



Vancouver Island Mountain Sports Society

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WINTER 2010

SPRING 2011

December ~ June

Volume 21, #1

milehigh.ca

# The Marmot



MILE HIGH NEWS ON MOUNT WASHINGTON



## I ♥ La Nina!

Photo courtesy Mount Washington Alpine Resort

### La Nina translates to “White Gold” for Mount Washington!

Climatologists are predicting a La Nina year on the West Coast, and for Mount Washington that could mean a big snow year.

The last time La Nina truly showed her face, in 1998-99, the Resort had a record snow year: 18.5 metres, one of the deepest snow packs in the world. “Half the chalets were covered in the Village and everybody was digging out,” said Brent

Curtain, Resort Director of Public Relations and Promotions.

Even this past October, when the Resort saw 20-30 centimetres of snow in a weekend, the signs were there. “Things are a little cooler, a little wetter than normal, and it seems to be holding true,” Curtain said at the time.

La Nina usually means colder water in the Pacific, and a colder, wetter, or snowier winter. That’s as opposed to an El

Nino year, which is typically milder, softer and with less snow, said David Phillips, Senior Climatologist with Environment Canada.

The typical pattern for La Nina began showing up in June, Phillips said. Winds begin blowing from the north, and the temperature in the Pacific Ocean drops slightly. La Nina affects droughts and flooding in other parts of the world, and winter in Canada.

Phillips predicts December, January and February will be colder than normal for Vancouver Island, and wetter than normal. That could translate into a lot of snow in higher elevations, he said.

*continued on page 24*





IN PROFILE

# VIMSS

VANCOUVER ISLAND  
MOUNTAIN  
SPORTS SOCIETY

When the Mountain Sport Centre opens at Mount Washington Alpine Resort later this winter, it will be the culmination of years of intense planning, fundraising and building. But it won't be the only accomplishment for the Vancouver Island Mountain Sports Society (VIMSS).

VIMSS was formed in July 2003, following the announcement that Vancouver and Whistler would host the 2010 Winter Olympic Games. Local leaders in sport wondered how it would be possible to get an athlete from Vancouver Island to the podium at the Olympics.

VIMSS was the first step. It comprises representatives from a multitude of winter and summer mountain sports, Mount Washington Alpine Resort, Pacificsport Vancouver Island and members of the community.

The Society's primary mandate is to provide annual grants to competitive Island athletes who compete in mountain sports on Vancouver Island, to help offset the costs associated with regional and national competitions as well as advanced training.

**"The original reason VIMSS was founded was to help kids from the islands get to competitions on the Lower Mainland," said Joanna Fox, a director with VIMSS.**



**Carle Brenneman**  
VIMSS Support Recipient



**Simon Garsten**  
VIMSS Support Recipient

plus six national Paralympic Committee teams and 67 Paralympic athletes immediately prior to the Games.

The second phase of the infrastructure project is about to be completed this winter: the Mountain Sports Centre, which will offer hostel-like accommodation, a modern gym, sport science lab and central hub for mountain sports athletes.

"Thanks to all of our partners, Vancouver Island emerging athletes are going to benefit from the services that this facility will provide," VIMSS Chairman Rick Morson said.

"It's pretty easy math to realize how much more it costs for them versus the kids who don't have to factor in ferries and overnight accommodation."

The first travel grants were awarded in 2005-06 to 15 athletes. Since then, an additional 60 grants have been awarded. Athletes are eligible for grants in the spring and fall.

In addition to funding athletes, VIMSS took on a significant infrastructure project based at Mount Washington. This included upgrades to the Nordic trail network and Biathlon Range and an improved lighting system that enabled the Resort to host two International Paralympic Committee (IPC) World Cup events leading up to the 2010 Winter Olympics. It also allowed the Resort to host nearly 300 Olympic athletes and coaches

"After an unprecedented international season of success in all of the sports that we work with, we know that supporting these young athletes as they develop will further strengthen the culture of sport that we are experiencing in Canada post-2010 Winter Games."

**"Vancouver Island athletes didn't reach the podium at the 2010 Winter Olympics, but their presence at the Games did not go unnoticed", Fox said.**

Black Creek's **Andrea Lee** was a fore-runner for the Nordic ski events, checking out the track before competition began. She is currently training with the National Development Centre Team based in Thunder Bay, Ont. (NDC is an umbrella program of the national ski

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team, aiming to develop athletes and put them on the national team.)

"If you look closely, in the background of a pre-2010 Games TV commercial featuring Olympians Maelle Ricker and Dominique Maltais was Carle Brenneman of Courtenay," Fox said. "Carle, who has represented Canada twice at the Junior World Snowboard Championships, raced against Ricker in the final of the 2010 National Championships and has been named to the National Development Team."

Duncan's **Braydon Luscombe** was front and centre at the 2010 Paralympic Winter Games, carrying the IPC flag in the opening ceremonies. He was also a forerunner for the slalom events at Whistler. A BC team member, Luscombe has been making steady progression in Para Alpine skiing and has set his sights on Sochi, Russia for 2014.

The Mountain Sports Society isn't just for winter athletes; summer athletes are also supported in their endeavours. Courtenay's **Simon Garstin** is one such athlete; he is an up-and-comer on the World Cup Downhill mountain bike circuit.

Garstin recently signed with Lama Cycles and can be found, when at home, training on trails that he builds in his backyard.

**"With many VIMSS funded athletes representing Canada at international events in the mountain sports of alpine, Nordic and freestyle skiing, snowboarding, biathlon, adaptive sports and mountain biking, stay tuned for the progress of Vancouver Island athletes as they continue to take on the world," Fox said.**

# VIMMS

A contingent of dedicated people who are passionate about snow sports and promoting young athletes are the volunteers who drive the Vancouver Island Mountain Sports Society.

## Putting Faces to a Name

But who exactly are these people who so freely give of their time in order to see Island athletes excel in year-round alpine sports? VIMSS is well represented with 15 Board members. In this issue of The Marmot we are profiling nine of them. In the spirit of winter, we asked these directors what their background in snow sports is and why they support the Mountain Sports Society.



*Don Sharpe*  
Vice Chair

**Don Sharpe** is Director of Business Operations at Mount Washington Alpine Resort. He co-founded VIMSS with four others in the fall of 2003 as a result of Vancouver and Whistler being awarded the Winter Olympics in 2010.

Sharpe has three teenage children who are avid skiers and snowboarders, and who have literally grown up on the mountain. "I believe it will turn out to be the biggest influence in their lives for many years to come," he said.

Sharpe loves the idea that someday, an athlete from Vancouver Island will be at

an Olympic Games as a result of something the Society did to help them.

"Nobody is doing what we currently offer," he said. "Although not huge sums of money, it does assist our Island youth."

**Jim Van Tine** is a Director and Secretary for VIMSS, and has served in that position since 2004. He has skied for more than 25 years, and usually spends 65-100 days on snow each season.

"I am involved with VIMSS because I believe in its goals—to support mountain athletes with travel grants and to create and improve training facilities on the mountain," he said.

"Young athletes learn many important life skills participating in any sport. Some may achieve an elite level, but anyone who participates and has fun is a winner. VIMSS helps to promote these goals."

**Gord Campbell** is an Administrator with Tribune Bay Outdoor Education Centre on Hornby Island and has been a Director with VIMSS for two years. He loves cross-country skiing on the groomed trails at Mount Washington Alpine Resort, skis in the backcountry and telemarks on the alpine runs when there is fresh powder.

"Emerging athletes need a champion



*Gord Campbell*  
Director

organization to support them—help with extra costs of training, specialized equipment or travel—as well as helping build a facility that keeps a group or team together on the mountain, with the right core facilities," he said. "When there is a focus on emerging athletes with our organization and a focal point for athletes and groups in a building in such a fantastic location, lots of good things can happen."



*Jay Dahlgren*  
Director

**Jay Dahlgren** has been on the Board of Directors since 2006. A sports enthusiast, she skis (nordic and alpine) and takes wilderness canoe, kayak and bike trips.

Dahlgren is also an Olympian, having competed in the 1968 Summer Games in Mexico City, in women's javelin. She has also represented Canada in the Commonwealth and Pan-American games and numerous international/ world games.

Her interest with VIMSS has been developing the athletes committee and fundraising for athletes' travel grants.

*continued on page 14*

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## Great Weather = An Eventful Summer



**Mountain biking, weddings, events, even snow, drove another strong summer season for Mount Washington Alpine Resort.**

The Bike Park has always had strong support, and this year was no different, Resort Director of Public Relations and Promotions Brent Curtain said.

Digging it out after a near-record snowfall was interesting, he added. Some of the trails resembled long hockey rinks because they had to be shored up with boards until the snow melted.

**For the first time in the Resort's history, they were able to offer skiing in June, on the first day of the summer season.**

"It was the opening of our summer, but we opened it to winter skiing," Curtain said. Two runs were open and they had 1,000 people each day over the weekend of June 19-20. "There are not too many times we get to do that."

The biggest event for mountain bikers this year was also the newest: the See Jane Jump Women's Mountain Bike Festival. The Festival was the brainchild of Darcy Turenne, who grew up on the mountain biking trails at Mount Washington.

She wanted to bring the best in the sport to the Resort to teach women various skills, and she succeeded. The program sold out, and every coach had full numbers of women riders in their workshops, Curtain said. *continued on page 24*



## Tourism Mount Washington

**Media, Social Media and the man known as The Snow Leopard**

**Tourism Mount Washington continues to reach its goals of becoming a recognized and respected destination marketing organization promoting Mount Washington as an all-season Alpine Resort.**

The Association elected a new Board in November, and Nicholson said she's excited to be working with them.

"We have a new strong Board to move ahead. I'd like to thank the outgoing board under the strong, clear direction of Rick Gibson for their input and guidance over the last year."

Tourism Mount Washington has launched a new social media campaign, which was to kick into gear at the start of the ski season. An improved online booking system was also expected for the new year, she said.

Naomi Cooper has been hired as a Marketing and Membership Assistant to

run the check-in desk at the General Store for the winter season. She will also be responsible for the Association's social media and membership communications. Another success for the Association in 2010 was the implementation of the hotel room tax, which is going back into marketing and promotion of the Resort. "It has been very well received and has generated additional income," Nicholson said.

Nicholson spent a successful week at the London Ski Show in the fall, securing a stronger relationship with the Snow Leopard of the Ghana Ski Team (see sidebar) and stimulating interest in the Resort from the likes of Canadian Affairs, which will feature Mount Washington in 2012 as a ski destination. As well, Frontier Ski from the UK, which specializes in holidays for independent travelers, continues to promote the Resort.



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## The Snow Leopard returns to Mount Washington Alpine Resort this winter.

Kwame Nkrumah-Acheampong, known around the world as the Snow Leopard, is the only Winter Olympic athlete to represent the African country of Ghana. Last year he trained on Mount Washington before competing in the men's downhill skiing event at the 2010 Winter Olympics in Whistler, B.C.

This year, Tourism Mount Washington (TMW) and Mount Washington Alpine Resort will be bringing the Snow Leopard back. And he's coming with a contingent of up-and-coming Ghanaian winter athletes.

"Mount Washington is his preferred training ground for his ongoing Ghana Ski Team," TMW Co-ordinator Sarah Nicholson said.

In November, Kwame launched the Ghana Winter Sports Association and plans to open the first-ever dry ski slope built in Sub-Saharan West Africa.

In January, Kwame will bring a snowboarder and a Nordic skier with him to train at Mount Washington "and potentially two kids who have never seen snow before," Nicholson said.

Nicholson met Kwame at the London Ski Show last year, and worked to bring him to Mount Washington prior to the Winter Olympics. This past fall he opened a stand at the same show beside Mount Washington's.

Nicholson is positive the continuing relationship will benefit Mount Washington Alpine Resort and the Comox Valley.

"It will score ongoing media attention for Mount Washington and the Resort community," she said.



**Kwami aka  
The Snow Leopard**

Mount Washington Alpine Resort will open **100 new acres of terrain** on the front side of Little Washington Peak to celebrate the opening of the 2010-2011 winter season. The terrain will be for in-the-trees skiing and will bring the Resort's total acreage to 1,700 acres.

.....  
**Night skiing will be back this winter after a successful run last year**, Curtain said. Night skiing will start on Dec. 16.

The Resort changed the hours last year to ensure a smoother transition between day and night skiing, and they will keep the same hours this year.

The Whiskey Jack Trail and Stomping Grounds Terrain Park as well as the Coaster will be available. The Whiskey Jack Face will also be open depending on lighting conditions.

.....  
**There will be a few changes to the calendar of events this year**, Curtain said. "We're looking at mixing it up a little bit," but he assures the old favourites

will still be there.

**New this year is the Klondike Skiercross and Bordercross event**, Saturday, Feb. 19, building on the excitement those events garnered at last year's Winter Olympics in Whistler and Cypress Mountain.

Mount Washington hosted ski cross events a number of years ago in the Terrain Park, and now there has been resurgence in the Event's popularity.

The calendar of events is jam-packed for the winter. Just a few events planned for the winter include an O'Neill Rail Jam (Jan. 22), Aussie Day (Jan. 26), Yeti Snowshoe Adventure Race and Kokanee Old School GS Race (Jan. 29), live music at Fat Teddy's Bar and Grill throughout the season, the Herb Bradley Coca-Cola Classic (Feb. 13), Women's Week (Feb. 13 - March 4), and a Kokanee Day for Dudes (April 8).

