

# CMH NEWS

October 2007 Issue 55



## Fall Dispatch: On Retirement

BY WALTER BRUNS

Mark Taggart wrote us a most amazing letter (overleaf). My eyes got misty as I read it. Skiing, friendships, family: he describes the soul of CMH, as he says goodbye.

Aging, when it systematically reduces your capabilities, is a bummer. When aging forces you to quit doing something you really like, it's the shits.

We're all getting there. Some of us sooner than others.

Mark is there. So are many other long-time guests and friends. They call us, they send us letters, they write us e-mails. It's to say "goodbye", from the heart, and it's really tough.

What do we say in return? What can be said?

There are so many people, past and present, guests, staff and suppliers, who have contributed to – and enjoyed – CMH in so many ways. Whether they stumped up wads of cash, or put in tons of sweat-equity, they did it for something they loved and believed in passionately. You want power in a brand? That's it.

Marion Kingsbury is a CMH icon. She announced her retirement last spring. For 30 years, she put in "blood, sweat and tears," and more. Her final day was October 2. That is, her final day in the office. She plans to "sail into the sunset" around the world, visiting many guests, former staff and our global agents...just to say "hi"...with her trusty laptop...which remains connected to our system.

Pat Aldous, President and former owner of Alpine Helicopters, retired in June. Pat had an extensive and very successful career in the helicopter business. When our founders moved on, Pat acquired CMH with his partner, Dave Whyte. They both had a profound influence on the evolution of our business, and they both earned the highest respect across the industry. I wish them many relaxing and enjoyable sunsets.

Linda Flygare, the effervescent personality many of you first saw on arrival in Calgary, also leaves us

after an amazing 32 years! She started in reservations, and then added her personalized "meet-and-greet" at the airport, where she organized varying degrees of panic and chaos for the last 16 years. She probably knows as many guests by first name as Marion, and she can pick them out of a crowd, too!

Although Marc Piche is stepping down as assistant manager of the Bugaboo Lodge, he will continue to guide actively. Valemount Lodge manager Judy Thomson is leaving CMH after six years to focus on her own business.

Whether it is a long-time guest and friend like Mark Taggart, a long-time staff member, or anyone who has made CMH such an integral part of their life, and who then moves on, the words are so damned hard to find. We can only – and for me rather ineffectually – say "thank you" in turn. May your next adventure provide you continued good health, much happiness and fulfillment.

Now, it's not like the last one out the door is turning off the lights around here!

Marion has mentored a great crew in reservations, with Nicole Koester now taking on the lead role. Many other keen (and might I say younger) people are stepping into new positions. At Alpine, Pat and Dave are very capably succeeded by Lynda Murdock and Dave Gubbels.

Our guests keep getting younger too (imagine that)! Our average skier age has dropped from 49 in 2006 to 48 this past winter.

So there you have it. The "old guard" moves on, and in with the new. It is nature, it is renewal, and it is an inevitable cycle.

The days are shortening. They are crisper now. Fresh snow already blankets the high peaks. Powder is coming. That too is inevitable.

Walter



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# CMH DID YOU KNOW? FACTS



BY CONNIE MACDONALD

- ▲ On average a full-time CMH guide skis 1.2 million vertical feet during the 5-month winter season. This equates to skiing from the summit of Mount Everest to the ocean 40 times!
- ▲ This summer we welcomed first-time hiker Horace Pezzack at the Bugaboos. At 93 years young, Horace was an inspiration to all and wins the prize for most seasoned hiker. We hope to see him back next year!
- ▲ For the past 5 months, we've had a special promotion to win an Arc'teryx jacket on our Web site. The lucky winner is Stephen Bourne who lives in Vancouver. Thanks to all who entered the draw.
- ▲ On September 9, the New York Times travel section featured a fantastic 3-page spread on Heli-Hiking at the Bobbie Burns. The photos and story can be viewed at [www.CanadianMountainHolidays.com](http://www.CanadianMountainHolidays.com).
- ▲ Over 150 of our staff have worked at CMH for 10 seasons or longer, including Bob Geber who wins the prize for long service with 41 seasons. Bob is followed closely by Ernst Buehler, Marion Kingsbury, Colani Bezzola, Pierre Lemire, Richard Veronneau, Linda Flygare, Buck Corrigan, and Walter Bruns who are all at the 30 plus year mark.
- ▲ Congratulations to Geoff Ruttan, John Furneaux & Brett Lawrence for passing the ACMG Full Mountain Guide exams.
- ▲ Our Retail team continues to source new materials that have low impact on the environment and are effective in our tough conditions. Along with organic cotton and bamboo, we are introducing a baselayer program from Marmot that features PowerDry with Cocona. Cocona is a sustainable fiber ingredient derived from coconut shells. It feels great against the skin, dries quickly and absorbs odors!!

