com
Mike Henderson, President
info@lasvegasskiclub.com; eparco2@cox.net

Reno Ski & Recreation Club

Reno, NV
www.renoskiandrec.com
Dianne Hilliard, President
renoskiandrecreationclub@gmail.com

RU SKI Club

Campbell, CA
Pavel Bosin, President
pavel@bosin.net

Sequoia Ski and Snowboard Club

Visalia, CA
www.sequoiaskiclub.com
Woody Hogan, President
wwhiii@hotmail.com

Sugar Bowl Ski Club

Norden, CA
www.sugarbowlskiclub.com
Dan Gross, President
president@sugarbowlskiclub.com

Tahoe Donner Senior Alpine Ski Club

Truckee, CA
www.tdski.com
Stephen OBrien, President
president@tdski.com

Top Gun Ski Club

Greg Peairs, President
shifty@aol.com

Ski Area Websites:

Badger Pass: www.yosemitepark.com/BadgerPass.aspx

Bear Valley Ski: www.bearvalley.com

Boreal: www.rideboreal.com

Ski China Peak: www.skichinapeak.com

Diamond Peak: www.diamondpeak.com

Dodge Ridge: www.dodgeridge.com

Donner Ski Ranch: www.donnerskiranch.com

Granlibakken: www.granlibakken.com

Heavenly Valley: www.skiheavenly.com

Homewood: www.skihomewood.com

June Mountain: www.junemountain.com

Kirkwood: www.kirkwood.com

Las Vegas Ski & Snowboard resort: www.skilasvegas.com

Mammoth Mtn: www.mammothmountain.com

Mountain High Ski: www.mthigh.com

Mt. Baldy: www.skibaldy.com

Mt. Rose: www.skirose.com

Mt. Shasta Ski Park: www.skipark.com

Northstar: www.northstarcalifornia.com

Palisade Tahoe: www.palisadestahoe.com

Sierra At Tahoe: www.sierratahoe.com

Snow Summit: www.snowsummit.com

Snow Valley: www.snow-valley.com

Soda Springs: www.skisodasprings.com

Thank you to our sponsors:

Start Haus Ski & Bike Shop

<https://www.starhaus.com>

Tahoe Heartbeat Apparel

<https://tahoeheartbeat.com/>

Sports Basement

<https://shop.sportsbasement.com/blogs/stores>

Habervision

<https://www.habervision.com/>

Habervision offers 50% off products



RACING NEWS, w/Nan Carnal, Sierra League Race Director

Stayed tuned for further information regarding the upcoming race season.

Save the Date



Skiers, racers, travelers and club members, the Sierra League and Council Annual BBQ will be on September 17th. This is a great opportunity to reunite with your ski buddies and share memories of the 21-22 season. There will be a short business meeting to elect council officers for 2022-2023.

The gathering will be held at Carlene Boutacoff's mountain home at 12912 Ski View Loop, Truckee, CA. We will be in a spacious outdoor area bordering the 5th hole of the Tahoe Donner golf course.

Grilled items will be provided. Please bring you favorite beverage and a side dish to share. If you have portable outdoor chairs please bring them, too.

SO!! Mark your calendar

Saturday, September 17th, 1:00 pm
12912 Ski View Loop, Truckee, CA

Email RSVP to cboutacoff@gmail.com before September 14th.

Please note: Since this is an outdoor gathering, the event will be postponed if Truckee air exceeds 200 AQI.

Feel free to wear a face covering when using indoor facilities.

We look forward to seeing you on the 17th of September.

Updates from VP of Travel/Social—Carlene Boutacoff

Sierra travelers, Ski Week 2023 had sold out. This is a reminder that when registration is announced for future trips, be sure to act fast for best lodging options. Check your email and the Sierra website for announcements of the FWSA 2024 destinations



Traveler UPDATES & REMINDERS Sierra League & Council/ FWSA Ski Week 2023

Jackson, Wyoming

January 21-January 28, 2023

Sold Out

The **Sierra package includes:** 7 Nights Lodging at Elk Country Inn or Snow King Resort, Welcome Party, Race Events, Picnic, Après Ski Gatherings, Special Council Dinner, Banquet with Dancing

We are staying at:

Snow King Resort: (on site restaurant/bar/lounge, swimming pool, hot tub, site of picnic, dinner and dance, shuttles to Jackson Hole Ski Area-(\$6.00 rt)

Elk Country Inn Hotel & 49er: (free parking, shuttle/bus to ski hill, hot tub, swimming pool, hot buffet breakfast, Neighboring Cowboy Village gathering area is the site of one of our apres ski events. (Bring your strings, key boards and dance shoes.)

Options for Lift Ticket Purchase:

Lift Tix Tickets—Jackson Hole Resort

• Adult 4-day	\$503	Senior (65 yrs.) 4-day	\$430
• Adult 5-day	\$604	Senior (65 yrs.) 5-day	\$517
• Adult 6-day	\$719	Senior (65 yrs.) 6-day	\$615

Daily lift tickets available at *Snow King* (\$77-\$300)

Travelers, please reconfirm your lift ticket purchases by OCTOBER 1st.

Note: **Full IKON** gives 7 days of skiing Jackson Hole and the **IKON Base Pass Plus** is good for 5 days. *Snow King Coaster Rides*-\$20/ride

Group Air & Ground SFO/Jackson Sold Out. Contact me for additional ground options.

Questions? Please contact Carlene Boutacoff, Sierra Trip Leader at cboutacoff@gmail.com.

