

## "Fun"-Raising Events Upon Us

The Fall is very busy time around the Whistler Mountain Ski Club. Planning is in high gear, Open Houses are happening and families are getting in shape for the ski season. The Fall also presents our major fund-raisers of the year— The Swap, the Bike-a-thon and the Dinner Auction. Please read through this newsletter for information on all of these activities. We rely on each family to participate to ensure each of these activities is a huge success. It is never to late to become involved.

### Bike-a-thon Update & Message From The Board

In Spirit of "Giving Back to The Community", the proceeds of this year's Bike-A-Thon will go to the Whistler Blackcomb Foundation. The Whistler Blackcomb Foundation has been a great supporter of nonprofit organizations in the corridor (not to mention the grants received by the WMSC). Let's show the community what sort of spirit the Whistler Mountain Ski Club has! We can all do our part by encouraging our athletes in collecting pledges and participating in this fun and meaningful event.

#### Where & When

- Monday October 9th, 2006
  - Set-up and sign-in 7:30am-8:30am near the warming hut at Lost Lake
  - Biking 8:30 to 11:30am
- Full details and pledge sheets can be found on our web site.



#### Foundation Background

The Whistler Blackcomb Foundation is dedicated to the financial support of registered nonprofit organizations whose activities will provide benefit to the residents of the Sea to Sky Corridor. The Blackcomb Foundation was formed by Blackcomb Skiing Enterprises in 1992 in order to enhance the Mountain's role as a supporter of the community. Under the direction of the Foundation's President, David Brownlie, and Vice-President Joanne Houssian, the name changed to the Whistler Blackcomb Foundation.

The mandate of the Whistler Blackcomb Foundation is to expand fundraising efforts to begin to support larger, more everlasting community projects within the Sea to Sky Corridor, as well as to build a stronger relationship with residents of the community. Since 1993 the Foundation has raised over \$3.5 million for registered nonprofit programs throughout the Sea to Sky Corridor, making it the largest fundraiser for the area.

Warm regards,  
The Board of Directors

### Message from the Progam Director

After a relaxing summer of summer camps and dry land training the fall season started in earnest on the day after labour day. Funny how the phone starts ringing around here when the kids go back to school. It's really fun to be back in ski racing mode and exciting to see all the prospects out there for greatness. This past weekend we held our annual Open House and delivered our programs to the masses. Unveiling our line-up of Head Coaches and showing off our long term and yearly training plans has been the fruition of Athletic Director Ollie Blake's hard work in the past 12 months. Rounding out the details for those plans are the key staff of the club – Mark Anderson (Masters), Jordan Williams (FIS Women), Jeff MacLennan (FIS men), Jeff Hume (FIS 1<sup>st</sup> YR), PierreLuc Dumoulin (K2) and Willy Raine (K1). All were on hand this weekend for the meet and greet at the club and formed the team that put the kids through their paces at our fall fitness test on Sunday where a total of about 50 kids performed.

You know it is getting close to winter when the soccer Sunday numbers swell up to the 30 plus mark and all the kids are running around getting pledges for the BikeAthon and signing up to work the Ski Swap. Soon the K2 and FIS teams will depart for France and Austria respectively to train on the European glaciers for 2 weeks and then return for our domestic camps that will start to take shape over the next 2 months.

We look forward to serving your needs this winter and hope you'll fully embrace the fundraising season by coming out and contributing in many ways to the SWAP, Dinner Auction, Club Cabin clean-up as well as all the fitness and fun that goes along with fall weather. Check out our website daily and make it your homepage so that you don't miss any news! [www.whistlermountainskiclub.com](http://www.whistlermountainskiclub.com)

*Nigel*

**In this Issue: Bike-a-thon, SWAP Information,  
Dinner with Legends invitation,  
Nutrition Corner.**

## Wax and Tuning Demos at the SWAP

Are you a new family to the WMSC and interested in Ski Tuning and Waxing? Then come to our free demonstrations at the SWAP. Bring a pair of skis and one of our athletes will show you how it is done. Discover the benefits of tuning and waxing your own skis and see how easy it is. In addition we have great starter kits available. Everything you need to keep those skis razor sharp and fast on the slopes. Cost is \$60 including the GST.

