

CMH NEWS

October 2008 Issue 59



No Excuses

BY WALTER BRUNS

It is eerie to sit here and write about the serene state of Canadian Mountain Holidays, while "The Great Unwinding of the World" is underway.

Tough times out there. Folks are hunkered down. But you know what? There are always reasons for not doing something. And for sure, if we all don't do it, it won't happen.

Forgive the jab – we don't have a sub-prime problem with our powder snow here at CMH! Our world is not imploding. Winter bookings are tracking even with last year. And we've got some neat new stuff and lots of options to make things happen for you.

Tracy Booth describes a screaming good deal in Kootenay (page 5). At that price, there are "no excuses"! Rob Rohn outlines a return to our roots (page 2) that provides an exceptional experience at a lower price.

We introduced great value with our Powder Max, Pay-as-you-Play, Flex Week, Powder Masters and Family Trips. It's also easier to get here (pages 4, 11). We even take AMEX now! And look at that Canadian Dollar, eh?! So? No excuses!

We're taking a new movie on the road this fall (page 10). It's entitled "No Excuses".

Well, ok, maybe you have some excuses. No money. Or less money than before.

Or you can't justify spending the money on this particular indulgence.

Let me respectfully point out that a CMH trip is not an indulgence, but a basic need. Many guests tell us it's right up there with food, clothing, and shelter. So unless you have just been foreclosed, evicted, and are presently wearing hand-me-downs in the soup-kitchen line-up at the homeless shelter, "NO EXCUSES"!

I asked an American guest several years ago what he thought about sustainability (Dave Butler, page 9). His reply was; "Aw heck... eat, drink and be merry... when that runs out, we'll figure something else out"!

Yeah, that pretty much got us to the pickle we're in. Time to figure something else out.

I have no doubt we'll figure it out. Always have, always will. And while we do, I just want you to know that all of us here at CMH will do whatever it takes for this place to remain a powder oasis for you in a crazy universe.

We're excited about welcoming you to CMH this winter – for the first time or the hundredth time – and there really are "no excuses"!



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ROKO'S

SKI
TIPS

BY ROKO KOELL

The Winter is Coming

The first snowflakes have been flying early this fall... white messengers that tell us that soon it will be time to get the skis from the attic and get the rust off of the edges. We've had numerous snowfalls in the high country already and given that there is still quite a bit of snow from last winter, it looks like we are going to have good coverage on the glaciers in the early season.

With this exciting thought also comes the need to get our bodies and minds into skiing shape! Most of us do not have the luxury of 'extra time'; there never seems to be time to train or work out but this does not mean we cannot get ready for skiing.

There are a couple of exercises we can do at home, when shopping or even at work. Stairs - what an excellent tool! Walk up and down them at all times, maybe even doing a few extra laps at shopping malls or in high-rise buildings. This will address both strength and stamina. Also lots of walking instead of driving moves valuable oxygen through your muscles and lungs (20 or more minutes a day). After work or on weekends you can also run, bike or use aerobic equipment - again 20 or more minutes, 2-3 times a week will do. Also walking and / or hiking on steeper and uneven ground will strengthen your muscles and the ligaments in your ankles, allowing you to better initiate and carve turns. Approach it easily but steadily and increase it gradually after a few weeks. Slow and steady win's the race! Remember...if you are able to keep up with some of the above-mentioned exercises, you will feel fit and sexy when it is time to click into the bindings and put your signature on the nordic snow!

Have fun getting ready; see you on the slopes...

Back to Our Roots

Ski Touring, CMH Style

BY ROB ROHN

When a young Hans Gmoser first started taking guests into the mountains almost 50 years ago, the thought of using a helicopter to get to the top never occurred to him. At that time, getting into the mountains was something accomplished under one's own steam, by methodically working up trails and ridges and by rhythmically sliding skin-clad touring skis across pristine winter slopes - all self-propelled.

Ski touring allows us to experience the mountains in a way that's very different from Heli-Skiing. The quiet is deafening. There's time to absorb the magic of the setting. Your body gets into a Zen-like rhythm as you skin up toward new vistas tucked around every bend, leading you toward the top of the peak beyond. And after you've enjoyed the compulsory summit snack (generally a good chunk of chocolate), stripped off the skins and clicked your bindings into downhill mode, the turns seem that much more satisfying as you've earned each and every one yourself.

This coming April, we're excited to get back to our roots and offer guests a chance to experience ski touring, CMH style. And where better to do it than in the Bugaboos, where it all started.