### A few new faces...

A few new faces are gracing Mount Washington Alpine Resort this year - and a few veterans are taking on new and different responsibilities.

**George Trousdell** has worked at the Resort for 30 years now, starting as a lift operator and working his way up to Director of Maintenance. Now, he has a new title: Director of Maintenance and Operations.

Trousdell takes over the operations part of the Resort following the departure of **Erik Meertens**, who is now working with Emcon Highway Services.

In addition to the duties he already had, lift maintenance, electrical, plant maintenance and utilities, he's now also responsible for lift operations, ski patrol, grooming, snow removal, staff transportation and risk management.

*Continued on page 24*

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## Ski Club Teaches Life Skills

Physical education and a healthy lifestyle fosters self-confidence through recreational and competitive sport activities

To many, Mount Washington Ski Club is the epitome of alpine ski racing. In the past 29 years the Club has built a reputation for training that extends beyond the borders of British Columbia.

But what if you don't want to race? The Club is still a great place to learn the sport

without the competition, says Head Coach John Trimmer. "It's an opportunity to learn in a fun team environment that accepts and challenges (skiers)," he said.

The Club starts its young skiers with the Nancy Greene Ski League, for five- to 10-year-olds. The philosophy of the

Nancy Greene program is to encourage participation, interaction and the development of technical skills in an exciting and motivating atmosphere without the pressures of intense competition.

"Progression through a quality program like the Nancy Greene Ski League gives

Photo courtesy Mount Washington Ski Club

them the skills to reach new heights," he said.

Mount Washington Ski Club has a competitive and a non-competitive stream, Trimmer said. "Children as young as four can join our Club and start learning the proper techniques and physical literacy that will allow them to become great all-mountain skiers in all terrain and snow conditions."

When kids turn 11 years old, the Ski Club's program splits to a competitive racing stream (Kinder 1 and 2 and Junior) and non-competitive stream called All Mountain Skiers (AMS).

The All Mountain Skiers program helps kids set clear goals for skill development with ski instruction from certified coaches. The program runs Sundays for 14 weeks from January until April, and included a two-day ski camp and coaching on a two-day field trip to Mt. Cain.

In addition, families with children in the All Mountain Skiers program are allowed to use the Club's cabin, which includes a full kitchen, and participate in club socials.

There are other reasons to enroll your children in the Mount Washington Ski Club, says Trimmer, not the least of which is promoting a healthy lifestyle.

"Children who are physically educated feel confident," he said. "They are encouraged to build confidence and skills through competitive and recreational sport activity. They will enjoy overall health benefits by developing greater physical literacy, which encourages them to be more physically active throughout their lives."

*Continued on page 8*

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Photo courtesy Mount Washington Alpine Resort

## We call them Snowflakes, some call them 'Stellar Dendrites'

Snow is a vital component to a ski hill like Mount Washington Alpine Resort. We all know what happens when there's a lot of it: Groomers are worked to the bone and skiers slide around with perma-grins.

Avalanche bulletins like the one from the Vancouver Island Avalanche Centre ([www.islandavalanchebulletin.com](http://www.islandavalanchebulletin.com)) talk about snowpack and rain crust and fresh snow - snowflakes in large volumes.

This winter in particular, the Resort will be preparing for snow in large volumes, as weather prognosticators are predicting an La Nina year - which in turn means a lot of snow for Mount Washington.

**But what about the single snowflake - the one that starts it all? Do you know where it comes from?**

The first time anyone realized that snow was made up of individual crystals was in 1665, when Robert Hooke looked at snow under a microscope.

Since then, many scientists have studied snowflakes. In 1885, Wilson A. Bentley (1865-1931) discovered that no two snowflakes are exactly the same. He took the first pictures of a snowflake.

Snowflakes and snow crystals are made of ice, but they are not frozen raindrops. Snow crystals or flakes form when water vapour condenses directly into ice. This happens in the clouds. Patterns in the crystals become evident as the crystals grow.

Many facts, from the ones above to those detailing the physics and characteristics of snow crystals, can be found on a website created by Kenneth Libbrecht, a physicist who studies snowflakes. You

## La Nina's Gift or Curse? Depends if you are sliding on it or plowing it.

can read all about snow crystals and snowflakes at [www.snowcrystals.com](http://www.snowcrystals.com). If you're really fascinated, he has a book section.

Libbrecht explains in his comprehensive website about the international classification system for snowflakes that categorizes the seven principal snow crystal types with many sub-types.

The most basic snow crystal geometry is a hexagonal prism. The more fancy ones are called "stellar dendrites" because their branches are tree-like, or "dendritic". Ice crystals form in columns in colder temperatures.

...

Did you know...that matching snow crystals were discovered in Wisconsin in 1988. They were hollow hexagonal prisms.

...

### Do you know...why snow is white?

Each individual snow crystal is clear. However, put a pile of them together and light reflects off all the many surfaces. Colours are reflected away or scattered equally, making the pile look white.



Photo: Neil Havers



## Encompassing people, places and happenings at Mount Washington.

The Mount Washington Group is investigating the feasibility of offering **Fee Simple Title** (or Freehold Interest) to current leaseholders and future owners of property at Mount Washington Alpine Resort.

Currently, every property "owner" at Mount Washington actually holds a long-term sub-lease, which is set to expire in 2078. Many lending institutions, according to Mount Washington Group information, are increasingly unwilling to finance leasehold interest in land because they are regarded as depreciating assets.

The Resort has been looking into the legalities and opportunities in changing over from leasehold to freehold.

Once arrangements are in place, the Mount Washington Group will make an offering to leaseholders on a schedule, and not all at once.

Future real estate offerings by Mount Washington Ski Resort will be based on Freehold Ownership.

"I think it's going to be good for the mountain," Resort majority owner George Stuart said. "It's a good stepping stone for the future."

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**mount Washington**  
ALPINE RESORT

## Ski Club

Continued from Page 6

Increased activity, he added, reverses the current trends in childhood and adult obesity and cardiovascular disease.

Children enrolled in ski club programs learn ski safety, co-operation, independence, listening skills, goal setting, self-confidence, group learning and task-focused activities. "And it's fun," he said. Racers in the Mount Washington Ski Club had the opportunity to train abroad in

October, when Head Coach John Trimmer took a handful of them to Austria.

Trimmer has taken club members to a ski academy atop a glacier in Austria in the past, and this year was the same, with an added bonus, a side trip to a World Cup event in Sölden, Austria.

Trimmer took eight skiers to Austria for some early-season training, because there is no snow at that time in Canadian mountains. "It's an opportunity for a few

more days on snow."

Trimmer has never been able to line up the trip with a World Cup event in the past, so this trip was especially exciting. "So many of the top athletes come from that area," he said.

While World Cup alpine events at Lake Louise in Alberta may draw 3,000 spectators, a similar event in Austria draws much more and creates a different kind of excitement.

"The day we were there, there were

14,000 people," Trimmer said. "It would be kind of like going to the Olympic hockey game here. It's quite amazing."

For more information on the Mount Washington Ski Club visit their website: <http://mtwashington.bcalpineclub.ca> and browse the links for various programs.

For information on the All Mountain Skiers program, please e-mail co-ordinator Jane Pegg at [janepegg1@gmail.com](mailto:janepegg1@gmail.com) for more information.

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- West Passage - 1km
- Lake Approach - 2.5 km
- Jack Rabbit Link - 2km
- Jutland - 3km
- Paradise Meadows - 3km
- The Far East - 4.5km
- Legacy View - 1.6km
- ◆ Lower West - 2km
- ◆ Sprint Loop - 2km
- ◆ Grind - 2.5km
- ◆ Upper West - 3.5 km
- ◆ World Cup - 5km
- ◆ Raven's Revenge - 6km
- ◆ Lake Trail - 9km

## LEGEND

- Easiest
- More Difficult
- Most Difficult
- Trail Direction
- Ski Area Boundary
- Biathlon Range
- Parking
- First Aid Station
- Permanently Closed Area

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## NEW TOPO MAP

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Photos courtesy Mount Washington Alpine Resort

## Olympic Legacy Continues To Deliver Gold to Mount Washington and the Comox Valley

When the International Olympic Committee first announced in 2003 that Vancouver and Whistler would host the 2010 Winter Olympics, sports and community leaders in the Comox Valley formed a plan.

Now, seven years after the announcement and nearly a year after the completion of a wildly successful Winter

Olympics in BC, that plan is paying off beyond anyone's expectations.

Two reports detail the economic spin-offs from the Olympics, says Lara Greasley from Invest Comox Valley: an Economic Impact of Comox Valley Olympic-related Activities done by Vannstruth, and Pivotal Moments to the Comox Valley's Explosive Olympic

Legacy, done by MarketPULSE Strategic Direction Inc. Both are available on Invest Comox Valley's website.

The Olympics created nearly \$3 million in spending for pre-Games training and infrastructure and facilities development, and helped create several years' worth of jobs. International

teams and their entourages spent \$570,000 on accommodation, food and beverage services, transportation, entertainment, retail spending and more, according to the economic impact report.

More than 100 media outlets from around the world carried stories or broadcast reports from the Comox Valley before the Games, 89 per cent of which mentioned the Comox Valley and 51 per cent including at least one photo, giving the Valley exposure that would have cost more than \$480,000.

Intangible legacies created by hosting international teams prior to the Olympics include a community sense of pride, respect and higher ideals, as well as the forging of deeper business partnerships, the MarketPULSE Report concluded.

Word-of-mouth by athletes, team officials and international media is expected to further expand the region's global exposure, and has the potential to help create substantial gains in a number of areas, including an increase in international tourism, greater ease for Valley companies to engage in international trade with partners who now have a greater awareness of the region, and greater success in attracting international investment to the Comox Valley.

*continued on page 27*




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Continued on page 12

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- Start your day exploring Mount Washington's cross country trails
- Sample wine, beer or whiskey at one of many wineries, distilleries or breweries
- Indulge in a luxurious spa treatment for two at one of many Comox Valley spas

### Got Two Days?

#### Day One...

- Brush up on your skills with skiing or snowboarding lessons at Mount Washington
- Hunt for the perfect gift or memento in the downtown shopping districts of Courtenay, Comox and Cumberland
- Visit one of the many restaurants serving fresh seafood and find out why the Comox Valley is named Oyster Capital of Canada

#### Day Two...

- Visit one of the four museums and First Nations Interpretive Centres, or take one of the walking or driving Heritage Tours throughout the Comox Valley
- Shop at one of Canada's only year-round Farmers' Markets
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Cover from the 1998 Winter Issue

IN PROFILE

# George Stuart

From auto racing to downhill skiing you can't stop him!

George Stuart is majority owner and CEO of Mount Washington Alpine Resort, and has been so since 1987. He's enjoyed the Resort for more than 30 years—from the time that his construction company built the roads up at the Resort, through to purchasing the company and right up to last winter, when he skied or snowboarded nearly every week.

Stuart was born and raised in Princeton, B.C. and moved to Campbell River, where he still resides, in 1958.

In addition to owning multiple businesses as an entrepreneur in the North Island, he rides a Harley, owns a boat, hunts, fishes and keeps active by playing squash.

He's also known for his auto racing career, going back to the 1970s. Stuart began racing in the NASCAR circuit in 1973 at 32 years of age, and raced for nearly a decade all over the Pacific

Northwest. In 1977 he became the first Canadian ever to win a Winston West NASCAR event, in Victoria. He was inducted into the Victoria Autoracing Hall of Fame in 2002.

Stuart owns Upland Excavating Ltd. and Upland Ready-Mix Ltd., among others. He still builds logging roads, something he's been doing for more than 30 years on Canada's West Coast.

He spends more time behind his desk than he does operating the heavy equipment these days, but that hasn't seemed to slow him down. "I do a lot of developing," he said. "I've been in business for 42 years and I've still got my first two employees."

That's how Stuart first got involved with Mount Washington: he built the roads, poured the original concrete and was responsible for the sewer and water infrastructure.

He owns a condo up there, and gets up

skiing once or twice a week in the winter and stays once a month in the summer-time. He also finds time to vacation in Arizona at least once a year.

Stuart loves playing tourist on the mountain: "I like to go up on the chairlift and nobody knows who I am, so I ask (people) questions," he said. "I just love the people up there. I love the skiers and talking to people."

"We're very fortunate to have Mount Washington on Vancouver Island," he said. "It's a beautiful area."



# 20 Year Old Marmot Still Going Strong

We've come a long way from our beginnings in 1990, when publisher Rick Gibson would photocopy our issues and distribute them himself.

In the fall of 1993 we changed format to a glossy, four-page newsletter from photo copied handouts. In the first new issue was an article on leasehold ownership, coverage of mountain expansion and the paving of Henry Road.

The winter 1993/94 edition introduced "the \$89,900 condominium" and featured an article entitled "It all started 14 years ago".

In 1995 we switched from the glossy newsletter to a newspaper format, and increased the coverage of mountain events.

Continued on page 26

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## THE FACES OF VIMSS

Continued from Page 22

She has also been active in the board of directors' push to develop the Mountain Sport Centre, having created the initial concept drawings.