### Kit Description

If you want the best ski and snowboard tuning kit available look no further - here it is! New for '07 the TOOLS4BOARDS DELUXE TUNING STATION includes all the necessities for complete ski and snowboard edge and base maintenance.



Included in this kit:

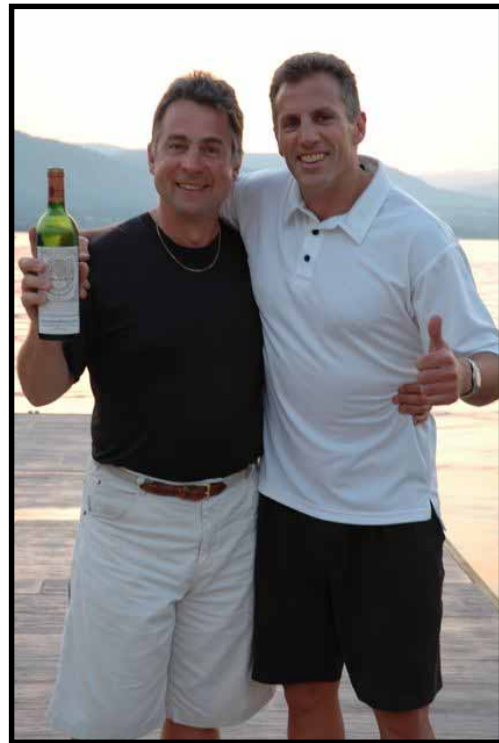
- 1) NEW XACT ALL-IN-1 TOOL! - durable Lexan polycarbonate tool sharpens and bevels ski or snowboard side edge, base edge and trims excess side wall • Side-edge and Base-edge angle options from 0° to 6° • Patented adjustment feature provides simple and accurate bevel angles - simply turn knob to clamp file, or pull and turn knob to adjust bevel angle • Ceramic rollers minimize friction and allow filings to fall away from base. • Includes high quality Swiss-made file blade and instructions
- 2) MAPLUS WAX - 30 grams Maplus warm temp. (-5° to 0°C) and 30 grams cold temp. (-10° to -5°C) high melt paraffin
- 3) MAPLUS CORK - ideal for rubbing wax into base
- 4) SIDE-WALL CUTTER - German made panzer file ideal for safe, easy removal of ski or snowboard edge offset material before side-edge filing
- 5) BRASS FILE BRUSH for removing filings from file teeth
- 6) ALUMINUM-OXIDE STONE for de-tuning, de-burring and polishing edges
- 7) P-TEX BASE REPAIR CANDLES for repairing minor gouges in base (Black and Clear)
- 8) STAINLESS STEEL SCRAPER with burred edge for removal of excess base material
- 9) PLEXI SCRAPER - 10" wide, 5mm extra thick plexi scraper for both skis and snowboards
- 10) 3M SANDPAPER - Fine, 180 grit for creating base structure
- 11) 3M SCOTCHBRITE PAD for removing micro-hairs on base material
- 12) DETAILED DIY INSTRUCTIONS - everything you need to know for professional results.

### Specifications

- Complete DIY ski and snowboard edge, base work and waxing kit
- Includes new XACT All-in-1 tool, 60 grams high quality paraffin wax and cork/nylon brush from Italy
- Durable compression molded EVA zippered case ideal for travel

Special thanks to [tools4boards](#) for their support. Click to find out more information.

This Could be You!  
Find Out How on Page 3



Picture of Host - Tony Holler (WMSC past president) and guest - Dan Carriere (buyer) at the annual Holler Dinner that fetches upwards of \$3000.00 each year at the WMSC dinner auction.

This year for the first time, the dinner was held on the shores of Okanagan Lake Naramata in August and proved pleasing to the 8 guests and 10 wait-staff (which included Head Waiter - WMSC alumni Barrie Sali and chief bus-boy Nigel Cooper).

A great time was had by all! The bidding starts now for the 2007 soiree!





**Whistler Mountain Ski Club presents**

## *“Dinner With Legends”*

November 17, 2006

Marriott Pinnacle Downtown Hotel

Greetings club members, alumni and friends of WMSC,

With the cooler nights and the “Turkey Sale” just around the corner, our attention turns to the reason many of us are here in Whistler and Vancouver- our love of the mountains and winter sports.

