

The Mogul

June/July 2009



A publication of the Bogus Basin Ski Club Inc.

2009 BBSC Golf Tournament

Dust off those clubs, clean up those spikes and get ready for the Bogus Basin Ski Club's annual golf tournament to be held June 19 and 20, 2009. This year's event will be held in Garden Valley at the Terrace Lakes Golf Club. We'll begin the festivities with a poker tournament to be held on Friday night. All of course are welcome, just remember to bring your sunglasses to enhance your poker face. The golf tournament will begin at 2:00pm on Saturday with a shotgun start to be followed by a wonderful BBQ with Big Bertha of course.

This year we've decided to make it an overnight event and have reserved two large lodges for a fantastic overnight stay. We can accommodate up to 23 persons at this time and will reserve more if necessary. Please send your questions and RSVP to Patrick Rice (208) 899-4752. Look forward to seeing you there.



Whispering Pines Cabin



Rainbow Ridge Cabin

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Bogus Basin Web Cam

Top of Pine Creek #6 looking east as of May 26, 2009



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Message from the President

Now that skiing season is over, it's time to move on to other activities. The spring flowers are in full bloom this time of year and you only have to go into the foothills to experience the beauty.

A great hike to see lupine is Miller's Gulch off Bogus Basin Road by the radio towers. Follow the trail to the top and you will see a field filled with lupine. Shuttle a car to Bobs Trail and hike 6 miles for a real treat.

Another trip is Leslie Gulch, out of Marsing. You will think you're in Utah. Hike to the top and almost always, wild horses can be seen in the distance. Maybe in October, I'll put together a trip so you can experience it for yourself.

Biking is another way to get exercise. The Greenbelt is always a good way to go. Memorial week-end a couple dozen hardy souls are biking 25 miles of the Weiser River Bike Trail, with a BBQ afterwards.

It's not too late to sign up for the Golf Tournament to be held June 19 and 20 in Garden Valley. Friday night will have a poker tournament and the golf will be Saturday at 2:00 with a shotgun start. RSVP to Patrick Rice 899-4752.

The Great Botanical Garden Escape Concerts are starting in June. The Hoochie Coochie Men - 40s to the 80s music is their thing, are performing June 25. Might be a good time to get together.

Don't forget the Annual Club Campout July 24-26. Always a lot of fun!

So don't be a slacker. Get out and have some fun.

Alicia Culbertson
President

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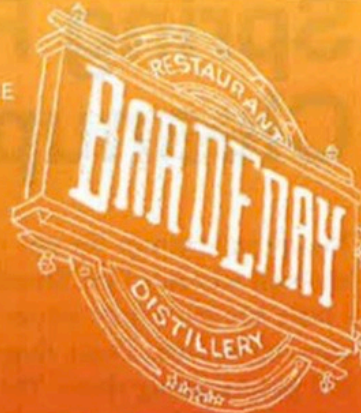
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Spring Road Cleanup

The spring cleanup for our section of Bogus Basin Road has been scheduled for Saturday, June 6, 2009. That seems a little late but surely winter will be over by then and the snow all melted. Don't forget to bring gloves and a hat and good walking shoes. The walk is only a mile for each group and tends to be very pleasant. Be sure to dress for the weather, whatever that might be!

We will meet at 12:00 noon in front of the Highlands Hollow Brewhouse and carpool up the mountain.

When we are finished, we will go to SunRay Cafe in Hyde Park for pizza and beer on the Club. Any questions or for more information call Jane Gabbert at 362-3627.

BBSC Delegates Head to Reno

Six BBSC members are headed to the Far West Ski Association Annual Convention taking place in Reno June 4-7. Michael Bouton, Alicia Culbertson, Bonnie Hill, Daryl New, Pat Rice and Rosie Rosco will represent the club at the convention. The club is in the running for several awards including a community service award and awards for the club website as well as *The Mogul*.

Visit the BBSC online!
www.bogusbasinskiclub.com

Whitewater Raft Trip

\$100 deposit due now. Make checks payable to BBSC, mail to Cherry Woodbury, 2218 N. 32nd Street, Boise, ID 83703

This trip is on the Lochsa River in the most beautiful mountain canyons. It is near the Selway River and off Highway 12 which has been noted in magazines as one of the most beautiful roads in the United States.