"It is important to have such a society on Vancouver Island and in B.C. because we are visionaries," she said. "This type of society is able to act upon such an idea as the Mountain Sports Centre. We are not held back nor restricted nor inhibited."

**Kelsa Donald**  
Director



**Kelsa Donald** has been a director for two years with VIMSS, helping fundraise for athletes. She participates in both summer and winter alpine sports: skiing, cross-country, snowboarding and mountain biking. "I am on the mountain every weekend of the season and have raised three mountain-loving children," she said.

Donald represents the snowboard discipline with VIMSS, and is also President of the Vancouver Island Riders Freestyle Snowboard Club.

"I think it is important to have such a society to support and enhance involvement of our youth in healthy lifestyles and help them to pursue their goals in sport," she said.

"I began skiing and mountain biking in my 30s and have never looked back. It is never too late to learn something new and develop new interests."

**Patricia Douglas**  
Director



**Pat Douglas** has been a director with VIMSS for two years and is the biathlon liaison. She works for St. John Ambulance as a branch office assistant. "I am known as the biathlon lady as I have been involved with the sport for over 12 years and volunteered at the Olympics and Paralympics co-ordinating the scores on the range," she said.

Douglas coached biathlon for cadets when her children became involved, and went to Cadet Nationals as a coach five times. She was asked to represent the Vancouver Island biathlon club on the VIMSS board as she is one of the few directors of the club who lives locally.

"I think it's important to provide assistance to emerging athletes, which was the reason the society was formed in the first place. Having had children involved in competitive sports, I know how expensive it can be."

**Allison Forsyth** has been a director with VIMSS for one year. A two-time Olympic ski racer, Forsyth grew up racing at Mount Washington. She retired in 2008 after competing on the World Cup circuit for 10 years and with the National Ski Team for 11 (she was a national champion eight times).

Forsyth now works with lululemon athletica in Vancouver as the athlete programs manager, but gets back to Mount Washington whenever she can.

"This society provides a level of support

**Alison Forsyth**  
Director



that is rarely seen," she said.

"I am passionate about competitive sport and providing the opportunity for local Island athletes to have the same advantages, privileges and opportunities as athletes from all areas.

**Joanna Fox**  
Director



**Joanna Fox** is the Communications Committee Chair with VIMSS, having joined the board four years ago. She is the sport marketing leader with ActNow BC and manages a team of 42 BC athletes—including 2010 Winter Olympic medalists—who are helping the organization to promote the importance of living a healthy lifestyle.

Fox has worked with Canadian teams at Olympic and Paralympic Games over her lengthy career.

Fox grew up in Ottawa and started alpine skiing through the YM/YWCA, where kids skied down to the Ottawa River and were pulled along to the T-bar by a skidoo towing a long rope with knots for the kids to hang onto. Nowadays, one can find her on the Nordic trails at Mount Washington or

telemarking "when the powder is primo". Fox is involved with VIMSS because of the athletes. "There are so many talented young athletes on Vancouver Island and neighbouring Gulf Islands, and if I can help them make it to the next level by supporting them through my involvement with VIMSS, then I've accomplished one of my goals," she said.

"In addition to keeping them healthy, I want to help them benefit from all that sport offers, including skills in leadership and teamwork, and an opportunity to meet kids who share their passion."

**John Trimmer**  
Director



**John Trimmer** is a full-time alpine ski coach with the Mount Washington Ski Club. He comes from an alpine skiing background, but enjoys many snow sports. He recently took a group of skiers to Austria for some training, and on the way back stopped in London and went snowboarding on an indoor slope.

Trimmer has been involved with VIMSS since its inception "but due to my travels have always maintained a minor role," he said. He stays involved because he wants kids involved in mountain sports to excel. "Sport is getting too expensive," he explained. "VIMSS funding helps athletes do what they love to do and gives them opportunities to further their development at training camps and races off the Island."

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**Dec 17 Night Skiing Begins**  
(conditions permitting) We put the turn in nocturnal! New hours starting at 3:30pm and ending at 10pm this season. That's two extra hours of riding time per night! Night skiing takes place Thursday, Friday, Saturday nights and nightly during March Break (March 7 - 11, 2011 inclusive)

**Dec 23 Carols by Candlelight**  
Grab your toques and scarves, warm your vocal chords, and join Tourism Mount



Chantal Richards

Washington and carollers for an evening of song and good cheer! There will be dogsled rides, hot chocolate, cookies, and Santa will

be around to hear your Christmas wishes!

**Dec 26 Coca Cola Torchlight Parade & Fireworks Display**  
FREE light show spectacular! It starts with a breathtaking torchlight parade featuring the Mount Washington Sno Pros, followed by an impressive slopeside fireworks show!

**Boxing Day Bash** Join the gang at Ted's after the Torchlight Parade. Featuring recording artist Chantal Richards the party starts right here after the fireworks display, and the band

hits the stage around 10:00 pm. Cover charge and coat / bag check in effect. No minors.

**Dec 31 New Years Eve Party**  
Fat Teddy's Pub. The Lance Lapointe Band hits the stage at 10:00 pm with our resident DJ opening the night and keeping the floor packed during intermissions. The band will mix some of their latest hits with unique versions of your favorite covers from artists such as Kid Rock, Sublime, The Police & U2.

*Continued on page 26*

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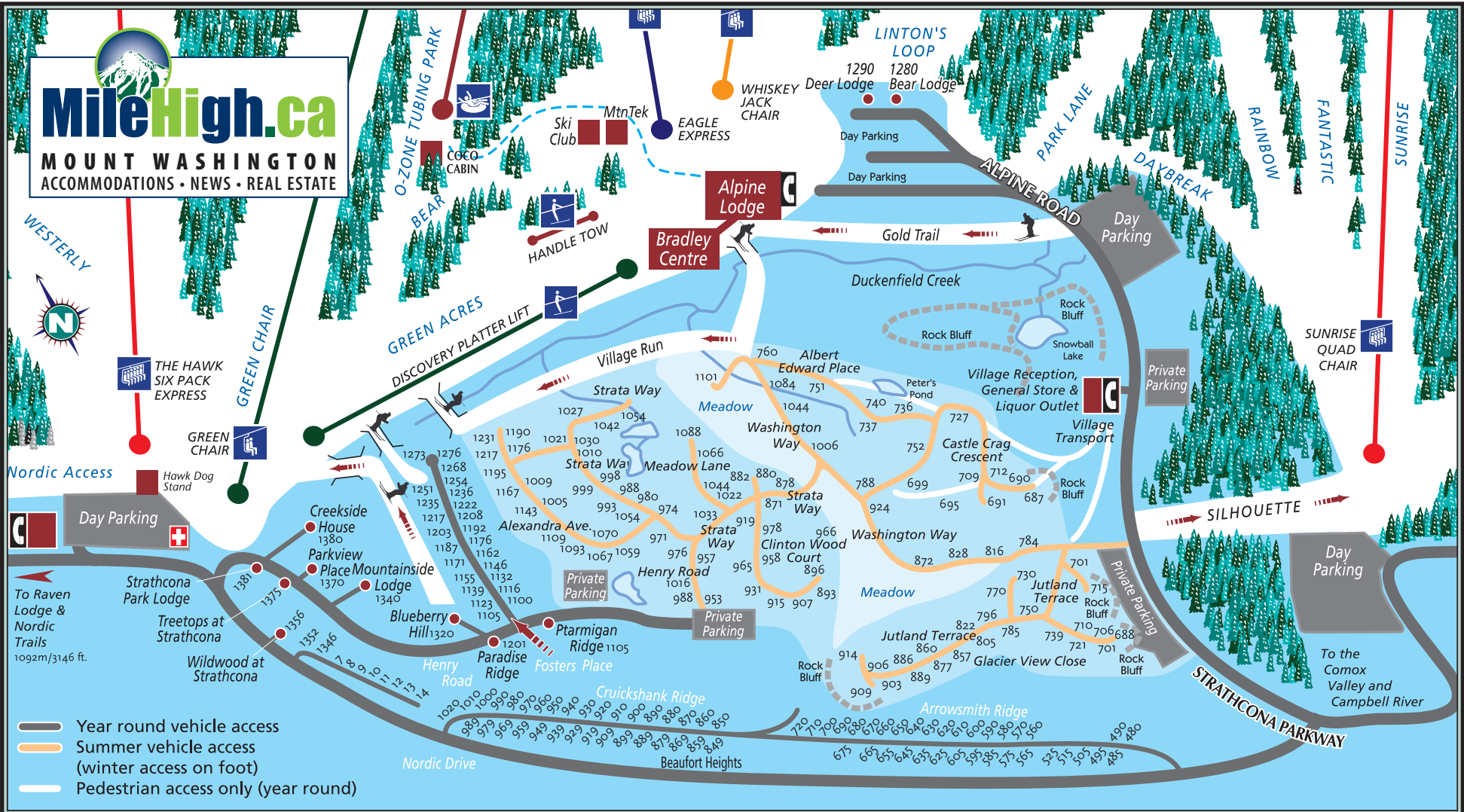
OFF MOUNTAIN

