

SLO SKIERS, INC.
P.O. BOX 1047
SAN LUIS OBISPO
CA 93406

MEETINGS
2nd Wednesday
of the month

at the
Margie's Diner
1575 Calle Joaquin
San Luis Obispo

BOARD: **5:30pm**
SOCIAL: **6:00pm**
MEETING: **7:00pm**

JOIN US

Annual Dues: \$40
sloskiers.org

WINE
DOWN
FRIDAY

JANUARY 15th
(see page 2)

MARK YOUR
CALENDARS

JANUARY 21st
DINE

AROUND

Pizza Republic
3810 Broad, SLO
Details on Meetup

*Advise from a
former U.S.
Olympic Ski Team
Member, "Biking
is one of the best
ways to get your
legs into shape for
skiing!"*



Official Newsletter of *The SLO Skiers Club, Inc.*
A Ski, Sport and Social Club

www.sloskiers.org

JANUARY 2016

President's Message

I've heard SLO Skiers have celebrated the holidays in a myriad of delightful ways...from family to skiing to hiking to camping to just hanging around with friends. However you celebrated yours, I hope it was just the way you wanted it. As we look toward 2016, I wish everyone a new year filled with peace and joy, and a whole lot of snow fun!

December is such a busy month, it's difficult to add our normal number of events into the mix. We did manage to have one fantastic Christmas Party, however. Lauren Nagle and her team of merry worker elves really outdid themselves with the beautifully festive decorations, the delicious food, jolly old St. Pete Nick, and the lovely raffle prizes. Thank you **Lauren and team** for a great evening to kick off the holidays SLO Skiers style.

As you know, our Christmas Party focuses on helping those in need of food around the holidays and always. Through our donations of money and food items, the Homeless Shelter is able to provide food for hundreds of meals. Thank you, **Michael Krebsbach**, for organizing the food drive and standing at the door to direct the donations to the appropriate basket.

Thank you, **Pete Sarafian**, for organizing the December hike. I'm not sure I'll be able to keep up with those skiers who have stayed in shape by joining your hikes every month.

If you want to go skiing with the club this winter, you'd best be making some firm decisions. Rumor has it both Park City and Tahoe are full. See Lauren about the waiting list for both of those trips. Telluride is also full, with one potential spot available for a male, January 30-February 6, 2016. See Fran if you are interested in that spot. Additionally, there are three weekend trips this season, two to Mammoth and one to a Tahoe resort. The first Mammoth trip has limited lodging, January 21-24. Check out the details in this newsletter.



Please see President, P15

Cerro San Luis Really Drew Us

By Pete Sarafian

It started out a little chilly,
The hike was nice, but really hilly.
It brought a trio out to play,
On a rather sunny day.

Some dropped out before we went,
Another lost; not our intent.
Despite the muddy trail in spots,
We made it all the way to the top.

You really should check out the views,
Not doing so: you snooze, you lose.
The two Petes went up, a pair,
And met Barbara Collins while up there.



Top Photo: Barbara Collins,
Pete Sarafian & Peter Jacobsen
enjoy Cerro San Luis from the
top. Photo by a nice hiker.



Right Photo: The Madonna
"Christmas Tree" from inside.
Photo by Pete Sarafian

First Wine Dine of 2016!

Hosted by Kathleen O'Neill

Let's continue the holiday cheer a bit longer! Kathleen O'Neill will be hosting the first wine down of 2016 at her home at **271 Irish Way in Pismo Beach, Friday, January 15th, starting at 5:30pm.** Please bring a delicious appetizer to share and your favorite. beverage.



DIRECTIONS (heading South):

Take 101 south to Pismo Beach and exit at 4th Street. When you come to the stop sign, turn right and go one block to 4th street, and turn right again and proceed east over the freeway to James Way. *Turn right on James Way, and after one block turn right on Shamrock Lane. Proceed to the very last street and turn left on Irish Way. Since Irish Way is horseshoe-shaped, there are two signs for Irish Way; go to the second one and turn left. Once on Irish way, go down the block about half way, and her tan house is on the left side at # 271. Also, it is the only house with large, high shrubbery in the front yard. (P.S. It's a "no-shoes inside" home.)