On weeks 17 and 18 (April 11-18 and 18-25) a maximum of 10 touring guests will share Bugaboo Lodge with up to 33 Heli-Skiers. We'll take off every morning, flying to the top of a run and ski an exhilarating downhill to start. From there, we'll fix our skins to the bases of our skis,

"This coming April, we're excited to get back to our roots and offer guests a chance to experience ski touring, CMH style. And where better to do it than in the Bugaboos, where it all started. "

release the heels of our touring bindings, strip off a layer and head off for the day's adventure. Depending on the weather and conditions, our goal may be a long climb to a distant summit, or we may elect to link up a number of smaller objectives.

By the end of the day's last run we'll be tired, hungry and totally exhilarated by an unbelievable day in the mountains...and ready to fly back to the amenities awaiting us at Bugaboo Lodge. After eating divine food in good company, no doubt we'll linger over the last glass of wine at the dinner table, swapping tall tales with the Heli-Skiers. (Hey, they may have skied more vertical, but they cheated, right?)

Two guides will accompany the group so we can cater to different speeds and fitness levels. Over the course of the week, we'll aim to



explore many corners of the Bugaboos and each day head in a different direction than the Heli-Ski groups. If weather forces us to ski nearby, then we have the option to use the helicopter to hitch an extra lift mid-day.

You don't need previous touring experience to join in, but you do need to be in good physical condition and have the same downhill skiing abilities required of our Heli-Skiers. The cost for the week is \$3,500, which includes:

- Transfers to and from Calgary
- Twin accommodation and meals for the week at Bugaboo Lodge

- The services of our guides and helicopter flights as determined
- Mountain safety training
- The use of avalanche transceivers.

Skiers will need clothing appropriate for ski touring and if you don't have touring skis and boots, we'd be happy to arrange rentals for you in Banff.

If the idea of experiencing a different kind of mountain adventure appeals to you, come join us on a great week of ski touring, CMH style.

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News from Reservations

2009/2010 Heli-Ski Reservations

We will begin taking bookings for the 2009/2010 Heli-Ski season on Wednesday, **November 12, 2008**, by phone only, starting at 8:30 a.m. MST.

New Booking Requirement

Deposits are now due at time of booking.

As of October 3, 2008 CMH is accepting American Express.



CANADIAN MOUNTAIN HOLIDAYS
CMH HELI-SKIING / CMH HELI-HIKING

New Way for the Two-way

BY CONNIE MACDONALD

New Industry Canada regulations require licensees of two-way radio equipment using the Very High Frequency (VHF) band to upgrade their equipment to narrowband operation. This allows for 12.5 kHz channel spacing. In order to comply, CMH is in the process of changing over our existing repeater stations, handheld and mobile radios to the new standard.

What does this mean for guests who bring their own radios? We recommend that you have your radio re-programmed to narrowband at 12.5 kHz. It's also important to note that this change does not impact frequencies.

Though older models may not be capable of the tighter channel spacing, most modern radios are fully compatible with the new standard (but may require re-programming). As CMH does not have the capability to do any re-programming, please make all adjustments prior to your trip to ensure your personal radio is in working order.

New Flight Operations More options to get you here

BY MICHELLE BOROWIECKI

Powder Air

This CMH partner offers flights from Calgary to Revelstoke (and back) every Saturday during the winter season. Guests travelling to the Gothics, Monashees or Revelstoke lodges have the luxury of being whisked directly to the Revelstoke airport, following their panoramic one-hour flight from Calgary. Find out more at www.powderair.com.

Delta Airlines and the Canadian Rockies International Airport

Delta Airlines now offers direct flights from Salt Lake City, Utah to Cranbrook, British Columbia three times a week. Cranbrook is located approximately two hours from our Bugaboo and Bobbie Burns helipads. Start your CMH adventure with a warm up at one of these nearby ski resorts.

Kimberly Alpine Resort: 20 minutes
Fernie Alpine Resort: 1 hour

Voted the #5 spot in *Ski Magazine's* top 25 ski resorts in North America (2007)

Panorama Mountain Village: 1.5 hours
Kicking Horse Mountain Resort: 2.5 hours

Hawk Air goes to Revelstoke

Hawk Air services will begin Monday December 8th thru to Sunday April 5th travelling between Calgary to Revelstoke.

