



# ***FRESH TRACKS*** *February/March 2008*

**The Newsletter of the Orange County Ski & Snowboard Club**

## ***President's Message***

**Stella Plunkett**

Hello Everyone

What a terrific season this is turning out to be. It is exciting to hear all the wonderful stories about the Mammoth trips as well as the stories about our most recent Big Sky trip. In this newsletter you will get a chance to see some great pictures about our fellow club members on that trip. If you didn't get to go with them, you can at least live through them vicariously. If you did go, you can relive some of those great moments. I have heard wonderful reports and I want to thank Sonny Smith for coordinating this terrific trip. You never know what can happen on these trips and Sonny handled it beautifully. Thank you. Can't wait to see where we go next year!

Hats off to Joan Beck as well who has done a great job coordinating our monthly

Mammoth trips. To the casual observer, it may not seem like a lot of work ... process some checks, take some food, assign the rooms. However, it is definitely one of the most difficult jobs of the club and Joan has done a wonderful job. The first year I was on the board, I was Social Chairperson and had to plan two parties. Two. That's all. It was a lot of work and a lot of planning. Joan has to, in essence, plan one dinner party a month on top of all the other responsibilities. Offer to help her whenever you can.

I am so sorry I haven't been able to go on any of the trips this year. Last year, I was up at Mammoth twice a month but this year has been a different story for me. One thing that has become painfully clear to me lately is that we have to enjoy and celebrate whenever we can. We need to laugh and have fun every chance we get. Celebrate even the little things. The wind is blowing at 60 mph...at least it isn't 100 mph! Call me Pollyanna or the eternal optimist. I may not be skiing much this year but there is always next year. A few other members are experiencing similar situations whether because of injuries or family situations. If you can, get on the slopes soon so we can

## **Fresh Tracks...February/March 2008**

enjoy it through you. We are counting on you!

See you at the next club meeting on Wednesday, March 5<sup>th</sup>, or see you on the slopes!

*Stella*

### **General Meetings**

We continue to meet on the first and third Wednesday of the month in March and April. Remember our new location:

**El Torito Grill  
1801 E. Katella Avenue  
Anaheim, CA 92805  
714-937-1248**

Meetings start at 7:30 PM, but come early – they have delicious food and beverages; and it's always fun to catch up with other members.

### **General Meeting Programs**

**Barbara A. Scobie**

**March 5<sup>th</sup> Laura Kennedy, Mammoth Mountain**

We have a new Mammoth Mountain representative, Laura Kennedy. She will attend our first March General Meeting and talk about the planned activities for Club Appreciation Weekend in April

### **Mammoth Trips**

Listed below is our Mammoth Trips Schedule for the rest of the season. Please mark your calendars and sign up early to ensure you have a spot on the trips that you want to attend.

- March- 14,15,16 (**Race Weekend**)
- April- 4,5,6 (**FWRA Championships**)
- April- 25,26,27 (Club Appreciation Weekend)

Remember to check with Joan early if you would like to come to the club dinner, but are not “on the trip”. She needs to know well in advance to plan for enough food.

See the attached flyer for additional information.

### **Racing**

**Anne Barneson  
Racing Chairperson**

#### **Race Results January 2008**

Our first race in 2008 was cancelled due to weather. It snowed almost continuously from Friday, January 4<sup>th</sup> through Thursday, January 10<sup>th</sup>. Originally, the National Weather Service predicted “the storm of the century”, and then they downgraded it to “significant”. Those of us who went on the club trip to Mammoth during the weekend of January 10<sup>th</sup> to January 13<sup>th</sup> thought all the snow was great!

# **Fresh Tracks...February/March 2008**

## **Race Results February 2008**

While half of our race team was on a plane from Bozeman to Salt Lake City, **Steve Webb** got a **gold medal** on Saturday, February 2<sup>nd</sup>. Congratulations!

He probably would have done really well on Sunday also, but the races were cancelled because of a storm.

## **March Races**

Our next race is the SOCALCS Southern California Championships, scheduled for the weekend of March 14<sup>th</sup> through March 16<sup>th</sup>. This coincides with the club's March Mammoth trip.

There is a clinic tentatively scheduled for Friday, March 14, from 1:00 to 3:00. Signups will be in Roma's Room on the third floor of the Main Lodge from 12:00 to 12:30. The cost is \$25.00, cash or check.

On Saturday, the 15<sup>th</sup>, a Slalom is scheduled, and on Sunday, the 16<sup>th</sup>, a Giant Slalom is scheduled, weather permitting. Sign-ups will be in Roma's Room on the third floor of the Main Lodge on March 14<sup>th</sup>, from 3:30 to 4:30 PM, and Saturday, March 15<sup>th</sup>, from 7:30 to 8:30 AM. Rokka and Ullr leagues will race together both days.

