



Volume 45 Issue 10

April 2010



Important Dates!

April 13 *Regular Meeting 7pm*
 Board Meeting 5pm

May 22 *Avalanche Dinner* —

Note: Unless otherwise indicated, all regular monthly meetings are held at 7:00 pm in the Fellowship Hall of First Presbyterian Church, Libertyville.

From the Membership Committee:

HAPPY BIRTHDAY TO:

APRIL

- 6 Julie Heyer
- 7 Larry Taylor
- 15 Abbie Rouse
- 25 Mikel Milks
- 28 Aaron Milks
- 30 Glenn Betlinski

To Snowseekers,

The April meeting will be our last general meeting of the 2009-10 ski season. Overall we had a good ski season with our trips and our get togethers. At our meeting in April we will have an election of officers. Please come and vote, and see what may happen over the summer months.

The Avalanche Dinner is scheduled for May 22, 2010 at Flatlanders in Lincolnshire, on Milwaukee Road. We will get the menu out within the next couple of weeks.

Take your skis in and have the shop prepare them for the summer months.

See you that the April meeting.

Darwin Adams
 President

April, 2010 Ski Club Elections

The Snowseekers Ski Club nominating committee is happy to announce three candidates for the positions available for election at our April 13, 2010 regular meeting.

Each elected position is for a two (2) year term beginning on May 1, 2010. The current candidates for the elected positions are:

Ski Master----Dave Sallmann
Treasurer----Ron Hodapp
Trip Coordinator----Stu Howes

Any member in good standing is eligible to run for election for any of the positions shown above.

Nominations from the floor will be accepted at our April meeting. Anyone nominated from the floor must have accepted the opportunity to run for a position.

Please let me know if anyone else is interested in joining our Board of Directors in one of these positions.

My phone number is 847-289-1811—Fax number is 847-289-1891—Email address-stuhowes@flash.net.

Stu Howes

From Trip Coordinator Stu Howes:

In March, I sent a trip survey to our members so our ski committee will have your input for the trips to be planned for 2011. At this time I have received only 25 surveys. Please send the surveys to me. Or even better, please come to our regular club meeting on Tuesday, April 13th and fill out your survey.

Thanks again to all our ski committee members and trip leaders for giving our club great trips, and another great ski season.

Concert

The Waukegan Symphony Orchestra, of which our own **Jan Billings** is a member, will present Waukegan's Own plus "Tchaik 5" on Sunday, May 23rd at 4:00 P.M.

On the program are the Bruch concert for Clarinet, Viola and Orchestra, Cherubini Anacreon Overture, and Tchaikovsky Symphony No. 5 in E minor. Come and enjoy your local community orchestra with fellow Snowseekers in attendance. Tickets are \$15 adult, \$12 senior (62) and military, \$7 student, and free to children 18 and younger. Performance is at the Orlin Trapp Auditorium, Waukegan High School, 2325 Brookside Ave. Waukegan, 60085. Tickets are available at the door.

Ski Safety

André Picard, public health reporter Toronto Globe and Mail Update Published on Tuesday, Feb. 02, 2010

Wearing a helmet while skiing or snowboarding reduces the risk of head injury by 35 per cent, new research shows.

“That’s significant and we’re probably looking at the lower end of the protective effect,” Brent Hagel, an assistant professor of pediatrics at the University of Calgary, said in an interview.

In fact, the meta-analysis – a compilation and analysis of earlier research – showed that helmets can reduce the risk of head injury by as much as 60 per cent in some settings and as little as 15 per cent in others.

But Dr. Hagel noted that the data did not allow researchers to probe the quality of the helmet being worn by skiers and snowboarders, so the benefits of wearing a helmet are probably underestimated.

The new research, published in Tuesday’s edition of the Canadian Medical Association Journal, compiled and analyzed 12 studies of recreational skiers and snowboarders in North America, Europe and [Asia](#).

All told, there were 46,564 people whose information was included in the study; all of them had injuries to the head and/or neck that were serious enough to require first aid from the ski patrol or medical attention at a hospital or clinic.

Only about one in five of those who suffered head injuries wore helmets.

Dr. Hagel and his team found that, over all, wearing a helmet reduced the risk of head injury by 35 per cent.

The researchers did not see additional neck injuries in those wearing helmets. (A common argument against wearing a helmet is that the impact will be dispersed to the neck.)

The research showed that, in children under the age of 13, the benefit of wearing a helmet was slightly greater than among adults.

“But there’s nothing magical that happens when you’re an adult. You are still at risk of injury,” Dr. Hagel said.

The benefits of wearing a helmet were about the same for skiers and snowboarders, and for beginners and advanced snow enthusiasts alike.

A helmet provided the greatest protection in lift-related incidents, the study showed. It provided the least protection in out-of-bounds incidents because those injuries are often catastrophic.