



Lift Lines

== No. 105, September 2009 ==
Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208



From the Prez

Wow, another great meeting. Your board has finalized some great trips and events for you all to look at this year. See our whole upcoming winter calendar!

Debbi Kor is looking forward to seeing you at the NWSCC 30th anniversary party and she is working hard on other Mt. High get together's like the Seafood Extravaganza coming up later this month. Also, the Whitefish trip.

Extravaganza coming up later this month. Also, the Whitefish trip.

Janice Jessen is taking everyone who wants to go back to Tahoe next spring for some great skiing, and **Linda McGavin** is planning on a Canada trip. Both will be fun and knowing them it will be a very good value. Sign up early and reserve your spot.

For those of you that were not on the **Raft Trip**, we all had a great time and no one drowned. A lot of water fighting going on, the weather was great and it looked like everyone had a good time. **Lou's "Q"** gave us great ribs, chicken and beans Saturday night YUM-YUM. **Emilio Trampuz** did an awesome job of assembling the photos and it is way-cool to look at all of them. Follow his directions to the web site.

I want to give a big thanks to your board of directors. They are overactive and planning great activities and trips for you to enjoy. Come play with us and the snow will fly sooooooon.

Your Prez. *Gordy Lusk*



Note the color code.
Our club is blue.

2009 CALENDAR

Blue: Mountain High events
Red: NWSCC / FWSA events
Black: General events

Sept. 19 Sat.): NWSCC 30th Anniversary Party, 6 pm.

Sept. 26 (Sat.): Mt.High Seafood Party

Sept. 27 (Sun.): Mt. High Hike

Oct. 8-9: Hillcrest Equipment Night

Oct. 9-10: Mt.Hood Snowsport Swap

Oct. 23: (Fi) Warren Miller dinner/ movie

Nov. 6-8: (Fri-Sun) Portland Ski Fever & Snowboard Show, Expo Ctr.

Nov. 9 (Mon.): Ski Fair, Holiday Inn

Nov. 19 (Thur.): Mt.High Membership Party at Gray Gables, Milwaukie

Dec. 1 - 6: Canada Ski Safari (or April)

Dec. 11-14: (Fri-Mon) NWSCC trip to Salt Lake City, Utah.

Jan. 15-18: (Fri-Mon) Mystery trip

Jan. 24-30: Whistler cabin trip

Jan. 30-Feb.6: FWSA Ski Week: Keystone, Colorado.

Feb. 12-28: Winter Olympics

Feb. 17-21: (Wed-Sun) Train trip to Whitefish, MT. (Big Mountain)

Feb. 21-27: Tahoe Sampler

Feb. 27-Mar.7: FWSA trip: Cortina

Feb. 28-Mar. 6: Ski Kats trip to Whitefish, MT (Big Mountain)

Mar. 7-8: Oregon Cancer Ski Out

Mar. 19-20: (Fri-Sat) Hope on the Slopes at Mt. Hood Skibowl

Mar. 21-27: Fernie/Kimberley, Canada

Mar.31-Apr.4: Heavenly/Tahoe trip

Apr. 6-11 : Canada Ski Safari (or Dec.)

Apr. 9-11: Far West Championships

Apr.16-18: Bachelor Blast

Mt.High

Seafood Party More info on page 3.



Sept. 26 (Saturday). Start at 6 pm.

This year's end-of-summer seafood party is hosted by **Greg** and **Violet**, 91 Garibaldi St. Lake Oswego. Our club will provide seafood and sodas/water. BYOB and a side dish or dessert.

"Winter Planning" issue

The whole upcoming winter season is laid out in this issue.

Upcoming Events: p. 1 - 4

Warren Miller movie: p. 5

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Hike to Siouxon Creek



Sept. 27 (Sun.)

Moderate 7.6 mile loop with 700 feet

elevation gain. We'll meet at the Barbur Transit Station at 9 am and drive and/or carpool from there. Contact Elisabeth: lise518@msn.com, 971-226-4545. More info on page 4.

NWSCC

NWSCC 30th Anniversary Party

NWSCC



Click on the flyer to enlarge

"Mountains of Memories"**Sept. 19, 2009 (Saturday): 6:00 pm.**

Celebrate "MOUNTAINS OF MEMORIES" with the NW Ski Club Council.

Location: **Montgomery Park.**

2701 NW Vaughn, Portland OR 97210

- Included: *
- * Yummy eats + 2 drink tickets/person,
 - * Special guest: PHIL MAHRE !!!
 - * Dancing to music of Randy Free,
 - * Oral & Silent auction, including trips to Vail, Sun Valley, Maui, benefitting the Mt. Hood Museum, .
 - * Special "ballet on skis" production by the Jefferson Dancers



Phil and Steve Mahre, Olympic Gold and Silver medalists.

Seeing **Phil Mahre** will be a special treat all by itself. The twin brothers, Phil and Steve Mahre grew up at the White Pass ski area, where their father Dave Mahre was the mountain manager. Phil won 27 World Cup races in his career.

In 1980, Phil won the Silver medal in Slalom at the Winter Olympics in Lake Placid, just behind the legendary Ingemar Stenmark. In 1984, Phil won the Gold medal in Slalom at the Winter Olympics in Sarajevo, Bosnia (formerly part of Yugoslavia). The Silver medal was won by his twin brother Steve Mahre.

So, come enjoy some good food, good company, an entertaining performance entitled "Skia", and rub elbows with Phil Mahre. Tell him our club recently had a ski trip to his home ski area: White Pass, WA.

Price: \$65 per person. Limited quantity of tickets are available due to space. Buy your tickets NOW!! Tickets are available from NWSCC Board members and will also be available at the Mt. Hood Museum (Govt. Camp). If they are purchased through the museum, credit cards are accepted. Just call the Museum at 503-272-3301.