UNIT ADDRESS	Weekday price	Weekend price	Holiday Price	Summer Price	Max people	# of Bedrooms	Bathrooms	Dishwasher	Jetted tub	Sauna	Hot tub	TV	VCR	DVD	Cablevision	CD player	Fireplace	Wood stove	Cleaning	Linen	Pets	FIREPLACES: W • Wood E • Electric G • Propane P • Pellet	CLEANING F • Full Cleaning L • Light Cleaning O • By Request	Contact Name	Phone Number	Web Contacts	
<b>ALPINE VILLAGE</b>																											
1195 Alexandra Avenue "Chalet 62" Lower Crow's Nest	100	130	130	75	5	1	1	Y	N	N	N	1	N	Y	N	N	N	N	N	N	O	N	Trudy	250-714-1175	trudygag@telus.net		
690B Castle Crag Crescent	350	450	500	250	12	3	2	Y	Y	N	N	2	1	N	Y	N	Y	Y	L	O	N	Calvin and Talaya	250-207-0066	talayac@gmail.com			
965 Clinton Wood Court	180	230	250	150	10	5	3	Y	Y	Y	N	0	0	0	N	Y	N	Y	Y	N	P	N	Kazimiera Stypka	250-477-2270	stypka@shaw.ca		
750 Jutland Terrace "Chalet Nine"	300	350	400	200	12	3	2	Y	N	Y	N	1	0	1	C	Y	Y	W	Y	Y	P	N	Helen Austin	250-338-5859	www.chalet9.com		
889 Jutland Terrace "The 18th Hole"	300	350	400	250	12	5	2	N	N	Y	N	2	2	1	N	Y	Y	W	Y	O	P	N	Linda Marinus	250-338-2544	members.shaw.ca/skichalet		
909 Jutland Terrace "Chalet 21"	250	300	400	150	10	4	2	Y	N	N	N	1	1	1	Y	Y	W	Y	F	P	Y	Paul Reynolds	250-653-4201	sspreynolds@yahoo.ca			
1044 Meadow Lane "Chalet 40- The Big Chill"	275	325	395	CALL	14	3	2	Y	Y	N	N	1	1	1	C	Y	Y	W	Y	O	P	N	Debra Stockhill	250-592-7278	thebigchill.typepad.com		
871 Strata Way "Doug's Chalet"	210	275	325	175	8	2	3	N	Y	Y	N	1	1	1	N	Y	Y	W	Y	L	P	N	Deanne Lee	250-592-5001	www.members.shaw.ca/dougschalet/		
974 Strata Way "Chalet 72"	165	260	350	150	8	3	2	Y	N	Y	N	1	1	1	N	Y	Y	N	Y	N	P	N	Glenda Kirk	250-658-1260	chalet72@shaw.ca		
980 Strata Way "Chalet 71"	175	275	350	150	12	4	3	N	N	Y	N	1	1	1	N	Y	N	Y	N	P	Y	Andy or Linda Blaine	250-595-4984	chalet71@shaw.ca			
988 Strata Way "Red Roof Chalet - 70UP"	200	300	350	150	15	5	2	Y	N	N	N	0	0	0	N	Y	Y	N	Y	N	N	N	Carol Turnham	250-592-2842	www.redroofchalet.com		
988 Strata Way "Red Roof Chalet - 70DN"	150	250	300	100	10	3	1	Y	N	N	N	0	0	0	N	Y	Y	N	Y	N	N	N	Carol Turnham	250-592-2842	www.redroofchalet.com		
999 Strata Way "Chalet 56"	150	250	350	100	12	3	2	N	N	Y	N	1	1	1	Y	N	N	W	Y	O	N	Y	Louisa & Don Mcclellan	250-336-8872	chalet56@shaw.ca		
1030 Strata Way "Inglenook Stacked Log Chalet 73"	150	250	300	N/A	7	2	2	N	N	N	N	1	1	1	N	C	Y	N	N	N	N	N	Laurel Dow	250-334-4348	jamesdow@shaw.ca		
<b>BEAUFORT HEIGHTS AND NORDIC ROAD</b>																											
605 Arrowsmith Ridge "Pelayahu Escape"	475	575	625	350	12	4	4	Y	Y	Y	N	Y	1	1	1	N	N	Y	P	N	N	O	P	N	Elsie or Dirk	604-530-8241	www.mountwashingtonchalet.com
680 Arrowsmith Ridge "Big Red"	CALL	CALL	CALL	CALL	14	5	2	Y	N	N	N	2	N	1	C	Y	Y	P	N	N	F	P	N	Jeanette Bain	250-756-2344	www.bigredchalet.com	
899 Cruikshank Ridge "Mt. Washington Chalet"	250	400	550	175	10	3	1	Y	N	N	N	1	N	1	C	N	N	E	N	N	F	P	N	Julia & Arnie Hengstler	250-537-5083	www.mtwashingtonchalet.com	
909 Cruikshank Ridge	CALL	CALL	CALL	CALL	10	3	3	Y	N	Y	N	1	1	1	N	Y	Y	E	N	N	O	P	N	Peter & Kari Zimmerman	250-951-8221	peterz.ca	
1346 Nordic Road "Timberline Chalet"	249	399	399	CALL	8	2	2	Y	N	N	N	1	N	1	C	Y	Y	N	N	N	O	P	Y	Elaine & Al Dillabaugh	250-743-9378	horse@shaw.ca	
<b>FOSTERS PLACE</b>																											
1155 Fosters Place "Mount Washington Chalet"	875	1000	1400	509	25	11	4	Y	N	N	Y	4	4	Y	C	Y	Y	N	N	N	F	P	N	Pam deBoer	1-866-826-7325	www.peakaccom.com	
1162 Fosters Place "Chalet Adams"	395	600	800	250	12	5	4	Y	N	N	N	3	0	1	C	Y	Y	P	N	N	F	P	N	Helen Adams	250-338-1991	www.chaletadams.com	
1187 Fosters Place "Chateau Cona"	425	595	750	295	19	5	3	Y	Y	Y	Y	3	3	1	S	Y	Y	E	N	N	O	P	N	Brian and Karla	250-871-8807	www.chateaucona.com	
1187 Fosters Place "Chateau Cona ~ Lower"	105	170	CALL	80	7	2	1	Y	N	Y	Y	1	1	1	S	Y	Y	E	N	N	O	P	N	Brian and Karla	250-871-8807	www.chateaucona.com	
1187 Fosters Place "Chateau Cona ~ Upper"	385	495	CALL	225	12	3	2	Y	Y	Y	Y	2	2	1	S	Y	Y	E	N	N	O	P	N	Brian and Karla	250-871-8807	www.chateaucona.com	
1203 Fosters Place "Mt Washington Guest House"	CALL	CALL	CALL	CALL	30	7	4	Y	Y	Y	Y	1	0	1	C	Y	Y	P	N	N	F	P	N	John or Sue Twose	250-335-0350	www.mtwashingtonguesthouse.com	
1208 Fosters Place "Fosters 8"	360	420	420	CALL	8	3	2	Y	Y	Y	Y	2	2	1	C	Y	Y	P	N	N	O	P	N	Al Echlin	250-724-4183	www3.telus.net/fosters8	
1268 Fosters Place "Blue Haven"	699	799	1100	389	15	6	4	Y	N	N	Y	2	2	1	S	Y	Y	P	N	N	F	P	N	Pam deBoer	1-866-826-7325	www.peakaccom.com	
<b>HENRY ROAD</b>																											
1375A Henry Road "Strathcona Vacation Rental Home"	CALL	CALL	CALL	CALL	9	3	3	Y	N	N	N	1	1	1	C	Y	Y	P	N	N	F	P	N	John or Sue Twose	250-335-0350	www.strathconabandb.com	
1381 A Henry Road "Golden Hinde"	505	595	715	505	12	3	3	Y	N	Y	Y	1	N	1	N	N	P	N	N	F	P	N	Strathcona Park Lodge	250-286-3122	www.strathcona.bc.ca		
1381 B Henry Road "Elkhorn"	420	495	595	420	12	3	2	Y	N	Y	N	1	N	1	N	N	P	N	N	F	P	N	Strathcona Park Lodge	250-286-3122	www.strathcona.bc.ca		
<b>ALPINE VILLAGE</b>																											
687-4 Castle Crag Crescent	120	N/A	250	75	10	4	3	Y	N	N	N	1	1	1	C	Y	Y	W	N	N	P	N	Gail Hudson	250-245-2823	lapil@island.net		
695-307 Castle Crag Crescent	100	150	180	60	6	2	2	Y	N	N	N	2	2	1	C	Y	Y	N	N	N	P	N	Cyndi & Justin White	250-207-0341	kwwholdingscw@yahoo.ca		
691-12 Castle Crag Crescent	115	175	225	N/A	7	2	1	Y	N	N	N	1	0	1	C	Y	N	W	N	N	P	N	Janet Young	250-478-9122	janet.young@shaw.ca		
788-102 Castle Crag Crescent	85	150	185	60	8	2	2	Y	N	Y	N	1	1	1	N	Y	W	N	N	N	P	Y	Lisa Petty		mt.washingtoncondo@shaw.ca		
736-5 Albert Edward Place "93-5"	100	175	200	85	8	3	2	N	N	Y	N	1	1	1	C	Y	Y	N	Y	N	N	N	Barb Hall	250-595-6454	bandhall@shaw.ca		
736-8 Albert Edward Place "93-8"	100	160	200	N/A	6	3	2	N	N	Y	N	1	1	1	C	N	Y	N	Y	Y	N	P	N	Lil Brownson	250-287-7640		
737-1 Albert Edward Place "92-1"	100	125	150	60	6	3	2	N	N	Y	N	1	0	1	C	Y	Y	P	N	N	P	N	Cathy Bouthillier	250-812-9123	koi@telus.net		
737-3 Albert Edward Place "92-3"	95	145	175	60	6	3	2	Y	N	Y	N	2	2	1	C	Y	Y	N	Y	O	N	N	Tim Van Alstine	7046566/3845334	mtwash737@yahoo.ca		
784-8 Washington Way "Snowbird"	100	170	220	75	8	3	2	Y	N	Y	N	2	2	1	C	Y	Y	E	N	N	P	N	Josie Laslo	250-285-3682	jo.laslo@sd72.bc.ca		
828A-Washington Way "Sunrise Chateau" prices + HST	275	375	CALL	175	12	5	3	Y	Y	N	N	5	5	1	S	Y	Y	P	N	N	O	P	N	Stan & Nancy Fry	250-474-3008	frycement@pacificcoast.net	
828E Washington Way "Sunrise Chateau"	200	350	CALL	125	15	5	2	Y	Y	N	N	3	2	1	C	Y	Y	P	N	N	F	P	N	Tom & Sylvia Burns	250-746-3636	burns-ski@shaw.ca	
828F Washington Way "Sunrise Chateau"	291	344	433	CALL	11	3	3	Y	Y	N	N	1	1	1	C	Y	Y	P	N	N	F	Y	N	Aileen	1-866-707-0018	www.washingtonwaychalets.com	
1044-3 Washington Way	100	160	200	75	8	3	2	N	N	Y	N	2	1	1	C	N	Y	N	N	N	O	P	N	Joan Scheunhage	250-723-4881		
1084-9 Washington Way "Westview Inn"	100	150	190	75	5	3	2	Y	N	Y	N	1	0	1	C	Y	Y	N	Y	N	N	N	Fred & Bernice	250-655-8827	millsfb@shaw.ca		
<b>BEAR LODGE</b>																											
101	150	195	275	100	4	1	1	Y	Y	N	Y	2	1	1	C	Y	Y	P	N	N	F	P	N	Doug & Peggy Yelland	250-744-0101	www.bearlodgecondos.com	
215 "The Bear's Nose"	CALL	CALL	CALL	CALL	6	1	1	Y	N	Y	Y	2	1	1	C	Y	Y	P	N	N	F	P	N	Pam deBoer	1-866-826-7325	www.bearsnose.ca	
309	150	210	310	100	6	2	2	Y	N	Y	N	2	0	1	C	N	Y	P	N	N	F	P	N	Cheryl Adebear	250-339-3150	cheryladebear@gmail.com	
314	185	240	325	CALL	6	2	2	Y	N	Y	Y	2	0	1	C	Y	Y	P	N	N	F	P	N	Dr. Lawrence (Joanne M)	250-286-6322	joannemaxwell@shaw.ca	
406	185	260	325	135	6	2	2	Y	N	Y	Y	3	0	1	C	N	Y	P	N	N	F	P	N	Louise Walker	250-287-8821	louisewalker@telus.net	
409	160	250	325	150	6	2	2	Y	N	Y	Y	2	1	1	C	Y	Y	P	N	N	F	P	N	Keith & Cathy Larsen	250-338-0972	bearescape@shaw.ca	
412	245	300	400	150	9	3	2	Y	N	Y	Y	3	0	1	C	Y	Y	P	N	N	F	P	N	Richard & Laurel Cronk	250-204-0560	cronk@uniserve.com	
<b>DEER LODGE</b>																											
101	CALL	CALL	CALL	CALL	6	2	2	Y	N	N	Y	1	1	1	C	N	Y	P	N	N	F	P	N	Dawn Wort	1-888-969-3322	www.deerlodgebc.com	
<b>BLUEBERRY HILL</b>																											
106	125	175	225	85	8	2	2	Y	Y	Y	N	2	2	1	C	Y	Y	P	N	N	O	P	N	Michele or Jeff	250-714-0542		
107	185	238	377	CALL	7	2	2	Y	Y	Y	N	Y	Y	Y	Y	Y	P	N	N	F	P	N	Aileen	1-866-707-0018	www.washingtonwaychalets.com		





# Mount Washington Alpine Village



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## Mount Washington Volunteer Ski Patrol



“The Mount Washington Volunteer Ski Patrol Association is a non-profit Association with associate ties with the National Ski Patrol in the USA since adopting the Outdoor Emergency Care Technician Program as their primary first aid training standard.

The Volunteer Patrol consists of two sections... Alpine and Nordic, which includes approximately 100 patrollers in addition to a small number of associate members who offer specialized services to the patrol.”

## Volunteers Make Winter Fun Safer for All!

The Mount Washington Ski Patrol Association (MWSPA) is a volunteer organization that works in partnership with the paid/professional ski patrol to make Mount Washington a safer place to ski and snowboard, and enjoy other winter activities.

Brad MacIver, current President for the MWSPA, states that “the Association is continuing to improve and expand services through increasing efforts in recruitment and retention, raising standards of patient care through education programs and skill development while having fun in the process.

A large part of what we do involves providing members with opportunities for personal and professional growth through public service. During the winter we work closely with Mount Washington Alpine Resort’s paid staff to promote safe use of the slopes, hazard control and extrication, transport and emergency care, as required.”

Members of the Ski Patrol Association must have successfully completed a recognized 80 hour advanced emergency first-aid program, and must ensure re-certification to remain current with their first aid skills. Members must be advanced skiers, comfortable skiing

or riding in all terrains in all conditions. Ski testing is conducted annually by a third party. Members participate in a mandatory indoor/outdoor training weekend at the mountain at the end of October, and follow up with outdoor training in November. Once the ski season starts, members regularly update training in avalanche skills, skiing skills, and advanced first aid.

The Team represents a broad range of skill sets; members include paramedics, nurses, search and rescue technicians, first aid instructors, college professors, teachers, retirees, and students. Members come from all across Vancouver Island to donate thousands of volunteer hours per year serving people involved in winter sports at Mount Washington.

In addition to serving the public throughout the winter on the ski slopes, patrol members have also assisted at the 2010 Olympics, Vancouver Island Music Festival, summer road and mountain biking events, the Filberg Festival, and, most recently, the BC Senior Games in Comox Valley and Campbell River in September 2010.

Members must commit to a minimum of four duty days a month at the mountain during the ski season.



### INTERVIEW WITH THE “Button Guy” JEAN-GUY MOREAU

“I joined the Volunteer Ski Patrol at Mount Washington when it first opened in 1978-1979. I’d just moved to Vancouver Island from back east where I had volunteered with ski patrols near Ottawa and in Quebec.

It was very enjoyable being on the ski patrol at Mount Washington; the weather was much different from back east. In Quebec it is so cold. Here it is very enjoyable! Mount Washington is much higher than the mountains in Quebec. It was quite a change for me!

Back in the early years at Mount Washington, patrollers had to sell 25 ski patrol buttons a year. You could sell more if you wanted. I enjoyed doing it.

*continued on page 22*

#### OUR VISION

Training, recruitment and retention of members in good standing in order to maintain a professional united and strong volunteer organization dedicated to public service.

#### OUR MISSION

To provide exceptional service in promoting and providing public safety and outdoor emergency care.

#### OUR VALUES

As health care professionals and voluntary service providers we are committed to:

- Care, Compassion and Respect
- Quality and Excellence
- Competence and Knowledge
- Partnership and Collaboration
- Integrity, Accountability and Ethics
- Creativity and Innovation
- Pride and Recognition
- Diversity
- Public Focus and Integration
- Sustainability

*For more information on our organization or if you are interested in volunteering as a ski patrol please go to*

[www.mwskipatrol.com](http://www.mwskipatrol.com)





## New Avalanche “Beacon Basin”

With forecast models and predictions for this winter’s La Nina winter season the Mount Washington Pro patrol has trained and is prepared for what might just be another winter of epic snow conditions.

New for the coming winter is the opening of additional terrain on the west side (front) of the Boomerang chair.

