

# CMH NEWS

January 2007 Issue 53



## Winter Dispatch

BY WALTER BRUNS, PRESIDENT

It seems that almost every flake of snow that normally falls in eastern North America – or in the entire European Alps for that matter – has landed on us!

As I write this, the highways are closed, the lodges are buried, and the snow-pack at tree-line is now over three metres. In short, OUR WORLD IS AS IT SHOULD BE!!

A steady stream of moisture at relatively mild temperatures through November and December has built a very strong base. The forecast calls for this pattern to continue for some time. It's as good a start to the season as you can get.

The quality of skiing and riding has been exceptional. The pictures on our Web site tell the story. Ear-to-ear grins are hidden by face-fulls of powder! The names have not been changed to protect the guilty!!

The Family Christmas events in the Adamants and Gothics were a resounding success. Moms, dads, and a bunch of wide-eyed youngsters had a wonderful time celebrating together and playing in the snow. Look for more family trips scheduled this spring break.

When you think about it, that's really what we do: play in the snow, and celebrate.

Todd Leibowitz zoomed past his 16 million vertical feet in the first week. Art Dion is back for his 16 million as well. A big "thank you" to them, and to so many other long-time guests that return year after year.

At the other end of the scale, fully 29.5% of our direct bookings this year are people brand new to CMH. There are 990 skiers and boarders coming who have never been with us before. Welcome!



Todd Leibowitz reaching 16 million feet in the Monashees, December 2006. L to R: Walter Bruns, Todd Leibowitz, Roger Laurilla. Photo by Andy Epstein.

May you get as hooked as the rest of us!!

And while we all get older, this new clientele is actually getting younger! The new folks are an average of 6.5 years younger, to be precise. That bodes well for the future.

Many guests have asked me about the new owners of Intrawest. Their questions are often accompanied by a hint of concern. It is so amazing, and so gratifying, to see how deeply our people – both guests and staff – care about this enterprise.

We expect to have several key folks from Fortress come ski with us. In the words of one guest: "I would crawl over broken glass to get them up here!" We can't wait to show them what we do – with unabashed pride and enthusiasm!

And for all of you who like to play in snow and celebrate, RIGHT NOW IS A REALLY GOOD TIME!

With best wishes for 2007, and a great winter ahead,



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# ROKO'S SKI TIPS



BY **ROKO KOELL**,  
DIRECTOR OF CMH'S POWDER INTRO CLINICS

## Within the Balancing Zone

If you can ski with your centre of gravity close to the long axis (z) of your body, it is fairly easy to keep your balance. This is what I call being in the balancing zone. The further your centre of gravity moves away from this axis, the more unevenly your skis are weighted and the more difficult it becomes to maintain your balance. Any movement away from the body's long axis – leaning back, an improper pole plant, over-rotation, etc. – requires a counter movement to get back in the balancing zone.

When skiing off piste and in wilderness terrain, you must continuously respond to terrain obstacles and rapid changes in weather and snow conditions. This is best possible when you're behaving within the balancing zone, which means you:

- Stance is one of readiness, with the skis slightly apart, allowing both legs to do the same movement but independently,
- Ski joints (ankle, knee, hip) are all properly bent,
- Skis are weighted equally, and
- Centre of gravity is nicely lowered.

In this position you move up and down vertically and dynamically (from a solid platform) but your upper body never moves away from your equally weighted skis, whether sideways or backwards. If you ski outside the balancing zone, any little change in terrain, visibility, or snow can cause insecurity with disastrous consequences to your attitude. This may impede your deep snow skiing progress.

I observe the terrain for the first 2 or 3 turns with the eyes of a hawk, until I'm totally comfortable and committed to my first turns. If I don't feel comfortable, I look for a better starting spot by traversing or side-slipping. If you don't feel comfortable with the terrain ahead of you, you won't be able to get into a rhythm and ski (behave) within the balancing zone. Skiing then becomes an overly physical exercise and comes in a defensive manner...the result is fatigue.

## Feeling Stretched for Time?

# Join us in Revelstoke for CMH's Most Flexible Trip Yet...

BY **PATTY ZINCK**

More and more we hear from our guests that their time is limited and they can't always escape for a week-long Heli-Ski trip. Now, you can get more of what you love in Revelstoke, even if you don't have a lot of time.

Between March 31 and April 7, 2007, CMH is offering anything from a single-day escape to a complete seven-day package. All of this for the incredible cost of only \$4,970 for seven days, or just \$710 per day for the trip length of your choice.