Friday, July 10 leave Boise by bus around 1pm - travel 5.5 hours to Kamiah. Stay at hotel in Kamiah that night. Raft the Lochsa all the next day. Stay again in Kamiah. Sunday do a little sightseeing in the area by bus and then have lunch in McCall and home around 4-5pm

Trip includes:

Bus transportation, 2 nights lodging, hot breakfast each morning, 1 full day rafting, lunch on raft day, all river gear provided - wet suits, helmets, etc

Cost is \$260 per person

Here is information about the river and area

Few whitewater rafting trips anywhere on earth offer as much continuous, explosive whitewater as Idaho's Lochsa River. This one day rafting trip is big white water that's full

of adventure for rafters. Big waves, big holes, big paddler excitement and Idaho mountain scenery are highlights of whitewater rafting trips on the Lochsa River.

The Lochsa River is one of two primary tributaries (with the Selway to the south) of the Middle Fork of the Clearwater River. It is located in north central Idaho's Clearwater National Forest, and is one of the premier whitewater rivers in the west. Snow melt in the spring creates one of the wettest rides in the country within this steep granite valley.

The Lochsa River is one of the most beautiful places in the northern Rockies. A green cedar and fir forest with steep slopes and abundant wildlife, the river corridor itself gets exciting during the rafting season. Common among the animals using the Lochsa River watershed are deer, elk, black bear on the hillsides and moose in meadows and wet places. Among the birds along the river are Canadian geese, swans, eagles, osprey and great blue herons. Wild turkeys are seen at lower elevations.

The one day trip covers about 22 miles and 40 class III-IV+ rapids. Included with the trip price is a full lunch on the banks of the river and a wetsuit, booties, helmet, etc. to wear in the boat. You will be expected to paddle.



Bogus Basin Ski Club Inc.

Annual BBSC Campout

July 24-26, 2009

This year's campout needs to exceed all expectations. We now have new members that have a boat dock close to the Willow Creek (S.I.S.C.R.A.) camp ground. It will benefit Tyler Wymond and his ski boat. We have some exciting activities planned for the weekend, i.e. hiking, golf, water sports, and the famous badminton tourney.

Please plan ahead if you think you want to come along for this traditionally fun event. There are only 15 spots in the group area this year, so get your reservation in early. The costs should be no more that \$20.00 per member which includes the great barbeque dinner Saturday evening. If we have more members and guests attending, the cost could go down.

You will need to e mail Michael Bouton: mbouton0559@msn.com to make a reservation by July 20. Everyone will need to bring breakfast items for the group meals Saturday and Sunday mornings. You know we have the kitchen facilities to work with and the covered eating area. It's really sweet.

Weiser River Bike Trek

Memorial Day weekend turned out to be beautiful and 24 enthusiastic club members rode their bikes along the Weiser River from New Meadows to Council. The trail was wonderful with spring flowers everywhere. There was only one flat tire on the entire trip and it took six people to fix it.

Cindy Crawford and Jeff were very accommodating at the Meadows Valley Motel where we all stayed Saturday and Sunday nights. Jeff Day took over the chef duties and cooked up some very delicious ribs Saturday evening and hamburgers Sunday evening. We had the whole place to ourselves.

After the ride, we all went back to the Pine ridge saloon to get re-hydrated. Later that evening many of us soaked our tired muscles at Zims Hot Springs. The entire weekend was terrific and the company was great.



Club members enjoy the 2008 BBSC Campout.



An early trail photo shows everyone smiling. There weren't as many smiles after the 21.5 mile ride, everyone was too tired to smile.



Around the Bogus Basin Ski Club...

by Fred Uranga

The tailgate party is tradition (as the poor Jewish milkman Tevye says in *Fiddler on the Roof*). This year we had 100% cloud cover with almost ground hugging fog in the upper parking lot. It seems all the parking spaces were taken. I believe the area under-estimated the crowds when it reported about five thousand people celebrated the closing day. David Kopet and his assistant, Ted Bonner, kept big bertha fired up and putting out fantastic food. Thanks to the club board of directors (BOD) for putting on this annual event.