The area in question has been a local’s favourite with steeps and great tree skiing. Having both a patrol presence as well as a completed avalanche control program will ensure the safety of all users. Check out the developments on this years trail map.

**Another addition to our safety program consists of an Avalanche Beacon Basin.** This is an area dedicated to training and practising your skills using an avalanche transceiver. These are devices used while skiing in back country terrain to both send out an electronic signal as well find and pin point the signal in the event an avalanche has buried you or a member of your party. By having a dedicated Beacon Basin, members of the public, community groups, as well as training schools will have the ability to turn on up to seven pre-buried beacons and perform rescue scenarios.

The Beacon Basin will be located across from the Whiskey Jack unload and will be available for usage on a daily basis.

Mount Washington would like to thank their partners in mountain safety, Island Alpine Guides and Back Country



Access for their assistance in providing this training tool to the public.

For information on taking an avalanche course go to [www.mountwashington.ca](http://www.mountwashington.ca).

For mountain users wishing to explore the uncontrolled terrain surrounding Mount Washington, we want to remind them that our boundaries are closed, the great news is that we have numerous back-country gates that allow for access to this terrain.

**Our members look forward to hosting you and look forward to assisting you in your recreational pursuits while at Mount Washington.** You, the skiing public, are also our partners in safety and we ask that you take the time to read the alpine responsibility code, familiarize yourself with our area boundaries, as well our slow skiing zones. Have a Safe and Happy Winter season.

## Mount Washington Ski Patrol Association, a legacy of Medical Equipment donations

Over fifteen years ago Comox Valley patroller Don Sundquist was able to secure the loan of a patient monitor for Mount Washington Alpine Resort.

Since then the MWSPA has made regular medical equipment loans and donations to the Resort. For many years, Dave Corman, a Pharmacist by day and former Patrol Team Leader and 20 year patrol veteran, has supplied FAR (that’s an acronym for the mountain’s First Aid Room) with medications at or near cost.

In recent years the patrol purchased and donated three hospital cots and loaned a patient care hut in 2006 as well as purchased and loaned a portable suction unit and a high tech fully automated patient monitor in 2009.

The MWSPA also purchased (with grant funds) and loaned two AED (Automatic External Defibrillator) to the Resort in 2010.

Aside from this, the Patrol Association is currently supplying patrol jackets, VHF radios and avalanche safety gear to its members. The MWSPA has also provided a number of electronic diagnostic and training management tools for use at Mount Washington’s First Aid Room. This helps the skilled medical technicians and the volunteer doctors provide excellent pre-hospital care whenever required.

## Safety First!

The following are a few Winter Wise Safety Tips to be aware of when you are visiting Mount Washington.

### DRIVING

**TIRES:** Four good winter tread tires are best, all season radials are not generally adequate for winter driving conditions in high snow fall regions. Drivers should also ensure their spare tire is inflated to the correct pressure and the tools required to change a flat are complete and in good working order.

**CHAINS:** During conditions that demand the use of tire chains it is very important that they are installed in one of the roadside chain up areas, which were named and clearly marked last summer. If you find yourself having to mount chains at the side of the road or on slippery hills try to pull off to the side as far as possible.

**FUEL:** Be sure you have adequate fuel in the tank in case of delays during your trip. There is no fuel outlet at the Resort.

**CLOTHING:** Dress for winter weather conditions and carry an extra blanket in the vehicle.

### PHONE NUMBERS:

- Emcon Highway Services (24 Hour automated, Road Hazard and Condition Reporting line): 1-866-353-3136.
- BC Government, 1-800-550-4997 or visit their website [www.drivebc.ca](http://www.drivebc.ca)
- RCMP Highway Patrol: 1-250-286-5609

**Hydro:** During possible power interruptions the use of flashlights or other battery powered lights are highly recommended rather than candles, which despite being cosier and possibly even romantic are a fire hazard and great care should be taken when used.

*continued on page 22*



## Another Happy Customer

### Tim Baker’s First Hand Experience Being Rescued

I started skiing in 1971. I took my first instructors course in 1978, and was an instructor for a number of years. I joined the volunteer ski patrol in 1991. In those days there was a vigorous debate about upgrading the first aid standards requirements for our patrol. Standard first aid was all that was required to join the patrol at that time. There were a number of us that believed we needed to upgrade to Industrial First Aid Standards (*Occupational First Aid Level 3- these days*).

It was a bitter battle, and we probably lost a few members who were not willing to upgrade. For me it was always about being prepared with appropriate training to meet the kinds of first aid challenges we regularly encounter on Mount Washington. We eased the transition over a number of years as well as taking on Outdoor Emergency Care (OEC) to give our members a financially viable alternative to OFA#3. The result of these positive changes has been seen in our training weekends as well as in the service we provide to the customers of Mount Washington.

The morning of December 21, 2008 was my second day on skis that season. I checked my clock and it was 09:50. I was on my way down Coaster to FAR (First Aid Room) to meet with a group of first

year patrollers to give them an introductory tour with a toboggan. At the bottom of Coaster on the skier’s right was a nice clean spot of untracked snow, about knee deep, which instinctively drew me to it.

**Without warning my skis hit ground under the snow and both stopped. The bindings did their job both releasing, my momentum carrying me forward I bounced, helmet first, my feet continued forward and I ended up in a ‘sitting upright’ position. My first thought was, “oh no that was not good.” It was the mighty crunch in my spine that I heard and felt when I bounced off my head.**

With my experience with spinals over the years, I knew what to do. I stayed still. The only thing I moved was my hand to my mike to call for help. I was able to describe point tenderness in my thoracic spine.

*Continued on page 21*





## Mount Washington Volunteer Ski Patrol



### The Changing Face of First Aid

I first started with MWSPA in 91-92 season. Back in those days all you needed to be on the ski patrol was a red jacket and a Standard First Aid ticket.

Standard first aid was an entry level course, typically eight hours of training, which covered the basics of ABC management, and bandaids but not much more.

My background was from an industrial setting where Industrial First Aid was the standard. {Now called OFA3} IFA was an 80 hour course with typically another 80 hours homework time.

Shortly after joining the patrol I was approached by a member of the Board of Directors and asked to become a member of the board. I was elected at the very next AGM and was pressed into service to get the Patrol Chalet finished. I was put in charge as Project Manager.

With an army of about 15-20 dedicated volunteers and a few professionals that we managed to swing deals with, as well as one dedicated Patroller that was our builder, we managed to complete the chalet and still do all of our patrol duties as well.

As the chalet was nearing completion the Board started to look toward the future. We produced a document called Patrol 2000, which looked forward to the year 2000 when we hoped our standard for First Aid would rise significantly. This was visionary thinking for which we can thank the late John Pollack, our President



Ongoing recruitment of patrollers ensures continued success for the Association.

of the day {94-95}.

The idea to raise our requirements was met with fierce resistance within the ranks of some of the old guard. We unfortunately lost some members who refused to comply with the higher standards despite the fact that the higher skills are far more appropriate for the kinds of injuries that we deal with on a regular basis.

As a First Aid Instructor I was supportive of the requisite upgrades but was also aware of the financial burden this placed on our members. It was around this time that we began to hear about a course that the National Ski Patrol of the United States was offering that might be compat-

ible with the standards that we were setting for our patrol.

When we investigated, we found out that the course was set out on JAMA {Journal of American Medical Association} standards, the same standards that our Occupational First Aid Level 3 is set out on.

So it was that Don Sundquist and I ended up flying down to Colorado to an Instructor Trainer Conference. We had an incredible weekend of training in high end first aid skills, and indeed found that the first aid that we were doing on Mount Washington was indeed compatible with some of the best in the world. We even managed to ski a few turns.

### Another Happy Customer

*continued from page 20*

The first patroller was there in 30 seconds from my call. In all I think there were 6-8 patrollers involved in my call, and I am pleased to say that they were all on the same page regarding spinal protocols and how to move a spinal patient.

They were professional, and efficient, yet they took the utmost care, whenever I was moved. I spent the rest of the day on a spine board, ambulance down to the hospital, x-rays, CT scan etc. The result of end loading my spine was that I have two compression fractures. T2 and T4 are both compressed about 10% front corner.

My recovery has been steady and I've been OK'd by my Doctor to start some easy skiing again for exercise. It's unlikely that I'll do much active patrolling this season (as that requires loading my spine) but you may see me on the hill as part of my recovery program.

**I'd like to take this opportunity to thank all my rescuers, all of you, whether you did radio dispatch, traffic control, carried my skis down, or carried me into FAR.**

All of you are an equal part of a smoothly functioning first aid team, you can be proud of, whether you are paid to do this or not. A thank you also to my

many friends who have called, and signed cards, to wish me the best in my recovery. Your concern means a lot to me.

It occurred to me as I was being professionally packaged and moved by a team of paid and volley patrollers, that we had done the right thing all those years ago, when we fought hammer and tong to get the first aid standards raised.

I had the unique perspective of seeing first hand exactly why that had been a good idea. I broke my back and I was being handled appropriately.

**Tim Baker**  
Vice-President,  
Mount Washington Ski Patrol Association

Don and I returned home as the first Instructor Trainers in Canada for the National Ski Patrols WEC (Winter Emergency Care) now called OEC (Outdoor Emergency Care). We began the work of spreading the knowledge we had gained by offering Instructor Courses not only on our mountain, but also on other mountains such as Whistler/Blackcomb, Grouse, and Silver Star.

The Instructors began putting on courses all over the province indeed all over the country. By the year 2000 the transition was complete: OFA3 became our minimum standard and OEC following our local protocols of OFA3, became an affordable way to carry the equivalent certification without the financial burden OFA3 puts on the membership.

Standard First Aid was no longer good enough nor was Wilderness First Aid. Now, ten years later, the quality of the average Volunteer Patroller is much higher. We have Paramedics, Trauma Nurses, SAR techs, PCP and much more. We have a highly skilled professional workforce that offers great value to Mount Washington.

I am proud to be associated with such a diverse group of highly skilled and professional individuals. When I look to the future I see the Patrol ever growing and evolving. We have made great strides so far. We continue to see changes in protocols and equipment, upgrades in skills, and an incredible range of talent from newcomers to our organization.

It is a dynamic and changing organization. Accepting changes and current protocols, as part of what it takes to move forward. Always good to stay current.

**Tim Baker**  
Vice-President,  
Mount Washington Ski Patrol Association







## The Button Guy

*Continued from Page 19*

Selling buttons was a good way to fundraise; it was sociable at the same time. About fifteen years ago or so I was placed in charge of getting the buttons, and started selling more and more. Over the last ten years, I've been pleased to make over \$2,000 a year from button sales. The best place I've found to sell buttons is at the Alpine Lodge.

Lots of people collect them, many of whom have buttons from resorts all over BC and beyond. People pin them on their toques, hats, goggles, or jackets.

Over the years I've received about eight trophies from the patrol. I was presented with a trophy one year for having the highest ski patrol attendance. One year I received an award for being the most improved ski patroller of the year. I also got the "Horse's Ass" award for coming down the mountain with a toboggan on my way to an accident and flipped over, doing a "360". I was OK fortunately; I got back on my feet and attended to the accident.

"For me, ski patrolling is something I really enjoy doing. I enjoy helping others."

*You can always find Jean-Guy at the Alpine Lodge, where he'll be selling buttons of course.*

## Winter Wise

*Continued from Page 22*

- If you come across downed power lines or sagging, heavily laden lines that may be within reach or are in danger of collapsing stay at least 10 meters away and notify BC Hydro at 1-888-769-3766 or HYDRO (49376) on your cell phone.

**Fire:** We are currently taking first steps toward establishing a Volunteer Fire Department at the Resort but for now it is imperative that we all act as Fire Prevention Officers.

*A few simple preventative measures are:*

- Check that extinguishers are charged and in good working order.
- Ensure smoke alarms and heat detectors work and install new batteries.
- Have hoses and fire suppression systems inspected and tested annually.
- If a wood burning device exists, have the chimney cleaned and inspected.
- Dispose of fireplace ash outside in a fireproof container and only once it's completely extinguished and cold.



*Members of the 2010-2011 Volunteer Patrol Association*

## Historically Speaking...

**Shortly after Mount Washington Ski Resort opened in 1979, the volunteer ski patrol was created under the leadership of Mike Fournier.**

Mike and a number of other patrollers left Forbidden Plateau Ski Area (in search of better skiing and autonomy) and formed the new Mount Washington Volunteer Ski Patrol, which worked in partnership with a small paid patrol under the supervision of Dave Cronmiller. The patrol was divided into two weekend teams, each under the direction of a Team Leader while additional patrollers were assigned to mid-week duties.

During the first year steps were taken to make the patrol into a non-profit association under the BC Societies Act. Logan Stewart developed the original constitution and bylaws for the patrol that were adopted during the Patrol's first AGM in Oct 1980. This made the patrol into an independent organization with a separate

identity from the ski resort. At that meeting the first executive was also elected, with Ron Harris as President. The new executive immediately set out to govern the patrol within the guidelines of the constitution and bylaws.

In 1979 the first aid requirements consisted of CPR C and a St. John Standard First Aid Certificate. In the early 1980s the mandatory October training weekend was instituted, and on-hill training was implemented to improve the First Aid skills of the patrol.

