



# Lift Lines

== No. 102, June 2009 ==

Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208



## From the Prez

First, I want to thank all who attended our Pizza party and club elections night on May 19th.

Also, I invite all Mt. High members to "get involved" and come to the monthly meetings and be a part of what is going on. Our extended board meeting was enthusiastic and very productive. We are all excited about the coming year and the activities we are planning.

If you have a activity that you think would be fun for others please bring it forward. We are an open board and look forward to your suggestions. Make it a good summer; we look forward to seeing you all... Your Prez. *Gordy Lusk*

## Backcountry



### Back-country skiing anyone?

You can call it Alpine Touring, or randonneé, or simply backcountry skiing. There is a growing interest in getting away from the crowds, away from the lifts and the expensive ski lodge cafeterias (where it's hard to find any food item under \$6).

Starting with this issue, we will publish a series of articles about backcountry skiing, where to go, what gear you'll need, and how to do it safely, including examples of our members' adventures! See pp. 3 - 9.

## Mt. High

### Golf with us in June! - by Cal Eddy



I will be gone a lot in June and July, so **Terry Swan** will take care of the golf for the next two months.

Thanks Terry!



HERE IS THE SCHEDULE FOR JUNE:

|                  |                        |                   |                 |
|------------------|------------------------|-------------------|-----------------|
| <b>June 9th</b>  | <b>Eastmoreland</b>    | <b>5:30 PM</b>    | <b>9 holes</b>  |
|                  | \$20.00                | Cart = \$14 for 2 |                 |
| <b>June 13th</b> | <b>Mt. View</b>        | <b>10:30 AM</b>   | <b>18 holes</b> |
|                  | \$25.00 (\$20 for Sr.) | Cart = \$14 for 1 |                 |
| <b>June 25th</b> | <b>Broadmoor</b>       | <b>4:30 PM</b>    | <b>9 holes</b>  |
|                  | \$15.00                | Cart = \$16 for 2 |                 |

Please contact **Terry Swan** seven days in advance of the day you want to play golf by Phone at **503-729-3435**.

- Cal Eddy 503-805-8606, or [baebaw@ccwebster.net](mailto:baebaw@ccwebster.net).

Note the color code.  
Our club is blue.

## 2009 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

June 1 (Tue): Mt. High planning meeting

June 4 - 7: **FWSA Convention, Reno.**

June 9 (Tue): Golf, Eastmoreland, 5:30pm

June 13 (Sat): Golf, Mt. View, 10:30 am

June 25 (Thu): Golf, Broadmoor, 4:30pm

June 29 (Tue): Mt. High planning meeting

July 26 (Sun.): Clubs 4-Play golf tournament, Colwood National, 11 am.

Aug 16 (Sun.): Mt. High Picnic.

Aug 20-22: Mt. High Rafting, Deschutes River, Maupin, OR.

## Mt. High

### Future Trips Survey

Make your voice heard.  
Help shape our upcoming trips.  
Let us know your preferences.  
Our online survey takes just 2 or 3 minutes. Click on the link below:

<http://www.surveygizmo.com/s/135434/mountain-high-trips-questionnaire-may-2009>.

Note: Thanks to the 50 people who have already completed the survey.



## New Board

At the Pizza Party on May 19, 2009, we held club elections, and elected the following 4 people to the Board.



**President:**  
Gordon Lusk



**Vice-President:**  
Kurt Krueger



**Secretary:**  
Diane Zhitlovsky



**Treasurer:**  
Sandi Dykstra

In addition to the above, here are a few more of the more active members of our club. This is not a complete list. For more photos of our club leaders, see the Contacts page on our web site, [www.mthigh.org/Contacts.htm](http://www.mthigh.org/Contacts.htm).



**Newsletter & web :**  
Emilio Trampuz



**NWSCC, Trips, Social Activities:** Debbi Kor



**Racing :**  
Bruce Ellison



**Golf :**  
Cal Eddy



**Membership:**  
Elaine Bock



**Trips:**  
Linda McGavin



**Trips:**  
Janice Jessen



**Hikes:**  
Elisabeth Fontaine



**Past President:**  
Terry White



**Biking, Bowling,**  
Larry Bennett



**FWSA Trips:**  
Barbara Bousum



**Social Activities:**  
Marsha Cosgrove



## Mt. High

## Alpine Touring Equipment

- by Violet Anderson -



Are you like me and want to keep enjoying the mountains and skiing with all that snow and sunshine? Alpine touring is a great answer. Just hook up with some Mt. High friends, get information on safety, and pick a route, then get the right equipment and you're set. Here are my thoughts on equipment.

I've used all of this in the past week on Mt. Hood and Mt. St. Helens, so it's fresh on my mind. Don't worry about going on a shopping spree; you can rent. I do, and highly recommend it as a way to try new stuff. I'm not a commercial but I think the **Mountain Shop** is pretty cool about answering amateur questions and getting you the best gear for your adventure. Jeremy, Clayton, Steve and Charlie are all really helpful. And since they ask everyone returning what the conditions were, they are a wealth of information for those on their way out.

