

CMH NEWS



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

September 2009 Issue 62

SPECIAL STUFF...

By *Walter Bruns*

Everybody thinks they are special. You, me, everybody. It's part of the human condition.

Every company believes that it is special. "Hey, wow, look at us." "Oh, and, by the way, buy our stuff."

How special you REALLY are is difficult to describe in absolute terms. It is much easier to portray yourself in relative terms: "We are (or our stuff is) bigger / better / faster / smarter / sexier / etc / etc... than those other guys (or their stuff)".

Individually and collectively, human beings are programmed to claw their way past each other, over anything and everything else, to get to the top of something, somewhere, somehow. We do it with ruthless efficiency, more effectively than any other creature on the planet. That is why (for better or for worse) we are where we are.

So where am I going with this?!

Mountaineering is a pure physical expression of what makes us in this world – of the effort of humankind since time immemorial to get to the top of the pile. It is primal. Spice it up with some risk, which has attended over the ages, and you have a tremendously satisfying undertaking (when all goes well) for those willing to venture it.

CMH was born of mountaineers. Our business is modern-day mountaineering. It is sustained by mountaineers, and by all those who join them in the mountains.

Our summer program has returned to its roots. Guides work their magic.

Guests hike and climb their way up and over mountains as they never dreamed they could or would. The experience is primal, indescribable, even life-altering. It is very special stuff.

Heli-Skiing evolved from ski-mountaineering. Helicopters replaced climbing skins, and tents were upgraded to huts which became luxury lodges. More convenience, more comfort, way more special stuff.

Then add this to the mix: weightlessness. The feeling of falling evokes another primal response in people. They seek it out at the amusement park, on the end of a bungee cord, by parachuting out of a plane, or in a variety of other whacky ways. But unless you can afford a ride into space, weightlessness is frustratingly brief for all of us primal adrenaline junkies bound by gravity to the surface of the earth.

UNLESS...now picture this...a pristine patch of fluffy deep powder...perched on a steep slope...and there you go... launching yourself into virtual freefall... which goes on and on...for as long as you can continue...then you do it over and over again...up and down... across a magical mountain landscape... carved over eons...yet frozen in time... with convenience, comfort, and in friendship...need I say any more?

That is our business, and our business plan – incredibly special, incredibly special stuff.

Walter



SUREFOOT AND CMH:

Bringing you the World's Greatest Heli-Skiing in the World's Most Comfortable Ski Boot



For the 2010 Heli-Ski season, we are proud to partner with Surefoot, makers of the World's Most Comfortable Ski Boot, and American Express. Surefoot will be hosting five of our fall Roadshow events at their stores, and we will offer a \$500 Surefoot gift certificate to all CMH Heli-Ski guests who make a new 7-day Heli-Ski booking with your American Express card before December 31, 2009,* because if you don't already own Surefoot ski boots, we think you should get some! And here's why.



By Bob Shay, Surefoot Founder

Our story is about two brothers who grew up with a relentless passion for skiing. You couldn't keep my brother Russ and me off the hill. Unfortunately, it became apparent that my ski boots, often as not, were spoiling an otherwise perfect ski day, as the pain in my feet became too much to bear. I had to find a ski boot that would ease this excruciating pain. My interest in finding the perfect fit only intensified as my brother Russ embarked on a successful career in ski racing – a sport where even the slightest advantage can be the difference between winning and losing.

We opened our first closet-sized store in Park City, Utah, and began our quest to improve ski boots. We soon introduced the most sophisticated orthotic system available and spent years developing custom liners. We finally put it all together, and now precise measurements of your foot are made by a computerized scan, allowing us to determine the ideal shell for your foot shape, skill level, and physique. Then we use the Surefoot custom-injected liner to create a glove-like fit that lasts for seasons, not just days. The results are amazing: the best and most comfortable boot ever made, and it's made precisely to your foot.

Today, Surefoot has grown from the one store in Park City to 25 stores

throughout North America and Europe. Our unwavering passion for skiing has taken us to the best mountains around the world. Last March, as we stepped out of a CMH helicopter at the top of the Monashees, we knew we had found another great skiing destination – probably the best one. What a trip! Take it from Russ and me – CMH will do everything they can to make your trip perfect. And, before you go on your trip, Surefoot will do everything we can to make sure your boots are right. We will provide you with the best fitting, best performing ski boots you have ever owned.

