

MARMOT

YOUR GUIDE TO WHAT'S UP ON MOUNT WASHINGTON Volume 17 #1 • Winter 2006~Spring 2007



*THE RETURN OF
A CHAMPION!*

Allison Forsyth Looks Ahead to 2010

Allison Forsyth's dream of competing in the Torino Olympics in Italy last February came crashing down during a training run for the women's downhill. But that doesn't stop a true champion...

It would have been the second Winter Olympic competition for the Canadian athlete, who learned to ski at Mount Washington Alpine Resort when she was a child. However, she tore the ACL ligament in her left knee and faced major reconstructive surgery instead of a medal podium.

Nine months later, recovery has been a rollercoaster for Forsyth, who has been a member of Team Canada's

Alpine Ski Team for 12 years. "It's been an up and down process," Forsyth said during a telephone interview from her home near Calgary. "I had to go in for another scope four weeks ago ... but I'm back on snow now. "I hope to be ready for the first World Cup in Canada (at Lake Louise the first weekend in December)."

Forsyth's positive attitude has carried her through her recovery so far. She says her knee injury will change the way she skis – for now. "With the kind of injury I have, it's an 18-month recovery process. It's only been about eight and a half months now. I have another 10 months before it's completely healed."

She has had to switch her training to quality, not quantity, so she doesn't strain her knee. "When I no longer have pain ... it will be all right to ski fast and ski hard."

Forsyth has been skiing since she was two years old and her family would go up to Mount Washington. She has an older brother and sister who also skied – her brother, Ryan, is a former member of the Men's Canadian National Team.

Continued on page 10.



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Goodbye and farewell to Tim Freeman... We love you man!
Cheers, the ROCKFISH Staff

The View From Here Rick Gibson

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This past year I have seen people from all over the world look at properties on the mountain. They have come from many obscure countries and far away lands. AND they are purchasing!

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December 4 marks the launch of our newest web site, www.milehigh.ca. This site features many exciting categories including a web cam that offers time lapse slide shows and weather conditions on Mount Washington. It also includes current news stories, accommodations, real estate information, helpful links and more resort related info.



For luxury accommodations like nothing else on Mount Washington this is where you want to stay. Check out Bear's Nose in the New Year to view this spectacular suite.
www.bearsnose.ca

New Trailhead Open

BC Parks and the VIMSS received \$52,000 to develop a trailhead into Strathcona Park near Raven Lodge. The new trailhead into Strathcona Park and Paradise Meadows features wheelchair accessible crushed gravel trails and boardwalks, providing unfettered access and better parking.



www.rickgibson.ca

THE INSIDE SCOOP

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Strong Season Pass Pre-Sales and an abundance of early 'White Gold' bodes well for Mount Washington.

Photo courtesy Mount Washington



Photo courtesy Mount Washington

Summer Weddings and Mountain Biking continue to grow in popularity.

Winter Forcast Looks Awesome!

If Season's Pass sales are any indication, Mount Washington Alpine Resort is in for a great winter!

"Season's pass sales for early birds exceeded targets," said Karen Bonell, Resort Director of Marketing. "That's always a good sign." It's also a sign of faith for the Resort, which last year honoured all season's passes from the previous year, when the Resort was only open for a handful of days.

Resort staff began working on the 2006-07 winter season the minute Mount Washington closed last April. One hundred and forty parking spots were added to the Sunrise Quad parking lots, and the ticket booth was moved to the edge of the parking lot for quicker access to the slopes for those who don't need to rent equipment. "That was something that was really needed," Bonell said.

A lot of on-hill grooming and additional glading was done, especially on the front and back sides of the Boomerang. "Brush

cutting crews were out there all summer that's what we call 'summer grooming' to prepare for winter," Bonell explained, "so we don't need so much snow on the trails to get people out on them."

An array of new features has also been added to the advanced level Terrain Park for snowboarders. The Resort has added the Brick Rail Jam to its winter repertoire, with the first rail competition taking place Jan. 27.

The Alpine Lodge got a bit of a facelift too, with a new coat of paint and new carpeting. "We spent about \$600,000 just on maintenance," she said. The Resort had a lot of maintenance to catch up on after putting it aside last year. Altitudes was renovated and Mountain Tek was expanded into a full retail store. "Mountain Tek is probably the biggest change we've had," said Don Sharpe, Resort Director, Business Services. "You can now walk in and walk out. You can follow through, you can sit down and try on gear. "There's a much more comfortable feel."

Summer was all about bikes, bevies, weather and weddings at Mount Washington Alpine Resort.

"It was a good summer," said Karen Bonell, Director of Marketing at Mount Washington. "Obviously, the weather was stellar. We had many days where the view was spectacular."

Mountain biking grew by 25% over last year; the strong trend in this summer activ-

ity was evident when the Resort hosted a Canada Cup mountain bike race. They also hosted a B.C. Cup event, which they've done for a couple of years, and this year added a slope-style event, the Bearclaw Invitational. "We had 2,000 people come out to view that," Bonell said.

The Resort conducted a lot more lessons this year; consequently they had more mountain bikes to rent out – about 35 in all – "and there were days we had rented them all," Bonell said. "Which is a lot when you consider each bike cost us \$3,000."

Continued on page 10

Raven Lodge's new outside patio space for summer visitors.



Photo: Susie Cairn



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An Inherent Need For Speed...



Courtenay snowboarder Megan Chamberlin will represent B.C. at the 2007

Canada Winter Games in Whitehorse this winter.

The B.C. halfpipe team has recruited 16 year old Megan Chamberlin. She will participate in dry land and snow training camps at Whistler, Big White and Mammoth, California between now and February.

The Canada Winter Games are held once every four years. This year, snowboarding is a demonstration sport; the half-pipe and parallel grand slalom are test events this year. Chamberlin has been snowboarding since she was 11, when an inherent need for speed became fully apparent to her family.

She entered her first competition in 2004 at age 13, placing third in the Sprite Series Slope-style at Whistler. In 2005, consistent top-three finishes in provincial competitions were enough to qualify her for the Canadian national finals. However, a broken wrist put the brakes on the rest of her season.

Chamberlin returned with a vengeance in 2006, placing third in the Honda Pro-Am and first in her age group at the provincial finals in slope-style. Although she did



Photos courtesy Claye Chamberlain

n't win the halfpipe competition, her performance was impressive enough to earn an invitation to try out for the B.C. snowboard team.

The prospect of boarding some of the best terrain in North America appeals to Chamberlin. "I'm really excited to go to Mammoth Mountain to train, and of course, I love shredding the park in Whistler," she says.

Chamberlin received a travel grant in 2006 from the Vancouver Island Mountain Sport Society. Since 2004, VIMSS has helped local athletes compete and train at home and off-Island.

Photo: Susie Quinn



Emcon's Unsung Heroes start their shift on the Strathcona Parkway at 10 pm, working to 4 am so that eager skiers and boarders can arrive at Mount Washington safely.

Unsung Heroes of the Strathcona Parkway

A heavy snowfall descending on Mount Washington sends skiers and snowboarders scurrying to start their snowplow turns. For Emcon Services, a heavy snowfall sends their employees running to their snowplows.

Winter crews start working on the road in October, before the first flakes of snow even hit asphalt. "We usually have our first full-time night staff go on at Thanksgiving," says Emcon Operations Manager Greg Ehman.

Emcon is four years into a 10-year contract with the Ministry of Transportation and Highways that ends in 2013, and so far they're doing a great job, says Ministry Spokeswoman Susan Williams. "We're really pleased with their performance so far," she said. "Their role is to keep the road bare and black from top to bottom."