To get tickets from NWSCC Board Members, you will need cash or a check made payable to the NW Ski Club Council. For tickets, contact: **Sheri Parshall, cougskier@aol.com** or **Debbi Kor, ijustwannarun1@comcast.net** or **Gordon Lusk, GordyLusk@hotmail.com**



Phil & Steve Mahre's house at White Pass, WA.



Olympic champions Steve & Phil Mahre grew up in this house at White Pass

Mt. High

Seafood Extravaganza - map and directions

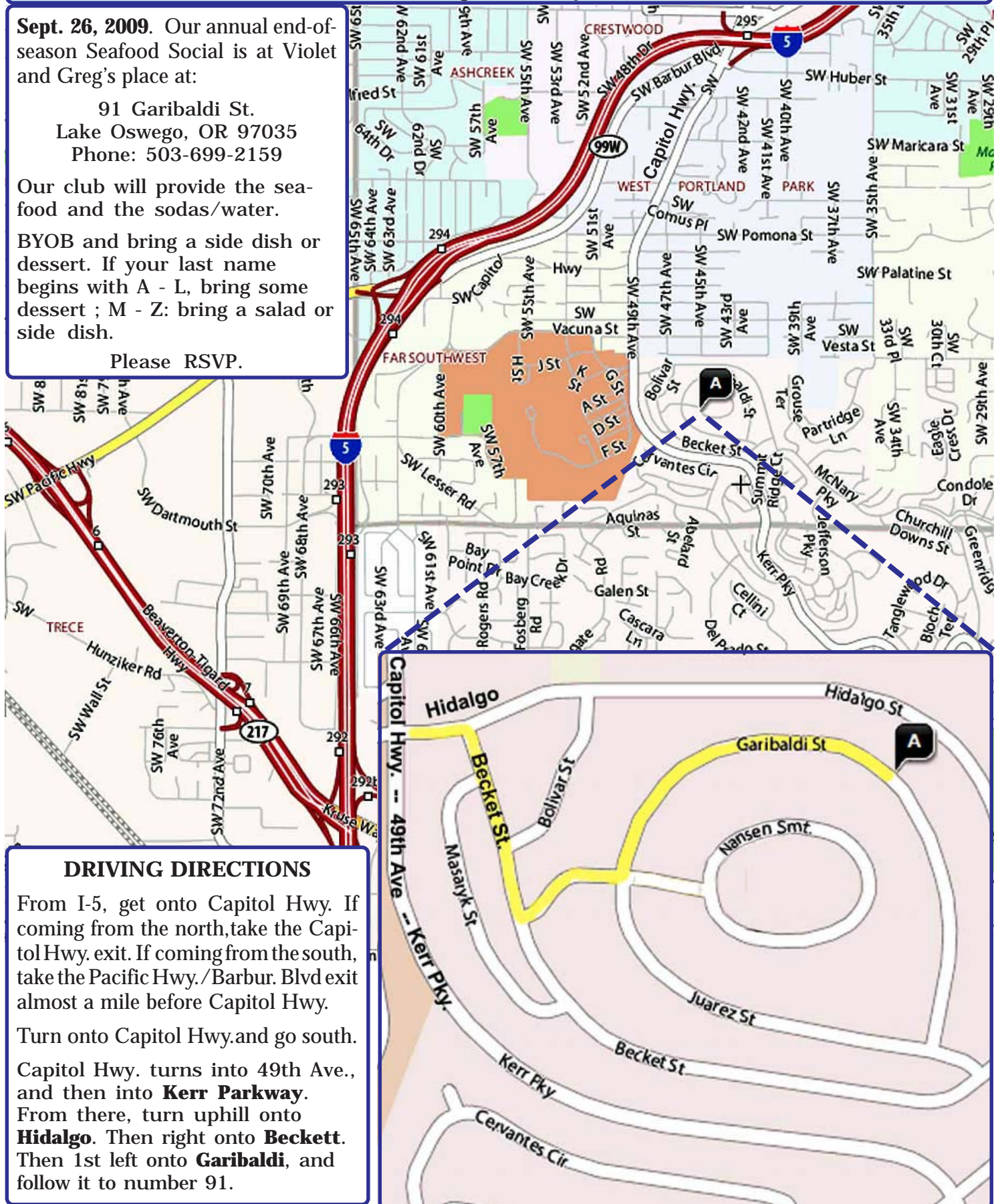
Sept. 26, 2009. Our annual end-of-season Seafood Social is at Violet and Greg's place at:

91 Garibaldi St.
Lake Oswego, OR 97035
Phone: 503-699-2159

Our club will provide the seafood and the sodas/water.

BYOB and bring a side dish or dessert. If your last name begins with A - L, bring some dessert ; M - Z: bring a salad or side dish.

Please RSVP.



DRIVING DIRECTIONS

From I-5, get onto Capitol Hwy. If coming from the north, take the Capitol Hwy. exit. If coming from the south, take the Pacific Hwy./Barbur. Blvd exit almost a mile before Capitol Hwy.

Turn onto Capitol Hwy. and go south.

Capitol Hwy. turns into 49th Ave., and then into **Kerr Parkway**.

From there, turn uphill onto **Hidalgo**. Then right onto **Beckett**. Then 1st left onto **Garibaldi**, and follow it to number 91.

Mt. High

Hike to Siouxon Creek



Sept. 27 (Sunday) 9 am.

Let's hike Siouxon Creek. It's a moderate 7.6 mile loop with 700 feet elevation gain.

Map: Lookout Mtn. (Green Trails)

Pacific Northwest Hikes on the Web (No pictures available).