We would like to invite you and your friends to a major social event, our major fundraiser and an evening of fun and camaraderie. This year’s annual Dinner Auction “Dinner with Legends” on November 17 promises to be a truly wonderful evening - come out and have a good time - mingle with old friends and meet some new ones. Ski racing personalities Steve Podborski, Rob Boyd, Michael Janyk and Willy Raine are just a few of the legends already invited to be in attendance. We’ve also arranged a bigger, better space at a fabulous new venue, the Marriott Pinnacle Hotel in downtown Vancouver, which will allow over 350 guests to attend. This year there will be lots of time to mingle while browsing an appealing array of silent auction items, enjoying a delicious meal and perhaps bidding on some exciting new live auction items. Our legendary evening culminates with live music for dancing, generously donated by a popular band, The Retainers. Bring your friends, this will be a fabulous evening and you don’t want to miss out. Tickets are \$99 per person and include dinner and welcome cocktail. Come and have a good time.

We also need every club member to do their part and donate to our 2006 “Dinner with Legends” silent auction. All donations are greatly appreciated and no donation is too small., here are some ideas for donation items that have been successful in the past - bottles of wine, gift certificates, homemade preserves basket, a hand sewn BBQ apron with your special grilling mixture, a couple of hours of your computer expertise, dinner at your home, a painting or a photograph, hockey tickets and spa packages. Even consider cashing in points to purchase gifts from Aeroplan and other loyalty programs.

The increased number of guests expected to attend means that merchants who donate will get more exposure than in past years. There will also be increased exposure for our supporters on our newly revised website [www.whistlermountainskiclub.com](http://www.whistlermountainskiclub.com)

This year we are also looking for sponsors for the event. Cash sponsorships of \$500.00 or more are eligible for a tax receipt. To be a sponsor, contact us at [auction@wmsc.info](mailto:auction@wmsc.info).

To support our Dinner Auction through ticket purchase or an item or service for the live or silent auction, please fill out the Donor Form and Ticket Form found on the website. Alternatively, these forms may also be filled out online by visiting the dinner auction page of the website. There will be an early bird draw for members purchasing tickets and donating an item by October 31, 2006. Tools4boards ([www.tools4boards.com](http://www.tools4boards.com)) has generously donated deluxe wax kits for our lucky early birds.

**Special room rates** have been guaranteed by the Marriot Pinnacle Hotel at \$129.00 per night plus taxes until **October 17, 2006**. To reserve call Marriott reservations at 1-800-207-4150 or (604) 684-1128. Attendees must ask for the Whistler Mountain Ski Club block rate.

Our combined efforts will support our young skiers in becoming better citizens while striving for excellence in the sport of ski racing. Whistler Mountain Ski Club and the junior racers thank you for your generosity.

Sincerely,  
Ann McLeish and Cheryl Green, Event Coordinators

Donor Form

Ticket Order Form

**We are looking for volunteers to help with acquisitions, set-up and closing. Be a part of a fun team. Contact us at [auction@wmsc.info](mailto:auction@wmsc.info)**

## Lunches that Matter

When the school bell rings and hundreds of young students scurry off to eat their lunch – their lunch bags are likely to be as different as night and day. Ditto for the contents. While one child is munching on a whole wheat bread sandwich of turkey with lettuce and tomato and sipping on a container of low-fat milk, another is washing down a prepackaged meal of cheese and crackers with a can of soda. Watch their performance during the rest of the day and you may very well observe one child still full of energy, while the other can barely make it to the end of the final class.



The food your children eat not only affects their energy levels but also their mental performance. In addition, ensuring your child has a healthy school lunch is one way to help them out of the fast food trap. The number of obese children has tripled over the past 15 years with one in every three children being overweight and facing potential health problems in the future. An apple a day will help keep the doctor away!

Unfortunately, many school-age children are filling up on fatty, sugary, salty food. According to the Simcoe County Public Health Unit, sixty per cent of children drink soft drink every day and pop consumption is increasingly taking the place of nutritious beverages. Many girls between the ages of 10 and 19 do not meet the nutritional recommendations for milk, an excellent source of calcium and vitamin D, nutrients that are critical for building and maintaining strong bones.