**Free-heeling** is the only way to climb (versus alpine with a fixed heel in your binding). It allows your heel to go up and down in a natural walking motion as you walk uphill. Add a pair of "**skins**" to the bottom of your skis and you can climb almost any snow at grades up to about 40 degrees. Skins are held to the bottom of the skis with a sticky substance that won't let them slip off the base. They were originally made of animal skins (where the fur is one-directional so you get a grip) but are now made of incredibly improved artificial material that have flattened fibers to hold the skis from sliding back down as you glide forward up the hill. Once you get to the top altitude, take the skins off and use the bare skis to descend.

**G3 Skins**

The metal clips on the lower left attach under the tip of your skis. The tail clip is adjustable to length.



A **climbing heel** is another feature that I consider a must. It is a platform or wire under the heel that can be lowered flat for skiing, or raised during climbing so that your boot sits horizontal on the ski while on an incline. Sweet. Like a stroll up the stairs. It's not like your heel is inches below your

toes and your calves are aching. On St. Helen's I saw a pretty in-shape guy diminish over not having this feature. It's amazing what people invent.

In summary, either ditch the alpine gear or put it on your back (which is what Bruce McGavin likes to do). It's the same with snowboards: ditch and go free-heel or carry the gear. The two kinds of free-heeling gear that I use and what I think are:

**Telemark Gear** (pronounced "tele" by the in-crowd) – Any ski with a telemark binding (see the photo below). This set up can cost less. I also think it's pretty cool to do a telemark turn. The drawback is that you need to learn that telemark turn. (It's like a "lunge"). Some bindings have a climbing wire or climbing heel, and can have multiple up positions. I own a pair of these skis and boots and used them on White River Canyon this May. The rental rate for skis, poles, boots and skins is \$25. at the Mountain Shop. Nowadays, the Mountain Shop has crampons that will fit any type of boot, so if it gets too steep, put your skis in the pack and put crampons on.



Here's the M's Scarpa T2X boot, with BD 03 binding, shown with climbing heel wire in the up position as it would be used while "skinning" uphill.

The tele binding has the boot toe in a fixed toe piece and a bail (like old cable bindings) that comes up and snaps in the heel. Three-pin – is a different binding where the boot tip has three holes that fit over three pins on the binding and held in place with a lever. I only use these for skating and distance. Either one keeps the ball of your foot close to the ski. There are newer tele bindings that can pivot up and down in front of the toe like a Randonee binding.

**Randonee (French for *excursion*) Gear or Alpine Trekking:**

Who ever invented this binding is a genius. The Randonee binding allows you to free-heel when climbing then lock in the heel when skiing. Randonee allows you to use the alpine technique, so you don't need to learn that telemark turn.

While it can be used on any ski, the Randonee binding uses unique Randonee boots, with rubber soles instead of plastic. The Mountain shop can also fit crampons to these boots. The skis I rent have two heights for the climbing platform giving you options to keep your boot horizontal on different slopes. On varying grades, this is far less work. Pop them up and down with your ski pole. I used Randonee gear on a recent climb up Mt. St. Helens. The cost to own this set-up is about \$1,000. You can rent skis, boots and skins for \$40.00 for 2 days at the Mountain Shop. If you have never done this, try it. A great starter is up Palmer.



### Randonee Gear

The whole binding pivots up and down from a point in front of the toe while climbing.

But you can lock the heel down for downhill skiing.

I have to add that the easiest most enjoyable way to climb is using both the “**rest step**” and “**pressure breathing**”. I won’t go into those but you can read up in “**Mountaineering: The Freedom of the Hills**” by the Seattle Mountaineers or just Google it. Both techniques allow you to climb without fatigue and not get altitude sickness. Hey, more fun in the mountains!

So, go try Alpine touring and some new gear. There is nothing like being in the mountains with friends, sunshine and great corn snow, and this year there’s a ton of it.



Skinning up Mt. St. Helens, May 2009.



Mt. St. Helens

Violet Anderson, Bruce McGavin & Mike Ferrell at the top of Mt. St. Helens, May 2009.



Violet Anderson skis Mt. St. Helens, May 2009.



Violet Anderson, Bruce McGavin & Mike Ferrell at the top of Mt. St. Helens, May 2009.



## Mt. Hood: Zig Zag & White River canyons

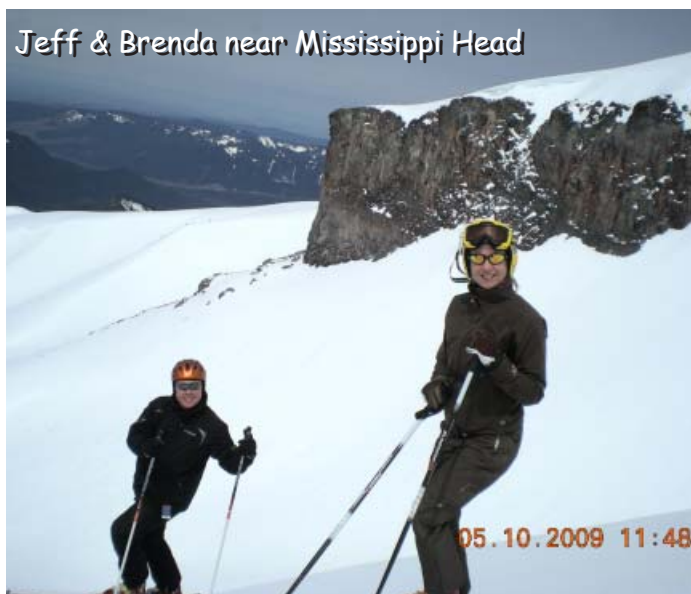
Last month, we suggested the first three Saturdays in May for a visit to the “side-country”, which is skiing the backcountry next to established ski areas, using the lifts for uphill travel, but then proceeding to ski out of bounds. At Timberline, this can be safely done if you simply register as a climber in the climbers’ room at the Day Lodge.