DIRECTIONS (heading North): The only difference is that once you take the 4th street exit, you turn right onto 4th street for just a short distance until you turn right on James Way. You are already on the east side of the freeway. *Then use same directions as above....or Google!

Questions? Contact Kathleen on her cell at 805-550-5010.

\$500 Donation Presented to Food Bank Coalition

Because of the fundraising efforts we do during the year we were able to make another \$500 donation this quarter to the Food Bank Coalition of San Luis Obispo County. They were very appreciative of the donation made by us during this busy time of year.

Merry Christmas,
Michael Krebsbach, Philanthropy Chair



Diva Girls Slumber Party

By Stacey King

It is said that, "Whatever happens in Vegas, stays in Vegas!" Well, whatever happened at Pam Olsen's house, will stay at Pam Olsen's house! This and a whole lot more happened when several very lucky ladies got to enjoy the Diva Night package that was won by Sharon Brooks at the Turtle Auction this past year.

There was plenty of fun that evening and we're not going to tell you whether or not there were pillow fights. But we can tell you that we laughed, and laughed, and laughed! Did we tell you we laughed? Pam cooked us up a great meal and fabulous desserts: brownies, orange ice cream, cookies, etc.. We spent the first part of our evening in an AMAZING massage chair. We then proceeded to have a total blast staying up wayyyyyy past our bedtimes. I think we woke up just in time to have breakfast. Pam cooked us a fabulous breakfast and she even came through with her promise of making the best coffee from the "coolest coffee maker in the world!"

Prizes were given out to all of the crazy ladies and it was tons of fun! We can't wait for next year's event! Thanks Pam, you were the hostess with the mostess!



Prizes!



Myths Concerning Alpine Skiing Injuries

Information taken from Sports Health, Nov 2009 and Vermont Ski Safety

Myth: If you think you are going to fall, just relax and let it happen

Skiers who do not have a well-practiced plan for the falls that they routinely experience should imagine the posture of a parachutist just before landing and keep every joint in the body flexed moderately. Keep feet together. Keep chin against chest. Do not land on a hand, but keep arms up and forward and be prepared to use the arms to protect the face and head.¹⁷ Muscles of the extremities and trunk should strongly contract during a fall; this response will stiffen and protect bones and joints.

After the fall, skiers who do not immediately stop should get into a position that allows them to see where they are going. Skiers who attempt to stop themselves by engaging their skis should resist the instinct to fully straighten their legs. It is also important for skiers to not get up until they have stopped sliding and to remember “When you are down—stay down.” After stopping, skiers should remember as much as they can about how well they executed their plan and how they can improve their response in the future.¹⁷ Over time, their falling technique should become as expert as their skiing technique.

Myth: Exercise is the best way to avoid skiing-related injuries

Almost every ski season, popular skiing magazines publish information on conditioning that can reduce the risk of injury. Several prominent orthopedic authorities have advocated conditioning to reduce the risk of skiing injuries as well. Others have advocated conditioning programs for skiing safety but admit that no solid proof exists. In spite of all the advice, there is no convincing evidence that conditioning of any type can reduce the risk of alpine skiing injuries. There are, however, conflicting data concerning the effect of fatigue on injury occurrence. Whereas weakness of the thigh musculature may be related to anterior cruciate injuries



among alpine skiers, strong muscles have not been shown to prevent these injuries in world-class skiers.¹³ In an analysis of well-trained alpine racers at the 1994 Winter Olympics, 42% of the females and 10% of the males had suffered an ACL rupture. With no downside to overall good physical condition, common sense would support conditioning to improve the enjoyment of alpine skiing. Well-prepared skiers will probably get in more runs with less fatigue and will probably be better prepared for the rare emergency requiring strength or endurance.

Ski Safety Tips To Remember:

Information provided by Vermont Ski Safety at vermontskisafety.com

Avoid High Risk Behavior:

- Don't fully straighten your legs when you fall. *Keep your knees flexed.*
- Don't try to get up until you've stopped sliding. *When you're down--stay down.*
- Don't land on your hand. *Keep your arms up and forward.*
- Don't jump unless you know where and how to land. *Land on both skis and keep your knees flexed.*

Routinely Correct Skiing Technique:

- Maintain balance and control.
- Keep hips above knees.
- Keep arms forward.