Our seven day Heli-Ski trip includes:

- 100,000 guaranteed vertical feet of skiing
- Accommodation
- Gourmet meals, freshly prepared snacks, and all non-alcoholic beverages
- Return transportation from Calgary International Airport

- Professional IFMGA or ACMG certified guides
- Use of specially designed Heli-Skis
- Training in and use of avalanche transceivers
- All applicable taxes, including GST rebates for non-residents of Canada

For trips shorter than seven days, the daily rate includes one night's accommodation, dinner, breakfast, lunch, snacks, and one day of Heli-Skiing. Please note, for shorter trip options we can arrange transportation to and from Calgary, but transportation costs to Revelstoke are not included in the daily rate. Prices are per person based on double/twin occupancy and are in Canadian dollars. Rates are subject to change and some restrictions apply.

For more information or to book, contact CMH Reservations at 1.800.661.0252 or e-mail [info@cmhinc.com](mailto:info@cmhinc.com).

## Jump the Queue – Secure Priority Booking Privileges

Since 1980, we have offered a Prepayment Series (a.k.a. Bonds) to our guests. This series provides the holder with the opportunity to secure priority booking privileges while at the same time discounting the price of their Heli-Skiing trips for the next five years. The purchase of a 2007 Prepayment Series will provide you with prime space over the next five years.

A limited number of units are still available. To learn more contact Nicole Koester at 1.800.661.0252 or e-mail [info@cmhinc.com](mailto:info@cmhinc.com).

# HELI-SKI

## Prime Heli-Skiing Spaces Still Available!

Check out our ski space availability online.

Here are a few highlights of what is available as of January 6, 2007:



Are you passionate about skiing and still need that powder-fix? Luckily space is still available for this Heli-Skiing season.

### Three-Day Trips

Gothics: Mar 31  
Kootenay: Feb 3, Feb 10, Mar 3, Mar 10

### Four-Day Trips:

Gothics: Mar 31  
Kootenay: Jan 23, Jan 30, Mar 6, Mar 13  
Revelstoke: Mar 8

### Five-Day Trips:

Adamants: Apr 14  
Bugaboos: Apr 21  
Gothics: Mar 12  
Revelstoke: Mar 3, Mar 12

### Classic Seven-Day Trips:

Adamants: Apr 7, Apr 14, Apr 21  
Bobbie Burns: Jan 27, Apr 14  
Bugaboos: Jan 27, Apr 7, Apr 14, Apr 28  
Cariboos: Apr 14  
Galena: Mar 10, Mar 24  
Gothics: Mar 31  
Kootenay: Jan 27, Feb 24  
Revelstoke: Jan 27, Mar 31, Apr 7

### Private Group Space:

Private groups have exclusive use of a helicopter and – with unlimited vertical metres of skiing at your disposal – tremendous flexibility to set your own pace. A private group with CMH is, without question, the ultimate ski experience.

McBride: Jan 27, Apr 7, Apr 14, Apr 21 (max 10 spaces)  
Revelstoke: Mar 31, Apr 7 (max 4 spaces)  
Silvertip: Apr 14, Apr 21 (max 10 spaces)  
Valemount: Apr 14, Apr 21 (max 10 spaces)



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**CANADIAN  
MOUNTAIN HOLIDAYS**

CMH HELI-SKIING / CMH HELI-HIKING



After 35 years with CMH, Ernst Buehler announced his retirement as Area Manager at the Cariboo.

"...his mark on the Cariboo, and on everyone he has touched, is indelible."



Dan Griffith

## Ernst Buehler

### A New Chapter for the Cariboo

BY WALTER BRUNS

In November, Ernst Buehler announced his retirement as Area Manager at the Cariboo. John Mellis steps into the position, after supporting Ernst for ten years as his assistant manager. David Gauley has taken on the responsibilities as assistant to John.

While this marks the end of an amazing run, and closes an historic chapter in the story of the Cariboo, Ernst is not leaving us! He will continue to guide with the Cariboo team, contributing a wealth of knowledge and wisdom, and maintaining his personal connection with so many long-time Cariboo guests.

In his 35 years with CMH, the "Ernie stories" have become legend. There are far too many to tell, and most cannot be told publicly anyway!!

He began as a very, very shy Swiss guide in the Bugaboos in 1971. By many accounts, this meek and mild-mannered strategy served Ernst very, very well with the girls. Just ask Leo Grillmair. Actually, better not.

Ernie became Leo's assistant, so he needed to make speeches to the guests. These took a long, long, very long time. In the Cariboo, he would have us hanging on the edge of our seats. We knew the exact words he was looking for, and we waited, and waited, until they came out. And every time, those

same words cracked us up. There are "Ernie-isms" in those speeches that have been adopted by many other managers over the years, and which endure to this day.