## A good bye from the heart...

Dear Walter and Marion,

I want this to be a letter of thanks.

I would like to thank all of the present and all of the past staff, guides, employees, and people who made CMH possible.

From that first run down South Frenchmen in February of 1970 to the last run in the Adamants in February of 2007, I have had a most fantastic, wonderful, enjoyable association with CMH and the people responsible for heli skiing.

It is you people that have made those 68 trips such an enjoyable time and I looked forward to each and every one of them.

Few people have the opportunity to ski with CMH and very few have had the opportunity to ski as long with CMH as I. Also, very few people have had the ability to ski more than a million feet with their wife over a 30 year period and to be able to ski with their four boys as adults in their 40's and 50's (Obviously, I have 4 wonderful daughter-in-laws that stayed home and took care of the 8 grandchildren). What enjoyable family times we had.

The friends we made that we would never have gotten to know if it hadn't been for CMH. What wonderful people we have been associated with over these last 38 years. From the first 17 years with the Hazlet Group in the Bugaboos, then 25 or 30 years with the Grunwald week at the Monashees and then four or five years with the Wise group in the Monashees. What enjoyment to be able to ski with these people year in and year out. Without CMH and all its people, I would not have been able to enjoy those fabulous trips with such wonderful powder skiing year in and year out.

Hans once said that 80 year old legs won't do what an 80 year old mind tells them to do. If circumstances change all of a sudden and my 80 year legs revert backwards to what they were when I was 75 I will be back with CMH in a minute.

Anyhow, thank you all very much for making my life a fuller more enjoyable experience.

*Mark*

Sincerely yours,  
J. Mark Taggart

# HELI-SKI

## Nomads Week

### Six Heli-Ski Areas, Two Mountain Ranges, One Group, One Unforgettable Week!



BY MARTY VON NEUDEGG

There are some people who are always searching, always looking over the horizon, wondering and wandering: they are the Nomads. For those people, there is only one Heli-Skiing company who can offer them a trip like the "CMH Nomads Week."

The Nomads Weeks is arguably the most dynamic trip ever offered by CMH. Spanning two mountain ranges, the Selkirks and the Monashees, we will travel through six separate Heli-Skiing areas and cover the far reaches of each of them.

The idea is that each of our areas has terrain that, on any given day, will not be utilized by the main groups. With vast amounts of terrain to choose from, we will be looking for the far-flung, yet exceptional, skiing in each area. We will work closely with the guiding team in each of the areas and choose the terrain that is best suited to a single group in the outer reaches of the tenure area. Each day we will endeavor to have a program that keeps us away from the other groups. And with cooperative snow and weather, each day the Nomad group will move through different parts of the ranges.

There will be just one group of eight skiers with three guides. One guide will be used exclusively for snow safety work and flagging landings in advance of the skiing group. This trip comes with some uncertainty in that we will not know in advance exactly where we will be skiing. We will know the general areas, but our decisions for any given day will depend upon the weather, the snow, the input of the local guiding teams and the other CMH groups in the areas in which we are travelling. We will start skiing in the north, in the Monashee Mountains, and work our way south to the Selkirk Mountains, ultimately ending our skiing in Kootenay. The first part of the week we will stay in Monashee (and/or Adamant) Lodge. The last three nights will

be spent at the wonderful Halcyon Hot Springs Village and Spa. You can learn more about this facility by going to [www.halcyon-hotspings.com](http://www.halcyon-hotspings.com) Here is the general itinerary:

**Saturday:** Depart Calgary and Fly to Revelstoke. Fly by helicopter to Monashee Lodge. Your group will begin skiing on Saturday afternoon in the Monashees. Overnight at the Monashee Lodge.