Additional Details and Registration Packets available at: <http://www.sierraleague.com>

Reminder: Travelers Send all future payments and forms to
Carlene Boutacoff, 110 Wildwood Way, Woodside, CA 94062

Checks payable to **Sierra League**

See y'all there.



Sierra League and Council Membership Options

Club Membership

There are 8 ski clubs affiliated with Sierra League and Council. Please contact a club near you for membership information. Their contact information is listed at <https://www.sierraleague.com/contact.html>. Several of them have websites updated with activities and member benefits. Contact information is also available on page 3 of this newsletter.

Direct Membership

If you do not belong to an affiliated ski club, you may join Sierra League and Council as a direct member. To coincide with the [Far West Ski Association](#) our annual membership year begins May 1 and ends April 30.

The annual fee is only \$10 for each individual. This allows you all member privileges including:

- Sierra Council [Travel Program](#)
- Sierra League [Race Program](#)
- [Far West Ski Association Member Benefits](#), Services & Discounts
- The [Sierra League and Council Newsletter](#)
- Other events that might be temporarily suspended due to the Covid-19 pandemic. These include the annual Winter Holiday Party and summer barbecue.

Application, Dues and Information

[Application Forms](#) for individuals:

Print out form(s), fill in and sign application forms (and associated waiver) for each individual joining. The form and waiver are available at the league website under "about". The form and waiver are included in this newsletter on the following two pages.

How to submit by mail:

- Write check for \$10 made out to Sierra Ski Council
- Mail both completed form including waiver and check to:

Corey Doolin, membership
PO Box 394
Tahoe City, CA 96145

How to submit online:

- Pay Sierra Direct [Online Membership Dues through PayPal](#)
- Scan completed application and waiver form, attach as a .pdf file and email to: alpinesnow@att.net

Corey Doolin
FWSA Sierra League and Council VP Membership
alpinesnow@att.net

**Sierra League & Council
2022-2023 Membership
Application**

New Member

Renewing Member

Name: _____

Address: _____

Phone: (home) _____

(cell) _____

Email: _____

Mark all that you are interested in:

Racing

Travel Program

List Trips: _____

Emergency Contact Information:

Name: _____

Relationship: _____

Phone: (home) _____

(cell) _____

:

I have read and signed the Acknowledgement and Assumption of Risk Agreement.

Signature: _____

Date: _____

Dues: \$10

Completed Application can be emailed to alpinesnow@att.net, and payment through PayPal on the Sierra League and Council website, or:

Mail completed application and waiver, along with personal check, cashier's check, or money order payable to "Sierra League & Council" to:

**Corey Doolin, Membership
P.O. Box 394
Tahoe City, CA 96145**

5/10/2022

Sierra League & Council Waiver 2022-2023 Membership Year

SPORT PARTICIPANT RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT. Please read and be certain you understand the implications of signing.

Express Assumption of Risk Associated with Sport, Venue Use and Related Activities.

I, _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with all activities of Sierra League & Council including but not limited to alpine skiing, snowboarding, tubing, and tobogganing, and certain additional risks, dangers and hazards including, but not limited to boarding, riding, and disembarking ski lifts, transportation of equipment related to the activities, and traveling to and from activity sites in which I am about to engage. **Inherent hazards and risks include but are not limited to:**

1. Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that may result in permanent disability and death.
2. Possible equipment failure and/or malfunction or misuse of my own or others' equipment.
3. **I AGREE THAT I WILL WEAR APPROVED PROTECTIVE GEAR AS DECREED BY THE GOVERNING BODY OF THE SPORT I AM PARTICIPATING IN.** However, protective gear cannot guarantee the participant's safety. I further agree that no helmet can protect the wearer against all potential head injuries or prevent injury to the wearer's face, neck or spinal cord.
4. Variation and/or steepness of terrain, variation or changes in surfaces including but not limited to snow surfaces, ice, bare spots, rocks, stumps, debris, cliffs, trees, fences, posts, trees, light poles, signs, buildings, roads, walkways, ramps, rails, stairs, pyramids, manual pads, bowls, half-pipes, jumps, padded and non-padded barriers, other persons, and other natural and man-made hazards.
5. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, riding surfaces or other obstacles.
6. Exposure to the elements and temperature extremes may result in frost nip, frost bite, heat exhaustion, heat stroke, sunburn, hypothermia and dehydration.
7. Dangers associated with exposure to natural elements include but are not limited to avalanche, rock fall, inclement weather, thunder and lightning, severe and or varied wind, temperature and other weather conditions.
8. Accidents or illness occurring in remote places where there are no available medical facilities.
9. Fatigue, exhaustion, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.
10. Impact or collision with other athletes, spectators, facility employees, pedestrians, motor vehicles, and cyclists.

***I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death.**

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in the above described activity(ies) and related activities, I hereby agree, acknowledge and appreciate that:

1. **I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE,** the following named persons or entities, herein referred to as releasees: **Sierra League & Council and their directors and officers, and their successors and assigns.**
2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of my engaging in the above activities.
3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement.
4. This agreement shall apply to any and all injury, disability, death, or loss or damage to person or property occurring at any time after the execution of this agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, I FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

S/ _____

Signature of Adult Participant

Name of Adult Participant (Please Print)

Date

FOR PARTICIPANTS OF MINORITY AGE: *This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.*

S/ _____

Signature of Parent or Adult Legal Guardian if Participant is a Minor

Name of Parent or Adult Legal Guardian (Print Clearly)

Date

SKI & SOCIAL EVENTS WAIVER (does not include racing)

2022 Far West Ski Association Convention Press Release

FOR IMMEDIATE RELEASE – June 14, 2022

FAR WEST SKI ASSOCIATION HEARS KEYNOTE SPEAKERS PHIL AND STEVE MAHRE, OLYMPIC GOLD AND SILVER MEDAL WINNERS



PORTLAND, OREGON: The Far West Ski Association conducted its 89th Annual Convention and Meeting June 9-12, 2022, at the Holiday Inn Portland - Columbia Riverfront in Portland, Oregon, hosted by the Northwest Ski Club Council.