Days of travel: Monday, Wednesday, Friday and Saturday

Leaving Calgary: 13:30 MST

Arriving Revelstoke: 14:45 MST (13:45 PST)

Leaving Revelstoke: 15:30 MST (14:30 PST)

Arriving Calgary: 16:45 MST

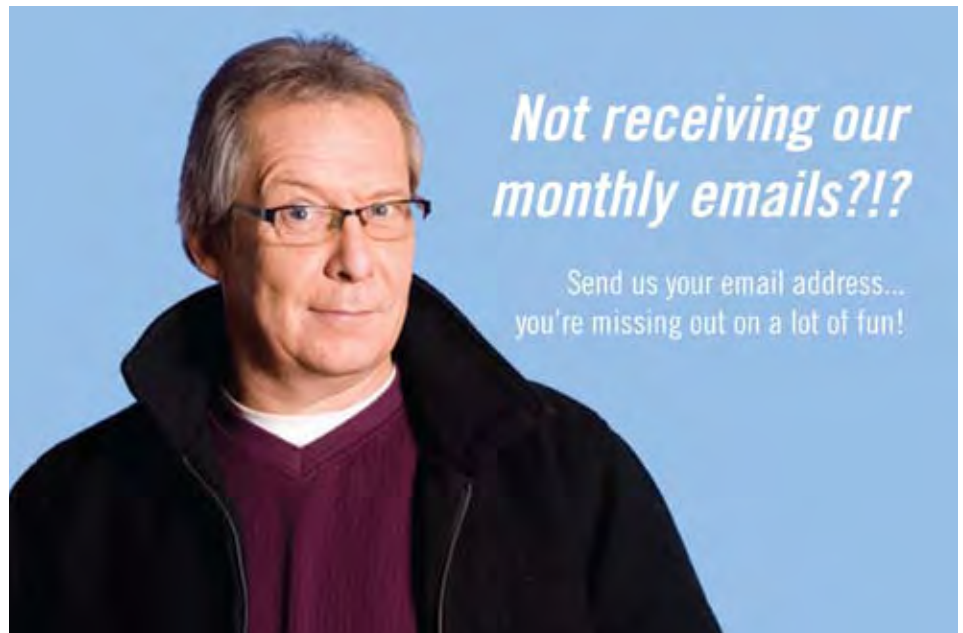
To check out their website: www.hawkair.ca

We are here to provide customized transportation arrangements for CMH guests. Whether by air or ground we can help get you here. Email us at navigation@cmhinc.com for information on private charter services.

Joining Private Weeks

If you are interested in joining a private group at Valemount, Silvertip, McBride, Monashees or Revelstoke, please let us know as spaces are available. We have the occasional group that asks us to connect them with other people interested in joining private groups.

This is a great opportunity, call us to learn more! 1.800.661.0252.





Have You Heard of Kootenay?

BY TRACY BOOTH

"Wow! Kootenay Heli-Skiing for \$975.00 per day – are you kidding? Thank you! Is that for everyone in my group? Incredible!"

The response from our guests when hearing that we dropped the price at Kootenay for the coming season was overwhelming and even I had to pinch myself.

My name is Tracy and I've been working with CMH for 11 years; the past several in Reservations. I've enjoyed many Heli-Skiing and Heli-Hiking trips while on staff, but this past winter I had the privilege of going to Kootenay 'on assignment' for my first time. Simply put, my task was to live out the experience of our three-day trip so I could personally explain to guests what's so special about Kootenay.

My journey to the lodge began with spectacular scenery, a stunning ferry ride across Galena Bay and a warm introduction once we arrived. That first night I took the time to match the familiar voices of guests and staff with the new faces in front of me and as we socialized over dinner, excitement began to fill the air for the next day's adventure!

The first morning included: stretch class, a great breakfast, safety training and a short trip to the helipad. Then we were off! The terrain at CMH Kootenay encompasses both the Monashees and the Selkirks and as we flew farther and deeper into the range – we each left our normal lives behind.

It's hard to put into words what happens to your spirit when you land and are left on the top of the world. I guess it isn't really words at all. I looked around at my group and all I could see were smiles, all I could feel was joy from everywhere and everyone. It was unusually

quiet that first moment. It is a feeling that never leaves you, a sense of freedom and being present in the most spectacular place on earth.

Then... the adrenaline hits and the fun begins! I was lucky enough to join a group of seasoned Kootenay skiers, Dr. Linaburg, and his group from the Eastern U.S. and they were ready to take on all that was in front of them – vast terrain blanketed in powdery snow through perfectly treed lines. Fear of tree skiing goes away when you are doing it because it is just what you are doing that moment, that feeling again of being in the moment! Knowing that this is all you are doing today, skiing! Full days followed by a soak in the hot springs – now back to the lodge.

Dinner conversation was laced with luxurious food and stories of the epic adventures of the day. My dinner group consisted of a father and son from Germany, a gentleman sent by his wife for his birthday gift, Dave from Ontario who was fulfilling a life dream, and a newlywed couple. (Don skied many runs with a video camera attached to his helmet so he could share with his new wife the places he had been). The trip was something different for each of us but the experience was shared by all of us.