Having skied with CMH, and now working closely with them, I know that a boot that fits and performs is crucial to your Heli-Ski trip. Too many guests go to CMH with the wrong boots, and nobody wants to fly back to the lodge because their feet hurt. Our relationship with CMH will continue to develop in the years ahead, but from the start, we are in a partnership dedicated to making your trip the best it can possibly be.

Russ and I hope to see you at a CMH lodge this winter. Better yet, we hope to see you at Surefoot – before your trip.

*(see www.cmhski.com/surefoot for additional details)

CMH FALL ROADSHOW

By Sarah Pearson

CMH Heli-Skiing goes on the road! If we are in your neighbourhood, be sure to stop by and say hello.

Surefoot/CMH Promo Events

For 2009, we're excited to be partnering with ski boot manufacturer Surefoot and will be co-hosting events in the Surefoot stores in the following cities:

October 24	New York, NY
November 7	Santa Monica, CA
November 8	Park City, UT
November 9	Aspen, CO
November 10	Vail, CO
November 11	Steamboat, CO

CMH Promo Events

November 12	Wheatridge Cycle Denver, CO
November 12	REI Chicago Chicago, IL
December 12	K2 Skis Factory Seattle, WA

Ski Shows

October 29 – November 1
Ski Dazzle

Los Angeles Ski Show
& Snowboard Expo

November 6 – 8
Ski Fever and Snowboard Show
Portland, OR

November 7 – 8
Calgary Snow Show

November 13 – 15
Colorado Ski & Snowboard Expo
Denver, CO

November 19 – 22
Boston Globe Ski & Snowboard Expo

November 20 – 22
Ski Fever and Snowboard Show
Seattle, WA

For more information on the addresses of each venue, check out the Events Calendar on www.cmhski.com/roadshow and www.facebook.com/cmhski, or contact Sarah Pearson, info@cmhinc.com.

DID YOU KNOW...

By Jane Carswell

...that the best way to stay on top of recent CMH news is to sign up to receive our e-Newsletter. We send out periodic updates when we have some news to share. Sign up online today at www.cmhski.com and stay ahead of the curve.

...that you can find CMH on Twitter and on Facebook? Follow us or join our Fan Club and stay on top of all that we're doing!
www.twitter.com/cmhinc
www.twitter.com/helies or
www.facebook.com/cmhski

...that in an effort to keep you in touch with the outside world we have made significant upgrades to our connectivity at the lodges. Be sure to check the lodge pages on our website for the most current data before you travel.

...that Jeff Bellis received the Eric King scholarship this past spring for passing his full guide exam.

...that in the months of July and August the Bobbie Burns took over 200 guests across the via ferrata route on Mt. Nimbus.

...that 1,002 skiers responded to our Pricing Survey this past August and Tim Brillon was the lucky winner of a four-day Heli-Ski trip to CMH Kootenay.

...that in 2007, 2008 and 2009 an average of 883 Heli-Skiers stayed in Banff or Lake Louise prior to their ski trip. In 2005 less than 50 did!

2010/2011 HELI-SKI RESERVATIONS

We will begin taking bookings for the 2010/2011 Heli-Ski season on **Thursday, November 12, 2009**, by phone only, starting at 8:30 am MST.

Call reservations at **1.800.661.0252**.



BUSINESS

GREAT DEALS • INCENTIVES • PROMOTIONS

2010 A WINTER OF NEW TRIPS, GREAT OFFERS AND BIG EXCITEMENT!



Earn your turns in the Bugaboos

By Marty von Neudegg

The 2009-2010 season is just a few weeks away and we are very excited to showcase some of the coolest trips ever offered by CMH!

K2 DEMO WEEKS – with FREE skis for you to keep!

Any active skier loves to try out new gear. It's even better when you're trying out next winter's stuff ahead of everyone else! With our newest ski partner, K2 Skis, CMH is pleased to offer a select number of guests the opportunity to be official ski testers for a week of either Heli-Skiing or Heli-Assisted Ski Touring. Try a variety of skis, give feedback to the K2 Skis design team, get yourself a free pair of skis!