How to get there

We'll meet at the Barbur Transit Station at 9:00 AM and drive and/or carpool from there.

Anyone driving to the trail head will need a parking permit.

What to bring: Water and lunch.

Please R.S.V.P. to Elisabeth:

lise518@msn.com

971-226-4545 or 503-524-5774

Happy Trails - Elisabeth

Hillcrest Ski & Sports Race Night(s)



Oct. 8 (Thur.) 7 pm - ?

Oct. 9 (Fri.) 10am-8pm

Great annual sale. On Thursday, factory reps will be on hand to answer questions and help with gear selection.

The prices will be well below retail, so it is a great opportunity to get the latest gear. This is not just for race equipment but is open to all levels of equipment.

Location: Hillcrest Ski & Sports store.

2506 SE Burnside Rd, Gresham, OR 97080

That's at the start of Hwy. 26, toward Mt. Hood.

See flyer and map on our web site at: [www.mthigh.org/Events.htm#Hillcrest Equipment Night](http://www.mthigh.org/Events.htm#Hillcrest_Equipment_Night)

For info, call the shop at 503-665-4455. Ask for **Greg**, Steve or Dex. Or call Gary Gunderson, our PACRAT racer extraordinaire, at 503-258-8051.

Web site: www.hillcrestsports.com

Mt. Hood Snowsport Swap



Oct. 9 & 10, 2009.

Benefiting the Mt. Hood Ski Patrol and West Linn Snowboard Team - West Linn High School.

Friday: 5 pm - 9 pm

Saturday: 9 am - 9 pm

West Linn High School
5464 West "A" Street, West Linn, Oregon 97068.

Click here for [Google map](#).

Skis, boards, boots, clothing, boxes, packs, etc.

Enter to win a 2009/2010 Season Pass for Timberline, Meadows, or Skibowl. Register for the drawing online at www.mhss.com and get \$1 off swap admission.

If you have stuff to sell, bring it in:

on Friday, Oct. 9, 8 am - 9 pm,

or on Saturday, Oct. 10, 8 am - 10 am.

Pick up unsold gear on Sunday, 10 am - 2 pm.

Admission: Individuals: \$3, Families: \$6.

For questions, contact: info@mhss.com.

Ski Fever & Snowboard Show

Nov. 6-8, 2009 (Fri - Sun.) Admission: \$11.

Big annual ski show at the Expo Center. Great deals on ski clothing and equipment. Live demonstrations. Many freebies. More info at: www.portlandskifever.com.

If you want to volunteer to staff the NWSCC booth (representing ALL local ski clubs) contact Mary Olhausen, omary52@comcast.net.

NWSCC Ski Fair (Holiday Inn - Airport)

Nov. 9 (Monday) 6-10 pm Admission: FREE.

One day only, at the **Holiday Inn**, at Portland Airport, 8439 NE Columbia Blvd., Portland, OR 97220. Meet local ski clubs and ski areas. **Silent Auction, Raffle**, and more!

All our members can purchase a **Meadows 10-time pass** for only \$349 (instead of the regular \$399).

You can also renew your club membership here.

To volunteer to staff the Mt. High booth, contact Emilio at: info@mthigh.org. Print [flyer](#) and post it somewhere! Info about the Fair: **Mary Olhausen**, omary52@comcast.net.

Warren Miller gifts

*Santa Claus (Warren Miller Productions) is coming to town again, October 23-24. Everyone attending his movie usually receives **5 free lift tickets**. Not sure about the local ones yet.*

This is a great way to start the season! We'll see the movie on Friday, Oct. 23 at 8:00 pm. There are 4 steps:

1 Purchase theater tickets



By Sept. 26. If you buy tickets through TicketMaster, it will cost you about \$25 or \$26 (depending on how high their "convenience charge" will be). But, we are planing to buy group discounted tickets for all who want to join us, for only \$19 per person.

Send \$19 made out to **Emilio Trampuz**,
4742 Liberty Rd. S., Salem OR 97302.
Email Emilio2000@earthlink.net.

Deadline for group tickets: **Sept. 26**. No exceptions. We will only buy as many tickets as are pre-paid.

Freebies for all attendees



3 lift tickets to **Sun Peaks, Silver Star, Big White**, in Canada.
1 Washington ski area (**Crystal Mt.**) -NOT CONFIRMED YET
1 Oregon ski area (**Mt. Bachelor**) -NOT CONFIRMED YET
\$25 off at **US Outdoor Store**. -NOT CONFIRMED YET

4

Canadian Ski Safari



Dec. 1 -6, 2009. or April 6-11, 2010. Min.: 5 days. Max: 9 days.
(Dates depend on snow conditions and people's preferences.)

This is one of our least expensive trips! 5 days for about **\$200 - \$275** (for lodging and gas). The skiing is mostly free. The 9-day trip will cost a bit more. See more details on our TRIPS web page.

Totally informal. No reservations. No deposits. But if we are carpooling, let's coordinate. Let Emilio know.



Mt. High Membership Party

Nov. 19 (Thursday). 6:30 - 9:30 pm.

Our biggest party of the year, marking the start of a new ski season. There will be free food and drinks. Renew your membership. Sign up for trips. Join a PACRAT racing team.

Location: Gray Gables See [MAP](#) on our web site.
3009 SE Chestnut Street, Milwaukie.



2

Dinner and Movie



Oct. 23 (Fri.) - Movie night!

Dinner: 5:30 pm (optional)

Movie: 8:00 pm.

We'll do dinner, as usual, but we are still looking for a location, since Oliver's went out of business. Does anyone have any suggestions?

Then we'll see the movie. Warren Miller's latest movie is "Dynasty".