Because we have had so many cancellations this year (actually, they have cancelled more races than they've run), the SOCALCS races will also count as regular league races for points.

## **Far West Finals!**

Far West Finals are the weekend of April 12<sup>th</sup> & 13<sup>th</sup>, which is the same as our April Mammoth trip. There will be races Saturday and Sunday, and a dinner Saturday night. The club will pay the race fees and buy dinner Saturday night for our racers!

Remember, you need three finishes with official handicap times in order to qualify for Finals! There is talk of a make-up race due to all the cancellations. Stay tuned.

## **2007-08 Mammoth Race Schedule**

3/15/2008	Rokka 4 GS/Socalcs
3/16/2008	Rokka 5 slalom/Socalcs
4/5/2008	FWRA Championships GS at Mammoth
4/6/2008	FWRA Championships slalom at Mammoth

## **Membership**

### **Steven Breitbart Membership Chairperson**

The latest Membership Directory has been published. All members should have received a copy via e-mail. If you did not, please make sure the Club has your correct e-mail address. Of course, if the Club doesn't have your correct e-mail, you won't be receiving this newsletter either, but if you see it on our web page and haven't received a copy, something is amiss with the e-mail address we have on file. Contact either Steven or Darin.

## **Social Events**

### **Lou Burgoyne Social Chairperson**

Our next party will be the "End of Season" party. The date has not be set yet (well, it's not the end of the season yet either). It will probably be in May; details will be on the Web page and in the next Newsletter.

### **Altitude Sickness**

Many thanks to Shyrl Roberts for contributing this article. It appeared in the *L.A. Times* on 2/3/2008.

“As the snow of recent week draws thousands of skiers and borders to California slopes, one out of four may develop the headaches and nausea that signal acute mountain sickness, commonly known as altitude sickness.

Most sufferers will feel better in a day or so with rest, over-the-counter drugs and time, the ultimate remedy, as their bodies adjust to the altitude. An unfortunate few may remain ill longer or, very rarely, develop pulmonary or cerebral edema, a fluid build-up in the lungs or brain that can prove fatal.

Who will get sick is hard to predict. What we do know is that the lower barometric pressure at high altitudes causes people to get less oxygen with each breath, triggering various responses; typically, you breathe faster, urinate more and sleep fitfully, all pretty normal responses. How abnormal symptoms such as headaches develop is disputed.

The surest cure for altitude sickness is to descend, and not go higher until symptoms disappear. **Beyond that, here are myths that could get you in trouble:**

**You'll be fine below 10,000 feet.** One fourth of the people visiting Rocky Mountain resorts from 6,300 to 9,700 feet developed acute mountain sickness, according to a 1993 study of more than 3,000 conference attendees. How fast you ascend and where you sleep are more important than elevation, according to Dr. Dietz, who ran a hospital at the base of Mt Everest. Spend at least one night below 10,000 feet and then sleep no more than 1,000 feet higher each night.

**The physically fit don't get sick.**

Absolutely false says Dr. Dietz, and dangerous too, because athletic people who believe this may ascend despite symptoms. The 1993 study showed that people who lived below 3,000 feet or had previous bouts of altitude sickness showed symptoms more often. But there's little consensus about risk factors.

**A headache at altitude is normal.** It may be common, but that doesn't mean it's normal. An altitude headache may result from mild cerebral edema; in other words your brain may be swelling. Typically, the headache lessens as you acclimate; but if it doesn't or gets worse you should seek medical advice.

**After the first day, you'll be OK.** Acute mountain sickness often strikes within 12 hours after you arrive at high altitude, but it may hit later. In rare cases, symptoms linger for weeks.

**Consuming water prevents altitude sickness.** It counters dehydration, which can also cause a headache and more severe symptoms, but there's no evidence that it forestalls mountain sickness, according to the experts. Prescription medications such as acetazolamide (Diamox) and dexamethasone (Decadron) often help. The best antidote is awareness. “Listen to your body”.

Additional information is available on [www.cdc.gov](http://www.cdc.gov) under “altitude sickness”.

### **Big Sky Trip**

Hats off again to Sonny for coordinating such a fantastic trip. I believe all who went had a wonderful time. The snow was plentiful – including several days of awesome powder!

## *Fresh Tracks...February/March 2008*

Also, many thanks to Vicki Kechekian for coordinating the side trip to Yellowstone. It was a memorable experience for all who went – lots of photo ops of wildlife (bison, elk, eagles, swans). And, hey, we even saw the sun that day!



Our Snow Terrain vehicle



We learned that this is a bison, not a buffalo.



Yvonne gives cross country skiing a try.