Once our last afternoon of skiing had arrived, the group was relaxed and a bit quieter. Outside, I noticed everyone pushing harder to take in every last turn, every last tree ski and every last moment of Kootenay.

I returned home that night from assignment feeling tired and very, very happy. For those of you who may be looking to try Heli-skiing or just need another trip to complete your winter – do it! Experience it! No excuses, come to Kootenay!



BY DELIA ROBERTS

Arriving 'on' Time

Jet lag, even the words themselves sound tired and draggy. How then can you combat the fatigue, disorientation and insomnia that result from crossing multiple time zones?

A few days prior to departure try to shift your eating and sleeping patterns toward your destination time and avoid caffeine and alcohol. In addition, eat only lightly and drink plenty of water during travel. If your flight is during destination daytime, stay awake and move around regularly. If it is destination nighttime, try to sleep or at least rest in the dark as much as possible. Once you have arrived, stay on schedule with your destination, eating and sleeping only at the appropriate times. Together these strategies can help, but if you are susceptible to jet lag and are traveling more than five time zones, the surest bet for an easy transition to the arrival time zone is Melatonin.

No one disputes the efficacy of Melatonin as an aid for adjusting one's internal clock as after all, this is its natural role in the body. But whether or not it's safe to use as a supplement is still debated. Most current research indicates that the occasional use of synthetic Melatonin in adults is safe, unless there are other medical issues so be sure to check with your physician before using Melatonin.

The recommended regime for eastward travel is a dose of between 0.5 and 3.0 mg / day taken at destination bedtime (22:00-24:00) for 2-3 days prior to departure. Use caution when driving or operating machinery on these days as Melatonin can cause drowsiness and loss of concentration. For westward travel, Melatonin should be taken at bedtime for 3-4 days post-arrival.

These suggestions will help you get the most out of your CMH holiday. For more information contact Dr. Delia Roberts at droberts@selkirk.ca.



Alexander and Geoff climbing Pigeon Spire



Pigeon Spire

Skier Turned Mountaineer

BY JAN GEISELER

The Bugaboos are a small but spectacular range of peaks nestled in the Purcell Mountains of Bugaboo Provincial Park. These magical spires are discretely tucked in between Radium and Golden (British Columbia) and in the summer months, this burly but breathtaking area attracts esteemed climbers from around the world.

To access these striking mountains, climbers travel off the main highway onto a bumpy logging road by car for 45 km to the trail head. After shielding their vehicles with fencing to guard their tires from hungry porcupines, they hike more than 2,000 vertical feet in a five km grunt to reach the Conrad Kain Hut. Each mountaineer lugs a heavy pack up this steep pitch; a pack jammed full of food, stoves, fuel, clothing, sleeping bag, the complete gamut of climbing gear (rope, draws and trad rack – not so light!) and a full camping kit if staying beyond the Kain Hut at Applebee campground! Climbers in the Bugaboos also have to endure long hikes on glaciated terrain just to access the climbs.

But herein lies a simple truth – the quality of

climbing is so exceptional that these hardy mountaineers gladly endure these travails!

For skiers like myself, the Bugaboos or ‘the Bugs’ bring to mind the place where Hans Gmoser pioneered Heli-Skiing more than four decades ago. It’s easy to forget that back in the 1960’s, Hans’ enthusiastic clients also endured the long trips on bumpy roads and overnight stays in basic accommodations, but did so during the winter. That was the case for many ski seasons until Bugaboo Lodge opened in 1968.

I’ve been one of the regular clients who return annually to ski CMH’s amazing areas and this August my sons, Christoph and Alexander, joined me for our first attempt at Heli-Mountaineering in the Bugaboos. It was a treat to see what CMH had to offer in the warmer months and to see the Bugaboos in such a remarkable summer splendour. We stayed for a total of six days to leave a reasonable window for weather and to maximize our success. To our delight, our Heli-Mountaineering experience at the Bugaboos surpassed even our wildest expectations.

After a short helicopter ride to Bugaboo Lodge,

we arrived with our heavy, gear-ridden bags. It didn’t take long to realize we didn’t need this gear because it was all provided at the lodge. On the first afternoon our guides, Geoff Ruttan and Luke Griffith, took us to Trundle Ridge (rated grade I-5.4) to gage our climbing abilities. I was impressed by their emphasis on safety, while also leaving room to enjoy the dramatic scenery. In contrast to our prior experiences in the Alps and the Sierra Nevada, in the Bugaboos we didn’t have long glacial approaches before climbing since the helicopter dropped us off close to the base of each climb.