Recognize Potentially Dangerous Situations:

- Uphill arm back.
- Off-balance to the rear.
- Hips below the knees.
- Uphill ski unweighted.
- Weight on inside edge of downhill ski tail.
- Upper body generally facing downhill ski.

Response:

- 1.) Arms forward.
- 2.) Feet together.
- 3.) Hands over skis.



Prepping for Ski Season: A Dandy Dozen Ways - Part One

Author Unknown

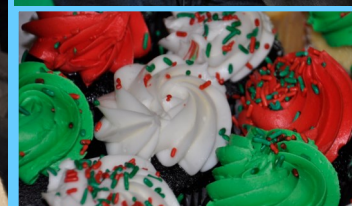
Ski season is here! Hence, the following list of exercises to get you prepared...

- ♦ Visit your local butcher and pay \$30 to sit in the walk-in freezer for half an hour. Afterwards, burn two \$50 bills to warm up.
- ♦ Soak your gloves and store them in the freezer after every use.
- ♦ Fill a blender with ice, hit the pulse button, and let the spray blast your face. Leave the ice on your face until it melts. Let it drip onto your clothes.
- ♦ If you wear glasses, begin wearing them with glue smeared on the lenses.
- ♦ Find the nearest ice rink and walk across the ice 20 times in your ski boots carrying two pairs of skis, accessory bag, and poles. Pretend you're looking for your car. Sporadically drop things.
- ♦ Place a small but angular pebble in your shoes, line them with crushed ice, then tighten a C-clamp around your toes.



Part Two coming soon. Bahahaha!

SLO Skiers Holiday Party Pics









**Wishing everyone a Happy New Year
and a VERY snowy 2016!**
SLO Skiers, Inc.

UPDATE ON SOUTH LAKE TAHOE:

There are 38 people going on this trip. There are 3 hotel rooms at Forest Suites still available. If you want to enjoy the great skiing at Tahoe contact Lauren at mlnskier@gmail.com. We need payment in full on or before JANUARY 7th. This is the final opportunity to sign up for the trip.

The pre-trip party will be MONDAY, February 8th. The location is California Pizza Kitchen located at 876 Marsh Street in SLO. The time is 6:15 PM for a no host dinner meeting. If you don't want dinner, please come for the meeting. The pre-trip party is where the schedule of events is gone over in detail. We will have a car pool list available at the January meeting.





SLO SKIERS PRESENT:

FEBRUARY 20—27 , 2016

PACKAGE INCLUDES:

- ♦ 7 NIGHTS LODGING FOREST SUITE HOTEL ROOMS
CONVENIENTLY LOCATED STEPS FROM THE HEAVENLY GONDOLA
- ♦ FULL BREAKFAST DAILY
- ♦ 5 DAYS LIFT TICKETS AT HEAVENLY, NORTHSTAR OR KIRKWOOD
- ♦ WELCOME AND FAREWELL PARTIES



PACKAGE PRICE: DOUBLE OCCUPANCY

\$ 899 SENIOR \$955 ADULT

\$ 674 NON SKIER \$ 599 VAIL PASS PRICE



FOR ADDITIONAL INFORMATION

PLEASE CONTACT TRIP LEADER; LAUREN NAGLE

MLNSKIER@GMAIL.COM 805-636-0477

PARK CITY TRIP UPDATE



The facts - - nothing but the facts! There are 62 people going on this trip. 36 of you are flying. 17 are driving. There are a number of people who will be coming from different airports.

A charter bus will take us from the airport to the resort. We have arranged for a grocery and adult beverage stop on the way. We have a 10 two bedroom two bath condos at Park Station. We have three 3 bedroom, 3 bath units at Towne Point condos. These units sit side by side. Both complexes are extremely convenient to Main Street and the shops and restaurants. They are a short walk to the Town Lift. The condos are on the bus route. There is an excellent public transportation system. You won't need a car. Included in the package are 5 days of lift tickets to the newly combined Park City and Canyons ski areas. Twelve people are going just to enjoy the parties and non ski activities. Some of these activities may include; a food tour, a historical tour, snow shoeing, snow mobiling, and dog sledding. Please mark your calendar!

The pre-trip party is **Saturday, March 5th**. We are meeting at Upper Crust Trattoria, 11560 Los Osos Valley Road, SLO for a no-host dinner. Please be there **no later than 6:15pm**.