Since that time the patrol has continued to increase its entry level for First Aid and has developed a strong training program to prepare patrollers for the various situations they will encounter. We now have a fairly sophisticated system thanks to the efforts of John Pollock and other patrollers who have developed a well laid out plan that includes training and a checklist system for recording each patroller's progress.

*continued on page 25*

# Thank You

Mount Washington Alpine Resort is a safe and enjoyable destination for families, due in large part to the dedication and hard work of the Mount Washington Volunteer Ski Patrol Association. Working in conjunction with the Professional Ski Patrollers rescues are handled quickly and safely, and for that we thank you.

VOLUNTEER SKI PATROL FEATURE PROUDLY SUPPORTED BY



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In the Comox Valley





# Resourceful Marmots make use of Man Made Passageways!

It was June 30, 2010. A fresh blanket of snow lay thick on the mountains like it was the middle of winter. Mount Washington opened their Summer Season with a ski weekend! Where on earth was spring?

While skiers and snow boarders reveled in the unseasonably late snow-fall, others weren't quite so happy. Mount Washington is also home to the endangered and uniquely Canadian, Vancouver Island marmot.

After a long hibernation underground, instead of waking to find the mountain bowls peppered in freshly growing herbs and grasses to eat, the marmots woke to find themselves still buried under several meters of snow.

Digging out was no problem, after all marmots are very well equipped for digging, but "greening-up" was delayed by as much as 6-8 weeks at many colonies. And that was a problem.

A marmot's first priority upon waking is breeding - so, first things first. Then, as the marmots adjust from the slow torpor of their long sleep they become ready to eat real food again. Their fat reserves have sustained them throughout the winter but now, after losing a third of their body weight, they have few reserves left and foraging becomes their next priority.

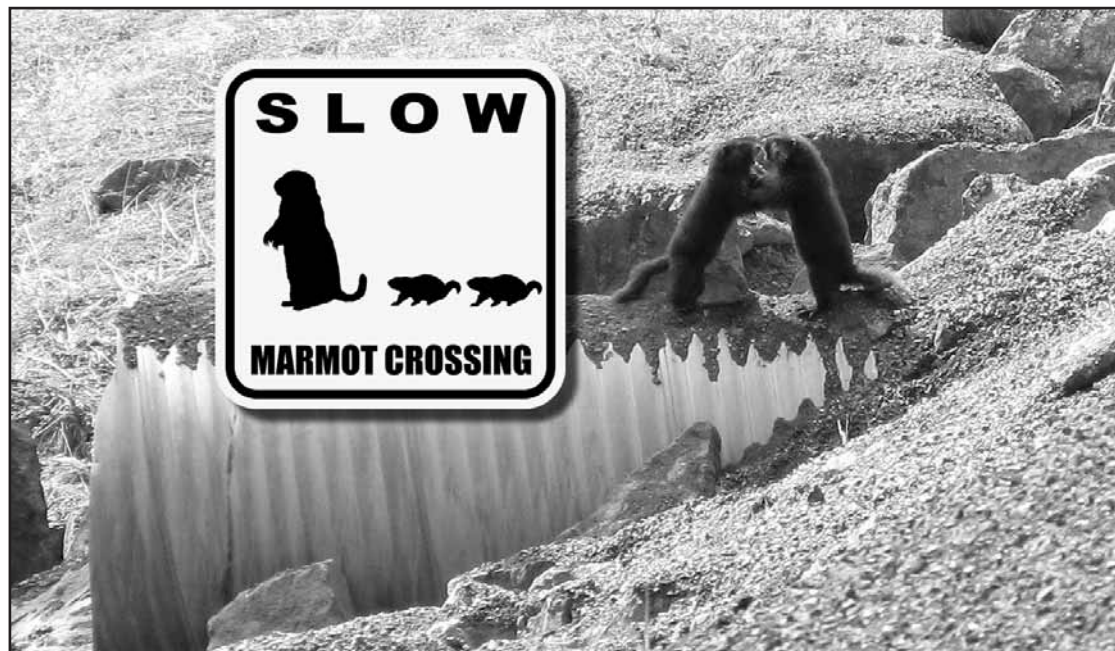


What's on a Marmot's mind after a long winter of hibernation? Breeding of course!

This is the reason Vancouver Island marmots choose southwestern facing bowls for their colony sites. These bowls receive the most sun exposure making them the first spots to "green-up" in the spring and provide readily available forage - but not this year.

"The marmots at Mount Washington were being spotted in really unusual places," said marmot crewmember Sean Pendergast. "They left their burrows to forage at lower elevations because food at the colony sites was so scarce."

"Some were spotted down at the hairpin-turn on the road to the resort. They were using a culvert there as an underpass but they were also running over the top.



A culvert makes a great underpass for resourceful Marmot's foraging for food after a long winter of hibernation.

We were worried about cars so we put up warning signs to alert the public, and then some yahoo stole the signs," Sean remarked. "Luckily no marmots were hurt, but if you see a couple of Marmot Crossing signs anywhere you know who to call."

In spite of the extreme conditions, 13 successful litters were born in the wild but the extreme weather took a toll on some of the marmots released last year. They suffered a higher level of hibernation related mortality than in previous years.

A collaborative captive-breeding and release program has increased the number of marmots living in the wild tenfold, from a low of less than 30 in 2003 to

approximately 300 in the wild today. In spite of the spring setback, 85 more animals were released to wild habitat on the Island this summer and 70-80 more are scheduled for release next year. The goal is a sustainable population of 600 marmots in the wild.

Primary recovery partners include Mount Washington, Island Timberland, TimberWest, BC Hydro-BCRP, the BC Government, Calgary and Toronto zoos, Mountain View Conservation Centre and individual members of the public through the Marmot Recovery Foundation.

To find out how you can help go to [www.marmots.org](http://www.marmots.org)



## Adopt a Marmot

This is a great way to help this endangered species as well as an opportunity for you to learn more about these interesting creatures

When you join the **Adopt-a-Marmot Club**, you help protect the endangered Vancouver Island marmot every day of the year. Pre-arranged monthly gifts are a convenient way to help save this beautiful and special creature from extinction. Your gift supports the field research and captive-breeding that's so critical to marmot survival. For instance, your contribution will help fund ear-tagging of wild marmots, which is the only way in which we can identify and track individual marmots and the success of recovery efforts in future years.

### When you Adopt-a-Marmot you'll receive:

- Your personalized marmot adoption certificate
- Your full-color poster of a Vancouver Island Marmot
- Your official recovery project newsletter (The Marmoteer)
- Your special year-end report about individual marmots

For more info go to [www.marmots.org/adopt.htm](http://www.marmots.org/adopt.htm)

## HELP SAVE THE VANCOUVER ISLAND MARMOT!

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 \$25  \$50  \$100  other

Sign me up! I want to join the Adoption Club:  \$120 for one year, OR  
 Per month:  \$10  \$15  \$20  \$25

I authorize the Marmot Recovery Foundation to deduct the above amount from my chequing account monthly.  
 (I have enclosed a blank cheque marked VOID for processing purposes.)

Signature \_\_\_\_\_

**YOUR GUARANTEE:** You can change or cancel your pledge at any time.

### METHOD OF PAYMENT

- Cheque payable to: **Marmot Recovery Foundation**  
 Visa  Mastercard

Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

**Marmot Recovery Foundation** [www.marmots.org](http://www.marmots.org)  
 Box 2332, Station A, Nanaimo, B.C., Canada V9R 6X6 Fax: 250-753-8070



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Photo courtesy Mount Washington Alpine Resort

gold for ski resorts. It puts people in the right frame of mind."

There have been 18 true La Nina events over the past 60 years, he said. Of those 18 events, six had less snowfall than usual, and eight had more. Three were colder than normal and five were warmer. Meaning there are no guarantees, Phillips said.

"We think this winter may be tougher than last winter. This will be the winter we should have had for the Winter Olympics."

George Trousdell, Director of Maintenance and Operations, and the man in charge of snow at Mount Washington, said the impending arrival of La Nina will not change his approach to snow clearing.

"We never know what we're going to get," he said. "We have to be aware of what is predicted and have all our equipment in order. We have to know what to do with the snow when it comes."

Most of the snow clearing and grooming machines are already double shifted. "On days when we have to throw everything at it, we do. Otherwise, we stay calm and we work to a plan."

#### In 1998-99, there was so much snow that the Resort trucked snow off the mountain because they ran out of places to pile it.

While Phillips and other climatologists can predict what might happen during a La Nina season, or an El Nino season, they're not foolproof. Last year—an El Nino year—the Lower Mainland mountains, like Cypress, couldn't make snow fast enough to keep up with the 2010 Winter Olympics.

At Mount Washington, the Resort recorded its third-highest snowfall in more than 30 years.

Last year a snow fence was built to help "farm" snow; corral it in places where it blows, so it could be collected and moved to where it was most needed. Because Mount Washington doesn't make snow, this is the best way to make most effective use of snow. Last winter, the heavy snowfall buried the snow fence.

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### La Nina

Continued from Page 1

"Generally, a La Nina year has spelled white

### Strong Summer

Continued from Page 4

"All the participants got to ride with the best female mountain bikers in the world." Biking enthusiasts can expect to see this festival back next summer.

The Kali Protectives Jump Jam was popular, even though the third of three events had to be cancelled due to heavy rain in September. The jam will be back next year, Curtain assured.

The number of general sightseers visiting the Resort was down over the summer, Curtain said. The Resort also saw fewer overseas visitors coming to Vancouver Island, which affected their numbers - many of these visitors will make a day trip to the Resort and they just weren't there this summer.

"I think that had an effect on people coming up the mountain for Mile High chairlift rides," he said.

If you want to get married at Mount Washington, they're booking Raven Lodge a year in advance now. "The calendar was full of weddings all summer long at Raven Lodge," Curtain said.

"We have a stronghold on weddings; it's definitely one of the top wedding places on Vancouver Island."

The biggest event of the summer was

the Big Day Up, put on by Cumberland Villageworks. More than 2,000 people came up to the Resort, many of them camping, most of them well behaved, to listen to The Cat's Empire from Australia and a handful of other bands.

"There was a lot of positive feedback. The site we had for the stage was phenomenal," he said. The stage was set up down the slope on Green Acres, with the band facing back up to the Day Lodge. The gentle hill created a natural amphitheatre for concert goers.

The Beer and Wine Festivals were sold out, as usual, and the Alpine Food Festival in September was another big hit. The Strathcona Wilderness Institute's Park Centre was open for a full season this year, capping a 14-year volunteer effort to have the Centre opened at the trailhead to Paradise Meadows.

The centre was open for 44 days July through September, and 4,495 visitors stopped in, according to BC Parks statistics. About 43 per cent of visitors were from the Comox Valley and North Island and 10 per cent of them were from the United Kingdom, Europe and Western Asia.

To follow the SWI year-round, and for complete statistics, go online to <http://strathconapark.blogspot.com>.

### A Few New Faces

Continued from Page 5

"I've had a good run," says Trousdell, whose second in command is Dan Caley, a lift maintenance supervisor. "I was lucky enough to find employment on the mountain my first summer, too."

**Tim Defert** has also taken on some new responsibilities in addition to

Director of Hospitality Operations. He is responsible for the Ozone Tubing Park as well as parking operations.

**Leah Knutson** is heading into her first winter season as Resort Events Co-ordinator. She came from Nelson, B.C. at the beginning of the summer season, right before the Resort hosted the Big Day Up. Knutson worked with the Nelson and District Community Complex, taking

care of recreation programming, marketing and sponsorships. She will revitalize many of the kids' events at Mount Washington. She's an avid skier, too.

**Jeanette Kangas** has joined the marketing team as the Resort's new in-house graphic artist. In addition to her computer generated work, Kangas also paints and sketches.

"She has a lot of talent and we're excit-

ed to have her as part of the marketing team," Resort Director of Public Relations and Promotions Brent Curtain said.




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## Historically Speaking

Continued from Page 22

In addition the patrol has developed a core of OEC instructors to train and re-certify patrollers on an annual basis to OEC standards.

When the Resort first opened, the mountain was serviced by just three lifts - the Red, the Green and the Blue. Patrollers had a fairly easy job of covering the various runs. The introduction of the Whiskey Jack Chair did not really place many new demands on the patrol, but with the opening of the Sunrise Quad in 1992 created some additional challenges.

We had a much larger area to patrol that included a number of new black diamond runs and required staffing of two bumps. In response to these new demands the patrol increased the number of patrollers and improved our communication systems. The opening of the new Eagle Express high speed quad again placed more demands on the patrol (mainly on the patrollers' quads), but the patrol adjusted to meet these challenges.

The first year the mountain opened the patrol had to use a small A-frame as the Blue Bump cabin. While this structure was totally inadequate for its purpose it did provide for a cosy bonding environment in which patrollers got to know each other on a rather intimate basis.

The following year the patrol built a far more suitable cabin that was heated by wood. After many years of faithful service this cabin was replaced with the present trailer to house the growing needs of the resort and the patrols.

For the first few years the first aid and patrol facilities were in the main lodge



where the ski shop is now located. When the first aid room was moved to its current location, the volunteer patrol moved into the nearby trailer that is now the locker room for the paid patrol. Around this time, the patrol began investigating ways to obtain its own building to meet growing needs.