Emcon accomplishes that with a rotating crew, most of which has experience on the mountain. Emcon employs three snowblowers (including one that can blow snow up to 150 metres away), graders and a large assortment of truck-mounted plows.

By the time ski season opens, Emcon has a three-person crew on the hill 24 hours a day. Their responsibility for the road begins at the Inland Island Highway at the Dove Creek interchange and ends at the Mount Washington Alpine Resort parking lots and continues into the residential areas.

"Our real goal is to get it looking really good when the Mount Washington buses go up," Ehman said. Throughout the day crews keep the snow off the road, but at night they move it around and keep it organized. They have to keep on top of it because you never know when the snow will come.

They maintain the road as if there is going to be a prolonged heavy snowfall. Anything less and it's too late. To do that, they use a ton of sand every winter and a "fair amount" of brine to keep the ice down.

Last year's snowfall mostly came in a four-week period – in January. "It was a phenomenal amount of snow to deal with," Ehman said.

Where does the snow go? Nowhere but up, Ehman explained. "For the most part, a lot of it's blown up on the side of the hill. When the banks get too steep, we can't get it over the side."

When that happens, crews will wait until the graveyard shift and they will grade the snow back onto the road so the snowblowers have a chance to blow it up the banks again.

Blowing the snow away is impossible during a heavy snowfall, he said, because it comes down too fast. They try not to truck it away, though, because Emcon doesn't have much capacity to store the plowed snow.

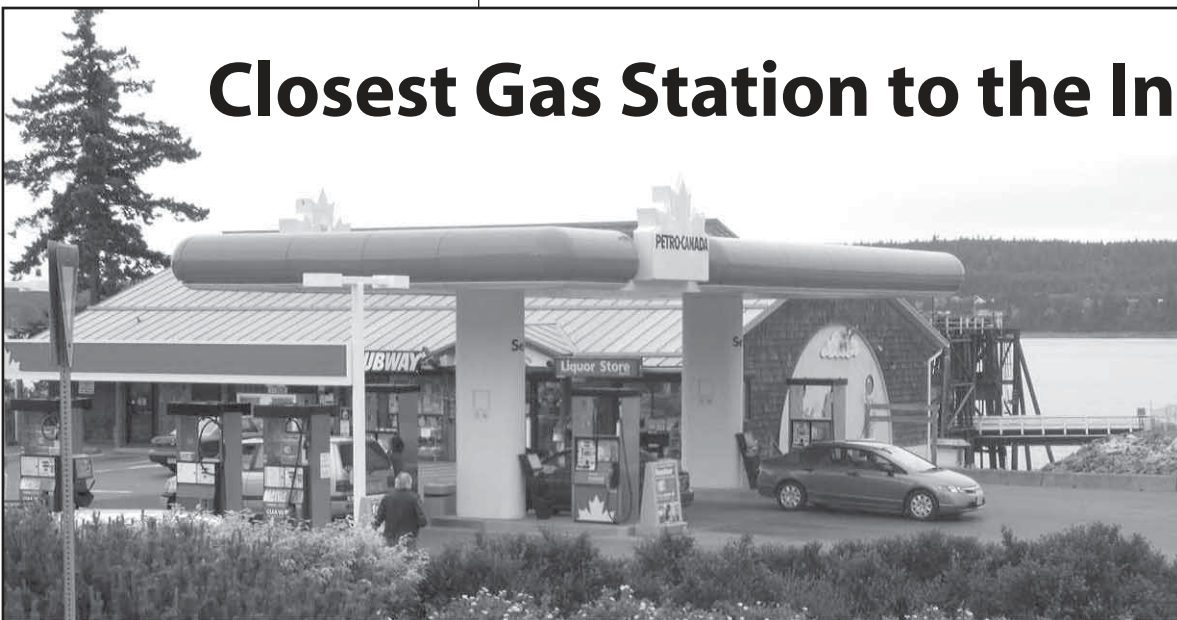
Other obstacles for crews are the cars that don't bother to wear chains, and slip and slide off the road. Crews aren't equipped to pull these cars out of the ditch, but they do what they can to contact the towing company for assistance. A car blocking the road means plowing grinds to a halt.

Graveyard shift (from 10 pm to 4 am) is also the time crews replenish the stockpile of sand from the Transportation Ministry's sandpit on the logging road at the bottom of the hill.

How much does it cost to keep Strathcona Parkway bare and black? It depends on the year, says Ehman. "Last year was expensive – two years ago was really cheap," he said.

"I think that hill gets more road equipment in the winter than any other highway in the Province," he said.

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In Profile:

The Radomi Family

Kai and Zayle Radomi peer over the side of the couch, an identical pair of blue eyes and tousled blond heads perked up at the sight of a stranger in the room, their red and yellow shirts the only distinguishing mark between them.

Bananas in Pajamas are forgotten on the DVD player as the two-year-old twin boys spy a potential playmate. "Hi," they say, before tumbling head first over the arm of the couch and onto the floor.

"They're a bit rascally," says Sophie Gadd, the boys' mother, as she puts on the kettle for a pot of tea. It's hard not to stare at the boys as they play; they are so adorable.

All thoughts of using the furniture as a jungle gym are forgotten as the boys' father, Tony Radomi, offers a plate of cookies.

"Mmm, ganberries," says Zayle, gnawing on a homemade cookie with white chocolate chunks and cranberries.

Gadd and her husband, Tony Radomi, are caretakers at Building 85 in the Alpine Village, keeping their eye on the 24 units in the building. They look after snow removal, the garbage room and

vacuuming for the owners who own the suites in the building.

Radomi is a lift mechanic at Mount Washington Alpine Resort and takes photos for the Marketing Department, and Gadd teaches four days a week at the Ski and Snowboard School. She also cooks twice a week at Toscano's, a restaurant in Comox.

Gadd and Radomi have been living at Mount Washington Alpine Village for the past three years, but Radomi has been working at Mount Washington off and on for the past eight years.

Toni came to Canada in 1996 while backpacking, and hooked up with a couple of ski instructors he knew. He returned to Victoria, Australia to work for the winter at Mt. Buffalo, a ski resort north of Melbourne.

Continued on page 9

Sophie Gadd, twin sons Zale, left, and Kai and husband Tony Radomi are cosy in their unit at Building 85, which they take care of for owners Norm and Gloria Magee.

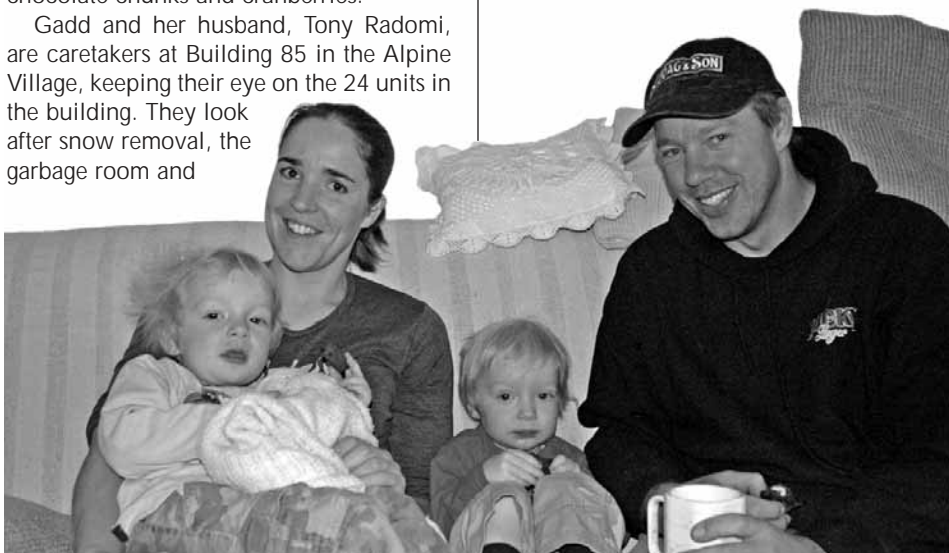


Photo: Susie Cairns

Ladies and gentlemen, Jay Oddleifson has left the building.