The First Ever Heli-Skiing K2 ski testing week is:

Monashees, March 13-20: \$10,440 (twin), \$11,118 (single)

The First Ever Heli-Assisted Ski Touring K2 ski testing week is:

Adamants, April 10-17, \$3,700

Visit www.cmhski.com/K2 for more information.

POWDER MAX – to the MAX!!!

First Ever High-Season Small Ship Heli-Ski Trips in Bobbie Burns and Monashees!

Many of you have asked for it and now we have it! For the first time, we are excited to offer you "small ship" weeks during the height of the season, in the Monashees and Bobbie Burns. If you want to ski with a small group of friends at the peak of the season at a great price, here is your chance!

Monashees Powder Max

December 28 to January 2: \$6,300 (twin), \$6,784 (single)

* exclusive 20 guests (4 groups of 5 skiers)

Bobbie Burns Powder Max

January 16 - 23, 2010: \$10,430 (twin), \$11,108 (single)

January 23 – 30, 2010: \$10,430 (twin), \$11,108 (single)

* 3 groups of 5 skiers

Visit www.cmhski.com/powdermax for more information.

GOTHICS – 33 skiers at SPECIAL PRICES all season!

If you are looking for great value for Heli-Skiing in 2010, look no further than the Gothics. Each trip throughout the winter will have a maximum of 33 skiers... but offered at a price that is significantly less than our other three group trips. In terms of pace versus price, these trips offer CMH's best deal!

As Claude Duchesne, the effervescent host of the lodge (who makes sure that every trip maxes out on the fun metre) will tell you, "If you like to ski, the Gothics is the place to be! To fully optimize our wide variety of terrain and increase the skiing for our guests, Gothics caters to 33 skiers only. With a quicker pace and turn around between runs, guests should be strong and fit skiers. First timers are welcome, as long as you feel confident that you can stay out and ski with us for the majority of the day."

Visit www.cmhski.com for all the stats on the Gothics Lodge and surrounding ski terrain.

The Ultimate SKI TOURING Experience!

There are many wonderful ways to explore the mountains on skis, but perhaps none of them are more satisfying than ski touring. As Rob Rohn, CMH Director of Mountain Operations says, "There's plenty of time to fully absorb the magic of the setting. Your body gets into an almost Zen-like rhythm as you patiently climb toward a new vista at every corner, and the top of the peak that lies beyond. And after you've enjoyed the compulsory summit snack, stripped off the skins and clicked your bindings into downhill mode, the turns seem that much more satisfying because you know you earned every one of them."

There are many terrific opportunities for ski touring trips for individuals and groups. Five- or seven-day Heli-Assisted ski touring trips begin at \$2,642. If you are interested in ski touring with CMH, please call our Reservations team at 1.800.661.0252.

Visit www.cmhski.com/touring for dates and further information

WANT FLEXIBILITY?

Check out our Private Lodges, Nomads, and Custom Heli-Skiing/Boarding Trips

SKI

By *Walter Bruns*

If you have perused all our available trip options and still can't find exactly what you are after, we encourage you to give us a call. We are happy to discuss our Private Group options or help you craft your dream Heli-Ski vacation with CMH.

Our private group options at a glance:

Nomads: North, South, and Classic

New for 2010, CMH Gothics now offers a small-group private option called "Nomads North". Your group of one to four skiers/boarders joins the other guests at the Gothics Lodge, but you head for the hills with your own 407 and two guides. Here's the nomad part: you roam through the Gothics area and into the adjoining Monashee and Adamant terrain. This vast expanse of mountains, encompassing three of our already sizeable operating areas, provides innumerable choices and even the possibility of runs never skied before.

CMH "Nomads South" is the same style of program, but based at Halcyon Hot Springs Resort & Spa, located between Revelstoke and Nakusp. From very comfortable accommodations in private lake side chalets, with great dining and spa facilities, your dedicated guide finds you the best snow by roaming the spectacular runs of our Galena, Kootenay, and Revelstoke areas. Nomads South can operate with both the smaller 407 and the larger 212 (up to nine people) group.