**Sunday:** A full day of skiing in the Monashees and the Gothics. Overnight at the Monashee Lodge.

**Monday:** A full day of skiing in the Gothics and Adamants. Overnight at Adamant or Monashee Lodge.

**Tuesday:** A full day of skiing in the Gothics and Adamants. Overnight at Adamant or Monashee Lodge.

**Wednesday:** A full day of skiing in Revelstoke. Overnight at Halcyon Hot Springs Village and Spa.

**Thursday:** A full day of skiing in Galena/Kootenay. Overnight at Halcyon Hot Springs Village and Spa.

**Friday:** A full day of skiing in Galena/Kootenay. Overnight at Halcyon Hot Springs Village and Spa.

**Saturday:** Return to Revelstoke by helicopter for private air charter to Calgary.

Price: \$168,000 or \$21,000 per person for 8 skiers.

This trip includes 17 hours of flying time. Extra flying will be charged at a rate of \$4,054 per flying hour. If your group uses less than 17 hours of flying you will be refunded at a rate of \$5,000 per flying hour.

This trip will be available from January 26 to March 15, 2008. If you have a group that would be interested in joining this premiere offering, please call Nicole Koester, Reservations Manager, at **1.800.661.0252**.

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\* Please note that Ski Tips with Roko Koell will return in our January edition.

## 2008/2009 Heli-Ski Reservations

We will begin taking bookings for the 2008/2009 Heli-Ski season on Wednesday, November 28, 2007, by phone only, starting at 8:30 a.m. (Mountain Time). Call Reservations at **1.800.661.0252**.



**CANADIAN MOUNTAIN HOLIDAYS**  
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# Risk + Innovation = Reward

BY WALTER BRUNS

The world is “re-pricing risk” these days. At CMH, we are too. Any CMH trip carries with it some measure of assorted risk. There are the usual physical risks we take whenever we leave home and play in the mountains. But there are also the lesser known risks of time, expense and quality of experience that certainly impact your decision to travel. So we have embarked on a series of innovative trip offerings for 2008 and 2009 that lighten the burden of some of those risks and reward you with an exceptional experience. We encourage you to check out [www.CanadianMountainHolidays.com](http://www.CanadianMountainHolidays.com) for dates and further information prior to November 28, when you call in your 2009 bookings.

### Short Trips, Pay-As-You-Play Weeks and Flex Week

For those guests who can't “risk” 7 days away from family or work, we offer an extensive selection of shorter trip options throughout our season and in various areas. We offer trips from two to five days to fit your schedule.

For those who are looking to lessen the risk of poor weather or snow, we offer the option to “pay-as-you-play.” You choose the days you want to ski and only pay for the amount you actually ski.

Or if you want to build your own trip, call Deborah in reservations for more information on Revelstoke's Flex Week, April 5-12, 2008.

### Powder Intro Weeks

To first-time “heli-virgins”, many aspects of Heli-Skiing may seem risky. We suggest one of our 15 Powder Introduction weeks offered throughout the 2009 season in the Adamants, Bugaboos, Cariboos Gothics and Revelstoke. These weeks are specifically designed to help you ease your way into Heli-Skiing, easily learn to be a good deep snow skier and remove all the pressure of feeling you need to “keep up.”

Roko Koell, who is recovering from successful back surgery, and who now more than ever is our “master of low stress,” will personally oversee the Powder Intro program.

### Powder Masters Weeks

For our guests who are on a maturing path (read: getting older), we also have the Powder Masters in the Adamants, Cariboos, Gothics and Bugaboos in both 2008 and 2009.

### Heli-Boarding Weeks

Do you think that Heli-Skiing is restricted to skiers? Well, think again! CMH is for riders, too. For the 2008 winter we have teamed up with TransWorld Snowboarding magazine to offer two special Shred Sessions. In 2008, join snowboard legend Devun Walsh March 22-27 or Bryan Iguchi and Rossignol's Jeremy Jones March 27-31, with prices starting at \$4,825.

For more info on Devun, Bryan and Jeremy check out [www.transworldsnowboarding.com](http://www.transworldsnowboarding.com).

### Steep Skiing Camp with Dave Gauley in the Cariboos

If you want to challenge your skiing abilities, there are still a handful of spaces left on the April 19-26, 2008, Steep Skiing Camp. Hosted by Dave Gauley, the Assistant Manager of Cariboo Lodge and a world-renowned master of the steeps (and voted by Powder Magazine as one of the 50 Best Skiers in the World!), this week will be designed to take you into the most challenging terrain available on any given day. As always, our goal is to keep you safe, but we will be looking for the lines that will give you the best chance to develop your skills along with expert coaching. Take a look at the Skiing the Steeps with CMH slideshow on our Web site to see what kind of terrain we're talking about!