And he's also left Mount Washington Alpine Resort for the balmy climes of Oyster River, where he plans to enjoy the best glass of single-malt whisky Vancouver Island can supply.

Oddleifson was Mount Washington's Chief Financial Officer and Resort Development Director for 10 years. Oddleifson and a Scottish partner, Andrew Currie, are operating Shelter Point Distillery, located on the former University of B.C. Experimental Farm, 20 kilometres north of Courtenay.

Currie and Oddleifson will grow their own barley on the 700-hectare farm (now owned by farmer Patrick Evans) for their brew, which will ferment in American oak casks for many years.

Mount Washington still presents a dramatic backdrop to Jay's new venture with Shelter Point Distillery partner, Andrew Currie.

Does it seem odd that Oddleifson would go from ski runs to scotch whisky (which technically can't be called scotch because it will be produced outside of Scotland)? It shouldn't. He met Currie through his role with Comox Valley Economic Development. Oddleifson also spent time as manager of a South African estate winery, according to an article in the Globe and Mail.

Shelter Point's whisky production will be less than 50,000 litres – about 65,000 typical bottles. It's a small run compared to Scottish distilleries, which can produce up to one million litres per year. A special international blend of the whisky will be ready just in time for the 2010 Winter Olympics in Vancouver.

More staff changes...

The finance department isn't the only one to enjoy a shuffle at Mount Washington. As Resort staff anticipates the opening of the winter season, the marketing department also has a new look.

continued on page 10



Photo: Neil Hevers

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'Spirit Sasquatch' proposed as 2010 Olympic Mascot

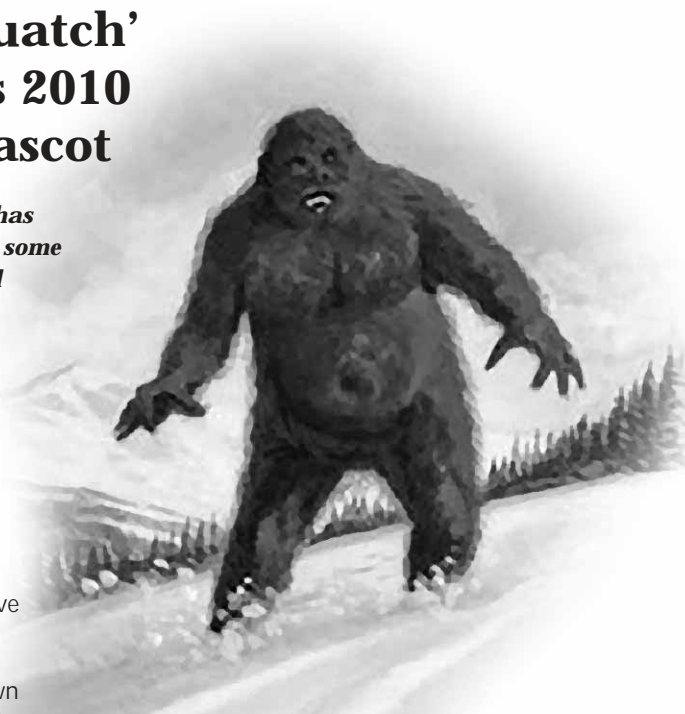
His hairy countenance has graced blurry photos in some of the world's most read newspapers. And now there are those who think he should be Vancouver's official Olympic mascot for 2010.

Sasquatch has captured the public's imagination for generations. The bulk of the world's sightings have come from the Pacific Northwest, and Sasquatch is rumoured to own his own vacation territory at Mount Washington and the surrounding Strathcona Park.

With the development of Mount Washington Alpine Resort's Nordic Training Centre in time for the 2010 Winter Olympics, we feel Sasquatch would be an ideal fit with the Olympics.

Sasquatch clearly has the public's support: at the International Sand Castle Competition at Vancouver's PNE last summer Damon Langlois' 10-tonne sculpture of Sasquatch won the people's choice award (shown right). He's enigmatic, fit (he has to be – he travels hundreds of kilometres a week in search of food) and quiet. He likes sunsets, moonlit dinners and long walks in the alpine.

If his tall, dark and handsomeness isn't convincing enough, perhaps the Olympic Committee would go for the white-furred Spirit Sasquatch (at least we think he's white-furred; we haven't actually seen him).



The Marmot staff feel the International Media would eat up sightings like this during the 2010 Olympic Nordic Events.



Photo: Susie Quinn

Final touches were made to Sushi-Mon before the heavy snows fell.

Sushi Anyone?

Wes Erikson has signed a three-year lease with Mount Washington Alpine Resort to continue operating Sushi-Mon in the former Nordic building, located near the Hawk Chairlift.

Erikson stepped in last February when the owners of Pizza Mogul pulled out just before the Resort opened for the season. In one month, Erikson had revamped the interior to provide sushi and opened for the remainder of the season.

This is not the first time Erikson has operated a Sushi Restaurant. He was a part owner in Yamato Japanese Restaurant in downtown Courtenay, but sold his half a couple of years ago. He currently operates another Sushi-Mon restaurant in Qualicum Beach.

Sushi-Mon at Mount Washington will open this season with a liquor license and some improvements to its outside deck, as well as a bit of a facelift inside. However, the eatery's signature noodle bowls will be back, Erikson said.

Sushi-Mon's four-plus employees will also supply sushi to both the Alpine Lodge and Raven Lodge – between 150 and 300 rolls daily. The restaurant will be open from 11 a.m. to 4 p.m. and maybe after hours.

Radomi Profile

continued from page 5

Radomi never saw snow until he was 18 years old. "I grew up in the desert, on the edge of the Outback," he says. "I grew up in a vineyard – we would sell our grapes to the wineries."

When he was 18, a bunch of buddies from trade school all went to Mt. Hawthorne during a holiday, where Radomi learned how to ski. He went back the next year to learn how to snowboard. He was hooked.

Gadd grew up a few hours away from Mt. Buffalo, which is where Radomi met her in 1997. She was busy finishing her apprenticeship as a chef. They saved up to spend a year working at Mount Washington in 1998-99, the big snow year.

Gadd and Radomi returned to Mt. Buffalo 18 months later and worked for a season while waiting for their citizenship applications to go through. They moved to Canada permanently four years ago.

They love the fact that people on Vancouver Island are much like those at home – laid back, friendly – and that they don't have to travel for too many hours between snowboarding and surfing, like they would in Australia.

"Where else can you teach snowboarding all day and get paid for it?" Gadd says. They're both looking forward to introducing Kai and Zayle to skiing this year. The boys, despite being just two, are excited, too. "They keep saying, 'skiing in the afternoon, skiing in the afternoon,'" Gadd says.

The Radomi family has been back to Australia twice since the boys were born, but now they are too old to qualify for free seats and it will cost too much to fly home.

"It will be at least 10 years before we go back now," Radomi said. Until then, they will enjoy life at Mount Washington. And invite the grandparents to visit them over here.