The movie is at the Arlene Schnitzer Concert Hall.

3

Printing / donating vouchers

Among the package of goodies, you will receive a large card with a special **10-digit code**. Use this code on Warren Miller's web site to unlock & print your own free vouchers.

NOTE: You will have to register the tickets in your name. So, if you intend to give them to someone else, give them the 10-digit code and don't register it in your name. Once they are in your name, they are not transferrable.

If you wish to **donate** your vouchers to the club, please mail the card with the 10-digit code to **Emilio Trampuz, 4742 Liberty Rd. S., Salem, OR 97302**, and we'll pass it on to those who didn't see the movie or saw it in Salem or Hood River, where there will be no Canadian lift tickets..

PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Ellison
Mt. High Racing Director

Mountain High, the club that skis (and rides) now provides more than half of all the teams that participate in PACRAT Racing. Last year we had 13 and a half teams of 10 people each. That's 135 racers.

PACRAT Racing is a recreational racing program on modified GS courses of 20 to 40 seconds long. We race on five Sundays each winter at Mt. Hood ski areas. The afternoon after each race we have a dinner and drawing for prizes donated by our sponsors. It's so much fun that there are folks who've been doing it for 20 years or more. If you're interested in trying this out this winter please check out www.mthigh.org/Racing.htm.

Each year some of our skiers also go to the Far West Ski Racing Association **Championship races**.

If you haven't been assigned to a team yet, contact us. Most teams end up with an opening of two, and we can always start a new team! If you want to race, contact Bruce: Yuffiet@comcast.net or: 503-697-7892.

How it Works: Details & Deadlines

1. Each racer should send to their team captain the **PACRAT entry form** and the **Liability Release form**. Both forms are available on our web site.

2. Each racer should join the club (\$25) and pay the racing fee (\$85 or \$90, TBA). The payments can be sent to the club: PO Box 2182, Portland, OR 97208. Or, you can send it to your team captain. But, in either case, please make check payable to **Mountain High**, and please enclose and sign the **Membership signup form**.

3. By Nov. 26 (Monday, our monthly Board meeting). All team captains should send their PACRAT forms to our Racing Director, Bruce Ellison, as we need some time to cross-check all racing dues with our Treasurer. Our club will then make out one big check to PACRATs for all our racers.

4. Dec. 16 (Wednesday) -- Mandatory team captains' meeting, to pick up the racing bibs for their teams. Location: the **Buffalo Gap**, 6835 SW Macadam Ave, Portland, OR 97219. , starting around 6:00 pm.

2010 PACRAT Race Dates

Date	Location
Nov. 26 (Mon)	Mt. High teams signup deadline.
Dec. 10	Deadline to send all forms to Pacrats
Dec. 16 (Wed)	Team captains bib pickup, at Buffalo Gap
January 10	Race 1: Timberline
January 24	Race 2: Mt. Hood Meadows Middle Fork
February 7	Race 3: Mt. Hood Skibowl Dog Leg
February 28	Race 4: Timberline
March 14	Race 5: Mt. Hood Meadows Stadium
March 21	Make up race; only if a race is canceled
April 2 (Fri.)	Rat Attack Awards Party
April 9-11	FWRA Championships, Mammoth Mt.



5. Some teams gather socially for a "bib decorating party". Feel free to color your bibs if you like (optional). Otherwise, your team captain will distribute the bibs on the morning of our first race at Timberline.

New racers

Please know that it is usually not enough to just send in your racing fee and the two PACRAT forms. You also need to find a team to join. You can find a list of team captains and contact info on our web site **Racing** page.

If you have not yet been assigned to a team, or if you don't know who your team captain is, or you haven't signed up yet, but would still like to join a team, please contact **Bruce** as soon as possible. We will find you a team. Anybody who wants to race will get a spot.



Winter Trips

It's time to sign up for something. Some trips will fill up fast. So, don't wait!

Plan your winter now!



The following pages are trip summaries. More info is posted and often updated on our web site: www.mthigh.org/Trips.htm.

If you travel to Canada or Europe, you will need a passport. See:

www.mthigh.org/Articles/Passports.htm

NWSCC

Utah Ski Safari



Snowbird tram

Dec. 11-14, 2009.

Fly or drive to Salt Lake City and join us for a Utah Travel Connection Ski Safari! We'll travel in the morning to arrive in time to ski that day and then return home at the end of the 4th ski day.

Included in the package:

- * Round trip airport transfers with group (Airfare to Utah not included)
- * First night welcome reception
- * 3 nights' hotel accommodation at **Crystal Inn**, Murray, Utah (30 minutes from 4 ski resorts)
- * Daily breakfast and light dinner at hotel
- * 4 days' Ski Salt Lake Super Pass valid at **Alta, Snowbird, Brighton, and Solitude**. An early flight into SLC will allow you to ski the day you arrive.
- * 4 days' resort transfers by private shuttle

Cost per person, double occupancy, is **\$585** per person. Flights are not included in this price.

Contact **Barbara**: bbousum@gmail.com for further details.



Ski Areas Map



Use this map for basic orientation for any of our upcoming trips, especially the Canada Ski Safari and the Fernie/Kimberley trip.

Trip Signups

In the following pages, you will find:

- 4 Mountain High trips
- 2 NW Ski Club Council trips
- 2 Far West Ski Assoc. trips
- 1 Mt. Hood Ski Kats trip
- 1 Bergfreunde ski club trip.

For the 4 Mt. High trips, please use our [Dough Transmittal form](#), on our web site, or on page 15.

For the other trips, contact the trip leader mentioned in the article, and send your deposit to the appropriate address.

Don't procrastinate too long. Space is limited on all the trips.



