



## WHO & WHAT'S NEW FOR 2017

**U.S. Ski and Snowboard Partners with CVA:** U.S. Ski & Snowboard has announced *Carrabassett Valley Academy (CVA)* and *Sugarloaf* as the newest additions to its training partnership program. CVA has been designated as a U.S. Ski & Snowboard High Performance Center and Sugarloaf as a Team Development Site. Athletes will have access to exceptional on-hill training at *Sugarloaf*, and dryland training thanks to the generosity of the town [Carrabassett Valley], which will provide free access to the Anti-Gravity Complex. As a High Performance Center, CVA will collaborate with U.S. Ski & Snowboard's Park City-based Center of Excellence and other high performance centers to share best practices in strength and conditioning, sport science and sports medicine and serve as a site to host training and education sessions for clubs in the region. As a U.S. Ski & Snowboard Team Development Site, Sugarloaf will provide on-hill training days for regional and national development projects as well as access for U.S. Ski Team athletes. "U.S. Ski & Snowboard's High Performance Team will be an invaluable resource for the school," noted CVA High Performance Director Shelby Downing. "It is a great advantage, not to mention huge inspiration, to be able to see U.S. team members in action, in the gym, and on the fields."

**MSP's 2017 Movie Trailer Makes Fun of Ski Movies:** *Match Stick Productions* is proud to introduce the funniest, most action-packed ski movie of 2017: *DROP EVERYTHING*. Following an artful, narrative-driven 2016 film release, the team at Matchstick took a more lighthearted approach that returns the focus to the featured athletes and world-class action. *DROP EVERYTHING* features the world's preeminent free-skiers along with witty comedy, stunning locations, a great soundtrack, and stellar cinematography. *DROP EVERYTHING* is an unexpected, fun-filled adventure through the world of free-skiing. Join the ride, along with Mark Abma, Markus Eder, Eric Hjørleifson, Michelle Parker, Sammy Carlson, Cody Townsend, Elyse Saugstad, Tanner Rainville, Chris Rubens, Aaron Blunck, Sander Hadley, Connery Lundin, and more.

**Happy 79<sup>th</sup> Birthday Chocolate Chip Cookie:** For those who enjoy checking into a hotel and getting free, warm melty chocolate chip cookies in a bag, or on your pillow at night...nothing could be closer to heaven! It is the ultimate comfort food. Born in 1938 to Ruth Wakefield, owner of the Toll House restaurant in Whitman, Mass., the cookie's popularity was boosted by the hard times of the Great Depression, and then WWII. Now it is an American Staple. Ms. Wakefield began by cutting up bits of chocolate in her cookies and serving them with ice cream. One year later, she sold the rights to her cookie recipe and the Toll House name to Nestle for \$1. Thank you, Ruth Wakefield!

## FAR WEST TRAVEL

**Far West Dive Trip 2017:** Far West is headed to *Roatan, Honduras* for our 2017 Annual Dive Trip. Scheduled for September 23 – 30, 2017 at the Mayan Princess Beach Resort, the trip includes 7 nights lodging, 3 meals per day, alcoholic and non-alcoholic beverages, and 16 boat dives for the amazing ground package price of \$899 per person double occupancy. The non-diver price is \$849 per person double occupancy. Please contact Randy Lew for more information at 530-304-0802 or [fwsa13randy@telis.org](mailto:fwsa13randy@telis.org). **Spots still available!**

**Far West Annual Ski Week 2018:** February 3-10, 2018 are the dates set for the next Far West Ski Week, which will be held in *Banff*. Known for its exceptional natural beauty, wildlife, and incredible landforms, Banff is an awesome place to ski. Whether you ski at Sunshine, Lake Louise, or Mount Norquay, you will get an event-packed week of skiing, apres parties, a Welcome Party, Awards Dinner and much, much more. Contact Nancy Ellis @ [fwsatravelnancy@sbcglobal.net](mailto:fwsatravelnancy@sbcglobal.net), or your own council Trip Leader.

**Far West International Trip 2018:** There is still room on the 2018 International Trip to *Les Trois Vallees*. The dates are March 3<sup>rd</sup> to 11<sup>th</sup>, 2018 for the main part of the Ski Week. The optional extension, to *Lyon, Beaune, and Paris*, will begin March 11, and end March 18, 2018. Contact Debbie Stewart @ [fwsaintltrvl@prodigy.net](mailto:fwsaintltrvl@prodigy.net), or go online [www.fwsa.org](http://www.fwsa.org) for more information.

Debbie is also looking into an Adventure trip, for 2018, to India, and working on RFP's for a 2019 ski trip to Japan, and a 2020 trip to Davos. Stay tuned.

**Far West Annual Mini Ski & Adventure Week:** February 25-March 4, 2018 are the dates set for the next Mini Ski Week at *Alyeska Resort*, and in Anchorage, at the *Captain Cook Hotel*. Located 40 miles north of Anchorage, Alyeska is set in the Chugach Mountain wilderness. A fun place to ski, and the hotel Alyeska, a wonderful ski in/ski out place to stay.

Anchorage is the site for the ceremonial start of the Iditarod dog sled races. We will stay at the Hotel Captain Cook, in downtown Anchorage. Many optional events will be made available, such as a wildlife tour, dog sledding, glacier walk, glacier cruise, heli-skiing/cat skiing, sleigh rides and much, much more. Contact Gloria Raminha @ [garski2011@gmail.com](mailto:garski2011@gmail.com).

## TRAVE SHOPPING TIPS

**What To Buy and What Not to Buy at Airports:** We all find fun things to buy at the airport, while we're waiting for our flights. Things for the kids, grandkids, and for ourselves. Here are a few things NOT to purchase at the airport if you are watching the last of those pennies that you are getting home on: *Souvenirs*..extremely marked up in price. Buy them early and pack them. *Neck pillows*..almost twice the price at the airport. *Duty Free Merchandise*... almost never a deal for the shopper out to get a bargain. *Foreign Currency*...typically the highest prices you will pay. *Bottled water*... almost twice the price as usual. Use a foldable, reusable bottle that you can fill at a water fountain inside the airport. And, don't forget about the expensive *restaurants, magazines and parking*. Happy travels, and spend wisely.

## FAR WEST COUNCILS

**Los Angeles Ski Council of Ski Clubs:** Has anyone heard of “Amazon Smiles?” *The Unrecables* are now a part of AmazonSmile! It’s a fundraiser for various organizations who benefit from sales through Amazon. To order from AmazonSmile, simply sign on (or up if you haven’t already), look for your charity in the listing of many, or find *The Unrecables*, and they will benefit from your purchase. What a great way to receive donations. YOU too, can sign your organization up. Perhaps Far West should consider this for future donations, as well.

**Intermountain Ski Council:** Intermountain Ski Council is planning a Rendezvous to Sun Valley, January 2-7, 2018. All of the ski clubs will be invited to the Sun Valley Resort for a week of skiing. If you want to join us, give Paul Markowitz a call @ 208-850-9962 or email @ [pmarkowitz@cableone.net](mailto:pmarkowitz@cableone.net). Pricing is very good and ski tickets are \$60/ day.

## FAR WEST SKIER’S GUIDE

**FAR WEST SKIER’S GUIDE:** Deadlines are coming up for the *Far West Skier’s Guide*. The due date for articles is **July 31** and the club lists are due by **August 25**. Please see the Style Guide that Jane sent out several weeks ago. Email them to: [fwsg2@cox.net](mailto:fwsg2@cox.net). High resolution images also requested. We appreciate your assistance in making the **30th Edition** of the *Far West Skier’s Guide* the best edition ever!