



Lift Lines

== No. 106, October 2009 ==

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



From the Prez

Just another reason to become active in our great club. The Seafood Spectacular was just that, SPECTACULAR. We can't thank Greg and Violet enough for packing over 80 people into their home for the evening. I hope we didn't make too big of a mess. Linda and Debbi worked their little tails off preparing for the dinner and Pete Troy supplied wonderful Halibut, Salmon (which was a pleasure to cook) and shellfish. You all showed up with goodies and we all had a great time. To accomplish a function like this takes a great deal of work. Looks like next year we may have to rent a hall or something to accommodate Mt. High seafood eaters.

If any of you would like to help or have an idea for some fun get-together please contact Debbi Kor or me and we will get it on the discussion docket...



Linda, at the Seafood party



If you are interested in joining the 135 PACRAT skiers from Mt. High don't hesitate to get involved. Contact Bruce Ellison. He will put you on a fun team and in touch with a team captain. You will never ski alone again. We have a great time and become a little better on the slopes...

I have "Pray for Snow" (Nov. 14) tickets, give me a call. See page 11.
- Gordy Lusk

Membership Renewal issue

It's time to renew your club membership, and sign up for racing and/or trips.

Recent Events: pp. 2 - 3
Upcoming Events: pp. 4 - 5
PACRAT Racing: p. 6
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Deadlines & Deals: pp. 13 - 14
Club info: pp. 15 - 16

Hike to Cape Falcon



Meet at the Sunset Transit Station (off Barnes Rd./ Hwy. 26) at 9 am and carpool. RSVP to Elisabeth: lise518@msn.com, 971-226-4545. More on page 4.

Oct. 18 (Sun.)
 Easy 6 miles,
 300' elevation
 gain. South
 of Seaside.

Note the color code.
 Our club is blue.

2009 CALENDAR

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

Oct. 8-9: Hillcrest Equipment Night
 Oct. 9-10: Mt. Hood Snowsport Swap
 Oct. 18 (Sun.): Hike to Cape Falcon
 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. 14. (Sat.): Pray for Snow party
 Nov. 19 (Thur.): Mt. High Membership
 Party at Gray Gables, Milwaukie
 Nov. 28 (Sat.): Mt. High Wine Tour

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

NWSCC

NWSCC 30th Anniversary Party - by Emilio Trampuz

NWSCC

"Mountains of Memories"

Sept. 19, 2009 (Saturday): 6 pm. at **Montgomery Park** in Portland,



Jeff Lokting, Holly & Phil Mahre, Mary Olhausen

Wow! What a fantastic evening the NW Ski Club Council's 30th Anniversary celebration turned out to be!!! It was truly "Mountains of Memories".



Jefferson Dancers perform SKIA

It was inspiring. Dancing on skis with no snow! Skiing without the use of legs! Competing in the Olympics while your wife is giving birth at that moment!

Wow!

The company was great, the food was great. The auction items were fantastic. Somebody is going to Maui, somebody will enjoy a night up at Silcox Hut. Emilio bought a new ski bag for just \$30 (normally priced at \$40 - \$100). Funds were raised for the Mt. Hood Museum. People could chat freely with Phil Mahre (the Olympic Slalom gold medalist) throughout the evening, and several guest speakers were both moving and inspiring.

I only regret that I wasn't better prepared to record it all for you, especially more video footage. Unfortun-

nately, for the very first time ever, I simply ran out of memory on my 4 GB SD card. So, I apologize that the Phil Mahre video is not complete. But, it's still worth seeing and hearing his story and his message.

The photos and videos reside in several places. A good place to start is the Mt. High "Recent Photos" page, and then follow the links from there.

a) Mt. High "Recent Photos": www.mthigh.org/PhotosRecent.htm

b) Mt. High "Videos": www.mthigh.org/Videos.htm - links to both videos: Skia and Phil Mahre.

c) Direct Link to Skia dance on You Tube: <http://www.youtube.com/watch?v=6RIQ6Nx4Vdg>

d) Direct link to Phil Mahre video: www.mthigh.org/Videos/Phil-Mahre-2009.wmv

The **SKIA Dance** video is a must-see. How can people dance with skis but no snow? You have to see it!

Phil Mahre's video is very interesting too. He tells us his personal story, but also addresses the larger question of gold medals in general and our life goal, and what is truly important in life.