Canadian Ski Safari

Dec. 1-6, 2009. or **Apr. 6-11** A road trip, skiing a different ski area each day! This can be done as a standard 5-day trip, or as the expanded 8-day trip (a whole week, with both weekends on either end).

NOTE: The dates depend on snow conditions and on people's preferences. December offers more powder snow opportunities (if the snow comes early enough). Spring skiing offers more sunshine and warmer weather.

Most ski areas will open in November, but a few traditionally open around December 12 (Kicking Horse, Panorama, Kimberley, Fernie). Be aware in December.

You can do this on your own, at any time, but it's fun to do it together.

This is very informal. There are no deposits, and no reservations. Just drive up and ski! Most ski resorts don't even accept reservations for 1 night, having a 2-night minimum. But, they never turn us away when we simply show up at their door.

Both the **5-day trip** and the longer **8-day** one are well documented, with instructions, phone numbers, addresses, [maps](http://www.mthigh.org/Articles.htm), on our web site. See the ARTICLES page. Look for the Canadian Ski Safari at: <http://www.mthigh.org/Articles.htm>.

DAY 0 (Tuesday evening): Not counting this as a real day. People can still work this day, and drive out of Portland after work. Usually, we just drive for about 4 or 5 hours, to Ellensburg or Wenatchee (on Hwy 97).

DAY 1: (Wed.): Ski [Mission Ridge](#) Then 5 - 6 hr. drive to Big White.



At about -30° F, it was unusually cold in Revelstoke in December 2008. That's Kay, all bundled up!

DAY 2 (Thur.): Ski [Big White](#), then 2 hrs. to Silver Star

DAY 3 (Fri): Ski [Silver Star](#). Then drive 2.5 hrs. to Sun Peaks. Those who want to ski Revelstoke Mt., can go there from Silver Star, or do it after Sun Peaks.

DAY 4 (Sat.): Ski [Sun Peaks](#), then drive to Mt. Baker. The 8-day group skis [Revelstoke Mt.](#), a brand new ski resort, with a total of 6,000 vertical feet.

DAY 5 (Sun.): 5-day group skis [Mt. Baker](#), then drives home to Portland. This ends the 5-day trip.

8-day group skis [Kicking Horse](#). Over 4,000 vertical feet in a single 10-minute gondola ride.

DAY 6 (Mon.): Ski [Panorama](#). Just 1.5 hours south of Golden, 11 miles from Invermere. 1 hr. to Kimberley.

DAY 7 (Tue.): Ski [Kimberley](#), B.C.'s sunniest ski resort.

DAY 8 (Sat.): Drive all the way back home, or prolong it by another day or two by skiing either [Fernie](#), 5 enormous bowls, or [Red Mountain](#), or [49° North](#) or at [Mt. Spokane](#), or [Silver Mt.](#), ID or [Bluewood](#), WA. All are excellent!

The route can easily be changed, depending on how we feel. That's the beauty of this trip!

If we share lodging and gas expenses, the trip can be quite affordable. Two years ago, on a similar 9-day trip, Kurt, Kay and Emilio spent **\$312** per person, for the whole 9 days/9 nights.

If you want to go, let us know your preferred dates, trip length, and if you want to carpool with others. Contact **Emilio Trampuz** at: 1-503-378-0171, or Emilio2000@earthlink.net.

Mt. High

Whistler Cabin



Jan. 24-30, 2010.

6 nights lodging/ 5 days skiing. Carpooling. Cost - \$270 pp. includes lodging, daily breakfast, lunch & dinner. Everyone is encouraged to cook a dinner. Lift tickets are additional.

Lodging in a cabin 5 min. north of Whistler Village. Shuttle to lifts every 20 mins. Contact **Bill Leeper**: 503-639-2603.

This trip is already full, limited to the 13 people that can safely be accommodate in the cabin.



Mt. High

Mystery Trip (bus trip)



Steep slopes

Jan 15-18, 2010.

Our annual Mountain High weekend bus trip. 3 nights/3 days. We leave Friday around 5:00 pm. Lots of fun on the bus. Best way to get to know other club members! We'll return Monday by abt. 8 pm.

NOTE: This is Martin Luther King Day, so at least some of you won't have to go to work on Monday.

WHERE? We can't tell you. If we told you, we'd have to kill you!!!! The mystery is the special attraction of this trip. Let us whisk you away on an adventurous weekend! It will be fun. And the skiing will be great! You'll see!

We will visit more than one ski area during this long weekend, and you will have plenty of choices, including some of the steepest slopes in the Northwest, some of the longest runs, and some of the easiest trails anywhere. Oh, and lots of powder and tree skiing too!

We'll stay at the same place for 2 nights, but may have to stay at a different place on the third night. If you want to skip a day of skiing, the middle of the 3 days would be ideal. Please let us know if you want this option.

We'll keep the cost down by using a sliding scale. The more people, the lower the price (\$3 less for every additional 2 people). Bring all your friends and save money! Price (based on 40 people), is approximately \$326 for the bus transportation, 3 nights' lodging, 3 breakfasts, 3 lift tickets, and a pizza dinner.

Use **Dough Transmittal form**, p.15, to send **\$100 deposit**, due by **November 19**. Full payment due by **December 15, 2009**. In early December, you will be told the balance due. No refunds after Dec. 15 unless you can fill your spot. Contact: **Emilio Trampuz** at 1-503-378-0171, info@mthigh.org, or **Linda McGavin** at (503)652-2840 Trips@mthigh.org.



Powder



FWSA

Far West Ski Week: Keystone, Colorado



Keystone

Jan. 30 - Feb. 26, 2010. The biggest ski party in the West is the annual Far West trip, involving dozens of ski clubs throughout the Western States.

