



the

Mogul

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a publication of the Bogus Basin Ski Club Inc.

established 1938—A Recreational and Social Organization for All Seasons.

Boats, Floats & BBQ at the Esther Simplot and Water Parks

by Betty Hawkins (Photos by Steve Strickland)



Members enjoying good food & good company.

On the evening of June 8th about 40 BBSC members, friends and kids gathered at the Pavilion of the Esther Simplot and Boise Whitewater Parks for a BBQ and fun. This was an inaugural Club event at Whitewater. The weather was perfect, and it made for an enjoyable evening for all. Our apologies to those of you who had parking problems. We will have a solution for next year (new event learning curve).

The owners of Idaho River Sports (IRS), Stan Kolby and Jo Cassin, graciously offered the rental of their equipment at half price to our members, and we had lots of takers!

We rented

paddle boards, kayaks and canoes for cruising around Quinn's Pond and the inland waterways of Simplot Park. They also offered our Club a 15% discount on all in-store items during the evening. Thank you, Stan and Jo!! And KimDee offered free paddle board lessons for the evening. IRS has invited us back next year too.



Kim DeWit teaching Lynda Clark to paddle board.



Michael cooking on Big Bertha.

Big Bertha was there and served up BBQ brats, burgers and hotdogs, expertly prepared thanks to Michael Bouton. The usual side dishes were also provided, as well as refreshments. A number of people brought food items to share—you know who you are and we thank you!



Vicki Kuebler, Chis Barnes, Bob Christensen & Donna Schuyler.

Bogus Basin Road Clean Up 2019

by Jane Gabbert (Photos by Steve Strickland)

The road clean up was completed on May 18, 2019 by 20 people. There were minimal snow levels on the North facing banks when I drove up there about a week or 10 days before May 18. However, as luck would have it, it snowed the night of the 17th and the parking lot and top mile of road had snow and/or big puddles of backed up snow melt so we probably missed some of the trash. The parking lot was a mess when I looked at it a week or so earlier but they got 2 bags full even with the snow. The good news is we had a nice sunny day amidst all the rainy days we have had, so we need to count our blessings.



Fresh snow covering Bogus Basin Mountain Resort.



Parking below the Forest Service sign.

We started earlier this year at 10 AM, and it seemed to work well. I think we encountered less traffic on the road than

we did when we grouped at noon in Harrison Hollow. We were up on the mountain earlier so we got done earlier. There was plenty of space to park

Part of our crew at the start.



in the turnouts just before you get to the Forest Service sign.



Another part of our crew at the finish.

I called Sun Ray on Thursday, and Todd Martin had his crew make up four pizzas in the morning of the 18th. They put them in the oven when I called from the mountain that we were ready to head down. Everything was ready when we got there. He even had tables made up for us. I sent him a note thanking him for his accommodation. We really appreciated it.



Beer, soft drinks and pizza at Sun Ray Café in Hyde Park after the road clean up.



Last year the ACHD adopt a highway sign at the top of our stretch of road had been knocked over. I contacted them last year, and now the sign is standing up again but our Bogus Basin Ski Club attachment is not there. Every other group has their group sign at the top and bottom of their stretch of road except us. I contacted them about this and Paige Herrigstad, the new person in charge of the road programs, said she would contact their sign guy.

ACHD Sign just below the Forest Service Sign representing 25-30 years of our club annually cleaning the upper eight miles of Bogus Basin Road, about 1,200 hours of volunteer labor.



Many thanks for participating to Gail Baccheschi, Ricardo and Darcy Valverde, Eileen and Mark Thuesen, Bob Hedrick, Larry Crockett, Craig and Lena Olsen, Lynda Clark, Dave Bergard, Liz McWhorter, Paul Markowitz, Rich Kunz, Fred Uranga, Guy Exon, Jeff Bergsen and Steve Strickland who took some pictures of the event. It was just the right number of people, and we got the job done in good time and got down to the Sun Ray Café for pizza and beer around 12:30.

Far West Ski Association Convention (FWSA) in Indian Wells

by Craig O. Olsen with contributions by Michael Bouton & Jim Hovren (Photos by Craig Olsen, Michael Bouton and FWSA photographer, Eric Van Pelt)



The 87th annual convention of the FWSA was held at the Hyatt Regency Indian Wells Resort & Spa in Indian Wells, California, June 13-16 this year. Formed in 1930 the FWSA is a non-profit volunteer organization emphasizing skier safety, ski travel, ski area development, communication, ski club programs, and family ski involvement. It is one of the nation's largest ski associations with ten active councils representing more than 50,000 skiers and boarders in more than 150 clubs in twelve states, Bogus Basin Ski Club being one of them.