The 36th Annual Trade Show and Silent Auction on Friday evening raised over \$22,000 to support FWSA programs. The highest bidders purchased ski trips, golf and adventure trips, and sports and recreational equipment. Saturday afternoon was dedicated to a presentation by Phil and Steve Mahre, 1984 Olympic Gold and Silver Medalists. The key presenters in the Public Affairs panel were: Trux Dole, President of the 10th Mountain Division Foundation; Phil & Steve Mahre; Matt Zaffino, KGW-TX Chief Meteorologist; Dave Tragethon, Vice President Marketing and Sales for Mt Hood Meadows; and Jordan Elliott, President of Pacific Northwest Ski Areas Association. The Snowsports Leadership Academy (SLA) presenters included: Paige Baugher and Steve Rollins from Portland Mountain Rescue; Sandy Gaudette from SkiGroup.net; Maxine Jensen from Alpine Adventures, Sean McElean from Holiday Ski Tours, and Gloria Saiya-Woods from Ski.Com. Three different SLA sessions provided education to ski club officers and members. Bids were presented to the FWSA Travel Committee for selection of the 2024 FWSA Ski Week with the result to be announced later in the summer. The 2023 FWSA Ski Week will be held in Jackson Hole, Wyoming, January 21-28.

The delegates passed a resolution that “enthusiastically supports the Snowsports Industries America (SIA) ClimateUnited initiative for their membership of manufacturers and retailers to work with their supply chain partners to reduce emissions from product manufacturing and transportation”.

Annual recognition awards were presented to members of the ski industry, media, volunteers, racing leagues, councils, and ski clubs. Industry Awards were presented: the FWSA Tommi Tyndall Award for Outstanding Ski Industry Contribution, to Aspen/Snowmass; the FWSA Bill Mackey Award for Outstanding Ski Industry Employee, to Michael J. Ballingall of Big White; and the FWSA Jimmie Heuga Award for Outstanding Humanitarian, to John Gray. The FWSA Bill Berry Award for Hard News was presented to *The Tahoe Weekly*, the FWSA Bill Berry Featured Article Award to Lindsey Vonn for her great book “*Rise: My Story*”, and the FWSA Warren Miller Modern Media Award was presented to Coolfire Productions and SNOW Sports Museum for their documentary “*Magic in the Mountains*”. The FWSA Snowsports Builder Award was presented to the founders/operators of the Mt Hood ski areas: The Drake Family founders and operators of Mt Hood Meadows, The Kohnstamm Family operators of Timberline, and Kirk Hanna operator of Mt Hood Skibowl.

Sheri Parshall of Skiyente Ski Club, received the FWSA Hans Georg Award for long-term service to organized skiing. Other volunteers receiving recognition awards included: the FWSA Elizabeth “Schatzi” Wood Award for a decisive contribution to skiing to Sandy Blackwell (Star, ID); the FWSA J. Stanley Mullin Award for a decisive contribution to skiing to John Reinhardt (Portland, OR); the FWSA Jordan-Reily Award for Outstanding Contribution to Public Affairs, to Heidi Logosz, Sustainability Manager for Mt Hood Meadows; and the Terry Smith Award for greatly contributing to the advancement of intramural skiing to Peter Dodd of Pacrat Race League (Portland, OR). The FWSA Volunteer of the Year program, sponsored by Big White, recognized Fran Long of Central Council of Skiers. The FWSA Presidents Award was given to Joe Harvis (Mine Hill, NJ).

2022 FWSA Convention Press Release (cont.)

The Wentworth Award for the Outstanding Publication was presented to Mt High Snowsports Club (Masters Class) and Castro Valley Ski Club (Advanced Class). The Outstanding Website Award was presented to Mt High Snowsport Club (Masters Class), Torrey Pines Ski Club (Advanced Class) and Don Diego Ski Club (Novice Class). The Outstanding Council Publication Award was given to Los Angeles Council and Northwest Ski Club Council received the Outstanding Council Website Award. The FWSA Charity & Community Service Recognition was presented to Bogus Basin Ski Club (Boise, ID), Four Seasons West Ski & Snowboard Club (Los Angeles, CA), Get Off Your Rockers Ski Club (San Diego, CA), Grindelwald Ski Club (Los Angeles, CA), Monterey Ski & Social Club (Monterey, CA), Mountain High Snowsport Club (Portland, OR), Reno Ski & Recreation Club (Reno, NV), SLO Skiers (San Luis Obispo, CA), Skiyente Ski Club (Portland, OR), Pacrat Racing (Portland, OR, and Arizona Ski Council.

The FWSA Western Ski Heritage Award, sponsored by Steamboat Ski & Resort Corporation, was presented to Lowell Skoog (Seattle, WA) for his book "*Written in the Snow*".