The annual membership meeting was held March 29. We had a good turnout with lots of fun, food and drink. Our club president Michael Bouton did a great job as the emcee. The Ullr Festival Queen Kerry Banyard and King Bob Running, with Ryan Masterson (Hood River Distillers) and Mike Bouton demonstrated the ski shot. For those who were not there, see our April 2009 issue, page four, for a photo of the ski shot. Former Ullr Queen, Vicki Kuebler, will be the guardian of the ski shot for the coming year.

The Legacy Award, aka the Old Boot Award, "is presented to the skier whose after skiing efforts have done the most to further the sport." This year, it was presented to club member Tim Flood. Tim is a one term VP and a two term past president of the club. He continues to advise the club BOD and is very active in the club.

This year's winner of the Spirit Award is Terri Simpson. Terri is a new member and has been involved in several club events, including co-chairperson for the Crab Crack with former chairpersons Jan McBride, Jill Lawrence, and Rich Kunz.

Our club Policies And Procedures (P & P) states: "Names of chairmen and all event volunteers will go into a lottery for a suitable prize(s) to be awarded each year." At our General Membership Meeting, the winner of that drawing was John Williams. John was Membership Director under former presidents Larry Sundell and Tim Flood.

Be prepared to optimize your next season!



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Bogus Basin Ski Club Inc.

Dr. Robert Franklin Holdren

July 13, 1918-April 23, 2009



On April 23, 2009 The Bogus Basin Ski Club lost one of our most enthusiastic long time members at the age of 90 years young – Bob Holdren.

Prior to moving to Boise, Bob taught organic chemistry at Tulane University in New Orleans. While teaching chemistry there, he entered medical school

in 1947 and graduated in with his MD in 1951. When Dr. Holdren came to Boise he was the city's first thoracic (chest) surgeon. He persuaded Dr. Rodney Herr to come to Boise and the two formed a group that eventually numbered 5 doctors. He also started the first intensive care unit in Boise. Due to his experience with coal in Pennsylvania where he was raised, he volunteered to head the Ada County's Medical Society's effort to stop the Pioneer Coal fired generating plant proposed two decades ago for Ada County. He was successful. Bob retired from practice in 1996.

Bob became passionate about being active through sports.

He hunted every fall and enjoyed chukar hunting the most. He also fished for salmon, trout and bass. Bob took up skiing when he was 50 and became passionate about powder skiing. He went heli-skiing every winter. One day in 1995 as he was walking to his car at the end of a day skiing at Bogus Basin he realized he was having a heart attack. He knew he had about 40 minutes so he drove down to his doctor, walked in, and announced he was having a heart attack. A successful quintuple bypass was performed. The next year Bob took up snow boarding and continued boarding until he was 83. George Medic spent a lot of time boarding and riding up the lift with Bob. In fact, I believe Bob was the one who convinced George to take up boarding. Anyone who ever rode up the lift with Bob can attest to the passion he had for boarding. Many will remember seeing him coming down the Ridge run on his board wearing a mask over his face, no matter what time of year, to keep the sun off his skin.

Bob had was a dedicated bridge player, longtime member of the Elks, strong supporter of the YMCA, member of the Rotary, an original board member of Fundsy and long time life time member of the Bogus Basin Ski Club. Once, many years ago when the Ski Club was in financial ruin, Bob used his own funds to bail it out and keep it going and received a lifetime membership for his most generous effort.

Bob leaves his wife Breda, son Glen and daughter Barbara and many grandchildren and step-grandchildren. He was a great guy and will be missed by all those who knew him.

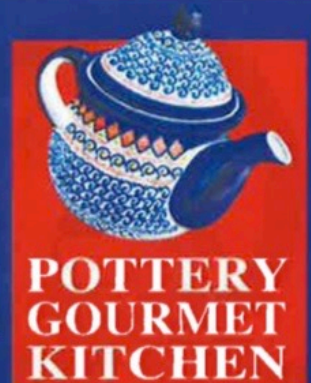
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Annual Summer Star Party

Frontier Point Lodge and parking lot at Bogus Basin
Saturday, June 27 / 7:00pm-Midnight
Nature Hike w/ Forest Service Rangers
Participants are welcome to bring picnic dinners or tailgate

The Star Party is a FREE, fun, family event for all ages. Presented by Bogus Basin and the Boise Astronomical Society.