Parents play an important role in ensuring that school meals and snacks get top marks for nutrition. Here are some ideas that may help.

### Packing a *Nutritious* School Lunch

Follow Canada's Food Guide to Healthy Eating and you will be providing your child with good nutrition. A lunch bag should be stocked with at least three of the four food groups (milk products, meat and other protein choices, breads and cereals, fruits and vegetables). These are all healthy choices:

- Whole wheat breads, bagels, pita, tortillas, rice cakes, oatmeal cookies
- Apples, pears, bananas, oranges, melons, strawberries
- Carrots, peppers, tomatoes, celery, lettuce, cucumber
- Chicken, turkey, salmon, tuna
- Milk, white or chocolate. Fruit or vegetable juice. Water.
- Yogurt, cheese, tofu
- Soups, stews, casseroles, chili

### Avoid these foods:

- Packaged instant noodles with powdered soup base and commercially prepared cracker and cheese lunch kits provide more than calories and sodium in combination with cholesterol-raising saturated fat.
- Soda, fruit punches, sports drinks, fruit drinks with high levels of sugar
- Potato chips, nacho chips, cheesies
- Fruit roll-ups
- Chocolate covered granola bars, Dunkaroos, pastries

### Packing an *Interesting* School Lunch

- Mix different colors of food to stir the senses and give a routine lunch some life. Little touches like a pickle for the sandwich top or lettuce leaves for the centre can make a lunch speak to a child!
- Having food that feels different is important too. Crunchy vegetables, or smooth tastes like pudding or peaches can spice up the lunch.
- Let your child help create lunch to make sure it's a winner.
- Try to switch between hot to cold lunches.
- Give drink choices to keep kids happy. Juices, milk and yogurt drinks are better everyday choices.
- Try tossing in one new lunch choice a week. A new fruit, a different type of cheese or vegetable will keep meals alive.
- Each week, plant a special treat in your child's lunch. Children sometimes wish for lunches of other children who bring chocolate bars, chips and pop for lunch. Try homemade treats like cookies, pudding or a special square like Rice Krispies.

### Packing a *Safe* School Lunch

- An insulated bag or thermos helps keep cold foods cold and hot foods hot
- Frozen beverage containers, freezer packs and sandwiches made with frozen bread can also keep lunch items cold.
- Throw away any perishable food that is not eaten at lunch. Do not reuse wrappings.
- Teach your child to wash their hands before eating. For some children, food allergies can be very serious. Check with your child's teacher about foods that should be avoided in the classroom.
- Motivating your child to eat well takes some imagination. But, it will help if you focus on short-term benefits such as appearance, athletic ability and popularity. This will mean more to them than warning of long-term health consequences. Ask your children if they actually ate their lunch. For healthy, active children, appetite is the best indicator to tell how much food should be packed. If kids say they're still hungry after finishing lunches and snacks, include more healthy basics next time.

# NEED CASH TO HELP PLAY THIS WINTER? SELL YOUR OLD BOARDS AND BOOTS AT THE SWAP

**Bring Your Skis,  
Snowboards and Boots to  
THE SWAP  
and we'll Do the Rest!**

***Friday Oct 6 - Monday Oct 9  
in Whistler***

Check-in times are 3pm Friday through Saturday. Fee per check-in item is \$3 (cash only please).

20% of the sales helps juvenile alpine ski racers pursue their dreams.

**For Great Gear at Great Prices,  
Visit the SWAP**

THE SWAP (Sale With Awesome Prices) is held in the big tent at Whistler Blackcomb's Turkey Sale, Canada's largest ski and snowboard sales event. Several local well known retailers of winter gear and accessories attend the SWAP, and the Whistler Mountain Ski Club sells equipment on a consignment basis. Thousands of deal seekers attend this event – it's the perfect event for selling old gear while gearing up for the new season.

*Located in the  
'big tent' at  
Whistler Blackcomb's Tur-  
key Sale, Canada's largest  
ski and snowboard sales  
event.*

For info visit [www.whistlermountainskiclub.com](http://www.whistlermountainskiclub.com)

**WMSC**  
whistler mountain ski club

*developing champions*