## The “New Guard” in CMH Reservations:

All of us at CMH (and especially Marion Kingsbury) are very pleased to announce that Nicole Koester (Reservations Manager) and Natasha Weibe (Assistant Manager) are the new leaders of the CMH Reservations Team. With over 15 years of CMH Reservations experience between them we know that our guests' needs are in the most capable of hands!



# So Long, Farewell!!



Linda Flygare

BY LINDA FLYGARE (AKA FLYING-GEAR)

It really is true that time flies when you're having fun. Where have 32 years with CMH gone? How did I know answering an ad in the Banff paper would change my life forever? With a resume of having worked 35 jobs – up to 3 at a time on occasion to pay the bills and keep travelling – I was not unique, as many of my CMH colleagues had been doing the same thing. Starting in Reservations, then guiding heli-hiking and running the shop in the Caribooos for a summer resulted in Reservations for winter only and continuing guiding in the summer. This was my introduction to the tourist industry and what an opportunity! I had really found my passion to be able to share the mountains with guests in the CMH caring way. And just imagine – getting paid to talk! This progressed to being a Tour Director doing coach tours on the road for 4 months for 16 summers in Alaska, Arizona, British Columbia and Alberta.

However, my heart was always with CMH and all our guests. I've heli-skied over 1 million feet and relate to your excitement each week. Just seeing the country is such an extraordinary experience – and then there's the skiing! Being involved in making your experience happen has always been such fun for me. I have worked with many companies in the travel business and have never found one more personally supportive than CMH in the decisions I made in various situations to help make

your trip of a lifetime the best in our industry. I always looked forward to winter when my "CMH family" returned – the United Nations arriving every weekend from all over the world. It would be impossible to work for a company that has more interesting guests, agents and employees with so many different skills and interests. We've shared our sad times but, fortunately, there have been way more giggles than tears.

So, it's time to pass "the lost luggage forms" over to the next generation. Halle and I look forward to time spent outdoors and have more birds, animals and cultures to investigate. Roaming North America in our trailer is also part of the plan – as long the parking is a pull through and Halle doesn't have to back it up.

Thank you everyone for your friendship and amazing support to me during challenging situations thrown at CMH by Mother Nature – she always makes it interesting. I hope to be able to keep in touch with your lives when you are in the area here, by periodic visits to lodges or by e-mail, [lflygare@nucleus.com](mailto:lflygare@nucleus.com).

May all your ski weeks be in deep powder and hiking in fields of flowers. Health and happiness to everyone.

PS Please send your waivers and carry your boots as hand carries!!!

# A True Passion

BY DAVE COCHRANE

This winter at the Bugaboos we were lucky to meet **Howard Tiffany**. He loves to ski in the big mountains and regularly skis at Red Mountain, BC. This spring he drove up from Washington state to Spillimacheen to visit us for Heli-Skiing. At age 92 he is fit, strong, with a sparkle in his eyes.

Howard joined us at the lodge and immediately inspired every one of us with his energy and interest for skiing. He talked skiing with an intensity heard little these days. His upbeat, positive attitude set a great example for all the staff.

We hope Howard has many more enjoyable ski days in our incredible mountains. Thank you Howard, we are honoured for sharing your passion.

Below: Howard Tiffany receives his Million Foot suit from the Bugaboo Lodge Staff.





# ALPINIST AWARDS

## 2007 Alpinist Awards

"...my first afternoon with  
 (CMH Heli-Hiking guide)  
 Kevin set the whole tone for  
 me. I was apprehensive, but  
 he put all of my worries at  
 ease, as we looked at the  
 beautiful scenery, and talked  
 about a little bit of  
 everything. Hooking my arm  
 through his, I could have  
 walked anywhere."

~ Connie Stroud

This summer we had the pleasure of presenting 69 guests with their Alpinist Award. The Alpinist Award is given to our repeat Heli-Hikers for each 15, 30, 45 or 60 nights that they have hiked with CMH and consists of a Marmot back-pack, jacket, t-shirt, cap and water bottle. Congratulations to you all and thank you again for repeatedly making CMH a part of your summer. Recipients are listed here with their current award level.