Ernie was a mentor to me, with a profound impact on my life and career. I am honoured to have learned from him a mere fraction of what he knows as a guide. He could say everything that needed to be said with only a grunt (a "hmm...", followed by a dropping of the head into the shoulders), or with a look (which would accompany the grunt), or quite often (and I saw this a lot) an icy glare!

And then there is the "Ernie-giggle." It would emerge more frequently as the evening progressed. Those "gatherings" often "got gathered too far." But the Ernie-culture was rock-solid and totally unforgiving: play hard, get up, work hard, no whining.

Ernie, I am happy to say, has mellowed a bit. His words flow more freely – eloquent speeches now crack us up. But his mark on the Cariboo, and on everyone he has touched, is indelible.

We presented Ernst with an amazing and beautiful sculpture of a grizzly bear, hand-carved by Ian Campbell out of stone from a quarry near the Gothics.

Ernie, from all of us, we love you more than you can imagine.

## Seven in Seven:

### Dan Griffith Summits the World's Highest Peaks

Daniel Griffith (a CMH guide in the Monashees) has made Canada, the Canadian Alpine community, and CMH proud by setting an incredible world record. Dan summited the highest peaks on each of the seven continents within 187 days, which puts him in the Guinness Book of World Records. Not only that, but at 55, Dan is the oldest Canadian to have conquered Mount Everest.

The quest began on May 24 on the summit of Mount Everest at 6:30 a.m. (Nepal) and was completed on November 27 on the top of Mount Vinson at 4:20 p.m. (Chile). He climbed three of the seven summits in record time with his 26-year-old son Luke and was joined on the top of Mount Kilimanjaro in Africa by his entire family.

Dan has been a true mentor for hundreds of young men and women who aspire to do great things in the mountains. He would be the last one to boast about his achievements and the first to encourage others to reach out for their dreams.

- Mount Everest, Nepal, May 24, 2006
- Mount McKinley, Alaska, June 15, 2006
- Mount Elbrus, Russia, July 4, 2006
- Carstensz Pyramid, Indonesia, September 24, 2006
- Mount Kilimanjaro, Tanzania, October 3, 2006
- Mount Aconcagua, Argentina, October 20, 2006
- Mount Vinson, Antarctica, November 27, 2006

# Mark Kingsbury Foundation Update

BY MARION KINGSBURY

In May 2002, The Mark Kingsbury Foundation was set up in memory of Mark Kingsbury, former President & CEO of Canadian Mountain Holidays, who was killed in a road accident in May 2001.

Since its inception, the Foundation has gratefully been receiving donations on a regular basis (thank you everyone!) and pursuant to its objectives, is funding qualified environmental organizations in the Columbia basin region of British Columbia, namely the Columbia River Greenways Alliance. Their mission is to develop a network of linear corridors that integrate and enhance ecological, economic, and community well-being through the re-establishment of ecological connectivities that were once part of the Upper Columbia Valley. ([www.columbiarivergreenways.org](http://www.columbiarivergreenways.org))

Our latest venture is to join forces with the Calgary Foundation. This affiliation will give the Mark Kingsbury Foundation access to a broader range of

investment expertise, and a platform to ensure that the goals of the Foundation can be met over the long term. Founded in 1955, the Calgary Foundation is a community foundation that works together with donors, charitable organizations, and the broad community to provide the charitable support to help meet the goals of our Foundation. The mandate of the Mark Kingsbury Foundation remains unchanged, but we will now be able to focus our full energy on the granting of funds towards those areas about which Mark was most passionate.

One major advantage of this new association is that major donations and bequests can now be made through the California Community Foundation, earmarked for the Mark Kingsbury Foundation, and can receive charitable tax deductible status in the USA. If you would like more information on this process, please contact Marion Kingsbury at [marionkingsbury@cmhinc.com](mailto:marionkingsbury@cmhinc.com).



Mark Kingsbury, CMH President, 1991 - 2001

If you would like to make a donation to the Mark Kingsbury Foundation, please make your cheque payable to:

The Calgary Community Foundation  
(The Mark Kingsbury Foundation) and mail it to:

**The Calgary Foundation**  
700, 999 8th Street SW  
Calgary, Alberta, Canada T2R 1J5



## CMH is Visiting a Resort Near You Join us for a Free Powder Technique Clinic

BY GRAHAM EDWARDS AND SARAH PEARSON

Skiing powder, floating effortlessly down the virgin slopes of majestic mountains, is the stuff of skiers' dreams. It's also a skill many skiers think they are too inexperienced to master. If you're among them, then you are a perfect candidate for our free **Ski Press/CMH Powder Technique Clinic** – on hard-pack. This clinic, co-presented by CMH and *Ski Press Magazine*, will be touring North American ski resorts this winter.