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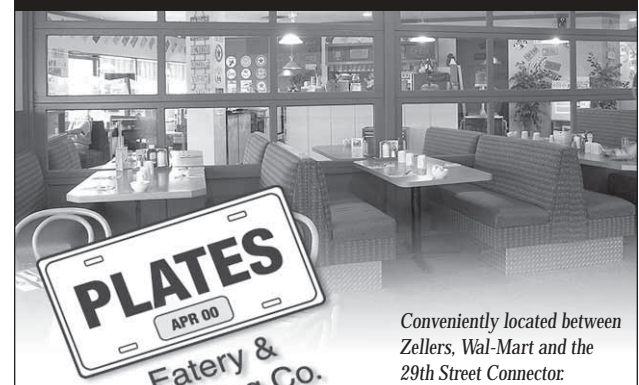
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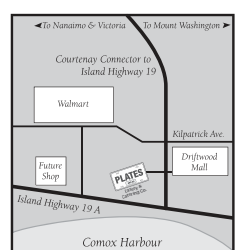
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Allison Forsyth

continued from page 1

"It was great," Forsyth says of those early days. "I love coming from Mount Washington. It was a small hill and very family-orientated. "From a very young age, my parents felt comfortable letting me go off and ski with my friends. the Village had such a nice atmosphere," she said.

Forsyth raced and trained at Mount Washington until she was 15, when Whistler became her home base. She liked the fact she could get in a lot of runs in one day at Mount Washington. "The runs were just long enough to get in a downhill skiing run, then you could go back for more. I'm really proud to come from there."

Forsyth will spend the next four years concentrating on the upcoming Winter Olympics, the 2010 Vancouver-Whistler Games. She received a boost in October when she was named one of 19 high-performance Canadian athletes from B.C. who will receive funding from RONA's Growing With Our Athletes program to help them concentrate on their sporting careers.

The athletes will each receive a guaranteed minimum of \$40,000 in financial support from RONA to help offset living, training and competition expenses. "It's a good

sponsorship for me," said Forsyth. "It pays me a fixed amount of money per year every year until the next Olympics. It's not a ton of money, but with that and other sponsorships I have I'm OK to just focus on my skiing and I don't have to have another job."

While Forsyth will likely not do any alpine training at Mount Washington in the lead-up to the 2010 Olympics, she is excited nonetheless about the Resort's plans to create a Nordic Training Centre to attract international teams prior to the Games.

"I would definitely endorse something like that," she said. "(The Resort) has some of the best Nordic tracks in North America."

She doesn't think access to the Resort will be a hindrance to luring national cross-country ski teams to the new centre. "It's only separated by a body of water," she said. "And with Air Canada flights and now WestJet, travel isn't going to be (a problem). "It should really help out to have a lot of teams there," she said. "I think it's a great idea."

It has recently been announce that Allison is taking a year off but will be back to train for 2010. All of the skiers of Mount Washington wish you well Allison!

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Summer Wrap Up

continued from page 3

Food and beverage service was a great success over the summer, too. "Our revenues for it were quite a bit higher than in previous years," Bonell said. "We feel the quality was better this year." This was Food and Beverage Manager Tim Defert's first summer season, she added.

Raven Lodge opened up its front patio this past summer, which was licensed. Brunch at Raven Lodge was a hit, as was the catering for weddings and conferences. Speaking of weddings, Raven Lodge hosted a wedding almost every weekend and it's booked into next year already.

All the Resort's festivals – from beer and wine to chocolate – were sold out or close to being sold out and more than 25,000 visitors rode the chairlift. "In the summertime we have probably 100,000 visitors," Bonell said, but they only track people who ride the chairlift.

Are all these successes signs that Mount Washington is ready to become an all-season resort? Not quite, Bonell said during a quiet autumn season. "I don't think we're year-round yet. We have a good overall summer operation, which has room to grow, and so does winter," she said. "We're definitely heading in the right direction."

More Staff changes

continued from page 5

Karen Bonell remains as Director of Marketing, and Brent Curtain is still Public Relations Director. But Max Oudendag has come into his own as Special Events Coordinator. He joined the department in November 2005; originally from the Comox Valley, he came to Mount Washington by way of Victoria. Oudendag replaces Jonathan Bonk, who took a job on the operations side of the Resort, looking after lifts.

Bonell has also hired Darcy Friesen as Marketing Assistant. Lisa Schofield takes over as the Resort's new webmaster.

On the Snow School side, Sophie Gadd, a ski and snowboard instructor, will leave her part-time job as chef with Toscano's restaurant in Comox so she can spend more time instructing and with her young family. In a perfect world, she would like to try her hand as a mountain bike guide in the summertime.

"The mountain's going through some pretty exciting changes right now," she says. "It's a very exciting time to be involved with the mountain. In the next five years there's going to be a lot of changes, a lot of improvements. The whole Olympic business does get crazy some days, but it's bringing some nice stuff to the mountain."

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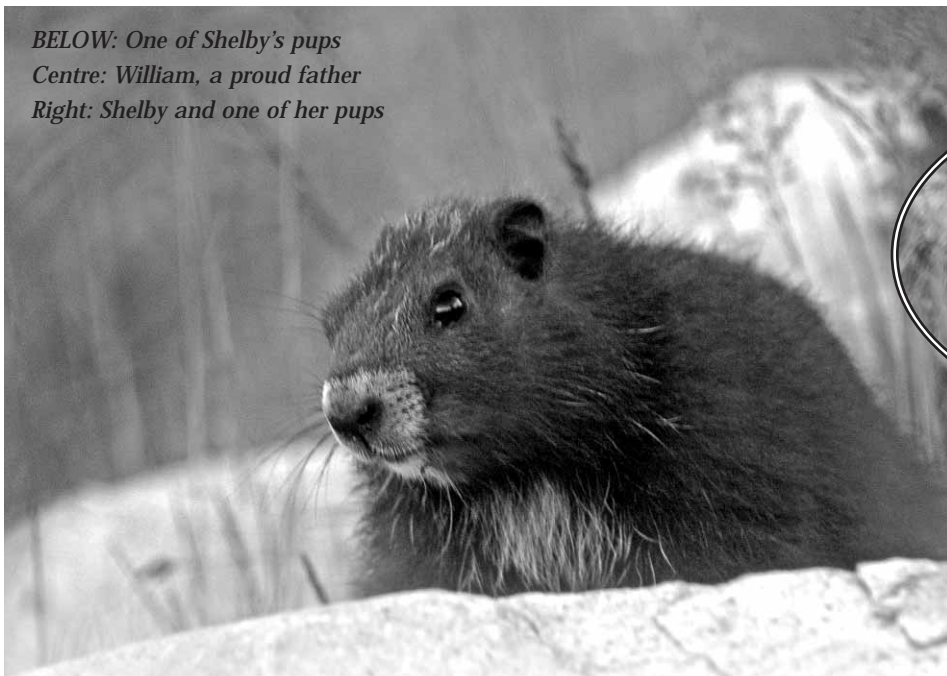
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BELOW: One of Shelby's pups
Centre: William, a proud father
Right: Shelby and one of her pups



Vancouver Island Marmots Shelby... The Gold Medalist!

ANDREW A. BRYANT,
Scientific Advisor
Marmot Recovery Foundation

As the ski-season begins on Mount Washington, I'd wager that I'm not alone in thinking about alpine competitions.

Giant slalom, Nordic, freestyle...take your pick. But I have to say, my candidate for gold medalist has already been awarded. Her name is *Shelby*. Having broken several records this past summer, right now she's tucked snug in her underground burrow near the Quad chair.

You see, *Shelby* is a Vancouver Island marmot, one of the rarest creatures in the world. She had pups this June, becoming the first female known to have sired four litters of pups in the wild. In fact, she first bred as a two-year-old, which is very rare, and bred in four of the past five summers, which is unheard of. Hence my nomination for gold.