After many meetings the patrol decided to build a chalet. The mountain leased the patrol a piece of land, Neil Michaluk's employer drew up the architectural plans for the chalet and Alex Toutant and other patrollers went looking for donations to help build it.

The chalet was built over two years in 1994/95, using patrol labour for the most part. Comox Builders' Supply provided most of the building materials, in return for a ten year agreement that the patrol would promote them through signage on the bump shacks and the chalet (Comox Builders Ltd. and Mount Washington Ski Patrol Association - Partners in Safety).

As well, the patrol hosts an annual Comox Builders' Appreciation Day with the assistance of the Resort. It should be noted that without the perseverance of Rory Morahan, John Pollock, Hugh Bryce and numerous other patrollers, we would not have this great chalet.

From the very beginning the patrol has maintained a serious approach towards training, skier safety, and the treatment of injured skiers. At the same time the Patrol has realized that being a patroller must also be fun! Each year we have a number of gatherings, contests and activities where patrollers and their friends get together and do whatever patrollers do.

*These have included:* • Pancake Breakfasts • Theme Potlucks • Annual Banquets • Retirement Roasts • August Campout Weekend • Halloween Party

Since 1979 the Patrol has continued to move forward by meeting new demands and solving problems as they appeared. It has also developed a close working relationship with the Paid Patrol that has helped to facilitate training and make the daily operations of the patrol run more smoothly.

The success of the patrol has been due to many dedicated patrollers who took the extra time to make the Patrol what it is today. Some of these are still active patrollers while others have left for various reasons.

Fortunately, they have been replaced by others who are equally dedicated to the success of the patrol. These are the patrollers who do the extras such as sitting on committees, showing up for work parties, or simply cleaning up in the chalet.

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- 41 Space (Pay TV)
- 42 Speedvision (Pay TV)
- 43 History (Pay TV)

Without the dedication of these patrollers, we would not be the excellent volunteer patrol that we are today.

(Thanks to Lynn Paterson, veteran MWSPA member, for this brief history)



**For up to date Properties For Sale see Channel 4 on Mount Washington.**

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## The Marmot

MILE HIGH NEWS ON MOUNT WASHINGTON  
Published for your convenience by Rick Gibson  
of Royal LePage in the Comox Valley.

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[www.milehigh.ca](http://www.milehigh.ca)



### Thanks to these Visitor InfoCentres for distributing The Marmot

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Qualicum Beach	250-752-9532	<a href="http://www.qualicum.bc.ca">www.qualicum.bc.ca</a>
Saanich Peninsula	250-656-0525	<a href="http://www.spcoc.org">www.spcoc.org</a>



## Special Events

Continued from Page 15

**Dec 31 Family New Years Carnival**  
This is a family event in a carnival atmosphere, complete with midway style food vendors, interactive games, craft booths, balloons, face painting and a stage performance. This year's entertainment will be provided by Kellie Haines & Co specializing in song, dance, puppets and ventriloquism. (6:30 pm)



Kings Without

**Jan 8 Kings Without** Come out to Fat Teddy's and enjoy one of Canada's best indie roots rock, reggae, funk and soul bands.

**Jan 10 - 14 Kokanee Winterfest**  
Celebrate Kokanee Winter Festival with half-price midweek full-day lift tickets and Nordic trail passes. Plus, keep your eyes peeled for the Sasquatch. Who knows, you may get some free shwag courtesy of Kokanee! Look for Kokanee specials in Fat Teddy's all week. Stay tuned for more event details!

**Jan 14 Kokanee Days for Dudes**  
Mount Washington and Kokanee have teamed up to provide you guys with a great day of riding with the pros on and off piste, talking about gear, trying the latest and greatest equipment and of course... free beer! The day includes a lift ticket, ridding from 1-3pm and après in Fat Teddy's. *Additional dates: Feb. 11 & April 8*

**Jan 14 - 16 The North Face Avalanche Awareness Weekend** Come on up and help the Canadian Avalanche Association promote alpine safety. Silent Auctions, demo's and prize giveaways.

**Jan 15 The March Hare Tribute**  
Wrapping up our Winterfest Week, Kokanee proudly presents Canada's highest rated show band "March Hare" featuring seamless tributes to your favorite artists! Dozens of costume changes, amazing musicianship, and an acrobatic crowd surfing female singer are just a few of the spectacles in store tonight.

**Jan 17 - 21 Rossignol National Ski & Snowboard Week** Half price beginner ski or snowboard lessons and rental packages!

**Jan 22 Full Throttle Fridays!** This FREE event is any Park Rat's dream! One Friday night per month, gather a group of your best shredding buddies and come chill with us in the lit up Stomping Ground Terrain Park. We run jam style sessions on your favourite hits and rails, for a good chance to win wicked shwag. *Additional dates: Feb 25 & Mar 25*

**Jan 22 O'Neill Rail Jam**  
First daytime Park Competition of the winter season, in the Stomping Ground Terrain Park. This one tests your technical jibbing skills, which hopefully you have warmed up by now! Skiers and Snowboarders alike are welcome.

**January 26 Aussie Day** Attention all citizens of Australia, we're allowing you to ski, board, or XC for FREE on Aussie Day!



**January 29 Johnny Inappropriate** This is a full on dress up party with amazing prizes for best costumes in Fat Teddy's.

**January 29 The Yeti Snowshoe Race**  
The Yeti has something for everyone this winter, so why not come out and be part of our 5k and 10k race series. Along the way you

will discover new trails, make new friends while getting a great workout in.

**January 29-30 Kokanee Old School GS Race**  
Dig in that closet and find those one-pieces, tight ski pants, jeans and straight skis. Great prizes to be won for the best getup, fastest time and best old school ski instructor and ski bunny imitations!

**January 29-30 Burton Demo Days**  
Take out a board from Burton's fleet, and see if its something you might want to buy!

**January 30 Ski For MS Fundraiser** Get a pledge form, raise a minimum amount of pledges and enjoy a free day of skiing or boarding. Contact Cherie Kamenz at 250-339-0819 or email at nvchapter@telus.net.

**February 12 15th Annual Beach Party with Mobadass** featuring Wide Mouth Mason's Earl Pereira in Fat Teddy's. Costume party!

**February 13 23rd Annual Herb Bradley Coca Cola Classic** This fundraiser for Vancouver Island Society for Adaptive Snowsports is open to all skiers and boarders.

**February 19 Klondike Ski/Board X - Live** This years course will be packed with tight turns, drops, burms and more that will test the competitors balance and riding abilities.

**February 26 Big Air Competition** Freestyle skiers and snowboarders come up and huck off a large jump in the Stomping Ground Terrain Park for this judged competition.

**Feb. 28 - Mar. 4 Subaru Women's Week**  
Women's Day Escape Packages on special all week! Daily themed lunches - ladies only!

**March 5 VIB After Party With "Goodbye Beatdown"** This critically acclaimed rock - reggae - hip hop phenomena visits Mount Washington for one night only.

**March 5 Islander Lager Afterdark Invitational**  
This night time event hosts the best local skiers and snowboarders together as they tear apart the signature showtime booter! The DJ playing in the VIB beer garden will get you amped to catch some of the Island's Best



Goodbye Beatdown

Freestylers performing an array of death-defying airs.

**March 7 Barq's Snowtube Festival!**  
Calling all Families! Join us at the Ozone Tubing Park for fun activities, prizes, snow tubing and FREE Barq's rootbeer!

**March 11 Beavertails Tail Eating Contest**  
The Mountain's local Beavertail hut has a great competition for you! Its the annual tail eating contest; see how many Beavertails you can eat AND hold down!!!



The Odds

**March 19 "Odds" In Concert** with special guests Acid Wish in Fat Teddy's. Join us for an intimate performance with one of Canada's most prestigious power pop / rock quartets.

**March 26-27 Full Throttle Slopestyle Competition** Skiers compete on Saturday and Snowboarders compete on Sunday. They will be judged on a number of different hits, rails and boxes down the Slopestyle course, showing off style, technique and flow.

**March 26 The Vancouver Island Loppet**  
Vancouver Islands 29th Annual Loppet Individual and Team Relay.

**April 9 Thrifty Foods Dummy Downhill** Get creative and build a dummy skier or boarder to launch off the big jump!

**April 10 Barq's Slush Cup** Participants straightline it over a small ramp or down a run in and over the giant custom slush pit between the Alpine Lodge and Mnt Tek.

**May 1 Royal Lepage Snow to Surf Race**  
Relay teams alpine & nordic ski, run, mountain bike, road cycle, kayak and canoe from the top of Mount Washington to Comox Marina.

For more up-to-date info on all of Mount Washington events go to [www.milehigh.ca](http://www.milehigh.ca)

**20 Year Old Marmot**  
continued from page 13

We remain the only newspaper reporting on Mount Washington Alpine Resort. As we enter our 21st year, we continue to bring you the latest news and real estate offerings at Mount Washington Alpine Resort.

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**ROYAL LEPAGE**  
In the Comox Valley





continued from page 7

The **Accommodation Guide** available in the print edition of The Marmot also has a **corresponding revamped website**, and was relaunched in November. Check it out at either [www.milehigh.ca](http://www.milehigh.ca) or [www.mountwashingtonaccommodation.com](http://www.mountwashingtonaccommodation.com)

The Strathcona Wilderness Institute welcomed a pair of rare birds from across the big pond in the summer: two naturalists on sabbatical from the Royal Society for the Protection of Birds in Dorset, England.

**Toby Branston** is the Warden at Arne Nature Reserve, and **Emma Foulger** has experience with environmental education, having worked as an information officer, interpreting the natural world for visitors to nature reserves in England.

The couple staffed the SWI's Park Centre three weeks in August, allowing the centre to be open during weekdays as well as weekends.

The **Vancouver Island Riders Snowboard Club** is preparing for its fifth year at the Resort. A number of former Riders athletes are now training with the BC provincial and development teams on the Lower Mainland, so the club is looking for new members to fill their programs. For more information, please call Kelsa or Dave Donald at 250-923-0523.

What do the annual summer **Filberg Festival in Comox** and the **Mount Washington Ski Patrol** have in common? The ski patrol lent their newly acquired automated external defibrillator (AED) to the festival in the summer.

**Rene Tait** co-ordinated emergency care volunteers at the festival.

The Mount Washington Ski Patrol Association has 100 highly trained volunteers who have served at such large events as the 2010 Winter Olympics in Vancouver, Vancouver Island MusicFest, BC Seniors Games and various summer road and mountain biking events.

The **Comox Valley** will soon have a new **Visitors' Centre** open, on the Comox Valley Parkway leading into the City from Highway 19.



Mount Washington Ski Club participant **Eric Luchies** and crew, showing their *Olympic Spirit*.

## Olympic Legacy

continued from page 9

New facilities at Mount Washington, which were built in anticipation of international teams coming here to compete, now have the potential to attract more and larger events as well as more everyday visitors, both reports found.

The Resort has already been able to capitalize on the economic spinoffs and widespread media attention, Resort Director of Business Services Don Sharpe said. "We have already used the images and the profile to position ourselves as a location that will gain from the Games," he said.

They're also in a position to host another major event, although nothing was firmed up at the Marmot's print deadline.

Last winter "gave us credibility, that we have the capacity and skill set to be able to host events such as the IPC World Cup and events related to biathlon, ski cross and freestyle ski," Sharpe added.



Mount Washington Ski Club athlete **Mathew Leduc** is focused on making the *Canadian National Ski Team*.

## La Nina and Sasquatch

### Grow Your Hair and Stay at Home

Certain signs in nature have been used for time immemorial to predict the weather. The black and rust stripes of the woolly bear caterpillar shrink and grow according to cold weather. If there is thunder in winter, snow is said to arrive seven days later.

The same type of proverb holds true with the sasquatch, rumoured to live on Mount Washington.

In years where a La Nina which correlates to a big snow year - is predicted, Sasquatch instinctively grow their hair longer to handle the colder winters.

There is precedent for this type of thinking, says Norwegian Sasquatch expert, Hans Spilleren Spok.

The manaha, or windigo, found in the Great Lakes region of North America has a long mane of hair. Closer to home, the Arulataq of Alaska is covered in long, flowing hair to counter the subzero temperatures typical of a northern winter.

**How do Sasquatch deal with El Nina weather? They change their migratory patterns, Spillern Spok said. Rather than roaming all through Vancouver Island and the Coastal Mountains of British Columbia, as is their practice, they hunker down in one spot.**

Backcountry hikers have noticed blowdown debris piled up in strange places. One spotted a tuft of long, thick hair at what could have been construed as the entrance to the pile, leaving cryptozoologists to believe Sasquatch are building themselves dens.

One hiker, who did not want to be identified, said he thought he saw a Sasquatch on the backside of the Sunrise Quad in late October. What made him



*The rare Vancouver Island Sasquatch is staying close to home with the arrival of La Nina's snow blast.*

think it was a Sasquatch and not a black bear, which are also prevalent on the mountain, was the long hair blowing in the wind as the Sasquatch ran across a clear patch and back into the trees. "I sure hope they have somewhere warm to spend the winter," he said.