Elections were held at Sunday's General Session. FWSA Officers for 2022 – 2023 are: President, Linda Westlund (Scottsdale, AZ); Past President Gloria Raminha (Bakersfield, CA); Secretary, Tina Lyon (Portland, OR); Treasurer, Randy Lew (Battle Ground, WA); Chairperson Board of Trustees, Jo Simpson (Reno, NV); VP Communications, Joe Harvis (Mine Hill, NJ); VP Council Services, Chris Gill (San Diego, CA); VP Marketing, Debbi Kor (Vancouver, WA); VP Membership, Jean McCasey (San Diego, CA); VP Public Affairs, Lina Arnold (San Diego, CA); VP North American Travel, Nancy Ellis (Truckee, CA); VP International Travel, Debbie Stewart (Visalia, CA); VP Racing, Bob Ellis (Truckee CA); Trustees, Sheri Parshall (Fairview, OR), Fran Long (Paso Robles, CA), and Tom Bundgard (San Diego, CA).

The Far West Ski Association is appreciative of the many sponsors who are a big part of the success of the FWSA Annual Convention. Sponsors included: Alpine Adventures, Aspen / Snowmass, Big White Ski Resort (BC, Canada), Binary Brewing, Brian Head Resort, Club Med, Grouse Mountain Lodge (Whitefish, MT), Jackson Hole Mountain Resort, Kandahar Lodge (Whitefish, MT), Mammoth Mountain Resort, Next Adventure (Portland, OR), Schure Sports USA (Ontario, Canada), Ski Group.Net, Snowmass Tourism, Sports America Tours, Steamboat Ski & Resort Corporation, Whitefish Mountain Resort, and Northwest Ski Club Council.

The 90th Annual Far West Ski Association Convention is scheduled for June 15-18, 2023, at The Grove Hotel and Boise Centre in Boise, Idaho, hosted by the Intermountain Ski Council and Bogus Basin Ski Club. For additional information regarding the Far West Ski Association, please visit www.fwsa.org.

The Far West Ski Association, founded in 1930, is a volunteer, non-profit organization representing 150 affiliated ski clubs located throughout ten regional councils in the states of Alaska, Arizona, California, Colorado, Hawaii, Idaho, Nevada, Oregon, South Dakota, Utah, Washington, and Wyoming. The Association conducts active programs in public affairs, skier safety, ski heritage, athletics, racing, communications, travel, council development, ski industry and community outreach.

SAFETY

The following article is from the GETSKITICKETS (www.getskitickets.com) website:

["Blog: Ski Industry News](#)

How to Stay in Ski Shape This Summer

By Greg Colquitt, April 7, 2022

We're all thinking about summer.

But that shouldn't mean all this progress you made this season should fall to the wayside. In the winter, one of the great things about skiing consistently is the level of competence you can build in a relatively short amount of time. So what are you supposed to do with all that summer full of no skiing at all? Well, you *could* keep skiing at somewhere like Timberline in Oregon over the summer, or you could do some simple cross-training activities that will keep your progress right in line for next season. Here are just a few ways you could take care of business off the slopes for a strong performance on the slopes.

Walking, Hiking, Running: One of the best things you can do for your body in preparation for next ski season is just keep it moving. You don't want to be scrambling to stretch and train in November when you finally see favorable snow forecasts. That's a good way to pull a hammy. Instead, think of your body like a vehicle—if you let it sit for long stretches of time, the more likely it is to not perform so well, and it only gets worse the older you get. So consider taking the vehicle (your body) for a stroll around the block every day. It will not just keep you limber—it will also give you a nice dose of vitamin D, enhance your mood, and give you plenty of time to dream about deep powder turns and free refills. If you live in an area where hiking is available, try to get out on the trail a few times a month. If you're up for it, try running up the hill! The climb will do your legs wonders.

Strength training: Summer is your time to build the strength you need to ski/ride harder, faster, and for longer periods of time. When you're on the mountain in the winter, you use a tremendous amount of energy holding your muscles in place and adapting to slight movements of snow (or hidden bumps!) underfoot. Consider building your static strength through isometric exercises. These exercises entail holding positions for long periods of time like a wall sit or a plank. Don't focus too much on this one type of training, though. It's good to incorporate dynamic movements with resistance to mimic movements like pushing hard against the slope when you're emerging from a perfect carving turn.

Balance Training: As mentioned above, there's a pretty good chance you will be thrown off your rocker at any given moment while sliding down a ski slope. In preparation, take some time in the summer to develop your balance. You can do this through one-legged exercises, standing on unstable objects at the gym or even taking a crack at a slack line. No matter what you do, any sort of balance training will be beneficial when you accidentally end up on one ski next season.

Yoga: Finally, yoga is a beneficial practice that incorporates balance, strength, and mental training all in one. This is the kind of thing that will benefit you when you need to get back on one ski, pop out of a deep squat, and stay cool as a cucumber in one split second. We recently wrote *Why Skiers and Snowboarders Need Yoga (And How to Get Started)* which can be a great guide for incorporating yoga into skiing or snowboarding routine. *Note: <https://www.getskitickets.com/blog/why-skiers-and-snowboarders-need-yoga/>*

If you remember anything from this article, let it simply be this—keep moving. There's tremendous power in a daily walk and you'll be surprised by how much it can benefit your skiing. Keep calm and walk on!"

TRAVEL OPPORTUNITIES

The Far West Ski Association (FWSA) is one of the largest associations of snowsport enthusiasts in the U.S. FWSA covers 12 states with 10 regional Councils with more than 150 Clubs and combined membership of over 50,000 skiers and snowboarders. As a member of a club that belongs to the SIERRA Council, you are a member of FWSA and entitled to all benefits. You may also join FWSA as a Direct Member.