Her record-breaking performance amounts to very good news for North America's rarest mammal. As their name suggests, the Vancouver Island marmot (scientists know this species as *Marmota vancouverensis*) lives only on Vancouver Island. The wild population of this critically endangered species is currently believed to contain about 65 individuals. That would be a very depressing statement, were it not for the fact that that number is about twice what it was only a few short years ago. As recently as 2001, this engaging and highly social ground squirrel tot-

tered on the brink of extinction, with a wild population of about 30 individuals.

The Marmot Recovery Foundation began a captive-breeding program literally at the eleventh hour, in 1997. This program has been highly successful to date as currently there are 143 marmots in captivity at the Toronto Zoo, the Calgary Zoo, Mountain View Conservation Society, and the breeding facility located here on land generously provided by Mount Washington Alpine Resort. This past year was especially successful, with a record number of 56 pups born in captivity! Perhaps more significantly, a total of 31 animals were released to the wild this past summer. Ultimately, marmots have been successfully returned to five mountains at which local extinction occurred during the late 1990s.



How are the released marmots doing? In general we've learned that marmots released in previous years are behaving just as wild-born marmots do, eating grasses and flowers, digging burrows and hibernating in appropriate places. In what is perhaps the most gratifying result of all, two captive-born marmots (named *Haida* and *Onslo*) that were released in 2004 also had a litter of pups this summer, becoming the first pair to complete the process of becoming truly wild marmots again and perpetuating the cycle of life.

The prognosis remains very hopeful. The Team plans to release upwards of 35-40 marmots next summer, hopefully including some to nearby Strathcona Provincial Park. It will take many more years of effort, of course, to achieve the recovery goal of a self-sustaining wild population of 400-600 marmots. Which is why

your ongoing support is so critical.

So as you watch this winter's other alpine events, I hope you will take a moment to think of *Shelby* and her relatives, who are engaged in the most important competition of all...avoiding the permanence of extinction.

To learn more about Vancouver Island marmots, please visit our website at www.marmots.org or visit the Marmot's Den, which is located on the ground floor of the main day lodge.

Photos: Andrew A. Bryant

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Perched on a Ridge

3 bedroom executive townhome with stunning spectacular views of Strathcona Park. The Master suite encompasses the entire top floor and the Living room is vaulted almost up the roof of the entire building. Common area includes, hot tub on it's own private deck and sauna. What more to say than "WOW!" **\$499,900**



Parkview Perfect!

4 bedroom townhome in Parkview Place. Located directly across from the loading area of the Green and Hawk Chairs. Providing easy access to Mount Washington's extensive alpine and nordic terrain. In summer, BC's oldest park, Strathcona, is only a few minutes walk away. Built with quality, Parkview offers a spacious plan with views out to the ski runs.

Suite 10 (1860 sq feet) **\$474,900**
Suite 11 (2288 sq feet) **\$525,000**



Resale!

The ONLY building site available at Beaufort Heights. You will find this lot on the lower side of the street, making building easier. ACT FAST on this one! **\$124,900**

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Lovingly maintained chalet on Fosters Place with 3 bedrooms in the main area with a separate 2 bedroom suite down below. ALSO there is an unfinished basement for further investigation. Each suite offers a rock faced fireplace and is totally furnished. As it sits the upper suite handles 12 people and the lower handles 7. Many other features like two decks and sauna and ample storage. Price includes web site (www.chalet19.com). Make An Offer! **\$639,900**



Paramount Views!

The epitome of a ski chalet in the woods! Perched on a ridge with paramount views, this log home is a must on your list! Special touches include cathedral ceilings, stained glass, wood fireplace with hand carved mantel, guest suite down with 2 bedrooms, pellet stove and separate entrance. Gourmet kitchen, sunset views. The word WOW says it ALL! **\$599,900**



Watch the Sunsets from your deck!

Cathedral ceilings and open planned chalet on Fosters Place. Easy access to slopes and drive to your front door. Great owner's suite down and bright living area up. Huge outdoor patio to watch the sunsets from. Efficient pellet stoves (one in main, second in suite). This is a great deal!

\$599,900



Built With Extras!

Built with extras and better quality finishing this 4 bedroom chalet sits on a knoll with views up the slopes and into Strathcona Park. Loads of windows allowing lots of natural light. Sun will rise in the kitchen & set off the living room & large outside deck. Hot tub, sauna, 4 bedrooms and 2 kitchens. **\$574,900**

West Coast Contemporary!

Seldom does a home of this quality hit the market. Four bedroom West Coast contemporary home with huge cathedral styled living area. Large deck to take in southwestern sky. Four spacious bedrooms, easy access to slopes in winter & Strathcona Park in summer. Plus there is approximately 1500 sq. f.t of unfinished basement to create more living space or owners suite. **\$699,900**



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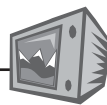
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Strathcona Park with the ski lifts a minute walk from the front door. The large outdoor covered deck faces South West and the morning sun comes through the East facing kitchen and dining room windows. If you are seeking something very special, this one is for you!



\$625,000



Mount Washington's Finest!

Located at the end of Fosters Place, this truly ski in and ski out chalet is situated to take in the morning and afternoon sun yet less than 100 feet away from the slopes. In the main area, take advantage of the Beaufort Mountain view and the vistas of Strathcona Park from the outdoor patio. Downstairs, check out the patio as well!

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Luxurious Chalet!

Luxurious chalet located on Fosters Place, a snowballs throw from ski runs, has 3 levels of living area and can be divided into 2 units: a 2 bedroom suite, and a 3 bedroom suite. 3 fireplaces, 2 saunas, 2 hottubs, 5 bathrooms and 2 laundry areas! The top floor is reserved as a Masters Suite with 16 foot ceilings glass block ensuite and games room. Much attention to detail with oversized windows and a wonderful use of a variety of local woods are just a few of the numerous features. **\$899,900**



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35



PHASE II

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36	54 Ft.	4730 Sq. Ft.
37	54 Ft.	5585 Sq. Ft.
38	49 Ft.	5460 Sq. Ft.
39	49 Ft.	5720 Sq. Ft.
40	54 Ft.	6565 Sq. Ft.
41	44 Ft.	5355 Sq. Ft.
42	53 Ft.	5225 Sq. Ft.
43	53 Ft.	5255 Sq. Ft.
44	46 Ft.	5355 Sq. Ft.
45	46 Ft.	5050 Sq. Ft.
46	49 Ft.	4950 Sq. Ft.
47	35 Ft.	4625 Sq. Ft.
48	49 Ft.	4590 Sq. Ft.
49	49 Ft.	4560 Sq. Ft.
50	49 Ft.	4535 Sq. Ft.
51	49 Ft.	4075 Sq. Ft.
52	49 Ft.	4495 Sq. Ft.
53	49 Ft.	4840 Sq. Ft.
54	56 Ft.	5590 Sq. Ft.
55	57 Ft.	5990 Sq. Ft.
56	49 Ft.	5745 Sq. Ft.
57	57 Ft.	6280 Sq. Ft.
58	57 Ft.	6100 Sq. Ft.
59	39 Ft.	5400 Sq. Ft.
60	49 Ft.	5035 Sq. Ft.
61	49 Ft.	4710 Sq. Ft.
62	43 Ft.	4700 Sq. Ft.
63	49 Ft.	4735 Sq. Ft.
64	49 Ft.	4900 Sq. Ft.
65	49 Ft.	5140 Sq. Ft.
66	49 Ft.	5340 Sq. Ft.
67	54 Ft.	4455 Sq. Ft.
68	51 Ft.	4545 Sq. Ft.

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ACCOMMODATIONS & EVENTS GUIDE



Photo courtesy Mount Washington Resort

2006/07 SPECIAL EVENTS

Dec 16 Annual Rock the Food Bank Benefit Join us for this annual "Rock-stravaganza" supporting area food banks, just in time for Christmas. Admission is by donation of non-perishable food or toys.