On May 9th, it seemed at first that only **Kay Kinyon**, **Kurt Wilke**, and **Will** (a new snowboarder guy) showed up to ski with **Emilio**.

On the other weekends, several others showed up too, including **Sandra Kaufman**, **Randy Lew**, **Colin Brandt**, and toward the end of the month, a whole bunch of **Mt. Hood Ski Kats** members too!



Kay, Will and Kurt above Zig Zag Canyon, with Illumination Rock on the left.



Jeff & Brenda near Mississippi Head

Later, we found out that a couple of other groups of Mountain High members ventured out of bounds too, independently of each other, and at slightly different times and places.

On May 10, **Jeff** and **Brenda Ackerson**, and **Bob Lawrence** went into Zig Zag canyon. Jeff said (in reference to the image/map on the next page, showing Zig Zag canyon and the route taken):

*“This is what we skied last weekend only it was covered in snow. Think of it as a whole new Heather Canyon Area for the month of May or spring skiing. Heather Canyon is a nice winter backcountry area at Mt. Hood Meadows but this ranks right up there too. I think we will be getting the \$99 spring pass (March, April & May 2010).”*

Meanwhile on the same day as the first group, May 9th, **Bruce McGavin**, **Mike Ferrell** and **Violet Anderson** climbed Mt. Hood from the Meadows parking lot (with a foot of fresh snow on it) up the ridge above the Cascade Express chairlift to 9,300 feet at the top of the White River Canyon.

From there, they skied into the White River canyon, for 4,000 vertical feet all the way down to Hwy 35.



Violet, Mike and Bruce.



Violet Anderson in White River canyon.