A powder clinic on hard-pack? Doesn't seem right, does it.

In fact, the skills of skiing deep snow are best learned in a consistent environment; on familiar hard-pack, wide open slopes, and consistent snow conditions. Staying with what you know leaves your mind free, uncluttered and focused solely on the movement, rather than worrying about terrain and snow conditions. Skiing in deep snow does require experience, specifically experience in ski technique and in motion patterns — short turns, solid pole plants and equal weighting of skis, all of which can be taught and practiced on hard-pack.

As long as you are a strong intermediate skier who enjoys the challenges of Black Diamond runs, then

you are ready for a Ski Press/CMH Heli-Skiing Powder Technique Clinic. We'll teach you to become a member of the "Powder Club," either at your home resort or in the deep powder of CMH Heli-Skiing.

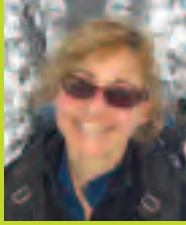
Come and join us! Register online for your free Ski Press/CMH Powder Technique Clinic: [www.skipressworld.com/cmh-powderclinics/](http://www.skipressworld.com/cmh-powderclinics/).

### Powder Clinic Dates:

Each date will offer three sessions:  
9:30-11:00 a.m.; 11:30 a.m.-1:30 p.m.;  
and 2:00-4:00 p.m.

- |                       |   |
|-----------------------|---|
| Saturday, January 13  | Copper Mountain, Colorado                   |
| Sunday, January 14    | Winter Park, Colorado                       |
| Saturday, January 27  | Squaw Valley, California                    |
| Saturday, February 3  | Whistler, British Columbia                  |
| Saturday, February 10 | Mont-Tremblant, Quebec                      |
| Sunday, February 18   | Stratton Mountain, Vermont                  |
| Saturday, March 17    | Panorama Mountain Village, British Columbia |

DELIA'S



BY DR. DELIA ROBERTS, EXERCISE PHYSIOLOGIST

**Fuel to Burn**

Want to keep those legs turning? Land that jump? Make the tight turns needed in the trees? The secret is in maintaining your fuel supply. Whether you are an experienced Heli-Skier or a novice, these tips will help you keep your legs working strongly throughout your Heli-Ski vacation.

Skiing is a stop-and-start activity that requires powerful muscular contractions to resist gravity as you move downhill. This makes the sugars stored in your muscles the preferred energy source. They are burned very quickly and release lots of energy to your legs, but these stores are not large enough to last more than a couple of hours. The harder you ski, the more excited and/or nervous you are, and the colder the weather, the faster you will burn through your stored sugars.

The Chefs at CMH have been working to design elegant and delicious Skier's Choice Heli-Snacks and Tea Goodies. These creations will provide you with exactly the right ratio of nutrients, at just the right time. The latest research with elite athletes shows that if the correct balance of carbohydrates, proteins and antioxidants is supplied during and immediately following activity, the amount of wear and tear on muscles can be greatly reduced and recovery markedly sped up.

So go ahead and enjoy the spectacular cuisine at CMH. The Skier's Choice selection of snacks and meals will keep you skiing strongly all week.

For more information on how to enhance performance, contact Dr. Delia Roberts at droberts@selkirk.ca.

**A Welcome Change: Gifts with Impact**

BY CONNIE MACDONALD

For many years we have welcomed our guests with a small gift upon arrival. We've offered t-shirts, duffle bags, water bottles, multi-tools, knives, books, and others, all of which we've enjoyed giving and hope you've enjoyed receiving.

While these tokens may work well to set a welcoming tone to your stay, recent feedback from our guests and staff has indicated that although the gifts are appreciated, perhaps there is something more meaningful we could do that aligns with the values of CMH.

In response, this year we're investing in a new kind of gift. Our message is still "Welcome to CMH," and you will still find your lip balm and stickers on your bed when you arrive, but instead of giving you a gift to take home, we're making a series of donations to local organizations that share the values of CMH: a gift of community support on behalf of our guests.

Every year CMH supports numerous local, regional and national organizations that focus on safety, environmental stewardship, amateur sport, and community development. We know that the on-going support of our local communities is integral to providing the level of service that keeps our guests coming back year after year. And beyond our existing initiatives, there are always more ways we can help. Through this program, the support of our loyal guests will go a long way to reinforce the value of our local relationships.

This year we are directing our welcome gift funds to support:

**STARS Air Ambulance**

STARS Air Ambulance is a not-for-profit organization,

dedicated to providing a safe, rapid, and highly specialized emergency medical transport system for the critically ill and injured in western Alberta and south eastern BC. A current partner with CMH, our plan is to increase our support through additional financial contributions.