Bruce Adam	1	Roseline Harvie-Watt	1	Alice Petrie	1
Parry Adam	1	Brian Hiebert	1	Ilze Piercey	1
Diane Applebaum	1	Erin Hiebert	1	Gene Priestman	1
Noel Applebaum	1	Gay Hoagland	1	Richard Ross	1
Brittney Bakkala	1	Laurie Hoagland	1	Carolyn Sharp	1
Gary Bakkala	1	David Humphrey	1	Matthew Slaton	1
Julia Bakkala	1	Linda Humphrey	1	Richard Smythe	1
Mark Bolsterli	1	Ann Jones	1	Gary Stacey	1
Barbara Bolton	1	Bob Jones	1	Linda Stacey	1
Betsy Brooks	1	Leona Keeley	1	Janet Tepper	1
Dick Browning	1	Janet Koval	1	David Borenstein	2
Nancy Chapman	1	Boonie Lang	1	Pat Borenstein	2
Judy Costlow	1	Gil Lang	1	Bill Moyer	2
Bruce Day	1	Kyle Lefkoff	1	Joanne Moyer	2
Earl Duckwall	1	Alan Margolis	1	Dee Partridge	2
Nancy Duckwall	1	Doris Munson	1	Barbara Renshaw	2
Paul Franklin	1	Jo Munson	1	Skip Shaw	2
Marcia Giumarra	1	Bill Nevill	1	Ann Dickinson	3
Frances Grisard	1	Fred Noble	1	John Dickinson	3
Walter Grisard	1	Debbie O'Neal	1	Barbara Ostberg	3
Susan Guffey	1	Mike O'Neal	1	Roy Ostberg	3
Kathy Hair	1	Katie Patterson	1	Barbara Parish	3
James Harvie-Watt	1	Robert Pearson	1	Maria Dybala	4

# HELL-HIKE Celebrations!



BY NANCY DADALT

Summer 2007 saw six Family Adventure departures to the Adamants, Bobbie Burns and Bugaboos. Guests ranged in age from 93 years young to two years old. We hosted more families this past year than ever.

*"Our trip was perfect – beyond all expectations! The family specialists working with the children were extraordinary – superbly organized, creative, caring and fun. The kids had a blast and they learned a lot – and hopefully they will be excited about mountains, hiking, climbing and nature for the rest of their lives.*

*We were very aware of the extra resources assigned to such family trips, and immensely grateful that CMH could manage it all so flawlessly. We were also aware that getting so many details so exactly right reflects great management depth and skill.*

*Thanks again for making it all possible! The only question is how soon we can manage to get ALL of us back."*

*~ G. Hoagland, Woodside, CA*

*"Over the years we have had many great family get-togethers but none can compare to our recent Heli-Hiking adventure.*

*Plans were made months in advance. As the departure date grew closer the excitement level rose and there we were all fourteen of us, ages 15 to 84, belted into the helicopter on our way to the Bugaboos. Brilliant sunny days, spectacular scenery, the accommodations and special attention to all the details made our stay outstanding.*

*Thanks to all of you at CMH, the Montgomerys, Slaughters and Marottas will file this great experience in our Memory Books forever."*

*~ J. Montgomery, Edmonton, AB*



When looking ahead to your family plans for 2008, we encourage you to consider a CMH Adventure. For any skiers that want to give hiking a try, long-time CMH Heli-Skier Fred Noble invites you to join his family at the Bobbie Burns July 12, 2008. See our 2008 Heli-Hiking brochure for more Family Adventure dates or call reservations to craft your own.



*"...the Montgomerys, Slaughters and Marottas will file this great experience in our Memory Books forever."*



...you will find yourself pushed beyond your comfort zone to a place where you will discover a deep sense of pride and achievement.

# High-Flying Adventures:

## A Guaranteed Challenge in the Bobbie Burns

BY SARAH PEARSON

Next summer we have set aside two special trips designed exclusively for those seeking a major adrenalin rush.

Your first afternoon will provide a chance to test your mountain legs and gain some personal insight into how this Heli-Hiking adventure will unfold. But, don't get too comfortable because we are going to shake it up every day! Each morning, your guides and awaiting helicopter will transport you out into the field for a full day of mountaineering thrills.

You may find yourself summiting a craggy peak you

never before believed accessible. Or maybe roped up with your team of fellow travellers, traversing a massive snow-covered glacier or rappelling over a sheer rock-face. No matter what, with support from our experienced guides, you will find yourself pushed beyond your comfort zone to a place where you will discover a deep sense of pride and achievement. This is your chance to gulp – and experience life to the fullest.