North American Travel

FWSA Ski & Snowboard Week 2023: Jackson Hole, WY, January 21- 28

FWSA Ski & Snowboard Week 2024: Steamboat, CO, January 27 - February 3, 2024

FWSA Mini Ski & Snowboard Week 2023: Taos, NM, March

FWSA Mini Ski & Snowboard Week, 2024: Big White, BC, CA

FWSA Convention:

Annual Convention, June 15-18, 2023: The Grove Hotel, Boise, ID: Intermountain Council

FWSA International Travel:

FWSA Int. Ski & Snowboard Adventure February, 2023: Zermatt, Switzerland, with extension to Costa del Sol, Southern Spain & Mallorca

FWSA Int. Ski & Snowboard Adventure February, 2024: Madonna Di Campiglio, Italy

FWSA Int. Ski & Snowboard Adventure February, 2025: Val d'Isere, FR w/extension TBD

FWSA Int. Ski & Snowboard Adventure Summer, 2025: Val Nevada, Chili, w/Atacama Desert Extension

Dive/Adventure/Cruises

2022 Cozumel, Mexico Scuba Dive Trip: October 8-15

Central/West Africa; 2024 TBD

Galapagos Islands, 2025, TBD

Please contact the trip leader and/or check the FWSA website for further information regarding travel/housing/schedules, registration forms, waivers, payment schedules, etc.

FWSA travel website: <http://www.fwsa.org/Travel/travel.html>

FWSA VP North American Travel:

Nancy Ellis, vpnorthamericantravel@fwsa.org

FWSA VP International Travel:

Debbie Stewart: vpinternationaltravel@fwsa.org

FWSA 12th Annual Scuba Dive Trip – Cozumel, Mexico

October 8-15, 2022



5 Star Iberostar Cozumel Resort

Diver Land Package = \$1399.00 Standard Bungalow - Double Occupancy
Non-Diver Land Package = \$919.00 Standard Bungalow - Double Occupancy
Single Supplement Standard Bungalow Add = \$300.00
Lodging Upgrades Available – contact Randy Lew for details
(Air transportation not included in above pricing)

Price Includes:

- 7 nights at Iberostar Cozumel Resort – Dbl. Occupancy with all meals daily
- Alcoholic and non-alcoholic beverages
- Resort fees, taxes & gratuities (housekeeping tips, dive gratuities, Marine Park & ECO Room fees not included)
- 5 X 2 tank morning dives, 1 night dive, including 2 Cenotes dives
- PADI CDC Center – Dressler Dive Center onsite
- Complimentary Nitrox
- Complimentary Wi-Fi
- Resort Amenities
- Welcome Party and Farewell Dinner



*Experience Mayan
Culture & Entertainment*

*Create New Memories
with Friends,
Old and New!*



*Dive the Cenote, Kayak,
snorkel, spa services and
more...*



Enjoy a Beautiful Resort



Contact: Randy Lew
FWSA Dive Trip Leader
829 SE 11th Place
Battle Ground, WA 98604
Cell: 530/304-0802
E-mail: FWSA13Randy@telis.org

Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277
Cell: 559/737-0882
FWSAInt'lTrvl@prodigy.net

You must be a Member of a Far West Ski Assn. affiliated club or a FWSA Direct Member!

CST # 2036983-40

"The Voice of the Western Skier"



FWSA COZUMEL SCUBA DIVE TRIP
October 8 – 15, 2022

Basic Cost excluding air travel:

5 Day (2 tank boat dives) Dive Package	\$ 1,399
Non-Dive Package	\$ 919
Single Supplement	\$ 300

Price Includes Iberostar Resort

- 7 nights at Iberostar Cozumel Resort – based on 2 per room
- All meals daily
- All drinks daily including alcohol

- All non-motorized water sports and activities
- Unlimited Nitrox

Resort fees, taxes & staff gratuities (housekeeping & dive gratuities, Marine Park fees & Eco Room fees not included)

Add-On Costs:

Superior Room	\$ 115 per person
Ocean View Room	\$ 283 per person
Ocean Front Room	\$ 341 per person
Suite	\$ 784 per person

Payment Schedule:

Initial deposit	Immediately	\$ 500 per person
2 nd payment	June 1, 2022	\$ 500 per person
Final payment	July 15, 2022	\$ balance

Cancellation Penalties:

Prior to July 7, 2022	\$ 0 per person
July 8, 2022 – August 6, 2022	\$ 100 per person
August 7, 2022 – September 5, 2022	\$ 300 - \$ 400 per person
September 6, 2022 – departure date	no refunds

Cancellation Penalties are subject to additional supplier charges and processing/handling fees

Travel on this FWSA trip to Cozumel requires a valid Passport. Your Passport must be valid until April 15, 2023 (six months after your return). It is your responsibility to ensure your required travel documents are in order and with you.

DIVE and TRAVEL INSURANCE

FWSA highly recommends that you purchase travel insurance. Roatan Charters offers trip insurance on their website at [Trip Insurance – Roatan Charter](#) . Additional travel insurance vendors can be found on FWSA website at <http://www.fwsa.org/Travel/insurance.html> . In addition, all scuba divers will be required to have diving accident insurance through Divers Alert Network (DAN), the premier dive insurance. You can get their insurance info at <http://www.diversalertnetwork.org/>

Update from Debbie Stewart—VP of FWSA International Travel

Greetings!

It is my pleasure to invite you to join us for next year's 2023 Int'l BASIC Ski Week Trip to Zermatt, Switzerland & EXTENSION trip to Costa del Sol, So. Spain, and Mallorca.

I am delighted to be offering such an exciting trip with an incredible price and exceptional value!

The BASIC Zermatt Ski Week will include 7 nights lodging at either 4-Star Hotel Alex or Gornergrat Dorf Hotel. The lodging package includes daily breakfast & 5 nights' dinner at the hotel you are staying at.