One of the many geysers prevalent in Yellowstone



Castle Rock Geyser

## **Club Privacy Policy**

The Club has the responsibility to insure members' personal information remains confidential and not available to unauthorized sources.

No member shall use member information (name, e-mail, phone, address, etc.) for distribution to other parties or for personal gain. This is not intended to inhibit communication between members.

Only board members who have a need to use lists are authorized to do so. (Examples – president, trip leaders, webmaster.)

Abuse of this policy can be grounds for termination of Club membership.

## **Board of Directors**

**President:**  
[pres@ocskiclub.com](mailto:pres@ocskiclub.com)

**Stella Plunkett**  
(949) 495-0312

**Newsletter Editor:**  
[newsletter@ocskiclub.com](mailto:newsletter@ocskiclub.com)

**Jane Franz**  
(949) 489-8639

**Vice President:**  
[vp@ocskiclub.com](mailto:vp@ocskiclub.com)

**Sonny Smith**  
(714) 530-5238

**Web Site Master**  
[web@ocskiclub.com](mailto:web@ocskiclub.com)

**Darin Whitman**  
(714) 671-9936

**Treasurer:**  
[treas@ocskiclub.com](mailto:treas@ocskiclub.com)

**Mike Hamari**  
(714) 775-0908

**Ways & Means:**  
[ways@ocskiclub.com](mailto:ways@ocskiclub.com)

**Janice Schafer**  
(714) 731-4961

**Secretary:**  
[sec@ocskiclub.com](mailto:sec@ocskiclub.com)

**Anne Barneson**  
(714) 775-0908

**Orange Council Rep**  
[councilrep@ocskiclub.com](mailto:councilrep@ocskiclub.com)

**Mike Hamari**  
(714) 775-0908

**Junior Trips:**  
[juniortrips@ocskiclub.com](mailto:juniortrips@ocskiclub.com)  
[mammoth@ocskiclub.com](mailto:mammoth@ocskiclub.com)

**Joan Beck**  
(714) 832-4779

**Senior Trips:**  
[seniortrips@ocskiclub.com](mailto:seniortrips@ocskiclub.com)

**Sonny Smith**  
(714) 530-5238

**Social Director:**  
[pr@ocskiclub.com](mailto:pr@ocskiclub.com)

**Lou Burgoyne**  
(949) 722-2965

**Membership:**  
[members@ocskiclub.com](mailto:members@ocskiclub.com)

**Steve Britbart**  
(714) 373-5249

**Programs:**  
[pgms@ocskiclub.com](mailto:pgms@ocskiclub.com)

**Barbara Scobie –**  
(714) 529-4499

**Race Chairman**  
[race@ocskiclub.com](mailto:race@ocskiclub.com)

**Anne Barneson**  
(714) 775-0908

## **2008 Schedule**

Mar 5	General Club Meeting <i>El Torito Grill in Anaheim</i>
Mar 12	Board Meeting
Mar 13-15	Mammoth Trip
Mar 19	General Club Meeting
Apr 3-5	Mammoth Trip



## Monthly Mammoth Trips

### **Trip Dates:**

**March 14 – 16, 2008**

**April 4 – 6, 2008**

**April 25 – 27 (Club Appreciation), 2008**

**2-Day Trip for \$175. \* 3-Day Trip for \$195.**

*Note: Members signing up for the 2-day trip must sign up at least one month before the trip. Just signing up for the 2-day weekend does not guarantee that you are on the trip. You will be confirmed on the trip provided there are four people to fill a two-bedroom condo. Money will be refunded to members who signed up for the 2-day trip, if we do not have enough people to fill the condo. Those who don't want to take a chance that a two-bedroom condo will be filled, should consider signing up for the three-day trip to ensure a spot on the trip.*

- Included: Lodging at Mammoth Estates, Coffee for Breakfast, Saturday Dinner and non-alcoholic beverage.
- Excluded: Lift Tickets, Transportation, Incidentals, Other Meals

**Don't forget to sign up as soon as possible to secure your spot for these trips.  
Condo space is limited so sign up now!**

Standard trip cancellation policy and trip rules and condo etiquette apply to all Mammoth trips. Trip signup form, trip cancellation policy form must be signed and money paid in full (including dues) before member is assured a spot on the trip. Lift tickets and transportation are not included, so ridesharing is encouraged. Travelers share the cost of the gas to keep the overall cost down. Vehicles used for the purpose of ridesharing must have proper insurance. Members may bring their own alcoholic beverages to the Saturday night dinner. However, the Club Board encourages everyone to drink responsibly.

**For more information or to sign up, please contact:**  
**Trip Leader, Joan Beck: Tel: 714-832-4779 or Cell at 714-371-9618**  
**E-mail: [juniortrips@ocskiclub.com](mailto:juniortrips@ocskiclub.com)**