Join us July 30 - August 2, 2008, or August 26 - 29, 2008, in the Bobbie Burns for a Heli-Hiking adventure to remember.

# Joining forces with the Nature Conservancy

BY CONNIE MACDONALD

CMH has joined forces with the Nature Conservancy of Canada (NCC) through an innovative sponsorship in support of conservation.

NCC is a national non-profit, non-advocacy organization that works to protect Canada's most ecologically significant and threatened habitats. The NCC works with individual landowners, community stakeholders, other conservation organizations and partners to secure lands through outright purchase, land donations and conservation easements.

Working together through our Second Nature program, our goal is to promote awareness and understanding of conservation initiatives, as well as collaborate on field projects and research. We look forward to updating our

guests on our progress, introducing our new colleagues to CMH, and sharing information on various NCC initiatives.

This agreement represents the first time the NCC has established a major sponsorship with a tourism operator. As part of the agreement, CMH has committed \$75,000 over a three-year period specifically to support NCC's Canadian Rockies Program.

For more information about the NCC, visit [www.natureconservancy.ca](http://www.natureconservancy.ca).



Rick Carswell, CMH Food & Beverage Manager

## 2007 President's Award

Sometimes the simplest change is all that's needed to have a lasting impact. At CMH we only have to look to the efforts of our Food & Beverage manager, Rick Carswell, to see this in action.

Frustrated by the volume of waste being produced to transport fresh fish into the lodges, Rick was able to convince his supplier, City Fish, to ship product in reusable boxes. Over the last four seasons, this initiative has helped to divert over 1,000 Styrofoam cartons from the landfill and reduced our transportation costs.

Motivated to apply the same formula to other suppliers, Rick then approached his bread company, Your Brezel Bakery, with a similar proposal. More than happy to participate, the use of 2,200 cardboard boxes previously destined for landfill has been eliminated.

In recognition of his leadership and action to help to minimize environmental impact, Rick was awarded the 2007 President's Award for Environmental Initiative by our Second Nature employee committee.





# Lodge Internet Connectivity – Take 2

BY JAN BERGSTROM

Last year saw yet another increase in the demand for Internet connectivity at our lodges. With broadband everywhere around us, we are all accustomed to connecting anywhere, anytime. This includes VPN to the office, browsing video and multimedia newsfeeds, and having video conversations over Skype to anywhere in the world.

Unfortunately, what gives many of our lodges their great skiing and cozy atmosphere (the remoteness) is the very thing that makes this kind of Internet experience difficult. To make matters worse, the shared nature of the satellite connections not only in the lodge itself, but also amongst the other users, mostly in the oilfield, means that at off-peak times some of these very demanding services actually work. Expectations rise. A few more people try. Eventually the network grinds to a halt for everyone.

As I toured the lodges last winter, I would occasionally be asked, "We have phones, so why don't you just bring in a high speed ADSL connection?" If only it were that simple. Many of our lodges are served by telephone bridged over radio repeater. Those that do have direct copper are many kilometres (15 to 150) from a town and you have to be within a couple of kilometres of the local telephone exchange for ADSL to work. We often joke, "Wouldn't it be nice if we could just sneak out one night and run a 75 km reel of fibre into that lodge!" Even the more realistic alternative of wireless broadband over mountain-top repeaters has its issues. Remote

mountain top power sources, lightning, adverse winter conditions, and equipment designed for the city have given us endless challenges as we explore this in Cariboo and Valemount. The last alternative, spending significantly more for marginal increases in satellite capacity, will do little if everyone continues to use the Internet as if they were in the city.

This winter, we are upgrading the basic network equipment (the plumbing that moves the signals around the lodge). With more industrial-strength equipment, we expect to have fewer failures, we will be able to more closely monitor the demand, bottlenecks, and glitches, and it will allow us to more equally partition the bandwidth that we do have. Our satellite service dealt with some issues at their end, and we have replaced the remainder of our suspect satellite equipment. Finally, we are continuing our effort to develop a robust wireless repeater link in the Cariboo and Valemount that may one day serve as a template for other lodges. With these steps, we will have a better idea of what is going on, and we will be able to enforce a more equal distribution of our limited resource. Most importantly, it will give us quantifiable information on the usage of the network, so we can make appropriate decisions about future upgrades. For those who require more robust service, the best bet is to stick with our town-based operations like Revelstoke, Kootenay, Valemount or McBride where the high speed ADSL comes right to the door.