Dec 23 Carols By Candlelight An evening of song and good cheer! Follow the candlelit trail from the Alpine Lodge to the Ozone, and join the North Island Choral Society as they Carol around an open fire.

Dec 24 Christmas Eve Service A multi-denominational service.

Dec 25 Santa On The Slopes Dress like jolly ol' Saint Nick and ski or snowboard for free!

Dec 26 Coca Cola Torchlight Parade and Fireworks Come on out with the whole family to take in this FREE light show spectacular!! It starts with a breathtaking torchlight parade, followed by an incredible fireworks show!

Dec 31 New Year's Eve Parties 5 options to help you bring in the New Year! From elegant to rockin - we have something for everyone - including kids!

Jan 8-12 Kokanee Winter Festival Celebrate Kokanee Winter Festival with Half-Price Midweek Full Day Lift Tickets and Nordic Trail Passes.

Jan 20 Rossignol Free Alpine Race Tips Come out and get valuable race tips from the Mount Washington Pros... for Free!

Jan 20 The Yeti Adventure Snowshoe Race If this Nordic Snowshoe Race doesn't take your breath away, the scenery will! For more info stomp over to www.theyeti.ca.

Jan 21 SKI for MS Fundraiser All day skiathon to raise funds for MS research.

Jan 26 Aussie Day From the Land Down Under? FREE Alpine lift passes and Nordic trail passes for all Aussies. Apres Festivities in Fat Teddy's.

Jan 27 The Brick Rail Jam Skiers and Boarders... come on out and show off your jibbing skills on a series of rails and boxes, and win great prizes while you're at it!

Jan 28 Kokanee Hospitality Cup Appreciation day for Hospitality Industry.

Feb 3 Castaway Party Dress up as your favorite character from "Gilligan's Island" or "Lost". Prizes to be won! Live entertainment courtesy of "Bi-polar Bride Syndrome"!

Feb 3 Freestyle Club Mini Mogul Challenge The Mount Washington

Freestyle Club hosts the Mini Mogul Challenge. This one's for the kids! Come out and test out your knees on a Freestyle Mogul course.

Feb 4 19th Annual Herb Bradley Coca-Cola Classic This fundraiser for Vancouver Island Disabled Skiing Society is open to all and attracts both skiers and boarders.

Feb 18 Valhalla Pure Tele-Cross Part of the Valhalla Pure Free Heel Festival. Telemarkers race 4 at a time, negotiating a tight course of rollers, berms and sharp corners, in pursuit of Tele-Glory!

March 10-14 2007 Comox Valley IPC World Cup Mount Washington hosts The International Paralympic Committee World Cup Finals. International Paralympic athletes compete in two disciplines over the course of the week: cross-country and biathlon.

March 10 Helly Hansen Showtime! Competition open to all ages. Riders and skiers aged 14+ go big off a HUGE kicker, and kids under 14 show their stuff off a smaller HUGE kicker. Helmets and Waivers Mandatory!

March 17 Spirit of the West - LIVE! Recording artists "Spirit of the West" are back to help us celebrate Happy St. Patrick's weekend.

Continued on Page 7

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Fat Teddy's Grill	334-5716
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Fireweed's Restaurant	334-5706
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Police NON-EMERGENCY	338-1321
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Paralympic Nordic Event set for Mount Washington



Mount Washington Alpine Resort is ready to host its first-ever International Paralympic Committee World Cup event in March, 2007.

Thanks to grant money raised by the Vancouver Island Mountain Sport Society, a stadium area has been developed for the start/finish area where a Nordic Training Centre will soon be built – in front of Raven Lodge.

The Trails were brought up to international standards, and were certified before the ski season began. These projects represent the first phase in the Training Centre

Construction crews have created a stadium area across from Raven Lodge and groomed the biathlon tracks in anticipation of the IPC World Cup event at Mount Washington Alpine Resort in March 2007

project, said Mount Washington Alpine Resort Director, Business Services Don Sharpe.

The next phase will be to install lighting to the stadium area (which won't be necessary for the World Cup events, as they will all be completed by 3 p.m. each day). "There's a lot of new stuff going on,"

Photo: Susie Quinn

Sharpe said. A backdrop for the Biathlon Shooting Range was built, and part of the luge track beside Raven Lodge was leveled off.

"The next phase is to find money for a Mountain Centre and an education centre for Strathcona Park," he said. Sharpe said he is amazed by the number of volunteers that have rallied behind the Resort to host this IPC event.

A World Cup committee, led by Mike McLaughlin, was struck to organize transportation, accommodation and other infrastructure. The committee is expecting 23 teams and close to 160 athletes with their accompanying coaches and entourages for the five-day event.

The Comox Valley Spirit of B.C. Committee will delay its annual Spirit Week events so they will run concurrently with the World Cup race, McLaughlin said. "There's an energy that surrounds the event," Sharpe said. "There's people doing things, there's lot of activities, different meetings. "I think we're ready."

In the meantime, the Resort's reputation as an elite training centre for Nordic skiers is becoming known overseas.

In September, three members of the Swedish International Olympic Committee toured the Resort and surrounding area to scope out team training locations for the years leading up to the 2010 Winter Olympics.

"They felt that our site and the combination of site technical factors more than met their needs, and that the additional Island attractions, proximity to Whistler were big bonuses," project manager Len Apedaile said in a news release.

Should the Swedish team decide to train at the Resort, it would mean up to 60 athletes from their national cross-country and biathlon teams would travel here. Sweden's IOC is also considering bringing its alpine team here, as well.

"With our conditions being so similar to the Olympic Nordic sites in Whistler and Callaghan, plus the fact that we are so close to those centres, the Comox Valley is

a highly desirable location for teams," Apedaile said.

"We will see international teams training for 2010 in the Comox Valley over the next four years, in both summer and the winter. It's an incredible opportunity for the Valley economically as well as from the media interest this will garner," he added.



Photo: Susie Quinn

It's a G'Day for the Outback Pro Patrollers

Brad Frechette helps build a shack for the Pro Ski Patrol. The shack, on sled runners, will be towed into the Mackay Lake area at the bottom of the Boomerang for the winter. It will provide a spot for Pro Patrollers to warm up during the day, and also give shelter to anyone who may be injured and awaiting a lift out of the area.

Brad Frechette works on a temporary ski patrol shelter that will be sledged into the Outback at Mackay Lake for the winter.

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The Mount Washington
Marmot

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BC Alpine Ski Association

Mount Washington Ski Club Champions Learning and Racing

Allison Forsyth is a world champion alpine skier, Olympic athlete and member of Team Canada's alpine ski team for 12 years. But for all the worldly experience Forsyth has, she began her skiing career with the Mount Washington Ski Club. And you can too!

The Mount Washington Ski Club operates under the umbrella of B.C. Alpine and Alpine Canada. The Club has for 25 years offered several streams of both learning and racing, for athletes ages six to 17 in three programs: Alcan Nancy Greene Ski League, the Juvenile Racing Program, Junior Racing Program and Free Ride.

The Club maintains a clubhouse at the base of the Eagle Quad chairlift, and ski club families pay an annual fee for the privilege of using the cabin throughout the season.

The adventure begins with the Alcan Nancy Greene Ski League, which encourages participation, interaction and the development of technical ski-

ing skills in a motivating atmosphere without the pressures of intense competition. Coaches follow the Alpine Canada "Snow Stars" program, which teaches children how to ski in seven steps.

Coaches in this league include John Trimmer in the Comox Valley and Patricia Adam in Nanaimo 250-758-5935.