Exploring new terrain - Zig Zag canyon



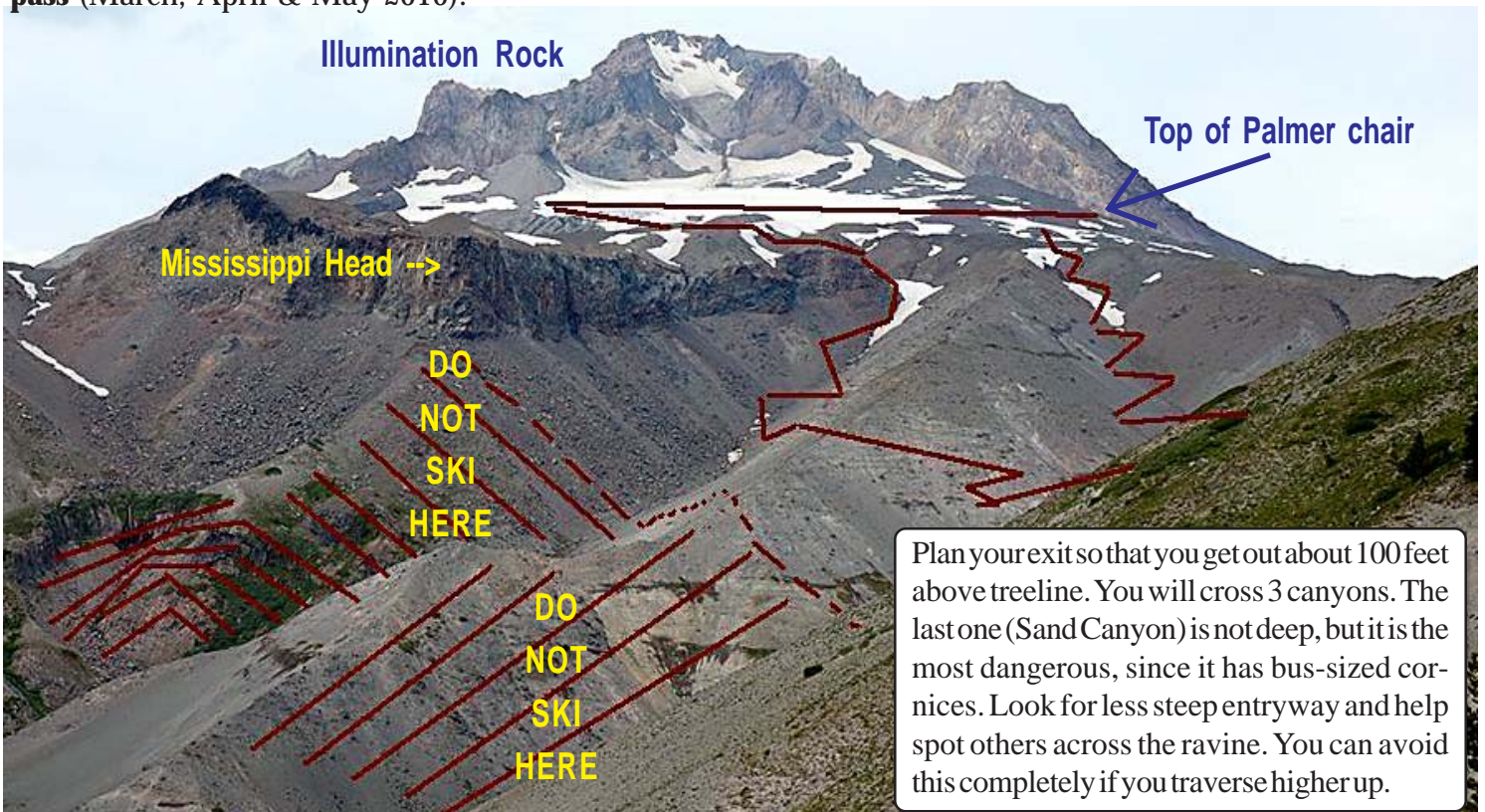
George Laird on telemark skis

May 16, 2009. Jill, Sandra Kaufman, Randy Lew and Colin Brandt joined Emilio Trampuz to ski the top part of Zig Zag canyon, near Mississipi Head (the cliff).

Note: Zig Zag canyon can be a trap. Don't go too low into it. Traverse to your left and back to the lifts,

Bruce Ellison, George Laird (in photo) and Bill Sundermeier climbed up to Crater Rock, had lunch at Hog's Back, and then skied down to the top of Zig Zag canyon looking for Emilio and his party, but somehow never connected. George was on telemark skis.

Jeff Ackerson wrote: "This is what we skied last weekend only it was covered in snow. Think of it as a whole new Heather Canyon Area for the month of May or spring skiing. Heather Canyon is a nice winter backcountry area at Mt. Hood Meadows but this ranks right up there too. I think we will be getting the \$99 Timberline spring pass (March, April & May 2010)."



Illumination Rock

Top of Palmer chair

Mississipi Head -->

DO NOT SKI HERE

DO NOT SKI HERE

Plan your exit so that you get out about 100 feet above treeline. You will cross 3 canyons. The last one (Sand Canyon) is not deep, but it is the most dangerous, since it has bus-sized cornices. Look for less steep entryway and help spot others across the ravine. You can avoid this completely if you traverse higher up.

## Accident in White River Canyon



- by Dale Crockatt -

Dale Crockatt has lived on Mt. Hood since 1972. He has been on Ski Patrol at Timberline and Mt. Hood Meadows, and Ski Patrol Director at Timberline.

He has been one of the biggest advocates of ski-mountaineering, wilderness skiing, out of bounds skiing. He has skied the backcountry since 1973, including many summit descents from all sides of the mountain.

He doesn't want to discourage anyone, but does encourage everyone to be totally prepared when skiing outside the boundaries. Accidents do happen when we least expect them. He says: "I think the most important lesson I learned through this accident is to carry **Life Flight insurance** for a minimal fee compared to the \$17,000 bill my insurance won't pay."

On May 1st 2009, we were skiing in White River canyon on Mt. Hood at about the 7,000 foot elevation. The route was one we had skied many times before along the east ridge, down a snow drift on the lee side of a medial moraine. To the east, a long blowhole forms every year following the drift for maybe 500 feet. At the top, a near vertical drop into the blowhole mellows into a nice roll that invited me in after a bad section on the ridge. An easy drop on my left turn, a right turn into the gully and a couple control turns as I anticipated to exit out onto the open area at the base of the ridge and blow hole.

The light was a little flat. Maybe I was focused on my friends below. Maybe I need my eyes checked. The snow wasn't bad - I wasn't expecting any problems. In the blink of an eye I went from 20 mph(?) to zero. I had thrown my weight back, preventing any heel release. In a fraction of a second I was crushed to the back of my skis, my body thrown forward over a several foot steep bump. I think I heard crunches, but it didn't matter. I looked down at my body and realized I could barely move. My right leg was flopped over, my ski pointing down the hole, my body pointing the other way. The first thing I said was "That didn't work!" before screaming to my friends for help. I was hurt, bad. I felt shock and pain overcoming me quickly. My body hurt from my middle back to my middle femur.

When my friends arrived - some were above, some below- I told them, I was hurt bad, get help fast. I told them to order the Life Flight helicopter- I didn't think I could stay conscious. I was worried about the many

complications of femur injury involving damage to the artery. I knew if I went unconscious I probably would not come back out due to internal injuries. I was an EMT for ten years and a professional ski patrol, but rarely dealt with trauma at this level. I could feel and move my toes and ankle, but the excruciating pain told me I had severe problems. The impact accident was typical to femur injury. I wanted to make sure it was not compound and checked for blood. Back pain began to appear, so I could not be moved. They did their best to stabilize me and remove my skis. Somebody called for help to the county, but since we were so close to Mt. Hood Meadows the decision was made to ask for Ski Patrol assistance. I believe it took some explaining, but within minutes decisions were made and rescue was on its way.