## CMH in the e-World

With the explosion of online communities like Facebook, Flickr, Friendster and YouTube, sharing stories, images, and video just keeps getting easier. We love the fact that our guests are uploading their trip experiences to the e-world. What better way to infect others with the CMH passion-drug!

If you're a blogger, a Flickr fanatic, or a YouTube junkie, send us your link. We like to keep up on what's going on out there.



Ian Campbell, Mountain Guide  
1955 - 2007

## Ian Campbell Children's Fund

We are very pleased to announce that Dr. Ted Ritota and the Aesculapian Society have established a fund for the benefit of Ian and Dana Campbell's children, Jennifer and Scott. To date the fund exceeds \$10,000 and has received contributions from many Heli-Skiers around the world. If you would like to contribute you may do so by sending a cheque payable to: "Dana Campbell for Jennifer and Scott Campbell" Please mark the cheque with: Account #314187, Plan 24.

Send your donation to:  
Revelstoke Credit Union  
P.O. Box 989, 110 W 2nd Street  
Revelstoke, BC  
VOE 2S0  
Canada

If you have questions and would like to contact the Revelstoke Credit Union please telephone: (888) 851.5715 or (250) 837.6291  
[www.revcu.com](http://www.revcu.com) (account contact: Melodie Kindret).



At Marion's retirement the Reservations Team presented her with many gifts, many laughs and many tears. Happy Travels, Marion, from all of us at CMH.

# DELIA'S FIT TIPS



BY DR. DELIA ROBERTS, EXERCISE PHYSIOLOGIST

## Take a Deep Breath

Powder-skiing is a tough sport to breathe. The long steep runs require a high level of muscular power from the start, without a chance to gradually ease our heart and breathing rates up to speed. The cold, dry alpine air can compound the problem by irritating the delicate membranes lining the airways. In fact, breathing can consume up to 15% of the total energy cost of an activity! Here are a few suggestions to help you make your breathing more efficient, and save some of that energy for your legs.

1. Include some aerobic-power work in your pre-season training. Once a week do a good warm up, and then work at a pace that is above 85% of your maximum, for 3-5 minutes. The last 1-2 minutes you should be breathing at your maximum rate, very deeply and quickly. This will train your respiratory muscles to move air in and out of the bottom of your lungs where gas exchange is most efficient.
2. Immediately upon finishing the workout above, perform a core exercise. Focus on engaging your core while your breathing is still at maximum rate and depth to train your abdominals and diaphragm for their dual roles of breathing and stability.
3. When exercising outdoors in the winter use a mask or loose scarf to create a small air chamber in front of your nose and mouth. This will help to warm and moisturize the air before you inhale it.

For more information on these exercises or more advanced programs contact Dr. Delia Roberts at [droberts@selkirk.ca](mailto:droberts@selkirk.ca).

# SHOP NEWS

## 2008 Retail News

BY BOB KRYSAK

This winter we are introducing the new and improved Neos AR ProShell jacket and pants from Arc'teryx. Incorporating feedback last season from our guests and guides, we have made improvements to our Outerwear program, and are very excited about the new Gore ProShell fabric. Gore has taken their proven 3-ply Gore-Tex construction and replaced the knit tricot inner face with a finely woven nylon. This makes for considerable weight savings. Additionally, the nylon's open construction improves breathability. The ProShell garments are softer to wear, with the crinkly stiffness gone. ProShell is not only better to wear, it is better wearing. Lighter, more breathable, with increased waterproofness and overall mountain toughness, this is the perfect system for playing in our rugged mountain environment.

To find out more about the Neos AR system and other products from CMH, e-mail us at [retailshop@cmhinc.com](mailto:retailshop@cmhinc.com) and we'll email you our Winter 2008 catalogue.



# CMH NEWS TEAM

Visit  
[www.CanadianMountainHolidays.com](http://www.CanadianMountainHolidays.com)  
to book your next CMH Adventure!



CMH News team, left to right: **Ann Toohy**, Copyeditor; **Connie MacDonald**, Director of Communications; **Jane Carswell**, Editor; **Marty Von Neudegg**, Director of Corporate Services; **Bob Krysak**, Retail Services Manager; **Nancy DaDalt**, Marketing Manager, Heli-Hiking; **Sarah Pearson**, Marketing & Media Relations; **Jan Bergstrom**, Director of Information Systems; **Dave Cochrane**, Bugaboo Area Manager.

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Canadian Mountain Holidays