Keystone offers 3 mountains, 3,128 vertical feet, 3,148 acres of terrain, and three vibrant villages with shops, stores, bars, and acclaimed restaurants!

Price is \$1,079 per person, double occupancy.

*Price does NOT include air or ground transportation.

The Northwest has been allocated about 40 spots. These will be filled fast. Fewer than 30 spots are still available.

The lift tickets are valid at Keystone, A-basin, and Breckenridge. The trip includes:

- | | | |
|----------------------|------------------------|---------------------------|
| * Registration | * Welcome Party, | * Pub Crawl, |
| * 5-day lift ticket, | * Mountain Picnic, | * 3 Races (optional); |
| * Après Ski Party, | * Council Night Event, | * Farewell Awards Banquet |

See out TRIPS web page for more info, and a schedule of deposit payments.

Send in a \$625 deposit. Make check payable to **Northwest Ski Club Council**, P.O. Box 1915, Portland OR 97207.

Contact: **Barbara Bousum**, 503/224-3584, BBousum@gmail.com.



Mt. High

Whitefish Mt. Resort train trip



Whitefish, Montana



Feb. 17 - 21, 2010. A train trip to **Whitefish Mountain Resort** (the new name for Big Mountain, MT). 3 days of skiing and 4 nights total.

We'll leave on an Amtrak train on Wednesday afternoon, and arriving in Whitefish, Montana, early the next morning (around 7 am), ready to go skiing!

We'll stay at the **Grouse Mountain Lodge** for two nights, February 18th-19th (Thursday and Friday night). After a third day of skiing, the train leaves Whitefish at 9 p.m. on Saturday, Feb. 20th, arriving back in Portland on Sunday morning.

For those who'd like to extend their stay, we are planning 2 additional nights at The Lodge at Whitefish, Feb. 20-21st, for \$140 per person. Must reserve in advance.

Whitefish Mountain Resort offers: 3,000 acres, 2,353 vertical feet, 3 hi-speed quads, 2 regular quads, 4 triples, 2 T-bars. 94 named trails + vast amounts of bowl and tree skiing.

Price: The price depends on whether you want Coach or Sleeper accommodations on the train.

\$415 per person - for Coach class.

\$550 per person - for Sleeper on the train.

Included: * 2 nights on the train (in comfy reclining seats); or additional charge for a bunk bed.
 * 2 nights at the Grouse Mountain Lodge in Whitefish (hot tub, restaurant, shuttles to town)
 * Shuttles to ski area and to the town of Whitefish are free.
 * 3 days of skiing.

Sleeping compartment is available in both directions for \$135 per person, which includes both the first and the last night of the trip. That accounts for the difference between \$415 and \$550.

To sign up, use the [Dough Transmittal form](#), p.15. Note: No cancellations in the last 30 days.

Contact **Debbi Kor** at: ijustwannarun1@comcast.net.

Ski Kats

Whitefish Mt. trip with the Mt. Hood Ski Kats club



Feb. 28 - March 6, 2010 - AMTRAK train to Whitefish, Montana Ski Week.

We leave Portland on Sunday afternoon, and return on Saturday morning. We have reserved 26 beds on the train, but there is also plenty of room on coach. Expect to be serenaded by your congenial accordion player, Dieter Nachman.

We'll stay in lovely large rooms at the swell **Whitefish Lake Lodge**, and 4 days lift tickets are included in the trip price. The trip price depends on your age and on your choice of sleeper or coach on the train:

	Age: Adult (15-64)	Senior (65+)	Super Senior (70+)
Deluxe Amtrak Bedroom:	\$875	\$819	\$655
Economy Amtrak Bed:	\$797	\$741	\$576
Coach Travel:	\$663	\$607	\$443

Send in your \$200 registration fee to Mt. Hood Skikats, PO Box 90141, Portland, OR, 97290. Mark your check "Whitefish trip". Final payment due by December 30th.

For more info, contact **Henry Bendinelli**, 503-760-5763, or friendhenry@comcast.net. See trip flyer at: <http://www.mthigh.org/Trips/2010-Ski-Kats-Whitefish-trip.pdf>. All Mt. High people are welcome!



Mt. High

Fernie / Kimberley - Canada (bus trip; optional fly-in)



Fernie

Mar. 21 - 27, 2010. A 6-day trip. 4 days/4 nights in Canada, with 3 days at **Fernie** and 1 day at **Kimberley**. But, we will also spend an extra day skiing at **Silver Mt.** (Idaho) half-way up to Canada, and then **Bluewood** ski area (Washington) on the way down. That's a total of 6 days of skiing!



Fernie

Leave Sunday morning. Return the following Saturday by 9 or 10 pm.

THIS IS A ONCE IN A LIFETIME TRIP! The logistics are not easy, so we will not do this trip again.

Fernie gets 29 feet of snow each year. Five enormous bowls; countless glades & chutes, 2,504 acres and 2,816 vertical feet. Served by 2 high speed quad lifts, 2 quad chairlifts, 2 triple chairlifts, 1 t-bar, 1 platter lift. Open bowl and tree skiing. Long cruisers. Also: 14 kms of cross-country trails. 9 on-hill restaurants.

Kimberley has 1,800 acres, 2,465 vertical feet, served by 1 High Speed Quad, 1 Triple Chair, 1 Double Chair, 1 T-Bar. Long cruisers. Lots of tree skiing, especially on the back side. Longest run: 4 miles.

Lodging: 4 nights at the Fernie Stanford Resort, an off-mountain lodge with a shuttle to the ski area, hot tub, heated pool, restaurant. Full breakfast included. We'll also spend a night in Kellogg, Idaho on the way up, and a night in Ritzville, WA on the way back.