Eleven BBSC delegates attended this year's convention. In the week prior to the convention the local temperatures soared to a high of 117°F, but during our stay it was a tolerable 103-107°F. Thursday and Friday saw members participating in the 13th Annual Michael German Memorial Gold Tournament, tour of the Palm Springs Air Museum, the



Michael Bouton & the Olsens on the San Jacinto Mountain Tram tour.



Iconic photo at the Lulu' California Bistro on the celebrity legends & icons tour.

celebrity legends and icons home tour, the San Jacinto Mountain tram, and the ever popular pub crawl.



The silent auction on Friday evening raised over \$23,000 for FWSA programs. BBSC donated a 2-day ski trip for two people including Bogus Basin lift tickets for two days, a 2-night hotel stay with breakfast (donated by The Grove Hotel), and a \$50.00 dinner certificate at Bardenay. The package brought in \$800.00 for the silent auction. The winning bidder will be bringing seven other people to Boise with him to next ski season.

Paul Markowitz & Margie Ridgeway at the BBSC table during the silent auction.

One Snowsports Leadership Academy (SLA) on Saturday focused on ski club liability and insurance coverage led by Jim Hovren, who is the Managing Partner of the law firm Evans Keane LLP and a long time BBSC member and Bogus Basin supporter. Jim spoke on Corporate Governance for Exempt Nonprofit Corporations and the Unique Issues Presented by IRC §501(c)(7). He then discussed misconceptions regarding the application of statutes providing liability protections to nonprofit corporations, leading into a discussion of liability insurance and waivers presented by Fred Lieble of the firm C3 Risk & Insurance Services.



Jim Hovren

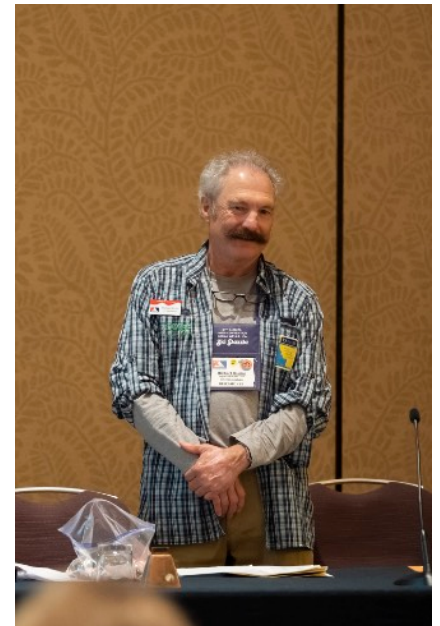
The other two SLAs focused on strategic travel planning for successful club trips and getting the most out of club membership (co-chaired by Michael Bouton).



Dr. Jon Kedowski

The keynote speaker was Dr. Jon Kedowski, author, geographer and ski mountaineer from Colorado who has summited and camped overnight on the summits of all Colorado's Fourteeners (55 mountains over 14,000 feet) and skied 20 on the Cascade volcanoes. He has also summited Mount Everest on three separate occasions.

Saturday evening and Sunday saw many awards presented including a first place outstanding website award to BBSC. See the accompanying article by Kim Hoven about the FWSA Man and Woman of the Year Award.



Michael Bouton leading the SLA on getting the most out of club membership.



Intermountain Ski Council, made up mostly of BBSC delegates.



Lynda Clark accepting the award for our 1st place outstanding website.

FWSA 2019 Man and Woman of the Year Award

by Kim Hovren



Congratulations go to Todd Hood of the National Brotherhood of Skiers–Western Region and Becki Robinson of the Northwest Ski Club Council who respectively were awarded the 2019 FWSA Man and Woman of the Year Award at the convention in Indian Wells, California.

Todd Hood & Becki Robinson, this year's winners.

The 15 honorees nominated by their respective council, along with their significant other and 8 judges were invited to a hosted reception on Friday where photos were taken with their sponsors, and visiting with each other was the highlight. On Saturday morning the honorees were judged by a representative from each participating council, and they were asked questions uniquely formulated by each judge to allow for an accounting of each honoree's personality and club knowledge. All the nominees were super volunteers in their clubs and well rounded in their participation and activities. It was a tough and tight competition, but largely, a FUN experience for everyone. At Saturday's Lunch, the men and women representing each council were recognized. The two winners, Todd Hood and Becki Robinson, were announced Saturday evening at the Awards Banquet.

The award covers the past five years and is conducted through a nomination and application process. Any club member in good standing can be considered. Emphasis remains on grass roots participation at the club and council levels.

Historically, this contest began in 1970 and was mostly a beauty pageant for the ladies where the contestants modeled ski apparel. There were rounds of cocktail parties and publicity photographs followed by a hectic day of interviews, tours and parties. The winner was crowned "Queen." In 1976 FWSA opened the competition to the men, and in those early days the "Snow Queen & King" were chosen by noteworthy and impartial judges. In 1981, the contest was not held because FWSA thought the contest was too sexist. The contest reappeared the following year as "Councils' Man and Woman of the Year" in the format utilized today. This award can only be won once by an individual.