The Nancy Greene program is further divided into three programs: a one-day program for ages six to eight and nine to 12, every Sunday from Jan. 7 to April 1, 2007; Junior K Stars for the same age categories, Saturdays and Sundays from Jan. 6 to April 1, 2007; and K-Stars "E2", for ages nine to 11, which takes place Saturdays and Sundays from Dec. 28 to April 15, 2007. Some of these programs also include Christmas or spring camps.

The Juvenile and Junior racing programs are for skiers that want more training and the challenge of racing. The Juvenile programs start in September each year with dryland training, and continue through until spring with summer

opportunities, as well. Snow training takes place on weekends and during holidays, with extra training available on certain weekdays.

The K-1 program is for skiers aged 11 and 12 years; they participate in three zone qualifying races as well as a provincial final. The K-2 program for 13- and 14-year-olds sees them ski in three qualifying races, a provincial final and possibly a Western Canadian or Canadian National championship.

Competition ramps up in the Junior programs – J-1 for athletes aged 15 and 16 and J-2 for athletes aged 17 and older. Racers compete at many events, from Coast National to Nor-Am, or North American races depending on racers' abilities. Athletes at this level can also become F.I.S. carded, concentrating on racing, or National carded, concentrating on skill progression.

The club has also created a program for athletes 11-17 years that are not interested in pursuing the competitive stream of racing. The All-Mountain Skills program is for those that want to increase their knowledge and skills and challenge themselves to take skiing to new heights.

The club holds dryland training sessions and camps, and for the K1 through F.I.S. racing levels, conducts regular physical testing to enable coaches to help track athletes. These tests are B.C. Alpine and Alpine Canada sanctioned.

Off the ski hill, club members participate in fundraising activities and other fun events such as an annual golf tournament.

For more information on any of these programs, please call Program Director John Trimmer at 250-897-6058 or go online to www.mountwashington.bcalpine.com.

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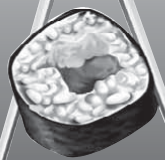
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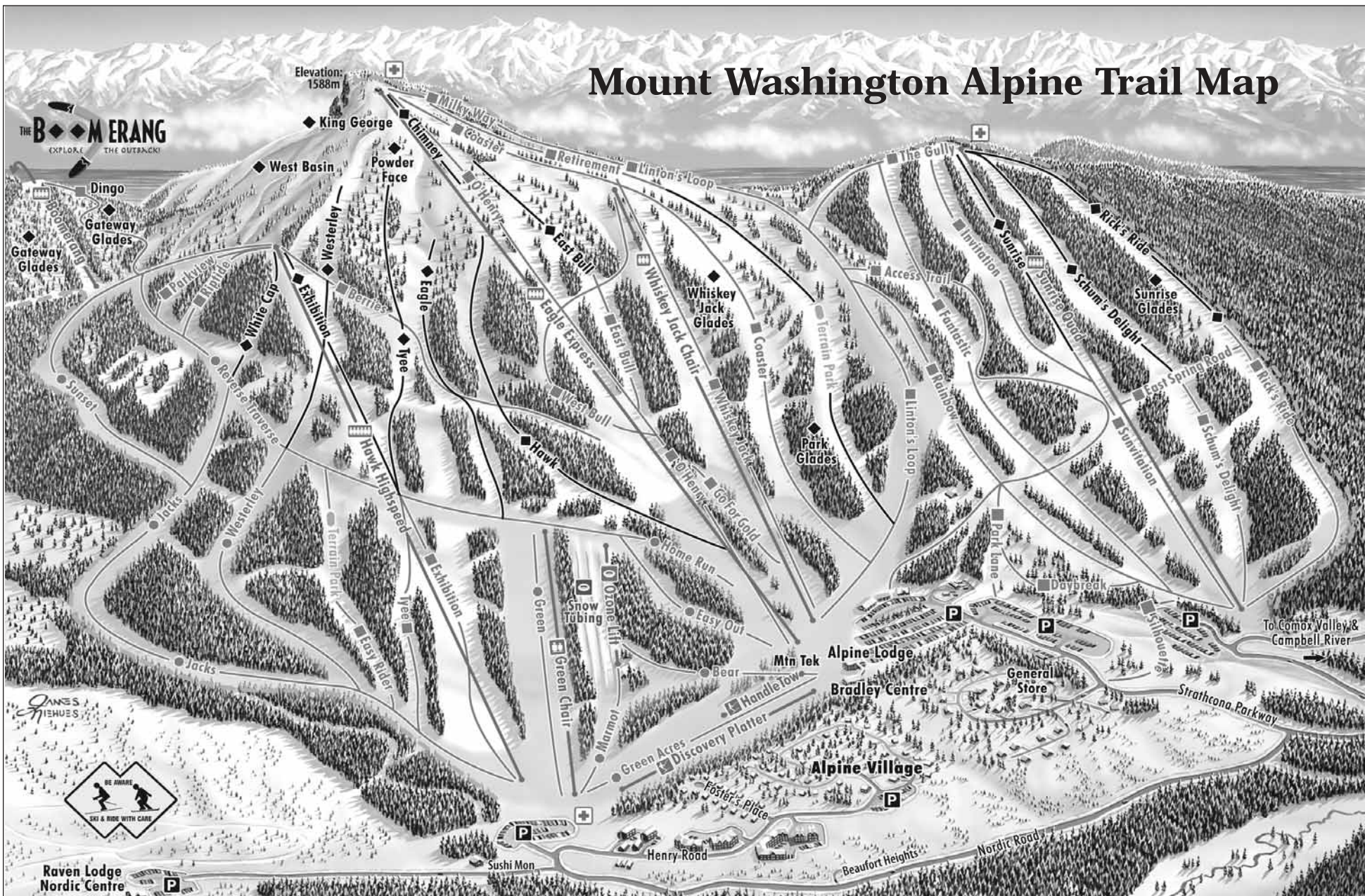
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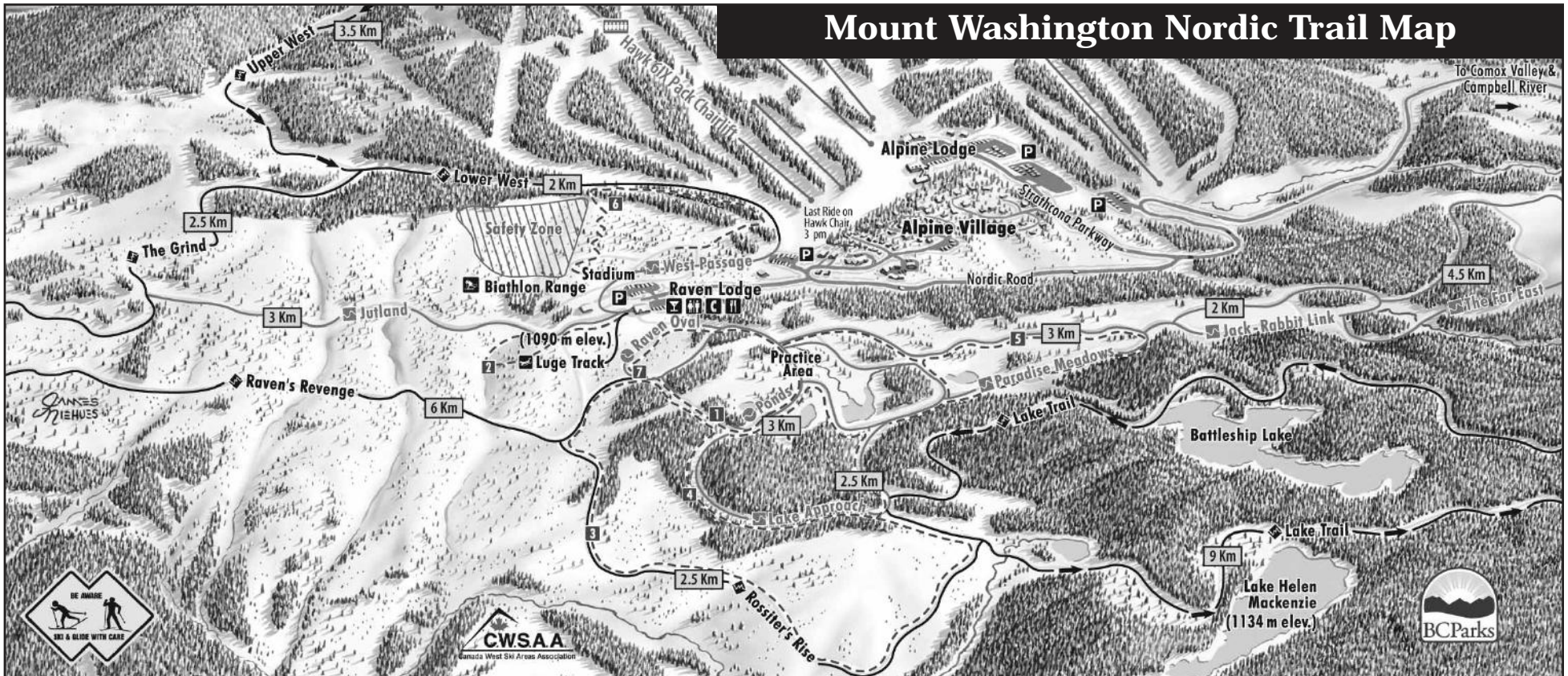
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Mount Washington Nordic Trail Map