As the sun sets and skies darken, guests are invited to walk the perimeter of the nordic parking lot and view nebulas, galaxies, constellations, stars, the moon, the setting sun and more through scopes and refractors set up by the Boise Astronomical Society volunteers. This is a chance to ask questions, learn about the night sky, enjoy the alpine environment up and away from the valley light pollution. When the skies darken, (about 10:30pm) there will be a constellation tour guided by BAS volunteers. During

this tour participants learn the stories behind the various zodiac signs, constellations and more.

The Stargazing and nature hike are free activities. Dinner, snacks and beverages will be available for purchase. A donation per carload is appreciated; volunteers will help with parking and can accept donations. Please dim your headlights when entering or exiting the parking area. A jacket, blankets and a flashlight (covered with red cellophane) are suggested.

Note: This event is scheduled for June 27 weather pending. Check the Bogus Basin website or call 332-5190 for updates 24 hours prior to the event.

Bikers and hikers - the Bogus Basin Summit Fest will return Saturday, July 25.

Bogus Basin Yurt Camping

Looking for a GREAT soft camping experience this spring? Rent the Bogus Basin YURT! It's located on the nordic trail system and can sleep up to 12 people. For just \$125/night the yurt is yours for an alpine overnight experience like none other! For more information and reservations go to www.bogusbasin.org.



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Bogus Basin Ski Club Inc.

Primetimers Report

by Ben Doty

Twenty four years and counting, Bob "Greenic" Greenwood noticed that there were people his age that were skiing at Bogus alone. He felt it would be more enjoyable if they met weekly and skied together. The result: The Primetimers. Thanks to our Supreme Leader, Bob. Our membership list now exceeds 250.

Yes, we do have rules:

1. Meet at 1:00pm in front of Simplot Lodge on Wednesdays
2. must be over 50
3. have fun
4. enjoy socializing on the ski hill

We had 12 meetings this year.

Our co-leader Jim Carney had rotator cuff surgery and was able to ski with us only on Potluck day—wouldn't you know it? Welcome back Jim!

Mary Glynn Wilford, John Crim and Bob Gudmundsen were determined to support the Special Olympics. They had more than 30 volunteers from the Primetimers. Thanks to the mother of all organizers: Mary Glynn. All events were well-manned and the events at Bogus went off very smoothly. Thanks for your persistence, Mary Glynn. Thank you Primetimers. We all learned a lot about the Special Olympics.

Bogus Basin hosted the 2009 Winter Games. Thank you, and all those who did the work. There was some data mix up on the race results and so the correct winners by age group are at the right. Our apologies for the mix-up.

April 1 was the Primetimers Potluck. Two hours of skiing and the several hours of story telling. There were about 90 plus of you and the food was super.

All in all it was a good year. Just think next year we will celebrate a quarter of a century of skiing as the Primetimers. Way to go Bob.

We have several plans for a summer event. Stay tuned.

Ladies 50 to 54
1. Denise Decoster 24.07

Ladies 55 to 59
1. Valerie Grimes 23.19
2. Anna Battaglia 23.85

Ladies 60 to 64
1. Mary Glynn Wilford 25.71
2. Joanne Thompson 25.98

Ladies 65 to 69
1. Jane Gabbert 30.09
2. Dee Lemott 34.08
3. Sylvia Cohen 36.49

Ladies 70 to 74
1. Joyce Peterson 35.57

Ladies 75 to 79
1. Dotty Greenwood 27.75

Men 50 to 54
1. Jim Hovern 19.58
2. Kevin Ness 22.36
3. Clark Russell 22.15

Men 55 to 59
1. Jerry Reininger 20.75
2. Rob Hamblen 23.00
3. Phil Sanders 23.06

Men 60 to 64
1. Taylor Gudmundsen 22.01
2. Jim Hudson 22.98
3. John Adams 24.01

Men 65 to 69
1. Bob Gudmundsen 23.70
2. Denis Johnson 24.10
3. Robert Niccolls 25.33

Men 70 to 74
1. Syd Tate 23.86
2. Robert Pitts 24.03
3. Jim Steele 25.46

Men 75 to 79
1. Ben Doty 23.17
2. Ed Cardoza 25.23
3. Gordon Stevens 25.43

Very Senior Men
1. Bob Greenwood 22.69 How about that time?