Stanford Resort at Fernie

Transportation. We'll have a chartered bus all the way from Portland. We will break up the long drive to Canada by stopping to ski half way there.

If you prefer, you can fly. Those who **fly** will have only **4 days** of skiing at Fernie & Kimberley, for a total price of about \$500 for the land package. Airfare is not included in the trip price. Also, you will have to rent a car to get from the airport to Fernie. You can fly to: **Cranbrook, Kalispell, Calgary, or Spokane.**

Price (based on 20 participants): **\$955.** Seniors and juniors 13-17 can deduct \$45 from the price. The price is still tentative, until we sign a contract. Price is on a sliding scale, depending on the number of participants. For each additional 2 people, price for everyone drops by \$20 - \$25.

Included in bus trip: 6 nights lodging, 6 breakfasts, 6 lift tickets, and bus transportation.

Deposit of \$100 due immediately! A payment schedule will be provided later. The number of people on this trip is presently limited to 30, including those who are flying and members of Altair Ski Club joining us. You should sign up early to ensure a spot.

This trip is during Oregon's Spring Break, and is FAMILY FRIENDLY! We have reserved 2 special family rooms at Fernie for the 4 day/4 night package at a cost of \$1,300 for 2 adults and 2 children under 13 (including lodging, lifts, and breakfasts for the family). Families with young children should plan to fly/drive to Fernie. If we get 10 people or more who are interested in flying, we can try to arrange group airfare and



special rates for rental cars, but we must know right away so we can work on a group. While we cannot take young children on a long bus trip, you may contact your trip captain about older children.

Use [Dough Transmittal form](#), p.15, to send **\$100 deposit**, due immediately. Full payment due by **February 20, 2010**. In February, you will be told the balance due. No refunds after Feb. 20 unless you can fill your spot.

Contact:

Linda McGavin at (503)652-2840 Trips@mthigh.org,
Emilio Trampuz at 1-503-378-0171, info@mthigh.org.



Other Far West (FWSA) Trips

- **Keystone Nationals**—FWRA—January 27-29, 2010. The Keystone Nationals is a dynamic recreational race competition, open to all ski club and ski council racers of all ability levels, as eleven different competition classes are offered for both men and women. Contact **Bob Ellis** at 530.582-0566.
- **FWSA 2009 Ski Week** will be in Keystone, Colorado January 30 to February 6, 2010. Council Trip Leaders are taking sign-ups. Check the Keystone flyer on our web site or at www.fwsa.org and click on travel.
- **Cortina Ski Trip**, February 27—March 7, 2010—\$1844 per person; Cortina, one of the most beautiful settings in the Alps; daily breakfast and dinner included; 7 nights at a 3+ star Splendid Venezia and round trip flight from SFO/LAX. Venice—Pre-Trip Extension \$575 February 24-28; Vienna/Budapest—Post Trip Extension \$878. Contact **Norm Azevedo** at fwsaitravel@sbcglobal.net.

Mt. High

Lake Tahoe / Heavenly



Marv & Janice at Heavenly

Mar. 31 - Apr. 4, 2010 A 5-day trip (Wednesday - Sunday).

Skiing: Heavenly is our main destination, with 4,800 acres and 3,500 vertical feet, and slopes in both California and Nevada. But, we'll visit other ski resorts too.

Lodging: Lakeland village condos, 1-4 bedrooms, full kitchen, hot tub, heated pool, sauna, free shuttles, 1 mile to the lifts.

Drive/Fly to Reno (on your own), take a \$43 round trip Sierra Express from the airport, or drive, or rent a car. Janice can help you carpool with others.

Price: \$400 (or just \$300 if you have a Heavenly Pass) includes:

- * 5 nights lodging, in shared condo. * Breakfast
- * 2 of 3 days lift ticket to Heavenly * Wine & cheese welcome party,
- * Shuttle around town and to Heavenly gondola or tram.

Contact **Janice Jessen:** jessen@iinet.com

Send \$100 deposit. Use [Dough Transmittal form](#), p.15. Note: No cancellations in the last 30 days.

Bergies Tahoe Sampler - 20th Anniversary



Heavenly

Feb. 21-27, 2010.

Both trip leaders, **Bob Burns** and **Tom Hiller**, are also Mt. High members, and we are all invited. Price, **\$364**, includes:

- 6 nights lodging at Bluelake Inn, 3 blocks from casinos and Heavenly gondola.

- A gourmet group dinner on Tuesday
 - Hospitality room on Sun., Mon., and Friday
 - Legendary Wed. night dinner dance cruise on the M.S. Dixie II paddle wheeler. • A trip souvenir
 - A Thursday bus and boat shuttle to Squaw Valley.
- Lift tickets are abt. **\$80** per day. Discounts available.

Payments to: **Bob Burns**, 9980 SW Citation Place, Beaverton, OR 97008. 503-524-5261, bob@inkjetman.com

NWSCC

Bachelor Blast



Mt. Bachelor

April. 16-18, 2010.

Join all local ski clubs in a celebration of Spring at Mt. Bachelor's.

Price is yet TBA. Last year it was only **\$129** pp.

- > 2 nights lodging
- > Full hot breakfast
- > Saturday night dinner

Lift tickets are extra, but will be very affordable, at only about **\$80** for a 2-day pass (Sat. and Sunday).

Mail check to: NWSCC P.O. Box 1915 Portland, OR 97207-1915

Contact **Debbi Kor** at:

ijustwannarun1@comcast.net.

Picnic

August 90, (Sunday). Our annual picnic at Sellwood park was very pleasant and relaxed. There was plenty of food of all kinds, including cakes and pies for dessert. We even had flyers available for most of our upcoming winter trips, so there was some animated talk about next year's destinations.