The **new** news is that for those of you flying, we have chartered a bus from SLO with a stop in Atascadero (because the majority of the skiers are from Atascadero). This is where it gets tricky. We charter a bus in anticipation of everyone taking advantage of the convenience and cost savings. The reason the bus isn't included in the basic package is; we never know how many people will sign up. If everyone who is flying takes the bus the cost will be \$67 per person round trip (including tips). If we don't get most of the group taking the bus it gets expensive. We will be taking reservations for the bus beginning at the meeting in January.

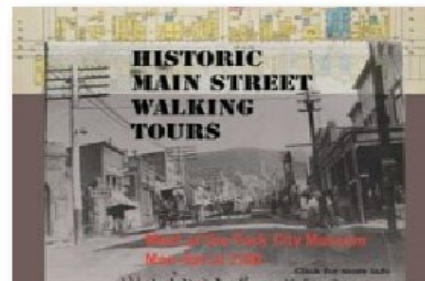
Questions? Contact Lauren at mlnskier@gmail.com.

FUN, FUN, FUN...IN PARK CITY

Here is a schedule of activities for all
(skiers and non-skiers) to enjoy.

Sunday – March 20, 2016

Museum and Historic Walking tour of Park City's Main Street and Colorful History- 11:00 a.m. – 1:00 p.m. tour complementary- no host lunch to follow.



Monday – March 21, 2016

Guided Snowmobile Trip-This three hour journey starts at 10a.m. and takes you into the backcountry up to 11,000 feet! A stop at the Lookout Cabin for a quick deli lunch is included as well as a stop to enjoy the 9,000 ft views. This is offered at a discounted price of \$100 for drivers and \$50 for passengers. An adventure you won't want to miss.



Tuesday – March 22, 2016

Food Tour-A cultural and historical tour with a culinary twist. As we make our way down Main Street we will stop into several restaurants for a taste of their cuisine paired with a specially selected wine. We also stop into specialty shops which are meant to entertain, with no purchase required. There is enough food that most will be full after the tour. This tour starts at 3:15, so skiers you may want to join in on this one. \$45 per person.



Wednesday – March 23, 2016

John Smith's orienteering - John will prepare and hand out a series of instructions taking you through the Main Streets of Park City. For example "start in front of the hotel, take 120 paces NNW. Enter the building with the squirrel on the sign." In addition to instructions there will be questions, for example, "the picture over the bar is of what President?" Participants will arrange their own schedule, annotate answers and start and stop times and turn in their cards upon completion. Each entry will be scored and the results will be announced at the farewell dinner. Come join in the fun...the orienteering is free but the drinks you buy along the way are on you!



Thursday-March 24, 2016

Discover your inner Picasso with this fun filled afternoon of painting and wine. What can go wrong with wine? Artistic abilities not required. You will be guided step by step during this 2 hour fun and relaxing afternoon. This is a Trip Advisor recommend activity. More details to follow.



Friday-March 25, 2016

Snowshoe tour by a local naturalist who will guide you on a fun and educational tour. This is a fun tour for all levels. Lunch after the tour is included. More details to follow.



Some details are still being negotiated. If you are interested in participating in any of these activities please let Sharon Page know at treasurer@sloskiers.org. She will need participant numbers to finalize reservations no later than February 10, 2016.

Turtle Auction Wine and Cheese Pairing Party...SOLD ...and Delivered!

By Fran Long

Six lucky SLO Skiers, seven including myself, rang in the new year to the tune of wine, cheese, appetizers, and tidbits, all carefully paired to enhance our wine tasting enjoyment. Well, that was the idea, anyway.

The people, the laughter, the people, the music, the friendship, made for a great evening of frivolous fun. I can't think of a better way to begin a new year than spending it with wonderful SLO Skiers friends!



Ski Mammoth

January 21-24, 2016



Package Includes:

- 3 Nights Lodging
- Saturday Night Party
- Fun With Your Friends

Pricing / Details:

- \$165 per person
Room in Teresa Rice's home
Double occupancy
- \$235 per person
Holiday Haus Motel
Double occupancy
Breakfast included
Mini fridge in room
- Full amount due now to reserve your spot
Last day to reserve your spot is Wednesday, January 13th
- Lift tickets NOT included
See your friends with Mammoth Passes for a potential buddy pass discount



- Make checks payable to Central Council
- Mail checks to Fran Long
P.O. Box 4395
Paso Robles, CA 93447

President

From PI

Congratulations to our November SLO Skier of the Month, **Janet Leonard**. Thank you, Janet, for all your hard work in making Pray for Snow an event to remember.