CMH "Nomads Classic" remains the most nomadic, as your group of up to four skiers starts in the Gothics with Nomads North and then roams to Nomads South at Halcyon Hot Springs Resort & Spa. Ground support will move your gear while you move through the mountains of SIX heli-ski areas.

Call us at 1.800.661.0252 to discuss any of these options, or visit www.cmhski.com/nomads.

Private Lodges

CMH McBride, CMH Silvertip, and CMH Valemount offer the traditional private group experience. Your group of one to 10 skiers/boarders has a dedicated Bell 212 helicopter and two guides. The lodge is exclusively yours and our staff is focused solely on your group. With your own helicopter and guides, you pick and choose the best skiing/boarding and snow conditions in these huge geographic areas. The pace of the program is yours to determine.

CMH Monashees and CMH Revelstoke offer trips for smaller groups of one to four skiers/boarders with a dedicated Bell 407 helicopter and two guides. Your accommodations are at the

Monashee Lodge or the Regent Hotel in Revelstoke. While enjoying the lodge or hotel hospitality alongside other guests, your group and guides pick the pace and runs that suit you best.

Many guests and groups repeat their weeks annually in these areas. Sometimes they are looking for one or two additional members to join their group. And for entire groups, we are flexible in terms of trip dates and duration. Please call us to discuss all the options.

What it comes down to is this: it's your Heli-Ski trip. Let us help you craft it to be exactly the way you want it. Call CMH Reservations at 1.800.661.0252 and let's start planning.



Nomads Finding Nirvana.

UPDATES

NEWS • HAPPENINGS • CHANGES • AWARDS

RETIREMENT ARTICLE

By *Walter Bruns*

Very few people are capable of venturing far back into the BC bush to create facilities that work. You need a pioneering spirit, a broad range of skills, and a brutal work ethic.

CMH was founded by such people. They built the first lodges with their own hands. The facilities of a growing company expanded through the hands-on efforts of a few more.

Most of them were also mountain guides. They had full responsibility for the safety and service levels of a highly specialized and hugely complex operation. After hours, or between seasons, they would ensure that there was access, water, power, sewer, fuel, connectivity, sufficient inventory, a good state of repair, and the myriad of other requirements of their oases in the wilderness.

Three of these very special people have recently retired. Their achievements are nothing short of legendary.

Bernhard Ehmman was a machinist by trade. Not one to talk much, he did tell me once that to begin the apprenticeship, they were assigned a vise, given one flat file, and a length of angle iron. They were to file the angle to a flat bar. They filed for eight hours a day. For two weeks. It was so they would learn how to file.

Now that may be old-school, but it is still very powerful. And so was Bernhard. His legacy will always be intertwined with Galena, and it will endure.

Willy Trinker was a carpenter by trade. No story for his early days, but if he told me one, I might not believe it entirely! Willy imprinted his charisma, many tall tales, and a unique personal magic on a

place that became pure magic.

I first met Willy's partner **Carolyn Ishii** when she was a drop-dead gorgeous teenager who came to work with her aunt Lynne Grillmair in the Bugaboos 25 years ago. You might gather that I am still kicking myself, but I was already a little too old then, and I digress.

Willy and Carolyn's love and devotion is stamped all over Silvertip. While Willy was charming the heck out of guests, on and off the hill, Carolyn was the gracious hostess who ensured their comfort and kept the place on track.

Bernhard, Willy, Carolyn, the words can't do it. I can only offer a huge hug, a hearty handshake, and a knowing glance. You guys know which goes where.

Thank you.



2009 ALPINIST AWARDS

This summer another round of Alpinist Awards was handed out to our loyal Heli-Hikers. A heartfelt thank you goes out to this special group of guests. Many travel from distant reaches of the globe to experience CMH hiking and hospitality on a regular basis, and then spread the gospel when they return home. It was a pleasure to welcome each of you back again this year. Alpinists are listed here with current award level.

Larry Dodson	1	Marilyn Left	2
Sue Dodson	1	Charlotte Minard	2
Margaret Heberling	1	Colin Bullen	2
James Heberling	1	Denise Bullen	2
Tim Wilson	1	Laura Partridge	2
Andrew Wilson	1	Fred Noble	2
Betsy Wilson	1	Cindy Lefkoff	2
Jerome Castoral	1	Dee Partridge	3
Irene Castoral	1	Roy Ostberg	3
Tony Left	2	Barbara Ostberg	3



Ready for another great day of Skiing!