See more photos at www.mthigh.org/PhotosRecent.htm.

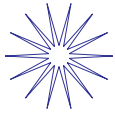
NOTE: Both of these are annual events.
If you missed it this year, come next year!

Rafting & Camping

August 21-23. Two or three nights of camping in Maupin and two days of rafting on the Deschutes River is becoming quite a tradition in our club. This was the sixth year in a row. Around 56 people participated. Lou's "Q" barbecue was finger-licking good, as always!



See more photos at www.mthigh.org/PhotosRecent.htm.



Mountain High members were busy this summer!

Did you notice? Every year, at least one couple gets married! Who's next?



Quinn & Steve Shaw got married

June 20, 2009. The happy couple got married after dating for 4 and a half years. They actually first met at a gym over 16 years ago.

Steve proposed and Quinn said "Yes" at Angel's Rest, where they had earlier gone on their first hike together.

Let's all wish them many happy years together.



Beth

Seattle to Portland bike ride

July 11-12, 2009. Beth Paraskeva, Brenda and Jeff Ackerson, Gordon Lusk, and Hiro participated in the grueling 200 miles of bike riding from Seattle to Portland, accompanied by about 10,000 other bicycle enthusiasts.



Jeff and Brenda

Portland Providence Bridge Pedal bike ride

Aug. 9, 2009. Alice & Blaise Dagilaitis, Mike Hennes, Diane Zhitlovsky, Lisa & Harry Scribner, Patty & Gerry Ignatowski, participated in the Bridge Pedal, accompanied by 17,000 other cyclists.



Gordy & Hiro



Gordy

Talk to
Dr. Gerry!

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.

Sept. 28 (Mon.): Open to all who want to get more involved with the club, or just want to see what's going on. 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:

President: Gordon Lusk, H: 503-804-8363,
Vice-President: Kurt Krueger, H: 503-625-1492,
Secretary: Diane Zhitlovsky, H: 503-666-0389,
Treasurer: Sandi Dykstra, H: 503-629-0177,
Membership Director: Elaine Bock,
Race Director: Bruce Ellison, H: 503-697-7892,
Newsletter Editor: Emilio Trampuz, H: 1-503-378-0171,
Social Activities: Debbi Kor, H: 503-314-7078,
Golf: Cal Eddy, H: 503-631-3115,
Mid-week skiing: George Yun, H: 503-697-3055,
NWSCC Rep: Debbi Kor, H: 503-314-7078,
Trip Directors: Linda McGavin, H: 503-652-2840,
 Janice Jessen, H: 503-636-0687,

GordyLusk@hotmail.com

telek2@att.net

Dianezhi@hotmail.com

sandid@aol.com

SeawitchPdx@aol.com

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ijustwannarun1@comcast.net

W: 503-805-8606, baebaw@ccwebster.net

boar2m@msn.com

ijustwannarun1@comcast.net

Trips@mthigh.org

jessen9011@comcast.net

General info:

info@mthigh.org

Web site:

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): _____

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 anyway.

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

Please take my money, and apply it toward the following Ski Club fun stuff:

Deposit? Paid in full?

☐ **Annual Membership** (Oct. 1, 2009 - Sept. 2010): Single (\$25); couple (\$40) \$ _____

☐ **PACRAT Racing (2010)** \$85 or \$90 Ask before you send. Team: \$ _____

☐ **Mystery bus trip** (Jan. 15-18, 2010) Total \$326. Deposit \$100 \$ _____

☐ **Whitefish train trip** (Feb. 17-20, 2010) Coach: \$415, Sleeper: \$550. Dep. \$100. \$ _____

☐ **Fernie (Canada)** (Mar. 21-27) Total=\$950, Deposit=\$100, Full by Feb. 20. \$ _____

☐ **Heavenly/Tahoe trip** (Mar. 31-Apr. 4) Total \$400. Deposit \$100. Full by Feb. 28 \$ _____

☐ **Other:** _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

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

Club membership = 317 Newsletter Distribution

The Sept. 2009 issue is posted on our web site, and also:
301 copies sent via email (as PDF files)
34 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.

What do YOU do with the newsletter?

Chas Westergren says: *"Our UPS driver just back from the Breckenridge area commented that his wife was told to join a club by a local rep, and so I gave him a printed copy of "Lift Lines" I had handy.*

Yes everyone should print it ASAP and have it handy. Anyways the driver said that his wife would like going on bus trips. Keep up the good work with the newsletter. The club is better for it."

Well, that's a trusting soul, willing to entrust his wife to our club!!! We'll take good care of her, though!

In the meantime, send us your stories of what you do with "Lift Lines". Do you print it? Do you email it to others? Where is your favorite spot for reading it? Send us a photo of yourself with "Lift Lines" in hand. Send your story to: info@mthigh.org.

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

Please check our web site,
www.mthigh.org
 for updates.

Other club news**SporTubes for sale**

There are two hard-plastic tubes for carrying skis available on our [Bulletin Board](#). <= click here

SporTube giveaway

The SporTube manufacturer has contacted us and offered us a sample tube in exchange for placing a link to www.SporTube.com on our web site. One lucky club member will win this tube at our Membership Party.

**Mt. High Training Days**

This issue is not entirely complete. We also need to mention the 2 or 3 free training days our club offers every season. We will be announcing those later.

No trips? No racing? No problem! Let's ski!

If trips are not your thing, and you just want some company on day outings to Mt. Hood, come join us on specific days we'll be announcing. All the PACRAT race days are good, because 135 of us will be going!

Cancer Ski-Out & Hope on the Slopes

We ran out of space here, but the info is posted on our web site! See our EVENTS page. More in next issue.

