



The Warren Miller Film Festival

by Craig O. Olsen

Warren Anthony Miller (1924-2018) began his legendary filmmaking career in Idaho. Upon his discharge from the Navy in 1946, Miller bought his first 8mm movie camera, moved to Sun Valley, Idaho, with his friend where they lived in a teardrop trailer in the parking lot of the Sun Valley ski resort, and worked as ski instructors. In their free time, they filmed each other skiing to critique and improve their ski techniques. In 1949, he founded Warren Miller Entertainment (WME) and began producing one feature-length



ski film per year. He borrowed money to rent halls and theaters, and charged admission to his shows. He booked show halls near ski resorts so

that he could film the next year's footage during the day, and show the current film in the evening. Before long he was showing his films in 130 cities a year...and the rest is history!

This year marks the 70th anniversary of Warren Miller Entertainment feature-length ski films and the 55th consecutive year that BBSC has presented Warren Miller Entertainment to the Treasure Valley.

BBSC is excited to present this year's breathtaking Warren Miller film, "Timeless," at the Egyptian Theatre November 21-23. The film festival is an annual event with proceeds to benefit five local non-profit organizations:

BBSC, the Bogus Basin Ski Education Foundation (BBSEF), Bogus Basin Ski Patrol, the College of Idaho ski and snowboard team, and Boise Adaptive Snowsport Education (BASE) — an adaptive ski program at Bogus Basin for children and adults with physical and/or developmental disabilities. In addition to the movie, you will be able to visit with representatives from area ski and board shops, as well as Idaho mountain resort representatives. Participate in raffle drawings for prizes, get a one year free SKI magazine subscription, and purchase adult beverages with ID.



Be sure to [purchase your tickets to this signature event](#) and bring your friends!

Bicycle and Wine Tour

by Paul Markowitz
(Photos by Steve Strickland)

The winery at Ste. Chapelle in Caldwell was the start for this year's bicycle and wine tour on Sunday, September 22. Approximately twenty club members participated in this event. The weather was sunny and temperatures were ideal for riding, not too cold and not too hot.

Our route took us in a 10-12 mile loop to visit six vineyards and wineries: Ste. Chapelle Winery, Houston Vineyards, Stack Rock Cidery, Hat Ranch Winery, Williamson Orchards, and Sawtooth Winery.

From Sawtooth Winery we returned the short distance to Ste. Chapelle Winery for a pot luck picnic lunch on the shaded grass.



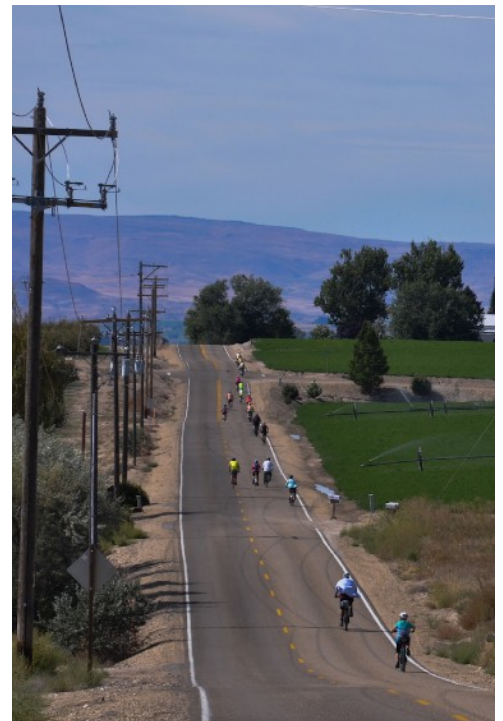
Starting our ride at Ste. Chapelle Winery.



Making a toast at Houston Vineyards.



Back at Ste. Chapelle for a pot luck lunch.



Riders strung out between wineries.

The Inaugural Club Paint and Sip

by Kimberly DeWit (Photos by Kimberly DeWit)

Our first ever BBSC Paint and Sip event on October 17 was a great time! Eleven members sipped, painted and laughed their way through the evening under the excellent instruction of Carole Mooneyham.



Acrylic paint was the medium of choice.



The Plantation Country Club was a perfect venue for this event.



With members putting brush to canvas at the Plantation Country Club, unique and delightful winter scenes emerged. We hope this becomes a biannual event. Please join us next time. All ages and genders are welcome!

Budding artists.



Variations on the same theme.



The creative process.

2019 Ski Swap

by Jane Gabbert (Photos by Michael Bouton & Barbara Bryant)

Another ski swap has come and gone. This was the 69th annual Ski Swap sponsored by the Bogus Basin Ski Education Foundation (BBSEF) since 1950. This yearly event is a favorite to Treasure Valley residents by providing a means to obtain ski and snowboard equipment and apparel, especially for those with a limited budget or families with growing kids who outgrow their equipment nearly every year. For those with a growing inventory of used or outgrown equipment, it provides a venue to recycle this equipment back into the community. The Ski Swap is also one of BBSEF's primary fund raising events. They keep 25% of all sales and redistribute the remaining 75% back to the seller.