On our first full day, we climbed the classic ridge of Pigeon Spire. The helicopter landed on the glacier at the park’s edge and we climbed the west ridge (rated grade II-5.4). The sharp black granite walls provided dramatic contrast against the endless glacial terrain surrounding Pigeon Spire. Geoff and Luke didn’t push us for time and the weather was perfect for photos.

Our program for the next morning was to climb Centre Peak. We used rock shoes provided by CMH for the seven-pitch climb (rated grade

"...in a few days we experienced world-class rock climbing in one of North America's most dramatic settings – Canada's mini Patagonia – the Bugaboos."

II-5.6). The climb concluded with 'walking the ramp'; a very exposed [read: one foot wide by eight foot long!] stone ledge just below the summit with dizzying drops in all directions. It was a wild but safe experience and a rush just to be standing there. We had a leisurely lunch on the summit platform and after a 220 m rappel to the glacier's base, were reunited with the waiting helicopter. What a glorious day!

Next, we climbed Bugaboo Spire, which was the highlight of our trip. Because the forecast called for late thunderstorms, we climbed the classic Kain route on the southeast ridge (rated grade III-5.6) and began at 7:30 a.m. This climb was the most technical during the six days and had a near vertical 50 foot 'gendarme' (rock tower) below the summit. It was in the final three exposed pitches that the expertise of our guides was essential. After they showed us the best hand and footholds, we were on top of one of the Bugs' most incredible spires with a 360° panorama of the neighbouring peaks and glaciers. After the flight back to the lodge, we relaxed in the rooftop hot tub while thunderstorms engulfed the spires. Once again, our guides' perfect planning made this a truly memorable day!

During the following days, more changing weather greeted us and kept us closer to the lodge. Christoph and Alexander (with

Geoff as their guide) had a great day of rock climbing on Fisherman's Friend (rated 5.7), while another CMH guide, Bob Sawyer, took me to Crossed Fish Peak. When Bob and I were caught in an intense hailstorm with heavy rain after rappelling, the helicopter pilot easily located us for a safe flight back to the lodge. We left our soaked clothes, boots and packs in the lodge's drying room and the next morning everything was dry and ready for more climbing. I imagined it being very different if we were staying at the Kain Hut or Applebee campground!

To summarize, in a few days we experienced world-class rock climbing in one of North America's most dramatic settings – Canada's mini Patagonia – the Bugaboos. Thanks to the support of the outstanding guides who ensured our safety, we fully enjoyed the Bugaboos' spectacular scenery. And most importantly, we didn't have to endure any of the usual discomfort associated with long alpine climbs. Instead, we were happily spoiled with CMH's exquisite food and lodging!

So now, I'm offering a challenge to my fellow skiers. If you haven't yet experienced the Bugaboos in the summer, whether on a Heli-Hiking or Heli-Mountaineering trip, do yourself the favour! It was nothing short of a skier's summer dream!

CMH DID YOU KNOW? FACTS

BY CONNIE MACDONALD

- ▲ Our updated website is set to launch this October. You'll notice a new design, easier navigation, fresh content and a great new feature – a trip planning tool that provides real-time space availability and pricing!
- ▲ Over 10,000 visitors watched our summer slideshows! The most popular? *Hiking in the Bugaboos*, followed closely by *Hiking in the Bobbie Burns*! Check them all out at: www.cmhski.com/experience_it/slideshows/
- ▲ Hankering for skiing? Our home page is stacked with the very best images from winter 2008 and new video postings on YouTube at cmhbanff01/
- ▲ Five hundred skiers completed an on-line survey issued to random recipients last winter. The results told us a lot about what's important to our guests (ski experience, safety training, guides, value for money and service) and how we can improve the overall CMH experience. Thanks to all who participated and congratulations to Tori Brant from California who won the draw prize; a four-day ski trip for two.
- ▲ Last year our hiking program was featured in a three-page New York Times article that helped spread the word. This summer, Heli-Hiking stories were featured in Forbes Traveler, Air Canada's enRoute magazine, Robb Report, NUVO and the National Post.



Jeff Relp

Lilla Molnar

Congratulations

Congratulations to Lilla Molnar and Jeff Relp who recently earned their full mountain guide designation through the Association of Canadian Mountain Guides. Lilla is only the sixth woman in Canada to earn this designation!