There was no direct access to the location without carrying the sled across a ridge and down into the canyon. The first Ski Patrol hit some bad snow coming towards me, lost a ski, but stayed on his feet recovering his ski well below. Two other patrols with the sled were approaching much slower and brought over the backboard. As they assessed my injuries, I was amazed how clear headed (I thought) I remained, but I reminded them how bad I was sure I was, and how quick it could change- please get a helicopter. The route out involved 3,000 vertical feet over several miles. The ski patrol administered oxygen, but it was a long way from the advanced life support I could need at any second.

I have known many of the Mt. Hood Meadows Ski Patrol in the thirty years since I patrolled there. Many of these guys could have been my kids. I could see, as charged as they were, the concern they had for the logistics of this rescue. I kept reassuring them, get the helicopter and find a landing zone. There was at least one possibility. Hiking back up was not realistic. Skiing out would involve crossing a melting snow bridge over the river, we were nervous doing one at a time at speed, much less several guys lugging a sled and body across slowly.

After I was secured to the backboard, we had at least a mile before reaching a location level enough for a landing zone. Increasing clouds and wind added some doubt about the chance of the helicopter, but the initial difficulty of the descent confirmed it was the best option. Life Flight was activated and had about a forty minute ETA. The route out involved crossing two valleys, gaining two ridges and a final descent down a steep bowl to the level spot. It took several people to



keep the sled from rolling while side stepping up the ridges to breaks between the corniced ridges. These guys don't get experience like this in the ski area. There were six patrol, in addition to my five friends.

I have to say I was impressed I never was worried about the guys losing the sled (OK, maybe a little, just because, not because of any screw up). Gaining the steep ridges between the cornices can be a challenge without a sled. My plea to avoid the last cornice and steep bowl and use a higher but steeper landing zone were smartly overruled in favor of lower altitude, slope and wind even if it meant more work. The guys were amazing.

At this point, I was feeling more confident that I was going to remain conscious and probably did not have any life threatening internal injuries. I remember looking up at beautiful swirling clouds and knowing if this was my time, it was OK. I just hoped I didn't have too many dues to pay...

The radio chatter focused on wind. The sometimes calm changed occasionally to light gusts. The varied terrain caused a lot of turbulence. I knew the pilots would make the decision and would land if there was any way. The extra descent provided good insurance for a landing. Soon, the sweet sound of the helicopter was in the distance. As they did a flyby, I hoped the wind stayed calm. Slowly, carefully they approached, tested the snow and landed.

The paramedic arrived and made his assessment. I pleaded for pain meds. He said he had something really good- very smooth. I didn't care what it was, just sock it to me! I always wondered what it would be like to ride in one of those helicopters. They are a lot nicer than all the mountain rescue rigs I'd been in. Once I was loaded, I realized I was below the window, and with my neck brace and backboard the only view I had was my medic- I couldn't complain. As we lifted off, there was a bump as the bird hit the upper wind pattern, but after that smooth sailing to OHSU in Portland.

A week in the hospital, two weeks in a care facility and about ten days at home, I have two more weeks before X-rays to determine when I can begin to put weight on my leg. I have a simple (straight) fracture just below the head of my femur and a spiral (angled) fracture below that. The area in between was shattered. I will probably lose a little length in my leg, but it seems minute

compared to other scenarios. I have a compression Fracture in my L1 vertebrae that did not require surgery. I only wear a corset style brace between my hips and ribs with a bar up my sternum to keep me from bending.

I am sharing this with all of you for a very important reason. I have been ski mountaineering for thirty four years. This was not a difficult trip. It was somewhat of a freak accident I still can't explain. There are a few things I learned and would do differently.

First, **never let your guard down.** If this was a more difficult descent, I don't think it ever would have happened. I would have been more focused.

Second, I bought a **SPOT personal locator beacon**, which I did not need to use or have turned on, but should have. I have the extended coverage and rescue insurance. SPOT declined my rescue claim because I did not have my beacon turned on. They would have preferred to coordinate the rescue through their channels. Since I knew my most efficient rescue was through Ski Patrol and private helicopter they said they did not have the opportunity to pursue less expensive alternatives. Since my injury was life threatening and/or had I at least activated the SPOT, I may have been able to appeal this stipulation. "It's all in the contract..."



Third, **my \$17,000 Life Flight bill is being denied** by my insurance. BUT, did you know you can buy Life Flight insurance for **\$65 a year** for an individual or **\$120** for a family. Now, it's not going to work in a lot of places in the mountains, but it is a possibility with some effort to get to a safe landing zone. In my years on the mountain, I have seen them land pretty high. I believe they still use a high altitude rated bird. I wonder how many days in the Chugach I could have bought...

Finally, I cannot thank enough the Ski Patrol and everyone else involved at Mt. Hood Meadows. Waiting for mountain rescue would have added hours to my extrication. Although it didn't matter this time, it could have been the difference between life and death. Thank you my friends- I do not know how I can ever repay you enough!