Man of the Year
Michael Bouton
Intermountain



Woman of the Year
Kim Hovren
Intermountain



Man of the Year
Mark Barnard
Intermountain Ski Council

Editor's Note: Kim Hovren and Michael Bouton, both current members of BBSC and representing Intermountain Ski Council, were respectively awarded the 2018 FWSA Woman and Man of the Year Award at last year's convention in Reno, Nevada, and Mark Barnard, also a current member of BBSC and representing Intermountain Ski Council, was awarded the 2017

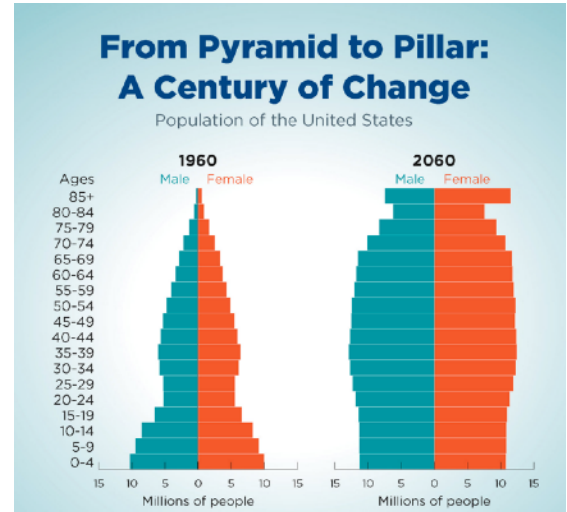
FWSA Man of the Year Award at the convention held in Boise, Idaho. That is a remarkable accomplishment and speaks very highly of the caliber of leadership and members we have in the BBSC. Kim Hovren served as a judge for this year's FWSA Man and Woman of the Year Award at the convention in Indian Wells, California.

Use It or Lose It

by Craig O. Olsen, M.D.

This past year BBSC celebrated its 80th birthday. As a result, our club was awarded Historic Ski Club status by the Far West Ski Association. Another interesting fact — the mean age of our club members is much closer to the age of our club now than it was when our club was formed in 1938. Let's face it...we are all getting older. Regardless of the negative stigma of aging, I maintain that getting older beats the alternative! If you are younger than 65, don't stop reading. This article significantly impacts you as well.

The aging of our club parallels similar trends in our population as America is "graying." The National Population Projections from the US Census Bureau predict that by 2035 the number of older adults in the US (age 65 and older) will surpass the number of children for the first time in the history of our nation. While several factors contribute to this, the driving force behind this change is the aging of the baby boomer population, those born between 1945-1960. By 2060 nearly one in four Americans will be 65 years and older, the number of 85-plus will triple, and the country will add a half million centenarians. [1]



2017 National Population Projections

www.census.gov/programs-surveys/popproj.html

Despite the lifestyle and medical advances that contribute to longevity being achievements to celebrate, they also bring unintended and considerable social, economic and health challenges as life expectancy increases faster than the period of life spent in good health (termed 'healthy life years'). [2] With advancing age there is a progressive incremental decline in all body functions such that older adults (age 65 and older) are disproportionately affected by chronic conditions such as diabetes, arthritis, cardiovascular disease, cancer, chronic lower respiratory diseases and dementia. Eighty percent have at least one chronic condition, and nearly 70% of Medicare beneficiaries have two or more. The elderly also experience a higher incidence of behavioral health problem such as depression, anxiety, or substance abuse. [3]



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Although no amount of physical activity can stop the biological aging process, regular exercise can counteract some of the adverse physiological, psychological, and cognitive consequences of aging. Age and physical inactivity are primary and secondary (indirect) risk factors for a long list of adverse chronic conditions, whereas increasing physical activity from midlife to old age results in reduced rates of chronic disease and death. Regular exercise appears to be the most effective "treatment" available to prevent and treat a wide range of diseases, and maintain physical fitness, muscular strength and activity in old age (especially quality of life). Despite these known facts, more than 90% of older people fail to take enough regular exercise to improve their health. [4-5]

Well established studies recommend that older adults at a minimum should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75

minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity. Aerobic activity should be performed in bouts of at least 10 minutes duration. *Additional health benefits* can be achieved when older adults increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity. Older adults, with poor mobility, should perform physical activity to enhance balance and prevent falls on 3 or more days per week. Muscle-strengthening activities, involving major muscle groups, should be done on 2 or more days a week. When older adults cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow. [6-9]

Remember, it is never too late to start nor too early to begin taking positive steps to improve and maintain a healthy lifestyle and postpone the inevitable age-related decline in physical and mental health. As we age, if we don't use it, we will lose it.

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