ALPINIST AWARDS



2008 Alpinist Awards

We were very excited to see the continued growth of our Alpinist Program and this summer we awarded 40 guests for reaching an Alpinist Milestone with CMH. Recipients are listed below with their current award level. Thank you very much and congratulations to:

15 Mountain Days

Hubert Burgess
 Joanne Burgess
 Jennifer Creighton
 Sarah Fox
 Jim Gilchrist
 Kazuo Kogure
 Anne Hipp
 Stephen Leach
 Adriane Lesser
 Adam Lesser
 Daniel Lesser
 Victoria Lowe
 Paul Makus
 Ann O'Boyle
 Jack O'Boyle

Nancy Pau
 Ralph Perry
 John Privat
 Carl Provder
 Mandara Provder
 Don Reiter
 Mary Louise Seldenfleuer
 Chip Taylor
 Barbara Vieyra
 Simon Vieyra
 Dieter von Hennig
 Sue von Hennig
 Paddy Webb
 Alec Williams
 Stephen Williams
 Joanne Winfield

30 Mountain Days

Torrie Kohler
 Kyle Lefkoff
 Mark Meskin
 David Partridge
 Margaret Platt

45 Mountain Days

Charles Hovey
 Jay McGuire

60 Mountain Days

Barbara Ostberg
 Roy Ostberg

75 Mountain Days

Marie Dybala

Million Foot Awards

We would like to congratulate and thank all additional guests listed below for reaching a million foot milestone this past winter.

One Million Feet

Pietro Chiabotti
 Larry Foy
 Warren Jr (Mickey) Francis
 Martin Gallati
 Amy Gulick
 Ruth Hefti
 Eugenio Hernandez Gomez
 Michel Hess
 Albert Kaeslin
 Karl (Charly) Kleissner
 Margaretha (Gret) Kolesnik
 Peter Kolesnik

Rosemarie Loew-Plannerer

Roger Mauderli
 Shigeaki Moriura
 Valeria Piaggio
 Michael Prager
 Heinz Von Arx

Two Million Feet

John T. Davidson
 Reto Hagenmueller
 Teruyo Ono
 Hans Stoffel
 Stanford J. Zeccolo

Three Million Feet

Michael Binder

Four Million Feet

Daniel Fiszman
 Chris Reynard

Seven Million Feet

Evi Glaser
 Peter Glaser

Ten Million Feet

G. James (Jim) Roush

Due to the printing date of the May newsletter, guests who achieved their milestone in late April and early May were unfortunately missed in the Million Foot Award article in the spring newsletter.

Second Nature ~ 2008 Shining Stars

BY CONNIE MACDONALD

Our Summer Marketing Manager, **Nancy DaDalt**, is a real dynamo and if you've ever met her, you'll know what we mean. Along with her boundless energy for CMH, family and friends, Nancy has spent the last four years working as a volunteer with the Banff Child Care Centre providing leadership and support to the management team. Nancy's efforts have helped the struggling centre re-build its team of staff, refurbish their building, improve funding and receive much-needed accreditation.

For her efforts, Nancy was awarded the **2008 Community Stewardship Award** by her co-workers on the Second Nature team. This award is presented annually to an employee who best exemplifies the spirit of CMH in their community. When asked to sum up Nancy's contribution, the centre's executive director told us she was "the biggest chocolate chip in the cookie of our life at the centre." Wow...how's that for an endorsement!

Simon Hellyer, who manages our kitchen at Kootenay is the other Second Nature champion.

Simon has taken on the challenge reducing our environmental footprint at Kootenay by implementing a number of subtle and not-so-subtle changes to the waste management program. Every week, for example, the hotel generates about 500 - 600 lbs. of compost, which is now pulled out of the waste stream and sent to a local farmer. The next time you're enjoying lunch at Kootenay, check out the other ways he's reduced waste with the lunches. Simon hopes he can expand on his ideas long-term to help develop a composting and recycling program for the community.

Simon is an inspiration to many of us and his efforts were recognized by the Second Nature team with the **2008 Environmental Initiative Award**. He received this recognition not only because of great results, but because his efforts to make a difference have pushed even him beyond his personal comfort zone. We appreciate his innovative work tremendously and offer our sincere thanks for the great job!



Nancy DaDalt (top); Simon Hellyer (bottom)

Cariboos Goes Greener

BY DAVE BUTLER

CMH is consistently committed to investigating how we can reduce our greenhouse gas emissions. A task that we have spent much time over recent years is tracking a baseline fuel consumption of all the CMH coaches that we have on the road every week, and finding ways that we can reduce these emissions. One major decision that was made from this research was to investigate into the use of biodiesel fuelled coaches in transferring guests to our remote lodges and helipads.