National Ski Club News

from the NSC Newsflash - May 5, 2009

Denver's Ski Train Moves to Canada

The world-famous ski train service linking Denver to Winter Park for 69 years has been sold to a subsidiary of the Canadian National Railway, which already runs a snow train in Quebec. The ski train service to Winter Park had been losing money for years and its owners said that a big increase in liability insurance premiums, plus the state of the economy, made the service now wholly unviable. There were also "operating issues" with freight trains and Denver's ongoing Union Station redevelopment. The ski train carried up to 750 passengers on the 56-mile trip to Winter Park each weekend from late December to late March, making more than 40 trips each season. The two-hour trip ascended around 9,000 feet and passed through more than 28 tunnels. It will be missed -- with one skier who had riding the train for more than 30 years commenting at the state's capital building that he felt "like someone has just shot Santa Claus."

Global Warming Claims World's Highest Resort

A report from Yale Environment 360 states that the Chacaltaya Ski Area in Bolivia, formerly the world's highest, has stopped operating because the snow field on which it was located has melted away due to global warming. Chacaltaya was once Bolivia's only ski resort and the world's highest. Now it's a barren, russet moraine studded with clues of its past: a lonely chunk of ice sticking out like an elongated diving board and a dirty white signpost with the fading graphic of a cartoonish condor on skis.

Skier Days Down Just Over 5% Last Season

The National Ski Areas Association reports that skier days will be about 57 million last season -- off from 2008-2009's 60.5 million skier days -- but about even with the industry's last-five-year average.

Helmet Use Continues to Grow

Vail Resorts announced that the employees of their five ski resorts must wear helmets while skiing beginning next season. The company also stated that children ages 12 and below would be required to wear helmets while in ski lessons and that helmets would be included in kids' equipment rental packages unless the parent signs a waiver declining helmet use.

Quebec is considering mandatory helmet use following the death of actress Natasha Richardson, and the Austrian federal government and two of its states -- Carinthia and Vorarlberg (which contains the Arlberg Region) -- are considering helmet laws following several accidents in Austria this season. New Jersey considered such a bill in 2001, and Michigan did so in 2008, but neither bill passed, and to our knowledge no laws requiring helmets exist in North America or Europe at the present.

We did notice that more Europeans were wearing helmets while skiing in Switzerland this past season. A couple of years ago it seemed that if a skier was wearing a helmet on European slopes, they were usually American. longer. This season, it seemed that ski helmet wearers spoke German, Italian, or French much more often than they spoke English.

In the U.S., NSAA studies show that 43% of skiers and boarders are now wearing helmets, compared with 25% in the 2002-03 season -- with the percentages of kids doing so varying inversely by age, 60% of those 10 to 14 wore helmets, and 70% ages 9 and below wearing them.



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Bogus Basin Ski Club Inc.

Nation's Recreational Ski Councils Meet in Switzerland

The National Ski Council Federation (NSCF) conducted its 2nd Recreational Ski Councils Educational Meeting April 14 and 15th, 2009 in Grindewald, Switzerland, hosted by Switzerland Tourism and SkiEurope. The NSCF, founded in 1998, is a not-for-profit organization made up of ski councils and their respective ski clubs throughout United States. The Federation's purpose is to strengthen councils, with industry participation so they may better serve ski clubs through improved communication, education and benefits. The Federation conducts active programs in public affairs, communications, council development, racing, ski industry relations and skier outreach. The staff of NSCF was successful in attracting representatives of 15 Councils representing recreational skiers and racers throughout the US. They were joined by ski industry representatives from resorts, Swiss travel agencies, professional industry subject matter experts and the Resort Municipality of Whistler (Vancouver Olympic Organizing Committee).

Activities over the two day meeting included educational sessions covering the current airline crisis, the status of the mountain travel industry, the impact of winter tourism and a presentation by the Resort Municipality of Whistler/Vancouver Organizing Committee the 2010 Winter Olympics in Whistler, BC.