ROKO'S HELPFUL HINTS

SPEED IS YOUR FRIEND IN DEEP SNOW

by Roko Koell

Just as an airplane is able to lift off at a certain speed and a speedboat rides on top of the water, skis float up and out of the soft mass of snow when propelled by proper speed.

Powder snow produces resistance against our skis, boots and lower legs, making balancing and turning a great challenge for the novice powder skier. The solution is reaching a proper skiing speed, which reduces resistance between skis and the soft mass of the snow. This "up-floating" speed promotes turning and balance (equal weighting over both skis) and allows you to get a rhythm going.

Rhythm is responsible for the continuous, natural flow of the skiing motion, generating the energy to overcome the snow's resistance and promoting the timing and linkage of turns – the overall harmony of the skiing movements. If you do not reach and maintain this crucial speed, skiing in deep snow is and remains disharmonized, forced, and uncoordinated, discouraging the novice skier and making him feel unequal to the task.

Until the appropriate speed is established with confidence, all effort and exercise is hard work and physically exhausting. It is a good idea to hire a qualified ski instructor for a couple of hours at the beginning of the season to work on mental preparation and the techniques required to reach and maintain proper skiing speed for all given snow conditions. Speed is your friend. You might as well get used to it!

THE NEW CMH GUEST PACK

By Marc Piché

One of the most valuable aspects of our annual winter guides training is the review of incidents that occurred in the field the previous year. Most of these case studies are avalanche-related and are presented by one of the guides from the area involved. The goal is to offer an opportunity to all CMH guides to learn from the experience of those who were there, and also to determine if any operational changes need to be made to either prevent or reduce the chance of a similar occurrence in the future.

In the fall of 2008 during guides training, we reviewed an incident where a guest was caught in a very small avalanche but buried very deeply in a wind scoop near a boulder. Although the buried person was successfully dug out without serious injury, both the guides and guests involved in the rescue felt strongly that it would have been beneficial to have more shovels on hand immediately.

It's not the first time we've discussed this at CMH, but this incident prompted our decision to have all guests carry a shovel and probe in a small pack while Heli-

Skiing, starting this coming season.

Last winter we tested several different brands of packs, shovels and probes in an effort to come up with a package that is as low profile, easy-to-use, and lightweight as possible. We worked with Arc'Teryx, who custom-designed our new pack to fit the probe and shovel we chose from Black Diamond.

We were encouraged by the positive response of all guests who tested the new packs last year. We see this as an important step toward being even better prepared in case of a mishap.

While out skiing, all guests will still be expected to take turns carrying a two-way radio, and to ski at the rear or middle of the group while doing so. As we have stated many times at CMH, overall safety is the responsibility of every skier.

For those of you who bring your own radios, please contact our Operations Coordinator (opscoordinator@cmhinc.com) if you need information about programming them with the correct frequencies and tones.

HIGHLIGHTS

EPIC ADVENTURES • PHOTO OF THE SEASON



Photo by Brian Goldstone, Arc'teryx

GLACIERS AND ICEWALKS

By Nancy DaDalt

The guiding teams at the Bobbie Burns and Bugaboos have had an exciting summer looking for, discovering and creating new experiences for the 2010 Heli-Hiking season.

Did you go to the Bugs this summer? Did you walk on the Dartmouth glacier too? Did you realize that it's been many years since we've had glacier options at the Bugaboos and now, literally new terrain has emerged. The ice cave at the toe, the crevasses with their blue hues, the

thunder of seracs falling... all part of this glacier experience at the Bugaboos.

The last trip of the season ended on Sept. 17 and it was during these few days that Paul Lazarski, Dave Cochrane and Peter Macpherson got out to finish a new route near Thunderwater Lakes. It will be a full day of ridge walking, skree riding and breathtaking vistas as you trek along a 2 metre wide ledge. Of course it's all been secured as safety is always # 1 at CMH.

Gery, Bruce, Hammer and Carl will begin working this Fall to add to their adventurous options in the Bobbie Burns. Located on and around the Conrad Glacier, be sure to suit up your sense of adventure and watch for more details on our web site in the New Year! It will be another first in the Bobbie Burns guiding teams' quest for new and exciting experiences for our guests.