Margie's Diner has graciously agreed to allow us to bring our own wine to our monthly meetings, with NO corkage fee! You could probably get away with bringing beer, too. This should bring the meal prices down just a bit. And remember...you can share a meal and still take home leftovers!

For now, we will continue meeting at Margie's on the second Wednesday. Times will remain the same, with social hour beginning at 6:00 PM, and the meeting following at 7:00.



News From Your Council

If you haven't had the opportunity to see Warren Miller's 2015 ski movie, *Chasing Shadows*, you have yet another opportunity. Central Council is sponsoring a showing at Bakersfield College, yes in Bakersfield, on Friday, January 22nd. Tickets are \$12.00 and can be purchased online at: warrenmillerchasingshadows.eventbrite.com.

Far West Ski Association Travel Opportunities

Far West International Trip 2016: There's still room on the 2016 Int'l Ski Week trip to **Cortina d'Ampezzo** and extension trip to **Florence and Rome, Italy**. The optional extension trip will be to the *Tuscany* region – 3 nights in Florence with day tours to Sienna & San Gimignano and 4 nights in Rome. If one chooses to not go to Cortina, we will fly you from the US to join us for the extension trip – we call this the "Stand Alone" trip. Contact Debbie Stewart for more information: FWSAintltrlv@prodigy.net.

"The Voice of the Western Skier"



Far West Adventure Trip 2016: The 2016 Far West Adventure Trip will be to **England and Ireland** September 12-22, 2016, with an extended bike tour in *Ireland* from September 22-26. If you haven't put this on your calendar yet, now is the time to do that. Your trip leaders, Debbie and George Stewart have a phenomenal trip planned for you. For further information, contact Debbie at: FWSAintltrlv@prodigy.net.

Far West Dive Trip 2016: Get ready for the trip of your life! Plans are for the group to go to **Fiji** in September, 2016. Official details are being finalized now, so stay tuned to your Far West News Flash for the latest updates. For other information, contact Randy Lew, your Dive Trip Leader at: fwsa13randy@telis.org.



Board of Directors & Officers 2015-2016

Your Board is here for you. If you have any questions, suggestions on activities, want to be more involved, contact any of the following Directors or Officer. Remember, the SLO Skiers & Social Club is YOU!



DIRECTORS & OFFICERS:

- ♦ **President** - Fran Long—president@sloskiers.org
- ♦ **Vice President** - Steve Thatcher—vicepresident@sloskiers.org
- ♦ **Secretary** - Ralph Gibson—secretary@sloskiers.org
- ♦ **Treasurer** - Sharon Page—treasurer@sloskiers.org
- ♦ **Finance Director** - Thom Page—finance@sloskiers.org
- ♦ **Newsletter Director** - Stacey King—newsletter@sloskiers.org
- ♦ **Trip Director** (Week Long) - Lauren Nagle—trips@sloskiers.org
- ♦ **Weekend Trip Director**— Fran Long—president@sloskiers.org
- ♦ **Membership Chair** - Teresa Rice—membership@sloskiers.org
- ♦ **Ways & Means Chair** - Diane Mandala & Barbara Collins—ways@sloskiers.org
- ♦ **Meet-up Coordinator** (Website) Fran Long—webmaster@sloskiers.org
- ♦ **Schedule Coordinator** - Fran Long—president@sloskiers.org
- ♦ **Philanthropy Chair** - Michael Krebsbach—philanthropy@sloskiers.org
- ♦ **Club Photographer** Jana Favalora—photo@sloskiers.org
- ♦ **Past President** - John Smith
- ♦ **Publicity Chairperson** - Pete Sarafian—publicity@sloskiers.org

Thanks to our Sponsors who support
the SLO Skiers year after year!

*Skiing, Snowboarding,
Backpacking, Climbing & Travel*



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Do you have something newsworthy to share with the SLO Skiers? Contact Newsletter Editor, Stacey King and she'll help you get it published. Send her an email to slostacey@yahoo.com or send her a message on Meet-up!