The meeting opened with an enlightening brief from John Rae, Manager of Strategic Alliances for the Resort Municipality of Whistler, a principle partner to the Vancouver Olympic Organizing Committee and the International Olympic Committee. John provided an enlightened presentation on the organizational structure and developments leading up to the 2010 Winter Games to be held in British Columbia, Canada. Also presenting to the NSCF group was Ralf Garrison, President of Advisory Group of Denver. Ralf's

presentation focused on strategic marketing for destination resorts and the related infrastructure. A third presentation came from Mr. Bill Tomcich, President of Stay Aspen Snowmass. His comments covered the past and current states of air transportation. The last presenter was Urs Eberhard, Executive Vice President of Markets and MICE and Vice Director of Switzerland Tourism. Urs gave a delightful and very entertaining presentation entitled "Winter-Sports in the Alps - Challenges and Opportunities". All the presentations were very well received and provided extraordinarily valuable information to the leaders and administrators of the assembled councils.

The group also enjoyed the hospitality of Switzerland Tourism and Ski-Europe and, after the educational panels, the group dispersed to make personal tours of such scenic spots as Zermat, Crans-Montana and Interlaken. Meeting and tour arrangements were managed by Richard Davidson, Dorothea Rasser and Mirko Cappodanno. Other contributors to this event included the Hotel Belvedere, STS Swiss Travel System/Rail Europe and Jungfrau Railways.

Officers for 2007-2009 are: President, Mike Sanford (San Diego Council of Ski Clubs); Vice President, Keith Fanta (Chicago Metropolitan Ski Council); Treasurer, Dawn Peterman-Harris (Metropolitan Milwaukee Ski Council); Secretary, Lisa Beregi (Crescent Ski Council).

The 11th Annual National Ski Council Federation meeting is scheduled for August 2009 at John Ascuaga's Nugget, Sparks, NV. For additional information regarding the NSCF, please visit www.skifederation.org.

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Skier Fitness

by Aly Jacobs, Personal Trainer

I have been reviewing the material provided by the President's Council on Physical Fitness and Sports and it contains very helpful information on exercise. The website is <http://www.fitness.gov/> if you want to visit it and study the suggestions.

The exercise guidelines which can be found at <http://www.health.gov/paguidelines/> have the basic recommendations.

- Adults should do 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week.
- Additional health benefits are provided by increasing to 5 hours (300 minutes) a week of moderate-intensity aerobic physical activity, or 2 hours and 30 minutes a week of vigorous-intensity physical activity, or an equivalent combination of both.
- Adults should also do muscle-strengthening activities that involve all major muscle groups performed on 2 or more days per week.

The seventy six pages of guidelines provide specific examples of exercise and weight loss goals that can be adapted to your individual situation. The recommendations vary for obese people just starting an exercise program to active adults participating in athletic events. There are also

recommendations on levels of intensity and increasing intensity based on age and fitness levels.

If you are trying to lose weight by restricting your diet then you should exercise at the 300 minute level each week and do strength training three days per week. The level of intensity should be determined by your current state of fitness. If in doubt, begin with a low level of intensity but realize that improvements are made much faster at higher levels of intensity. Skiers should also exercise for 300 minutes per week and include strength training three days a week along with agility, balance and flexibility routines in the 300 minutes.

The President's Challenge website: www.presidentschallenge.org, has a nifty way of allowing you to record your exercise activities and to become eligible for awards. Many people have found that is a way to stay motivated. Another way to record your daily activities like a 20 minute run or 40 minutes of weight training is on a small calendar devoted to exercise. Use it to record significant exercise events like a good time for a five mile run, a ski day, or a personal best for push ups. It will help keep you focused on your exercise activities if you keep it on the counter in your bathroom or some other place that you won't overlook. Recording your activities will enable you to look back and remember how you have improved. If you could do 15 push ups on March 21, 2009 and now you can do 20 then you will feel satisfied and inspired to continue the exercise activities. The calendar will also help you plan and be accountable for reaching your activity goals particularly if you share a copy with your spouse, exercise partner or trainer.

If you follow the 300 minute per week guidelines with strength training, you will be an improved skier by next season. The calendar will help keep you focused, try it.

If you have any questions about fitness or training for better skiing please contact me at 392-0879 or fit.4u@live.com



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Bogus Basin Ski Club Inc.

Stress and Heart Attacks

by Dr. Rook Torres,
ChiroStrategy Chiropractic

I recently came across a news flash from Reuters that I found to be profound and worth sharing (as I'll be doing at St. Luke's Hospital in a summer heart health speaking series). Understanding it could save your life.