FRANK GOULD'S GIFT OF ADVENTURE

Last winter Frank Gould, a long-time CMH Heli-Skier, charged us with a momentous task. He asked us to find a way to introduce local teenagers to the mountains, and made a generous donation to support this cause. Coincidentally, Pat Morrow (filmmaker, photographer, and mountaineer) was planning to take a group of local teens on a climbing trip in the Bugaboos as part of the Conrad Kain Centenary Celebrations. CMH contributed a portion of the Gould Adventure Fund (and two guides) to help finance this three-day climbing expedition. For Pat's recap of the trip, please visit <http://conradkain.driven.ca/news/123>. The remainder of the Gould Adventure Fund was used for a second group of teens to spend another three days amidst the granite spires of the Bugaboos. Casey Robinson, son of Connie MacDonald, CMH Director of People, was one of the lucky teens on this trip and he shares his story of the expedition here.



THE BUGABOOS

By Casey Robinson

When my mom first called to let me know that I had the opportunity to go mountaineering in the Bugaboos, I was intrigued, but a little leery. I don't think of myself as a climber and wondered what I was getting myself in to. Or more accurately, what was my mom getting me into!

The trip came about due to the vision and generosity of long-time CMH guest, Frank Gould. Frank set up a program that would provide an opportunity for local teenagers to get out into the mountains, and I was one of the lucky few.

On the first day, our climbing team met at the Bugaboo Lodge, where we picked up our equipment, food, and guides Bob Sawyer, Jeff Relph and Luke Griffith.

We then headed off for two nights

at the Conrad Kain Hut, which took us about three hours to reach due to the amount of food we carried! After our shakedown hike, we were all very tired, but we still went out and did some top rope climbing.

The next day started at 6:00 am. Our goal was to summit a spire called Brenta. At first, we thought that it would be like hiking, but once we arrived at the base, we realized that we would be climbing up what looked like a cliff with some small ledges. I was very thankful that our guides went up first, so we could see their lines and try to follow. This wasn't easy, but it was very fun. Once we made it to the summit, our guide Jeff asked us if we wanted to go straight down to the glacier to get water (which we hadn't had for four hours) or if we wanted to summit another peak. We were super keen, so went for the second peak and

finally returned to the hut after 13 hours, just before a great rainstorm.

On our third day, we went out on a glacier with crampons and our ice axes. As we were hiking up, we heard a rumbling sound and looked up in time to see an ice tower go crashing down! We then hiked out on ice bridges to look down in some crevasses. This was very cool because they were deep and contoured.

The climbing and hiking were so great and the whole trip felt like a big accomplishment. I never expected to have so much fun as well as an adrenaline rush. It's amazing how quickly groups bond when there is a common goal.

I know we're pretty lucky kids because we get to live in the mountains, but this opportunity was a great privilege. Thanks again to Mr. Gould for supporting all of us in this adventure.

STAFF PROFILE: Heidi Fuller - Galena Lodge Manager



By Connie MacDonald

This winter we're launching the new and improved Galena Lodge, after a well-deserved face lift. We're also happy to introduce our new Lodge Manager extraordinaire, Heidi Fuller, who will be working with Mike and Duncan to keep that Galena spirit alive and well.

Q: This is your second stint with CMH. How did you wind up working for us first time around?

Growing up in the Fuller family, it was an easy link to the CMH world. My mom (Gisela) worked as bus host for years; my sister (Michelle) worked at Galena and the Cariboods; and my dad (Mike) worked with Mark Kingsbury to help develop the Spirit of CMH philosophy. I have the CMH addiction and apparently haven't kicked the habit yet!

Q. After your first stint at CMH, you travelled extensively around the world and spent three years teaching in China. What made you come back to CMH?

When I started to dream about Canada, I knew it was time to say goodbye to China. My dreams of mountains, fresh air, skiing, an energetic and positive work space, great people, and a chance to use my skill set in a different setting brought me back.

Q. In the off-season, you work at the Center for Affordable Water and Sanitation Technologies. Tell us about this organization, and how it relates to your upcoming trip to Zambia.