Biodiesel is a renewable fuel made by a chemical reaction of alcohol and oils from vegetables, animals, fats and greases. Biodiesel burns cleaner and reduces carcinogenic emissions and gases and research shows that when used in a 20 percent blend with petroleum diesel (B20)

and a catalytic converter, biodiesel will cut air pollution, sulphur and aromatic emissions. Using 100 percent biodiesel further reduces emissions and carcinogenic compounds. It is non-toxic, and has no sulphur – the major component of acid rain.

There is no doubt that the use of biodiesel fuel has come into some controversy as debates hold out against the use of food products for fuel. Understandably, the biodiesel blend currently in use by our coaches has moved from a grain based blend to an animal fat blend. We will continue to monitor this situation, gaining a clearer understanding on the effects of biodiesel and continue to strive and find ways to become increasingly sustainable.

As a result of these decisions we are pleased to report that we have once again teamed up with Grayline West Coach lines for our scheduled service to the Cariboos Lodge and for our Early Bus Program. Grayline West drivers are counselled on fuel efficient driving practices through the Federal Government's "FleetSmart" program in addition to being mandated to limit motorcoach idling wherever possible. They have taken the leap of converting all of their passenger coaches to biodiesel and have become a leader in their industry for sustainable practices, from reducing waste to converting all of their coaches to biodiesel fuel, they are striving to make a difference, and we here at CMH support these efforts.

30 Years (and change...)

BY STEVE CHAMBERS

You often hear people talk about the 'end of an era' and it couldn't be closer to the truth as an icon in the Revelstoke operation steps down from his role as Area Manager. After more than 30 years with CMH, Buck Corrigan has decided to pursue the ultimate career change – retirement.

Buck's illustrious career with CMH began in 1976 when he was working out of our former Radium operation. In the winter of 1977/78 he relocated to Revelstoke and became the Area Manager in 1979.

There's no question in anyone's mind – and I mean anyone - that the Revelstoke operation was Buck's baby. Day-in and day-out, the growth and success of the area came down to his hard work, relentless energy and desire for success. Any person who's worked for him will concur, and he's instilled that same drive in all

who've had the pleasure of working for (and with) him.

Behind that sometimes-gruff exterior was an individual who devoted an amazing amount of time, leadership and mentoring to his team. Buck always had your back and would be there in a time of need and if a crisis did arise, he was the one person you'd want by your side to help.

He has a great sense of humour and was known as 'Uncle Buck' to guides' children for a reason. Many guides meetings were spent watching him roll around playing with all of our kids as they passed through the office doors while growing up. As well, not enough can be said about his presence in the Revelstoke community - simply larger than life. He was the face of CMH in this area for many years and will leave big shoes to fill.

We began this transition last winter at the



Buck Corrigan

Revelstoke operation as Buck took the season off and his absence left a large void for us all. Buck, you have taught us all so MANY things and for that we are all eternally grateful. It has been our pleasure to work with you and we look forward to sharing many turns still to come. Thank you so much and we wish you the absolute best!

New Places for Old Faces

After almost 30 years at CMH, **Roger Laurilla** has decided to step down from his position as Manager at the Monashees. Roger will continue to guide for us but is looking forward to having a little more time to spend pursuing his many other interests including photography and ski touring at Battle Abbey.

Stepping into Roger's place is **Paul Vidalin**. Many of you will know Paul as he has worked for CMH for more than 10 years and was recently the Assistant Manager at the Adamants. The Monashee team of Paul, Thia, Angelica and Maddie are amped for a great season.

With Paul's shift to the Monashees, **Konrad (Konni) Scheiber** will move into the Assistant Manager's role at the

Adamants. Konni has been a part of the CMH guiding team for 10 years.

Other changes include a transition for **Dave Butler**, our former Director of Land Resources. Dave has managed CMH's land tenures, government relations and Second Nature program and has now been re-branded as Director of Sustainability, a title that better reflects his role and priorities.

And lastly, **Connie MacDonald**, our Director of Communications has morphed into our new Director of People. Connie will focus on working with the entire leadership team to recruit, retain and grow the best people possible to ensure that CMH continues to offer outstanding guest experiences.

CMH Steps Out

BY SARAH PEARSON

Once again several CMH team members are heading out on the road to attend European promotional events with our international partners. Back here in North America, we'll be hosting multiple events and will participate in several ski shows. So, if we're coming to a city near you, please drop by and say hello.

- Nov. 7 – 9 Washington DC Ski Show
- Nov. 8 San Francisco – Ferrari / Maserati in Mill Valley
- Nov. 14 Montreal – Arc'teryx Flagship Store
- Nov. 14 – 16 Portland Ski Show
- Nov. 15 – 16 New York Gay Life Expo
- Nov. 20 – 23 Boston Ski Show
- Dec. 5 – 7 Vail – on the slopes!