**Bow Valley Victim Services (BVVS)**

BVVS assists victims of trauma through information, referral, support, community liaison, and education. BVVS is a key resource that provides assistance to our staff, families, guests, and colleagues in the event of an emergency. Last winter, CMH began working with BVVS and this year, through this program, we are increasing our support by 100%.

**Athlete Excellence**

In support of amateur athletes, CMH is launching Athlete Excellence. This program provides sponsorship to local athletes who show real promise, but are not yet at a level where they receive support from provincial or federal funding programs. Athlete Excellence will focus on assisting athletes with travel, gear, and personal development opportunities.

**Environmental Stewardship**

Environmental stewardship is a core value at CMH and this year we are supporting a new educational program for elementary schools that focuses on climate change and personal action.

Thank you for your commitment to these new initiatives. We look forward to reporting on what we have been able to accomplish together. We welcome your feedback on this initiative via comment cards or at info@cmhinc.com.

## Our Sustainability Report Card

### *Moving Towards Sustainability Volume II*

BY CONNIE MACDONALD

Two years ago we declared an ambitious vision to be the leading sustainable tourism operator in North America. Our vision, along with a summary of our environmental and community stewardship practices and goals for the future, was outlined in *Moving Towards Sustainability*, the first sustainability report of its kind produced by a Canadian tourism operator.

One of our key areas of focus identified in this first report, and based on feedback from guests and staff, was to improve our communications with all stakeholders about our progress and initiatives. As a result we have provided regular updates in this newsletter; added a detailed Stewardship section on our public and employee Web sites; enhanced our staff training; and participated in many presentations, research projects, and information exchanges with guests, colleagues, and government.

This winter we are proud to launch our second

sustainability report, *Moving Towards Sustainability Volume II*, which highlights our work over the past two years and outlines our new goals for the future.

To further align with our values, we are printing only a one-page summary of this report, which will be widely distributed. The complete text of *Moving Towards Sustainability Volume II* will be available on our Web site (along with our first report, *Moving Towards Sustainability*) at [www.CanadianMountainHolidays.com/stewardship/](http://www.CanadianMountainHolidays.com/stewardship/).

We are extremely proud of the progress we have made towards building a sustainable operation. With the support and leadership of our Second Nature staff committee, we will continue to look critically at all aspects of our operations to reduce our environmental footprint, contribute to our local communities, and deliver strong financial results.

We welcome your feedback on the report and questions about our sustainability practices.



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[www.CanadianMountainHolidays.com/hike](http://www.CanadianMountainHolidays.com/hike)

# CMH DID YOU KNOW? FACTS

BY CONNIE MACDONALD

- ▲ Watch our Web site for the ever-popular slideshow highlighting recent photos from the field. This winter we're launching individual lodge slideshows featuring images from the field and lodge life.
- ▲ Our annual Guide Training program included three new sessions based on feedback we received through last winter's comment cards. Along with mountain safety sessions, we introduced communications training, powder skiing instruction, and a snowboarding course.
- ▲ On December 6, 2006, Alpine pilot Don Wederfort reached an extraordinary landmark in his flying career, clocking 20,000 flying hours. This is a rare and amazing event that took 40 years of dedication and commitment to achieve.
- ▲ At the 2006 Banff Mountain Film Festival, CMH guide and filmmaker Guy Clarkson put together a great compilation featuring three of Hans's early climbing and skiing films. Each lodge has a copy for our guests to view.
- ▲ The Tourism Industry Association of Canada awarded Hans Gmoser with the 2006 Lifetime Achievement Award for his contribution and commitment to the industry.
- ▲ In Revelstoke, B.C., the Chamber of Commerce awarded CMH with the annual Community Support Award for our local contribution and commitment.
- ▲ In April 2006, Hans gave an outstanding presentation on the history of Heli-Skiing at National Geographic's Grosvenor Theatre in Washington DC. We've made copies of his presentation and will have CDs available at the lodges for anyone who would like a copy.

# CMH NEWS TEAM

Visit  
[www.CanadianMountainHolidays.com](http://www.CanadianMountainHolidays.com)  
for Last Minute Space Availability!



CMH News team, left to right: **Ann Toohey**, Copyeditor; **Connie MacDonald**, Communications Manager; **Sarah Pearson**, Editor; **Marty Von Neudegg**, Director of Corporate Services; **Graham Edwards**, Director of Sales; **Patty Zinck**, Marketing Coordinator; **Marion Kingsbury**, Director of Reservations/Guest Relations.

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