It stated: Stress you didn't even know you had could kill you. They found people whose blood pressures rose during mental stress were 6 times more likely to have a heart attack or other severe heart event than people who handled their stress more calmly. And it was not stress that people knew they were feeling and their volunteers had no idea their blood pressure was spiking, the researchers told a meeting of the American Heart Association.

The researchers were not saying that the stress itself is what caused the problem, they are saying that how you respond to the stress, or I prefer to say, process the stress, is the issue. This is key! For example, if someone cuts you off while you driving on the road and you end up getting really angry and worked up about it, you are literally killing yourself.

It is not the fact that someone cut you off, it is the fact that you let it bother you so much. And remember, according to the study, many times we are not even aware that we are so bothered.

We have the choice to be victims or take responsibility for our health and wellbeing. We can say that "so-and-so made

me mad", which will make you sick, or you can say "I am not going to let this hurt my body".

This research study is a prime example of a main theme focus in our thinking at ChiroStrategy Chiropractic: A Creating Wellness Center, the mind-body connection. As we teach at

...how you respond to the stress, or I prefer to say, process the stress, is the issue.

Creating Wellness, the connection between your mind and body is your nervous system. The article even stated, "the effect has to do with the sympathetic nervous system, which controls blood pressure and other nonconscious body functions."

What happens is that stress comes into the mind through what you are perceiving and how you interpret it—like a car cutting you off on the road—it feeds into your nervous system, and your nervous system sends signals to your cardiovascular system which causes the spiking blood pressure. This is a perfect example of the importance of chiropractic to a wellness lifestyle. Through chiropractic adjustments, the ability of your body and nervous system to process and dissipate stress is greatly improved.

Chiropractic helps release the tension in your body that has you high strung in anger mode, and allows you to relax and stay more at peace.



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For information or reservations, contact:

Linda Scott at 307-634-5963, louandlt@hotmail.com

Don Anderson at 208-238-8081, andersonbloom@yahoo.com



Clubs joining together to make skiing fun!



Contact point is Paul Markowitz pmarkowitz@cablone.net
Payment schedule will be: \$500 Deposit to reserve your slot
June 30 this trip will be opened to the FWSA
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of PAX: Based on a min of 25

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For more information contact Paul Markowitz pmarkowitz@cablone.net or refer to the May issue of The Mogul.



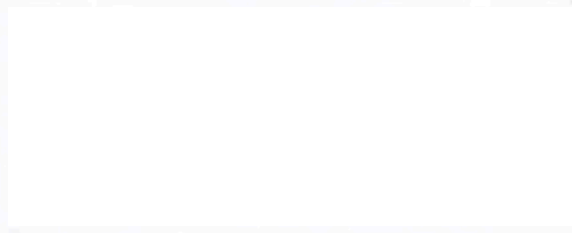
Bogus Basin Ski Club Inc.

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Upcoming Events

- Spring Road Cleanup
June 6, 2009 12pm
Meet at Highlands Hollow
- Golf Tournament
June 19-20, 2009
Terrace Lakes Resort
- Whitewater Raft Trip
July 10-12, 2009
Lochsa River
- Annual Camping Trip
July 24-26, 2009
SISCRA Campground



Bogus Basin Ski Club Inc. 2008-2009 Membership Application



\$20 per member annually

Club membership is effective November 1, 2008 - October 31, 2009

New Renewal St. Alphonsus Life Flight Membership* (add \$5.50) **Amount Enclosed \$** _____
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How did you hear about the BBSC? _____

Would you be interested in helping with planning or assisting at our events? Yes No

As a member of the Bogus Basin Ski Club, I hereby waive, covenant not to sue and to hold harmless the Bogus Basin Ski Club and its members from any liability or damage to the undersigned, and to any person or property in connection with any outing or activity in which I might participate. I understand and am aware that the Bogus Basin Ski Club trips are not led by professional guides. At the sole discretion of the event leader/coordinator if my behavior is deemed to be dangerous to myself or others, I may be asked to leave the event and I understand any cost incurred will be my responsibility. This Release and Hold Harmless shall be binding upon my heirs and representatives.

Signature (s) _____
(both signatures required on joint memberships)

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* Annual Life Flight Membership runs from Dec. 1 -Nov. 30