For more information about these events, please email info@cmhinc.com or give us a call and we'll fill you in on the details.

SHOP NEWS

Retail Update

BY BOB KRYSAK

I often get asked by people what we do in the Retail Division at CMH. My usual answer is:

1. Our # 1 goal is to keep the guests and guides outside with the best products possible
2. Provide our guests with take home gifts that remind them of their great time
3. Offer a great selection of products to take home to family / friends / associates who were unable to make the trip.

This year I feel we have truly hit the bull's-eye in all categories.

To keep you outside, we have our newest Neos jacket and pants from Arc'teryx in two new bright colors for men and one for women. We complement these with Arc'teryx new Venta and Firebee softshell jackets and new layering pieces from Outdoor Research.

Get cold hands? Introducing the new Prima Volta gauntlet gloves by Outdoor Research. Never again will a day be cut short because your hands go numb. These revolutionary heated gloves will alter your outdoor winter adventures forever. Heated elements strategically placed around your hand provide warmth regulated by your temperature and the conditions around you. And with rechargeable heating elements, they're convenient and earth friendly. Push the 'on' button and you're ready to go, never letting poor circulation or frigid cold sideline you again.

To remind you of that great powder day you had with CMH, we have a new collection of casual wear. I've heard in conversation from guests that they "Do not like the T-shirts we have." I had this conversation with a guest in the Adamants in March and my reply was "I don't like them either, any ideas?"

Christian Moretti, a very passionate, fun loving skier / snowboarder and graphic designer from France responded to that question with 50



designs provided in three presentation books. From this collection we have chosen new and creative designs that really show what we do at CMH. To compliment these designs we have a new line of T-shirts, made in Canada, to our fit and colour specifications. Adding some great pieces from Prana, Sugoi, Outdoor Research and Arc'teryx...we have something for everyone.

You all travel from afar to ski / ride with us, and you need to be able to transport all your gear to our lodges. We have recently secured an exciting new line of luggage from Burton. Burton, the leader in snowboards and snowboard clothing, has an awesome line of luggage. They only produce for themselves and two other companies: CMH and Virgin Atlantic.

If you've had to leave someone at home to make this trip, we also have great gifts to help you out! As mentioned above, we have a great new line up of casual wear, as well as hot new pieces from Nomis – a young, new line for skiers and riders. In our kids program, we have expanded our line of Hatley pj's, overalls, hoodies and onesies, as well as cool tech T's and hoodies from Prana and hoodies and jackets from Marmot.

Did we miss out on something this year? If so, feel free to contact me at bkrysak@cmhinc.com to let me know your thoughts on our lineup.



NEXUS

Save time at the border!

BY ANNIE FREW

NEXUS is a joint initiative of the Canada Border Services Agency and the U.S. Customs and Border Program designed to expedite the border clearance process for pre-approved, low-risk travelers between Canada and the United States. This initiative allows both Canada and the United States to focus their efforts on unknown and potentially higher-risk travelers and goods.

NEXUS members, however, are still subject to the same rigorous security standards as all travelers.

Benefits:

- Quicker travel
- A valid NEXUS card meets the requirements of the U.S. Western Hemisphere Travel Initiative
- The NEXUS card serves as an alternative to a passport when travelling to, or through, the United States by air where automatic self-serve kiosks are available (see list online at www.nexus.gc.ca)
- NEXUS membership is free for approved applicants under the age of 18.

For more information, visit the NEXUS website at www.nexus.gc.ca or call 1.866.NEXUS.26.

CMH NEWS TEAM

Visit www.CanadianMountainHolidays.com to book your next CMH Adventure!



CMH News team, left to right: Connie MacDonald, Director of People; Annie Frew, Editor; Marty Von Neudegg, Director of Corporate Services; Sarah Pearson, Marketing & Media Relations; Bob Krysak, Retail Services Manager; Tracy Booth, Reservations Agent; Steve Chambers, Revelstoke Area Manager; Dave Butler, Director of Sustainability; Rob Rohn, Director of Mountain Operations; Photos not available: Michelle Borowiecki, Transportation Coordinator; Jan Geiseler, CMH Guest.

Photo credits: Brad White, Marc Piché, John Everly, Topher Donahue, Jan Geiseler and guests/guides from the 2008 heli-hiking and skiing season.



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Ph: 403.762.7100 Fax: 403.762.5879 1.800.661.0252
www.CanadianMountainHolidays.com