We will be offering an optional day tour during the week if one chooses to explore the local culture.

The extension trip will be to Costa del Sol in So. Spain and Mallorca with day tours included and free time to explore on your own.

If one chooses to not go to Zermatt, but wants to do the extension, we will fly you from the US to join us for the extension trip – we call this the "Stand Alone" trip.

We will continue with our online payment plan:

- 1. Initial trip registration will be handled in the traditional method – you will complete the forms and send along with a check payment for your initial registration 1st payment.*
- 2. Subsequent payment may be made by check, cashier's check, money order OR via our online PayPal & Credit Card Payment process.*

Please take time to review the attached registration packet thoroughly, forward and share with your club & council members, all your friends and colleagues.

After reviewing all the detailed information, you too will become excited!

Check out the 2022 Solden & Black Forest extension videos (below) to see what a great trip we had ... you will be experiencing even more next year!

<https://www.youtube.com/watch?v=GbrtFtCVamg>

<https://www.youtube.com/watch?v=GbrtFtCVamg>

<https://youtu.be/3JGd-fRTOgc>

Feel free to contact me if you have any questions. We look forward to having you travel with us!

All the best,

Debbie Stewart

FWSA, VP of Int'l Travel

430 S. Church St. Visalia, CA 93277; 559/737-0882

FWSA 2023 Int'l Ski Trip to Zermatt, Switzerland

BASIC Ski Week – Zermatt, Switzerland February 25–March 4, 2023

(Depart US Feb. 24 and return from Zurich on Mar. 5, 2023)

Opt. Extension Trip: Costa del Sol, So. Spain & Mallorca March 4–12, 2023

(Depart US Feb. 24 and return from Zurich on Mar. 13, 2023)



2 Lodging properties to choose from!

HOLIDAZE SKI TOURS®

Approx. hotel costs \$2025.00pp - \$3459.00pp (dbl. occ.) based on lodging choice [air not incl.]

Single Supplements are available.



Zermatt, Switzerland's best-known ski resort has the highest concentration of mountains and glacial ice in the Alps and the most magical and romantic car-free village situated at the foot of Switzerland's most famous landmark: the Matterhorn. It is considered by many true mountaineers to be the peak of all peaks.

You will find a wide range of possibilities for the experienced skier and many wide-open groomed runs for the intermediate and beginning skier. Ski in Switzerland and Italy in one day when you ski over the peak to Cervinia. Combined with the spectacular natural beauty, Zermatt is a record-holding destination which includes Europe's longest ski run with 25km, the highest-altitude sightseeing platform in the Alps, Europe's highest-altitude aerial cableway to the

Matterhorn glacier paradise, Europe's highest-altitude cogwheel railway in the open air (no tunnels), to the Gornergrat at 10,135 feet. Great trip for the non-skier too!

Lodging Package includes:

- Transfer between Zurich Airport & Tasch via private coach, then train transfer via 2nd class rail to Zermatt.
- Round trip luggage transfer of 2 pieces per person between Tasch and Zermatt.
- 7 night's accommodations at the Hotel Alex or Gornergrat Dorf Hotel
- Basic Zermatt - 1 overnight in Zurich, Mar. 4th; Zermatt & Extension – 2 overnights in Zurich, Mar. 4th & Mar. 12th
- Breakfast daily & 5 nights' dinner at the hotel you are staying at (2 nights to dine out in Zermatt)
- Multi-lingual guide meeting the FWSA Group Air people upon arrival.
- Wi-Fi in lobby or hotel room depending on lodging property [see lodging options sheet]
- **Welcome/Orientation on Feb. 26th at The Hotel Alex**
- Après Ski & Farewell events – details to be provided
- Optional day tour - details to be provided

So. Spain – Costa del Sol & Mallorca Extension

March 5 to 12, 2023

(Overnight in Zurich hotel on Mar. 4th and Mar. 12th return flight to U.S. on Mar. 13, 2023)

Approx. \$1810.00pp (dbl. occ.) or \$2738.00pp Single Supp.

Trip includes:

- If using FWSA Group Air – price DOES include flight from Zurich to Malaga
- All airport ground transfers for both weeks
- 4 nights at the 4 Star Melia Costa del Sol in Torremolinos or similar
- 3 nights at the 4 Star Melia Palma Bay Hotel in Mallorca or similar
- English speaking tour escort/manager for entire tour
- Breakfast daily
- Day excursions – details to be provided
- Full city day tours including the Alhambra Palace in Granada, city tour in Ronda, free time, Palma city tour...and more

- **All Prices are based on current exchange rates and subject to change.**
- **Stand Alone So. SPAIN ONLY – NO Zermatt trip is available. Contact Debbie Stewart for details and pricing.**



Make checks out to: **Far West Ski Association (FWSA)**. Please reference "FWSA 2023 Zermatt Int'l Trip" on each check.