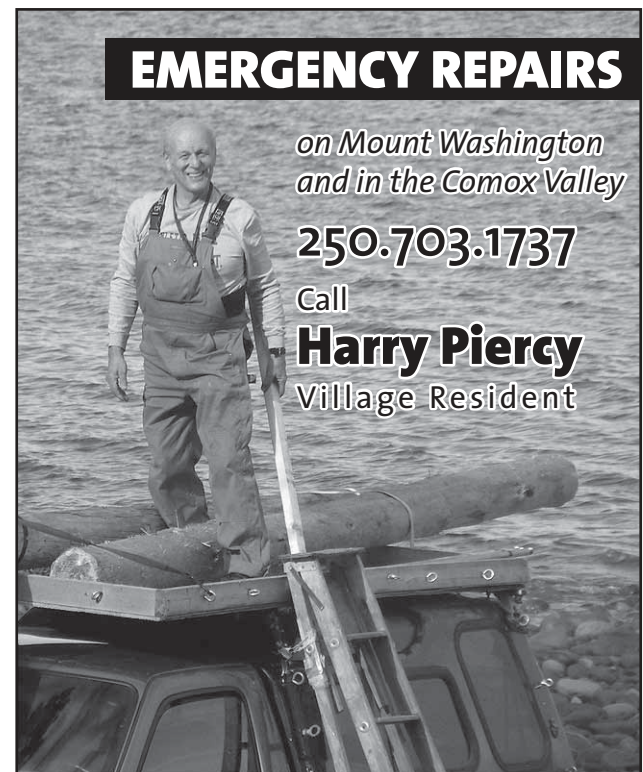
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# Mile High Properties

FOR SALE ON MOUNT WASHINGTON



## Interesting Opportunity!

One quarter interest in a 2 bedroom condo in the heart of the village, sunny exposure and many recent upgrades to building. Use it one week per month and not worry about a large ticket price.

**\$32,500**



## Sweet Corner Suite!

2nd floor corner suite located in the heart of the village. Easy access in & ski down to the lifts. Fee includes all exterior maintenance and taxes. This is a great deal!

**\$124,900**



## Heart of the Village!

2 bedroom condo in the Alpine Village of Mount Washington. Well cared for unit with upgrades. 2 bathrooms and loads of storage. The building is in very good condition with a live in caretaker. Located in the heart of the Village with easy access to slopes and parking. **207 ~ \$212,000**



## Your Home Away From Home!

3 Bedroom Condo! Ski from the front door west to the Green Chair, or east to the Sunrise Quad. Easy 3 minute walk from parking and the General Store. Corner unit with both east and south views, including the Comox Glacier! Well maintained inside and out, in a quiet family four plex with nice neighbours. Open floor plan, a "cooks kitchen" with a view of the Glacier while you prepare gourmet meals for friends and family. Wood burning fireplace, and easy access to common wood pile in the basement. Waxing room in the basement, plus a large storage locker for each owner. Screens on all windows for your sum-

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**ROYAL LEPAGE**

In the Comox Valley

## Looking for a Building Site on Mount Washington?

### Large Lots!

Large building lots located on the Benchlands with great views of Strathcona Park, easy access to skiing and the Park. There are few building areas left and these are the closest to Hawk Chair.

**\$139,900 - \$187,500**

### Foundation & Plans Included!

One of the few remaining chalet lots in the Alpine Village. Price includes plan for an impressive chalet and the completed foundation. Spectacular location with easy access to parking and ski in and out access. **\$349,900**

### Duplex Lot

The only duplex lot available on Mount Washington! Prime location and still owned by its original owners this jewel on the mountain is waiting for you. Many opportunities as you could build both, sell one and keep the other side. **\$325,000**

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**\$212,500**

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Photo: Neil Havers



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## BEAR LODGE

at Mount Washington

### Features Include:

- Slopeside Location
- Fully Furnished, 6 appliances
- Rainscreen Technology
- Live-in Caretaker
- Underbuilding Parking
- Common Hot Tub
- 1, 2 & 3 Bedroom some with Lock-offs

- 102** 2 Bdrm 882 Sq Ft Viewside **\$229,900**
- 105** 2 Bdrm 893 Sq Ft Slopeside **\$225,900**
- 106** 2 Bdrm 884 Sq Ft Slopeside **\$225,900**
- 201** 2 Bdrm 884 Sq Ft Viewside **\$219,900**
- 202** 2 Bdrm 879 Sq Ft Viewside **\$209,900**
- 205** 2 Bdrm 891 Sq Ft Slopeside **\$259,900**
- 206** 2 Bdrm 882 Sq Ft Slopeside **\$239,900**
- 208** 1 Bdrm 629 Sq Ft Slopeside **\$169,900**
- 210** 2 Bdrm 891 Sq Ft Slopeside **\$229,900**
- 214** 2 Bdrm 899 Sq Ft Viewside **\$209,900**
- 310** 2 Bdrm 882 Sq Ft Slopeside **\$229,900**
- 404** 3 Bdrm Penthouse Slopeside **\$409,900**



## Ptarmigan Ridge

### Features Include:

- Furnished Apartments
- Drive To Access
- Propane Fireplaces
- Self-contained Kitchens
- Ski Storage Lockers off Lobby
- Breathtaking Mountain Views
- Convenient Location to Ski Lifts and Strathcona Provincial Park.

#### ONE BEDROOM APARTMENTS

- 104** Facing Strathcona Park **\$119,900**
- 201** Corner Suite facing ski runs **\$139,900**
- 204** Facing Strathcona Park **\$139,900**
- 302** Top floor Corner Suite facing Strathcona Park **\$139,900**
- 305** Top floor facing ski runs **\$149,900**
- 307** Top floor facing ski runs **\$164,900**
- 311** Top floor facing ski runs **\$149,900**



### Features Include:

- Elevator Access
- Spectacular Views of Strathcona Park and the Ski Runs
- Above & Underground Parking
- Propane Fireplaces
- Furnished units ready to go
- Ski Storage Room off the Lobby with separate lockers for renters

- 111** 3 Bdrm, views of ski runs **\$299,900**
- 201** 3 Bdrm, views of ski runs and Strathcona Park **\$275,000**
- 214** 2 Bdrm, view of Strath. Park **\$259,900**
- 216** 2 Bdrm, view of Strath. Park **\$199,900**
- 302** Penthouse (1600 sq. ft.) 3 Bedroom **\$374,900**



### Lots for Sale... Priced from \$85,000!

Building sites available at Beaufort Heights.



## Creekside House

Rarely do suites in Creekside House hit the open market. One owner, immaculately maintained 3 bedroom suite available. Quality plus building built by the same builder of Raven Lodge. Creekside is located immediately adjacent to the loading area of the Green Chair so is about as ski in and out friendly as you can get. Easy access to Nordic and Strathcona Park.

- 101** 3 bedroom, corner suite **\$349,900**
- 104** 2 bedroom, sunny view **\$249,900**
- 303** Top Floor, 2 bedroom facing ski runs **\$224,900**
- 305** Top Floor, 3 bedroom sunny slope side location **\$399,900**

## PARADISE RIDGE

### Features Include:

- Outdoor Swimming Pool, Sauna & Hot Tub
- Underground Parking
- Propane Fireplaces
- Ski Storage Room off Lobby
- Convenient Location to Amenities
- Mountain / Strathcona Park Views

- 208** 3 Bedroom facing Strath. Park and ski runs **\$199,900**
- 211** 3 Bedroom facing Strath. Park and ski runs **\$249,900**
- 211** Top floor facing ski runs **\$249,900**
- 506** 3 Bedroom Penthouse facing Strathcona Park and ski runs **\$264,900**



## DEER LODGE

AT M.T. WASHINGTON

### Features Include:

- Slopeside Location
- Fully Furnished
- Front Desk Service
- Underground Parking
- Hot Tub
- Caretaker

- 207** 2 Bedroom facing ski runs **\$199,900**
- 313** 2 Bedroom Lock-off facing Strathcona Park **\$219,900**



## Mountainside Lodge

A snowballs throw from the green chair! Two bedroom 2nd floor condo with underground parking. Lock off one of the bedrooms to make a separate rental suite while you stay in the rest. Common area includes sauna, hot tub, and locked storage. **\$214,900**



### Close to Alpine Lodge!

Spacious, well-kept townhome within a few minutes stroll of the Alpine Lodge. 3 bedrooms, 2 bathrooms and sauna. The inside is well cared for with a huge space in the lower floor for sleeping or recreating. Enjoy the outside patio, taking in the sunsets and mountain views. Ski-in and out access to the slopes. Fantastic location and great value. **\$229,900**



### Vaulted Ceilings!

West Coast designer townhome located close to the Alpine Lodge of Mount Washington. Offering 3 bedrooms, two bathrooms and sauna. Vaulted ceilings in the living room and gourmet kitchen with corian countertops. Ample storage and easy access round out this great package. Mount Washington offers incredible snow, and affordable real estate prices. **\$239,900**



### Chairlift Friendly!

Located at the loading station of the Hawk and Green chairlift is this luxury 3 bedroom townhome with a double garage. The finishing is exquisite with a view of the ski runs. Loads of storage and plenty of space. Parkview Place offers a great location with easy access to the Alpine and Nordic skiing. Close to Strathcona Park. **\$399,900**

## 784 Washington Way



### 2 Choices...

### A Bright Buy!

Very unique and bright corner suite in Snowbird. 3 bedroom townhome with loads of natural light and extra windows. Very quiet location in the building and easy access to parking and skiing. 2 bathrooms, sauna, electric fireplace, open living area. **\$189,900**

### South Facing Townhome

with easy access to parking and skiing. Basement undeveloped for additional usage. 3 bedrooms and 2 bathrooms. Propane fireplace for the cool winter nights. Quiet location and great building! **\$259,900**



### New Log Cabin!

Log home to be build at Beaufort Heights Price includes finishing to lock up stage. Great location as one of the closest lots to the lifts. Buy at this stage and put in more bedrooms etc. Easy access to skiing and Strathcona Park is right across the street. Lease expires in 2178 so loads of life in this one. **\$425,000**







### Sunset Views of Strathcona Park!

A very unique property in the Alpine Village. Only 14 years old, this spectacular property is perched to take in the sunset views of Strathcona Park, yet virtually ski in and out and close to parking. 14 foot ceilings, open plans, 2 separate owner suites plus self-contained suite in the basement. Sauna, loads of storage and more. **\$640,000**



### Entertaining Friendly!

Nestled on the side of an open meadow in the heart of the Alpine Village of Mount Washington. You can ski in and out to the runs from this 2425 square foot chalet. 4 bedrooms plus spacious living areas and an open entertainment styled kitchen round out the package. Strategically located close to parking so access is also a breeze. This is a spectacular property at an unbelievable price. **\$449,500**



### 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!"

Suite B **\$439,900**

Suite C **\$448,000**



### Builder's Own Home!

Located in Nordic Heights adjacent to Strathcona Park! Interior finished with loads of wood and windows to take advantage of light and to create a cozy warm feel. Easy access to ski lifts out the back. Where else can you purchase a gorgeous home in an alpine setting! Three large bedrooms, open living area, large sauna, loads of storage & inviting architecture. Enjoy "The Strathcona Mountain House". **\$575,000**



### Once in a Lifetime!

Once in a while a unique property becomes available. This legal duplex on Mt Washington has it all. What you get is two legal titles and the two units share a common area. Within the common area is a third suite! Each side has 2 bedrooms and spacious plans. The common area which includes a large family room, sauna, kitchen, bathroom & bedroom. Ideal for 2 or more families with spectacular views. Buy the package and then sell one of the off, or keep the other. WOW - this one has many options!!! **\$485,000**



### Ocean View!

You can see the ocean from this chalet located in the Alpine Village of Mount Washington. On 3 levels, the lower level is a self contained suite whilst the upper 2 floors have spacious rooms and an open plan. Sauna on the main floor with huge living area. Close to parking and loads of morning sun! **\$485,000**



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**In a word... Stunning!**

Located on the upper side of Fosters Place on Mount Washington is this STUNNING mountain chalet. 4+ bedrooms and a HUGE living area! This mountain home boasts a beautifully appointed interior finished to the highest of standards. Ski in and out access and close to Strathcona Park for nordic skiing in winter and summer hiking. Golf courses, beaches, international airport all just 30 minutes away. **\$599,900**



**A Sought After Property...**

in a sought after location! Lovingly maintained by its owners "Chalet 43" offers a 4 bedroom main suite on the upper two floors and a self contained two bedroom suite on the lower floor. The main suite is open in design with many recent upgrades from the ground up including flooring, doors and plumbing. Very well thought out design, offering fantastic accommodation and a floor plan "that works!" Two bathrooms, one with a gorgeous jetted tub. The lower 2 bedroom suite is spacious and cozy with 2 bedrooms and large living/kitchen area. A shared sauna and ample storage rounds out the package. Chalet 43 is located close to parking yet EASY access to the slopes. Tucked into the sidehills, it is close to everything yet sitting on the large deck you are hidden in the woods. **\$635,900**



**2700 Square Feet of Luxury!**

Never before has a home of this style and quality been available on the Mount Washington market. Over 2,700 square feet with 6 bedrooms and 4 bathrooms. No expense has been spared from the silestone quartz kitchen, hardwood floors, solid cedar beams, log styled exterior to the open hearth style gas fireplace. All rooms are open and spacious. Fosters Place is Mount Washington's only drive-in, ski-out location. If you have been looking for the "something special", this is the one. **\$799,900**



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