I hope my experience can help all of you. Don't ever think it can't happen to you. Hoping to see you on the mountain soon! -- [Dale@MountHoodHomes.com](mailto:Dale@MountHoodHomes.com)



## Finding a ski buddy

Dale's accident highlights the importance of having ski buddies who can help you in need. How do you find one?

We are trying to put together a list of people interested in backcountry skiing within our club. We already know of about a dozen people who are interested. Do you want to be on the list? Contact Emilio at [info@mthigh.org](mailto:info@mthigh.org). Does anybody want to volunteer to coordinate this list and help people get in touch with one another?

Better yet, let's all use our online **Forums**. This can work wonderfully if everyone joins the Forum. Just go to our web site, , click on one of the Forums (for mid-week skiers or for all club members), and then click on "Join this Group" link in the upper right of the screen.

The beauty of the Forum (which is actually a Google Group) is that it is self-maintaining. You can join the group or leave it at any time. Any emails you send to the Forum will automatically be posted on the web as well as sent to all the Group members. But, first join the Forum!

## Future Trips Survey

Please tell us your preferences for future trips.

A questionnaire has been posted on our web site. You can find it on both the EVENTS page and the TRIPS page. Please fill it out online at: <http://www.surveygizmo.com/s/135434/mountain-high-trips-questionnaire-may-2009>.

If the above link doesn't work, click here:

[Word document](#) or [PDF document](#)

Please fill it out, either in Word or by copying and pasting into an email, or print it, and send to Mountain High Snowsport club, PO Box 2182, Portland OR 97208, or email to [info@mthigh.org](mailto:info@mthigh.org).

## Mt. High Photos

See the whole range of activities our club participated in during the past year. Hundreds of photos documenting the whole year are easy to browse through on our RECENT PHOTOS page at:

[www.mthigh.org/PhotosRecent.htm](http://www.mthigh.org/PhotosRecent.htm)

## Mt. High

## Annual Picnic



**August 16 (Sunday).** Our annual picnic and bike ride at Sellwood Park.

**9 am** for bike ride;

**11 am** for picnic.

Location: Sellwood park, picnic area A.

There will be a bicycle ride just before the picnic. Start at parking lot by the river (by Sellwood bridge)

9 am -- Bike ride

11 am -- Picnic starts

12 (noon) - 1 pm -- Softball

The picnic is a potluck. We'll have hot dogs. Bring something else to share.



## Mt. High Deschutes River Raft Weekend



**Aug 20 - 22, 2009.**

This has become an annual tradition for our club. A weekend of rafting and frolicking in the sun on the Deschutes River at Maupin, OR.

**Contact Gordy: 503-804-8363 or [GordyLusk@hotmail.com](mailto:GordyLusk@hotmail.com).**

Reservation & payment must be received by July 15. (or don't show up). Cancellation Date is August 1st.

### Trip includes:

**Camping:** Thursday, Friday and Saturday night in Maupin City Park. Camp sites, near bathroom in main park. RV space available for an additional \$20.00 a night.

**Rafting:** (Row, Paddle or just ride) Friday and Saturday... We'll provide the rafts.

**Saturday night diner:** Chicken and ribs provided by Mt. High. For other times, bring your own food.

**Camp, raft, dinner = \$90.00 pp.** (Non-members \$105.00) Use the Dough Transmittal form, page 11.

## Club awards at Far West Convention

The **Far West Ski Association Convention**, was held at the Peppermill Hotel & Casino in Reno, **June 4 - 7, 2009**.

Among the many activities, there were the usual annual Club awards for best publications, web sites, and overall club competition. Our Mountain High club fared as follows:

1. **Web site award:** We won **1st place** in our category.
2. **Newsletter award:** We won **2nd place**, behind the Reno Ski and Recreation Club.
3. **Outstanding club award.** We were out of the competition this year, because we submitted our entry a little too late, after the deadline.

But, everyone can take a look at our entry, which is a 10-page article (with photos) describing our club. It's posted on our web site. Show it to family and friends who might be interested in joining us. It's on our "Forms" page at: [www.mthigh.org/Forms.htm](http://www.mthigh.org/Forms.htm). Or click here: [www.mthigh.org/Documents/Mt-High-Outstanding-Club-2009.pdf](http://www.mthigh.org/Documents/Mt-High-Outstanding-Club-2009.pdf)

## Schnee Shotgun Shooting

**June 28 (Sun.).** Come join **Schnee Vogeli Ski Club** at a shotgun shooting event. This will be an informal event with competitive events decided based on who shows up. A few guns will be available if you don't own one and if you have an extra gun you wouldn't mind letting someone borrow, bring it. Food will be available at the gun club at your own cost. No alcoholic beverages will be allowed before or during the shooting.