Events Schedule *continued from Page 1*

Mar 17 Freestyle Club Dual Mogul Challenge

Any skiers welcome to come out and rock the Moguls course, and compete head to head!

Mar 19-23 CH Spring SnoJam Three great Spring SnoJam events to spice up your family's Spring Break, starting with the Barq's Snowtube Fest!

Mar 22-24 Kidz Holiday Camp

Great fun for Kidz ages 6 - 12. Focus will be on skill development and fun snow activities.

Mar 24 OBS After Dark Invitational It's gonna be a party! Awesome beats, Okanagan Springs Beer Garden, BBQ, and outrageous entertainment get you amped to catch Whistler and the Island's Best Freestylers performing an array of death defying airs.

March 31 Vancouver Island Loppet Race

A popular Cross Country ski race event.

Mar 31- April 1 Dairyland Slopestyle Competition

Boarders on Saturday and skiers on Sunday compete on a number of different jumps, hits and features down the Slopestyle course, showing off style, technique and flow.

April 8 Bernard Callebaut Scavenger Hunt

Every kid deserves chocolate on Easter Sunday! But at Mount Washington, they have to earn it, by completing a scavenger hunt filled with fun tasks, games and obstacles!

April 14 Save-on-Foods Dummy Downhill

Build a Dummy Skier or Boarder, send it over a big jump. Prizes for best dummies, wipeouts...

April 28 The Royal Lepage Comox Valley Snow To Surf Adventure Relay Event

Come on up and see one of the most incredible team races on the planet!

For Up-To-Date Info on all of Mount Washington's Events:

www.themarmot.ca

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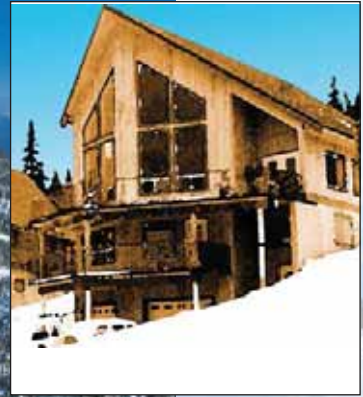
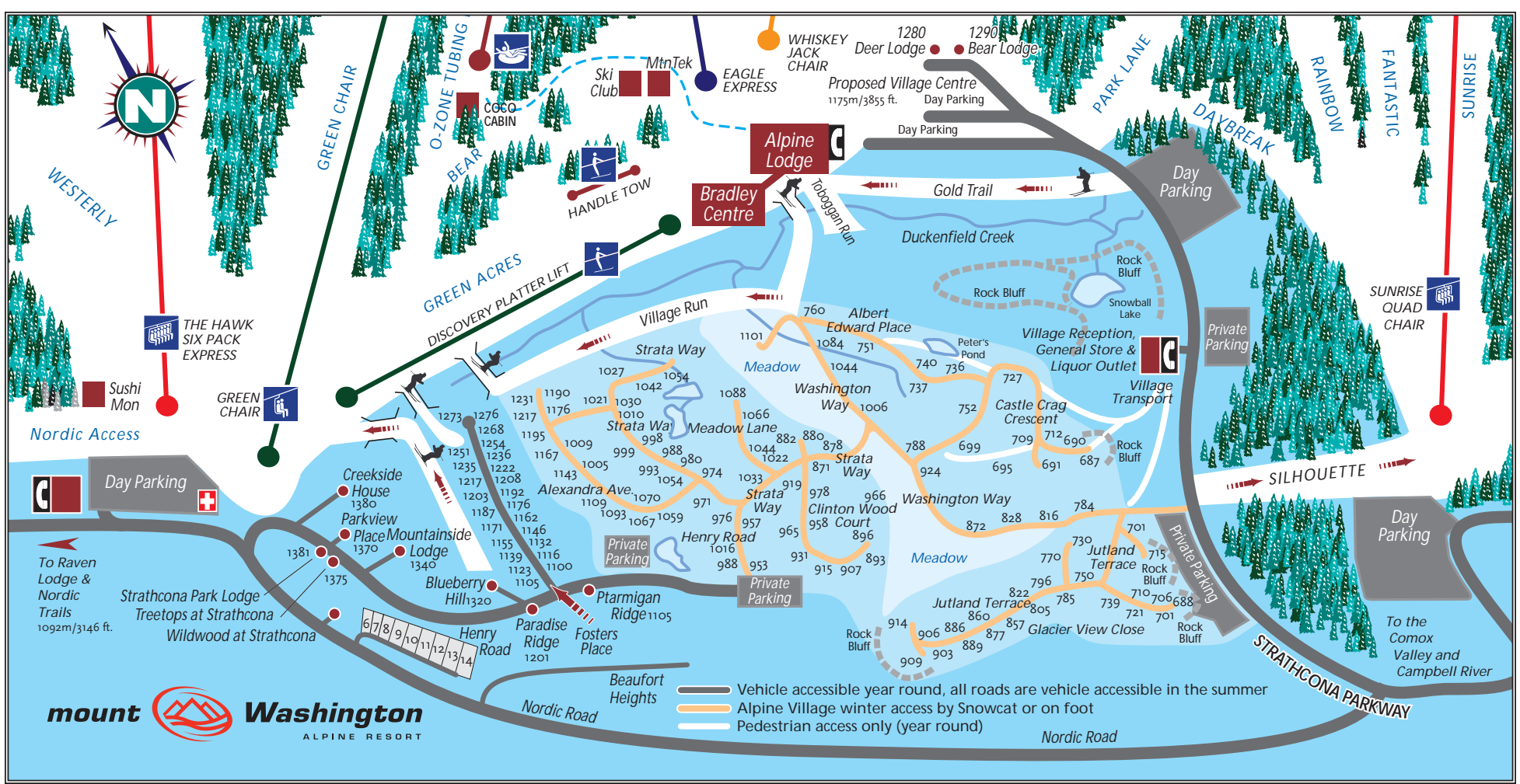
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