Send to: **Debbie Stewart**
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277



For more information contact: Debbie Stewart at FWSAIntlTrvl@prodigy.net or cell: 559/737-0882

CST # 2036983-40

FWSA International Ski Week - Zermatt, Switzerland
February 25 - 4 March, 2023

Hotel Lodging Options and Pricing

Estimated Transportation Price on Lufthansa Air – SFO or LAX = approx. \$1050.00pp
 Transportation details with deviations = Fresno, San Diego, Phoenix, Portland & Las Vegas on **Signup Form**

	<u>Lodging Option</u>	<u>Availability/Options</u>	<u>Category</u>	<u>Price</u>
	Gornergrat Dorf	Standard Room, Double Occupancy	***	\$2025.00 (7 rooms)
		Deluxe Room, Double Occupancy	***	\$2159.00 (13 rooms)
		Single Supplement Room	***	\$2,384.00 (5 rooms)
	<p>Centrally located in Zermatt, near train station and ski lifts. This property offers a nice and clean, “minimum-frills” property with a great value for the cost-conscious traveler.</p> <p>This hotel enjoys a long tradition, a cozy and convivial atmosphere. On site dining room features delicious specialties; cozy modern bistro bar offers libations. Sauna and Spa on premises. Wi-Fi in the Lobby. www.gornergrat.com</p>			
	Hotel Alex	Classic Room, Double Occupancy	****	\$2,705.00 pp (10 rooms)
		Single Supplement Room	****	\$2955.00 pp (5 rooms)
		Deluxe Room, Double Occupancy	****	\$3090.00 pp (10 rooms)
		Jr. Suite Double Occupancy	****	\$3459.00 pp (4 rooms)
		Suite Double Occupancy	****	\$4,515.00 pp (1 room)
<p>Located in the center of town, this family-owned hotel combines the modern and the traditional in an exciting world of experiences that is full of surprises. Their traditional log-cabin exterior conceals modern bedrooms and luxury suites, and their culinary delights are amazing! Wi-Fi in rooms & lobby. 2019 Michelin Star Restaurant.</p> <p>Set only a couple of minutes’ drive from The Matterhorn Mountain, Resort Hotel Alex Zermatt offers boutique accommodation with a sauna, a terrace, and a heated swimming pool. You will be 2.7 km from Sunnegga-Blauherd and 2.7 km from Sunnegga Mountain.</p> <p>Situated in the very heart of Zermatt, in a shopping area, and the city centre is a 5-minute walk away and Zermatt rail station is 230 meters from the hotel. http://alex.hotelszermatt365.com/en/</p>				

Tahoe Area Ski Resort Updates

The following is an article from the website: Inthesnow.com

“Ski Area Set to Become North America’s 3rd Biggest

[PATRICK THORNE](#); 19 JUL 22

The ski area now known as [Palisades](#) Tahoe in California is set for a special winter in 2022-23.

First off, a very long planned project to connect its two mountain bases and ski areas by gondola, conceived for decades and in the works for many years is due to finally be completed. The two areas combined will have a total area (6,000 acres of terrain) that places them as the third largest in North America.

Then secondly, next February World Cup ski racing will return for the first time in several years to the resort that hosted the 1960 Winter Olympics.

So far the new gondola doesn't have a name, but the latest PR material from the resort is pushing the project as 'uniting legends' to create the biggest ski area in California. You will not actually be able to ski between the two areas and the connecting 2.4 mile trip will take 16 minutes. There will be four stations along the way though, three of which you can disembark at to ski/snowboard.

It is the first gondola of its kind in North America, with four terminals connecting two base areas via a climb of nearly 2,000 vertical feet and also offering panoramic views of Lake Tahoe and the Sierra Nevada along the way (from April 8, 22 article by Patrick Thorne, [Inthesnow.com](#))

The World Cup races to be staged at the end of February, just days after the completion of the Alpine Skiing World Championships in Courchevel Meribel, will see the men's tour in town for giant slalom and slalom racing, on 25th and 26th February next year.”



SKI INDUSTRY NEWS

Ski industry news from the National Ski Club News, National Ski Council

JULY:

You may be charged to visit Europe from 2023. The European Union has announced the launch of its long-awaited visa waiver scheme, ETIAS (European Travel Information and Authorization System; www.etias.com) to debut in May 2023. While ETIAS is not the same as a visa, it is quicker, done online, and requires no biometric information. There is still a procedure and a cost to acquiring it, rather like the United States' scheme, ESTA. CNN via NSCF Facebook Page

USA Will End Covid-19 Testing Requirement for Air Travelers Entering the Country. The US Centers for Disease Control and Prevention has lifted its requirement for travelers to test negative for Covid-19 before entering the US. CNN via Inntopia | Destimetrics

Why Marriott, Hilton and Hyatt Say Hotel Prices Are Only Going Up. Despite high inflation, a softening economy, and fears of a recession, the hotel industry is not seeing any slowdown. CNBC via Inntopia Destimetrics

ICYMI: Indy Pass Hits 100 With Eight New Resort Partners. The Indypass (<https://www.indyskipass.com/>) will now offer two free days of skiing, riding, and cross-country skiing at 100 resorts for winter 2022-23 with the addition of eight new partners—five alpine and three cross country—in the Upper Midwest, New England, and the Pacific Northwest.

Le Massif Joins Mountain Collective. Le Massif de Charlevoix (<https://www.lemassif.com/en>) has signed a three-year agreement with the Mountain Collective, according to Radio Canada. Le Massif is the first eastern Canadian ski area to join the pass coalition, which includes 22 other properties across North America. SAM

Park City Mountain Lift Upgrades Blocked. The Park City Planning Commission granted an appeal of a previous decision to approve two Park City Mountain (PCM) lift upgrades. SAM

Suicide Six (VT) to Change Name. Vermont's Suicide Six ski area will retire its name this summer due to its negative connotation. The South Pomfret ski area Suicide Six said it would rebrand as Saskadena Six in a nod to the Indigenous people of Vermont, the Abenaki.