**Where:** Mitchell's Sporting Clay, 6181 Concomly Rd NE, Gervis, OR 97206 between Woodburn and Salem) (503-792-3431).

**When:** June 28, 9:30AM

**Cost:** ~\$35 for 100 sporting clay targets (which means you will need at least 4 boxes of shells)

**Contact:**

Dennis Rosario, [rosariofarms@comcast.net](mailto:rosariofarms@comcast.net) or  
Don Clay, [djcaly45@msn.com](mailto:djcaly45@msn.com)

**Directions:** Take I-5 S toward Salem. At exit 271, turn right onto Newberg Hwy/OR-219. Go 0.7 mile and turn left onto Butteville Rd NE. In 2.5 miles Butteville Rd NE becomes Ivy Ave. Another 0.5 miles later, turn right onto 3rd St. In 0.4 miles 3rd St. becomes Checkerboard Rd. NE. 0.7 miles later, turn slight right onto Portland Rd. NE/OR-99E/Pacific Hwy E. Go 0.8 miles and turn right onto Concomly Rd. NE. Go 0.9 miles to Mitchell's at 6181 Concomly Rd NE.

## Custom Ski Escapes

One of the new vendors at the Far West Convention this year was David Swartz and his Custom Ski Escapes. He guides groups to almost any mountain you wish to see, and provides demo skis as well. Right now, he has offered special sale prices to all FWSA members:

# SKI SALE

Special FWSA Member Prices

Discounts on 2009-10 Models

Closeouts on 2008-09 and prior models

Closeouts @ 50 - 75% off MSRP

**FREERIDE, TWINTIPS, CARVERS**

**Atomic, Fischer, Icelantic**

Special order your 2010 skis!

Think ahead, Save money!

\* \* \* \* \*

Super closeout on earlier models

VERY LIMITED SELECTION from

**ATOMIC, FISCHER, STOCKLI, ROSSIGNOL**

Email: [swartzski@aol.com](mailto:swartzski@aol.com)

[dave@customskiescape.com](mailto:dave@customskiescape.com)

For details, call Dave at:

Cell: 800-248-5664

Landline: 800-733-4794



**Email Options**

In between newsletters, we keep you informed via email. You have a choice:

- A) Receive ALL the club's emails.** All ski-related and/or club related.
  - B) Receive only club-related messages.** If it's not about our club, it won't be sent. That means no emails about other clubs, other ski areas, NWSCC, FWSA, ski shop specials, etc. Strictly our club only.
  - C) No email at all.** Just the monthly newsletter and nothing else.
- Indicate your preference on the Membership renewal form. If you wish to switch at any point, let **Emilio** know your preference.

**Mountain High Meeting**

Usually the last Monday of the month.

**June 29 (Mon.):** Open to all who want to get more involved with the club. This is a planning meeting. Gather at **6:00 pm**. Start at **6:30 pm**.  
 Location: **Round Table Pizza, 10070 SW Barbur Blvd., (near Capitol Hwy).**

**Mountain High snowsport club contacts:**

|                             |                   |                    |   |
|-----------------------------|-------------------|--------------------|---|
| <b>President:</b>           | Gordon Lusk,      | H: 503-804-8363,   | <a href="mailto:GordyLusk@hotmail.com">GordyLusk@hotmail.com</a>                |
| <b>Vice-President:</b>      | Kurt Krueger,     | H: 503-625-1492,   | <a href="mailto:telek2@att.net">telek2@att.net</a>                              |
| <b>Secretary:</b>           | Diane Zhitlovsky, | H: 503-666-0389,   | <a href="mailto:Dianezhi@hotmail.com">Dianezhi@hotmail.com</a>                  |
| <b>Treasurer:</b>           | Sandi Dykstra,    | H: 503-629-0177,   | <a href="mailto:sandid@aol.com">sandid@aol.com</a>                              |
| <b>Membership Director:</b> | Elaine Bock,      |                    | <a href="mailto:SeawitchPdx@aol.com">SeawitchPdx@aol.com</a>                    |
| <b>Race Director:</b>       | Bruce Ellison,    | H: 503-697-7892,   | <a href="mailto:Yuffiet@comcast.net">Yuffiet@comcast.net</a>                    |
| <b>Newsletter Editor:</b>   | Emilio Trampuz,   | H: 1-503-378-0171, | <a href="mailto:info@mthigh.org">info@mthigh.org</a>                            |
| <b>Social Activities:</b>   | Debbi Kor,        | H: 503-314-7078,   | <a href="mailto:ijustwannarun1@comcast.net">ijustwannarun1@comcast.net</a>      |
| <b>Golf:</b>                | Cal Eddy,         | H: 503-631-3115,   | W: 503-805-8606, <a href="mailto:baebaw@ccwebster.net">baebaw@ccwebster.net</a> |
| <b>Mid-week skiing:</b>     | George Yun        | H: 503-697-3055,   | <a href="mailto:boar2m@msn.com">boar2m@msn.com</a>                              |
| <b>NWSCC Rep:</b>           | Debbi Kor,        | H: 503-314-7078,   | <a href="mailto:ijustwannarun1@comcast.net">ijustwannarun1@comcast.net</a>      |
| <b>Trip Directors:</b>      | Linda McGavin,    | H: 503-652-2840,   | <a href="mailto:Trips@mthigh.org">Trips@mthigh.org</a>                          |
|                             | Janice Jessen,    | H: 503-636-0687,   | <a href="mailto:jessen9011@comcast.net">jessen9011@comcast.net</a>              |