CAWST is a Canadian humanitarian organization that provides education, training and technical consulting in water treatment technologies and sanitation in developing countries. This fall I'm going to Zambia for five weeks to deliver workshops and act as mentor and coach for my co-facilitators.

Q. What is the most exciting part of your new job at Galena?

The people and the mountains are what feed my soul, so what better place to be than at Galena — it is truly my dream job.

BECKY CHAMPION:

2009 Recipient of the CMH President's Award for Environmental Initiative

By Dave Butler

Many of you have crossed paths with Becky Champion from our reservations office. Perhaps it was when you called to first inquire about CMH, to book your Heli-Skiing trip at the Monashees, or to finalize your Heli-Hiking trip details. Or perhaps it was when you skied at the Adamants and Becky was one of the friendly, keen house staff that joined you for dinner each evening. Regardless of when it happened, Becky likely made a positive impression on you, as she tends to do with everyone she meets.

What you may not know is that beyond her reservations duties, Becky is responsible for a number of initiatives related to our Second Nature Committee. To name a few:

- Organizing garbage clean-ups in the Banff town-site;
- Establishing a composting initiative at our Bear Street office;
- Spearheading CMH's involvement in Program Porch-light;
- Developing a staff newsletter; and
- Encouraging a collective of environmentally-keen companies to work together in Banff.

Becky has consistently demonstrated the initiative, passion and personal commitment that the President's Award celebrates, and was therefore chosen as our 2009 recipient. As described in her nomination, "...she is a true champion — a champion by nature and a champion by name."



GUEST PROFILE:

Dr. Ted Ritota & Dr. Eric Disbrow

By Jane Carswell

For a number of years, CMH has worked closely with a handful of medical professionals to create fun, interesting, and informative medical seminars built around Heli-Hiking and Heli-Skiing weeks. These programs bring together health professionals from a variety of disciplines, looking to expand their knowledge of patient care. All participants receive continuing education credits. We would like to introduce you to two Heli-Skiers who have been organizing medical symposia at CMH for the last couple or three decades.

Dr. Ted Ritota: From Ted's inaugural CMH Heli-Ski experience in 1989, which he coined "The Ultimate Ski Vacation", he was immediately hooked. Ted is drawn to the great skiing, but also the lodging and unique hospitality he finds at CMH. As president of the Aesculapian Society, he and his wife, Lisa, have been arranging medical symposia at CMH lodges for the last 20 years. He believes the combination of great skiing and the remoteness of the lodge makes it easy to focus on quality evening presentations by fellow skiers on such topics as Advances in Ophthalmology, Dental

Implantation and more. "Combining CE credits and great skiing with like-minded professionals – it's a no-brainer!"

Dr. Eric Disbrow: Eric dreamed of Heli-Skiing while attending medical school in the late 60s, and that dream became reality in 1976 at the Cariboos. Even at that time, he had begun to formulate the idea of combining Heli-Skiing with a medical conference, and in 1978, 17 skiers attended the first Patient Care Symposium. For most physicians, dentists, and allied health professionals, this is the only conference where participants gain knowledge and techniques from other health disciplines which are applicable to their own specialty. Eric says, "I love all that CMH has to offer, which includes the best skiing in the world, the magnificent scenery, the thrilling helicopter rides, and the unparalleled ambience in the lodges. Most importantly, the camaraderie in the lodges has fostered lifelong friendships that reunite us each year."

For more information on various continuing education opportunities available through CMH and other partners such as Dr. Paul Dudzinski and Dr. Marion Tipple, visit our website.

WIN!

A HELI-ASSISTED SKI TOURING TRIP

By Jane Carswell

What Inspires You?

Do you love the sound and the feeling of skinning up dramatic mountain pitches with close friends? If so, we want to hear about it.

In partnership with Arc'teryx, CMH has launched a video contest and we encourage you to submit a video telling us what inspires you to ski tour. Was it your Dad? Maybe it was a book you read? Put together a video, post it and get your friends to vote on it.

Log on to www.cmhski.com/arcteryx for details. One lucky winner and a friend will win head-to-toe clothing from Arc'teryx and a CMH Heli-Assisted ski touring trip for two with Greg Hill in the spring of 2010 in the Adamants.





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