Windham Mountain (NY) Announces the Purchase of Local Landmark for Employee Housing. The investment will provide housing in the winter primarily for international employees as well as part-time staff looking for accommodations on weekends. Rooms in the new facility will be available for employees of local businesses in the summer months. SnowBrains

Jon Weisberg, editor of *Seniors Skiing*, Passes. Weisberg, who spoke at the 2018 NSCF Annual Meeting at Zermatt Utah Resort, passed away on June 3 at the age of 78. [Link to his obituary on the Seniors Skiing website.](#) Storm Skiing Journal

SKI INDUSTRY NEWS (Cont.)

August:

Snowstorm Dumps on Ski Resort in Africa. A snowstorm hit Afriski Mountain Resort in Lesotho, southern Africa June 22-24, dropping at least three inches of fresh snow on the resort. Afriski is the only skiing resort in Lesotho, located 10,006 feet above sea level, operating in Southern Africa near the northern border of Lesotho and South Africa. It is one of only three ski resorts in southern Africa. *SnowBrains*

Keystone Bergman Bowl Restoration Approved, But Lift Will Not Open for 2022-23. Work on Keystone Resort's Bergman Bowl Express will move forward after the U.S. Forest Service approved the resort's plan to restore environmental damage to a high alpine area incurred during construction. However, the lift will not be completed as scheduled in time for the 2022-23 winter season due to construction delays. *SAM*

Mt. Hood Meadows Joins Indy Pass. Indy Pass will now include Mt. Hood Meadows, Oregon. The ski area is Indy's largest resort partner by skier volume, and it brings the pass' total resort partners to 105 for the 2022-23 season. *SAM*

Mountain Collective Adds Marmot Basin. The Mountain Collective Pass has added Marmot Basin, Alberta, to its winter 2022-23 roster. Marmot Basin is the seventh Canadian resort to join the pass partnership. Its addition brings the total number of Mountain Collective resort partners to 24 worldwide *SAM*

Indy Pass Adds Black Mountain of Maine, Meadowlark, Aomori Springs in Japan as Full Partners; Paul Bunyan, King Pine, Cherry Peak as Allied. The Indy Pass has added Black Mountain of Maine; Meadowlark, Wyoming; and Aomori Spring, Japan as full downhill partners. Black's Nordic center will join the pass as a separate entity, becoming the fifth ski area to add both operations to Indy, and the 13th Nordic partner overall. King Pine, New Hampshire; Paul Bunyan, Wisconsin; and Cherry Peak Utah will join the pass' new Allied Resorts program. *The Storm Skiing Journal*

Motion Filed to Sell Jay Peak, PGRI Begins Bid Process. A motion for approval has been filed for Pacific Group Resorts, Inc. (PGRI) to enter into a \$58 million asset purchase agreement (APA) to acquire Jay Peak Resort, Vt. A judge has 10 days to accept or deny the motion; if accepted, the asset purchase agreement would become the initial bid in a potential auction to purchase the resort. *SAM*

Schweitzer Breaks Ground On \$22 Million Employee Housing Development. Schweitzer, Idaho, is amongst a growing list of ski resorts across North America investing millions of dollars into employee housing initiatives *Unofficial Networks via Inntopia Destimetrics*

Online Marketplace Takes the Hassle Out of Buying and Selling Used Gear. Got old skis and packs hanging around? Geartrade will take used gear off your hands and cut you a check in the process *Ski Magazine*

SKI INDUSTRY NEWS (Cont.)

Vail Town Council Blocks Permits for Vail Resorts Employee Housing Project. The Vail town council approved an emergency ordinance this week that suspended all permits for any activity on Vail Resorts' 23-acre property in East Vail where the company planned to build a \$17 million affordable housing development. The housing project was already in limbo after the council began proceedings earlier this year to condemn the property, citing the development as a threat to a local herd of bighorn sheep that range on the land. [_SAM](#)

European Glaciers Close for Summer Skiing Due to Warm Temps, Melting Snow. Austria's Mölltaler Gletscher and France's Val d'Isère are two of the latest glacier related resorts to suspend summer operations. In addition due to alleged affects of global warming, the Italian glacier resort, Passo Stelvio is yet another one of the latest summer ski resorts to close as warm temperatures take their toll. Some question how many more years glacier skiing in Europe will be able to continue. The freezing level in Switzerland is currently over 5,000m (~16,250 ft.) – higher than any alpine peak. [Planet Ski](#)

New Zealand Ski Resort Closes Due to Too Much Snow. Ski resorts in the southern hemisphere are having a great season with massive snowstorms dumping feet of snow on the mountains. In fact, there was too much at Mt Lyford Alpine Resort near Christchurch, New Zealand. (Editor note: [SnowBrains](#) via [Intopia](#) | [Destimetrics](#))

Online Marketplace Takes the Hassle Out of Buying and Selling Used Gear. Got old skis and packs hanging around? [Geartrade](#) will take used gear off your hands and cut you a check in the process [Ski Magazine](#)

World's Oldest Skier Turns 105. George Jedenoff, the world's oldest living skier, celebrated his 105th birthday this week on 5th July, 2022. He began skiing more than six decades ago after a move to Utah and was still skiing there until at least age 103. "I've been able to ski consistently for 61 years, including a few runs this year at Sugar Bowl, but I can no longer ski at my favorite resorts in Utah because I can't handle the altitude. I still do my 45 minutes

of exercise every morning to keep limber, and that helps my mind, too," he told [Stanford Business School's](#) journal in July last year, after turning 104. [InTheSnow.com](#)



Europe's Largest Dry Ski Slope Opens in Ukraine, Despite War. A huge dry ski slope has gone into operation near the western Ukrainian city of Lviv. Work on the facility began last autumn and was completed in early summer, despite Russia's invasion. [InTheSnow](#)



www.sierraleague.com