BBSC has participated in the Ski Swap for several decades by having a booth there to promote our club, raise money through our raffle sales, and advertise our Warren Miller Film Festival by stuffing flyers into the Ski Swap shopping bags.



This year many BBSC members stepped up by volunteering to make this happen: Vicki Kuebler, Christine Anderson, Max Stevens, Teri Richardson, Roxann Jensen, Babara Bryant, Donn Bryant, Christine Reeds, Doug Smith, Doug Baker, Sue Baker, Diane Ross, Noel Rios, Lynda Clark, Cliff Sell, Guy Ausmus, Carol Peterson, Fred Uranga, Sandra

Huffsmith, Larry Crockett, Jim Carney, Darcy Valverde, Arlene Eidemiller, Greg Johnson, Kim Hovren, Mary Arave, and Jane Gabbert. A special thanks goes to Paul Markowitz for hauling the table and other equipment and setting up the booth. Several BBSC volunteers even helped the BBSEF organizers at the Ski Swap when their own organization was short on volunteers.

Winners of the free tickets to the Warren Miller Film Festival were Tim Kurcz, Annabeth Sterns and Vicki Kuebler. They were totally delighted with their good



fortune.

Getting in Shape to Ski

by Craig O. Olsen, MD

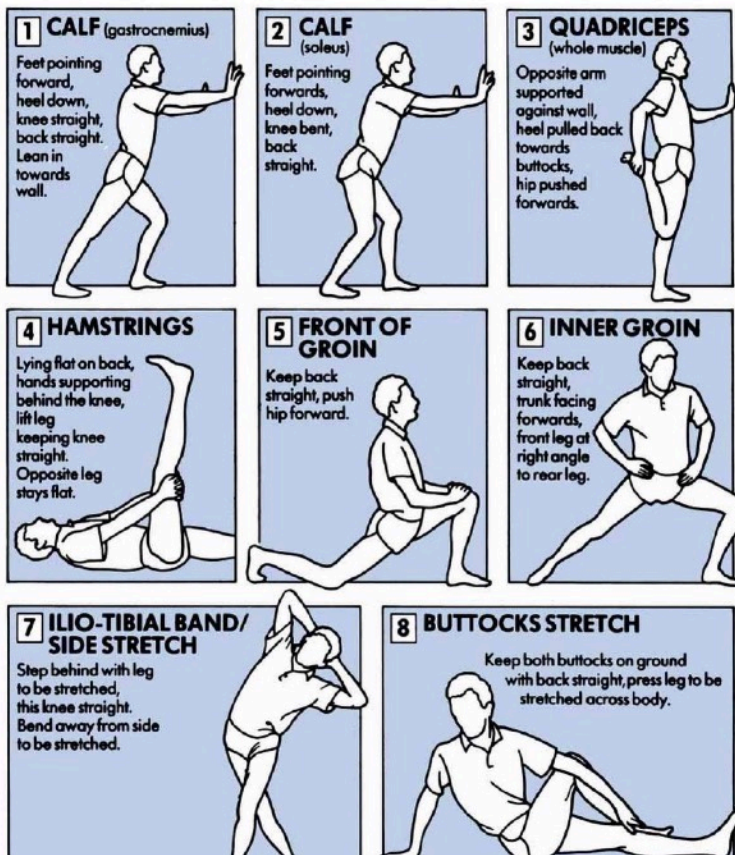
There are several benefits of skiing including the physical, mental, emotional and social aspects of well being.[1-2] Skiing also delays the progression of aging and reduces the risk of age-related illnesses and injuries.[3-4]



Alpine skiing is also associated with well-known risks [5-7], though these risks appear to be decreasing over the last several decades[8], in part due to improved ski equipment (shorter shaped skis, better bindings and boots, and more consistent use of helmets) and improved grooming and maintenance of ski runs.

Does getting into shape for skiing reduce the risks of skiing? Popular skiing magazines routinely publish information that conditioning can reduce the risk of injury, and prominent orthopedic authorities advocate conditioning to reduce the risk of skiing injuries as well.[9] Others have advocated conditioning programs for skiing safety but also admit that no solid proof exists.[10] While there is no convincing evidence that conditioning of any type can reduce the risk of alpine skiing injuries, there are data correlating the effect of fatigue on injury occurrence.[11]

Getting in shape to ski (pre-conditioning) by including exercises that strengthen core, glutes, quadriceps and hamstring muscles can reduce early fatigue while skiing and thus reduce the risk of



skiing related injuries, which are much more likely to occur when skiing while fatigued. Additionally, less fatigued skiing translates to more enjoyment while skiing. Pre-conditioning also increases mobility and balance necessary to control your skis while skiing, thus reducing the risk of injury.

Normally, it takes several weeks of pre-conditioning (a minimum of 1-1.5 hours of moderately vigorous exercise three times per week) to adequately accomplish the above goals. The Boise and Meridian YMCA have adult ski conditioning programs [12], but it is also possible to accomplish the same goal with a series of exercises that you can do at home without specialized equipment.[13-15]

It does pay to get in shape for skiing (pre-conditioning), and it pays off in reduced fatigue, which translates to decreased risk of injury and more enjoyable skiing.

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