General info:  
[info@mthigh.org](mailto:info@mthigh.org)  
 Web site:  
[www.mthigh.org](http://www.mthigh.org)

**DOUGH TRANSMITTAL FORM**

Mail check payable to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY:       New membership       Renewal

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone (Hm): \_\_\_\_\_ Phone (Wk): \_\_\_\_\_

Email (Hm): \_\_\_\_\_ Email (Wk): \_\_\_\_\_

- Email Preferences:**
- Newsletter (once a month):       yes, link only       yes, complete file       no
  - No changes      - Club news & events (between newsletters):       yes       no
  - (same as last year)      - Other ski news (NWSCC, FWSA, ski areas, trips...):       yes       no
  - Is it OK to share your email address with other club members?       Yes       No

Whereas the Mountain High Snowsport Club ("Club") is an organization of fun loving ADULTS whose events are organized by members who volunteer their efforts for the enjoyment of their fellow members and friends, please remember when I participate in Club events I do so at my own risk. Sporting activities, indeed, any activity, includes inherent risks. I will evaluate my own abilities and responsibilities and join in the Club fun as a responsible and considerate adult. I will not hold the Club or any Club officer liable for the consequences of my decisions and my behavior. The bottom line is, stuff just happens sometimes and the club volunteers are not to be blamed for helping us have fun. Besides, the Club has no assets, except for a leftover banner, some balloons, or a couple of empty beer bottles with the Club's name on them.

Please take my money, and apply it toward the following Ski Club fun stuff:      Deposit? Paid in full?

- Summer Membership** (May. 1 — Sept. 30, 2009): Total: \$10 per person      \$ \_\_\_\_\_
- Annual Membership** (Oct. 1, 2008 - Sept. 2009): Single (\$25); couple (\$40)      \$ \_\_\_\_\_
- PACRAT Racing (2009/10)** Total: \$85 Team name: \_\_\_\_\_      \$ \_\_\_\_\_
- FWSA Convention registration** (June 4 - 7, 2009) Total=\$145, by June 30      \$ \_\_\_\_\_
- Rafting** (August 20-22, 2009) Members: \$90. Non-members: \$105.      \$ \_\_\_\_\_
- Other:** \_\_\_\_\_      \$ \_\_\_\_\_

Comments (For whom you are paying. Roommate requests,...): \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Our Trips cancellation policy is on our web site at: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

**Club membership = 283      Newsletter Distribution**

The June 2009 issue is posted on our web site, and also:  
**369** copies sent via email (as PDF files)  
**30** paper printed copies sent via US Mail.  
 Copies are sent to potential members, other clubs, etc..  
**Please help us minimize the cost of mailing paper copies.**  
**Send your email address to: [info@mthigh.org](mailto:info@mthigh.org).**

**"Clubs 4 Play Golf Torunament**

**July 26, 2009** (Sunday). The 10th annual multi-club golf tournament, organized by the NW Ski Club Council, will be held at the Colwood National Golf Course, 7313 NE Columbia Blvd., Portland, OR.

For **\$79.00** per person you get: 18 Holes + BBQ Burger Bar after round, prizes, goodie bag and favor

Tournament is a scramble format. 4-person teams. Get your foursome together to compete for the Perpetual Club Trophy. All players must be from the same club for this trophy. Tee time is 11:00 AM.

Deadline to sign up is Monday, July 13, 2009. Mail entry form and checks (made payable to NWSCC) to: NWSCC, PO Box 1915, Portland, OR 97207.

Questions: Sandi Shaub, 503-669-8599, or e-mail: [sandi.shaub@comcast.net](mailto:sandi.shaub@comcast.net).

**Preview of Trips for next winter (2010)**

Here are some of the trips we are contemplating for next season. Your responses to the Trips Questionnaire can greatly help us in planning. See page 5.

1. **Weekend bus trips.** At least 1 or 2. One might be a Mystery trip.
2. **Heavenly/Tahoe trip**, similar to the last 2 years, most likely at the very end of March
3. **Fernie/Kimberley trip.** 4 days/5 nights if you fly in, or 7 days / 7 nights by bus.
4. **Train trip** to either Whitefish, MT or Aspen, CO.
5. **Canada Ski Safari**, visiting 4 - 6 resorts in British Columbia. This time, we'll do it in Spring.

The above are all our own club efforts. In addition, there will be the following 3 larger trips:

1. **FWSA Ski Week to Keystone, CO.** (Jan. 30 - Feb. 6, 2010).
2. **FWSA International Ski Week to Cortina d'Ampezzo, Italy** (Feb. 27 - March 7, 2010.)
3. **NWSCC Spring Fling at Mt. Bachelor**, in late March or April 2010.

So, start planning the next season, and help us in the planning too. Fill out the questionnaire. See p. 5.

Emilio Trampuz  
 Mountain High Newsletter editor  
 4742 Liberty Rd. S., #296  
 Salem, OR 97302

Please check our web site,  
[www.mthigh.org](http://www.mthigh.org)  
 for updates.