Phil begins on an emotional note after a very inspiring speech by **Kevin Hansen**, a ski competitor who broke his neck at Timberline (in 1975) and told us how he coped and managed to overcome this and find new meaning and new goals in his life. He is currently the Director for World Wheelchair Sports. Sadly, I did not record that speech. As I said, I wasn't prepared for how wonderful and inspiring the evening would be.

At the end of the evening, the new NWSCC logo was unveiled. Inspired by volcanos!



Emilio Trampuz & John Reinhardt



Debbi Kor & Linda McGavin



Sheri Parshall

Golf - by Cal Eddy

September 2, 2009. Our last golf outing was at Glendoveer. We had thirteen members, so we had a scramble.

I would like to thank **Terry Swan** for helping me out a lot this summer. Now Terry Swan and Lana Rulien took lessons and can hit the ball farther than me. Of course that is not saying much. But they both have improved from the beginning of this season.

Terry White and **Terry Swan** played more than anyone else in our club, they did not miss many throughout the summer.

We will plan a scramble next year in April for our opener, but until then hit the slopes and enjoy a good winter. -- Cal

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



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

Seafood Extravaganza

Sept. 26 (Saturday). One of our largest in-home parties so far, with over 70 participants. Most people brought food, tons of it, including delicious desserts. The main course, ie. the seafood (salmon, cod, shellfish) was

provided by **Peter Troy** and **Ann Gormley**, fresh from Alaska. See their web site:

www.petersburgfishingadventures.com.

Thanks to **Violet and Greg Anderson** for hosting the party. And thanks to **Debbi Kor, Linda McGavin**, and all the volunteers who helped prepare the food.

**Hike to Junction Lake**

Sept. 27 (Sunday). Twelve of us went on this wonderful hike to Junction Lake, led by **Elisabeth Fontaine**.

Over a dozen photos were posted in our **Snapfish Albums**, which you can now view without logging in. Simply "enter as a guest". See:

<http://www1.snapfish.com/share/p=17911254386538513/l=3041819017/g=8852889/cobrandOid=1000111/otsc=SYE/otsi=SALB>

Next hike is Sunday, Oct. 18, to Cape Falcon. See p.4.



Mt. High

Hike to Cape Falcon



Oct. 18, 2009. (Sunday)

Cape Falcon
Easy hike
6 miles round-trip
300 feet elevation gain

This is a very pleasant hike starting at "Oswald West

State Park" Hwy 101 south of Seaside.

Meet for Carpool or Caravan: We will meet 9:00 AM @ Sunset Transit Center (off Barnes Rd./Hwy 26) for carpooling!

Please bring water, lunch and a chair for ☺☺☺ (That's happy hour, for those who can't see the graphic).

Please RSVP to:

Elisabeth 503-524-5774

Cell phone: 971-226-4545

Email: lise518@msn.com

Happy Trails - Elisabeth

Ski Fever & Snowboard Show



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

Big annual ski show at the Expo Center. Great deals on ski clothing and equipment. Many freebies.

Live demonstrations. 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

Pray for Snow



Nov. 14, 2009 (Saturday)

Annual event to help usher in the Winter season, with a live band, dancing, revelry, and the company of friendly skiers. It's organized by the **Schnee Vogeli** ski club, but members of ALL local ski clubs are invited.

Location: **Charlie's Pub & Restaurant**, Government Camp.

Tickets: \$10, must be purchased in advance (Limited quantities). Contact your dearest member of the Schnees.

Gordon Lusk: GordyLusk@hotmail.com

Dale Parshall: dale.parshall@usbank.com

There will be no tickets at the door. This event fills up!

NWSCC

Ski Fair (New location: Holiday Inn)



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.

Mt. High

Mt. High Membership Party



November 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. Bring a friend.

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

Mt. High

8th Annual Mountain High Wine Tour



Nov. 28, 2009. Calling all wine connoisseurs! It's that time of year again, and we will be doing our 8th Annual Mountain High Wine Tour on Saturday, November 28th.

This has been such a great event in the past! Let's keep it that way. We'll plan on meeting Saturday morning at the Tigard Fred Meyer store around 10 a.m. and travel along Hwy 99 through the wine country, making stops along the way. We'll have a large van (12 passenger), and if we have more guests than that, we'll plan a car pool to follow along.

Bring your appetite for some good wines, along with a food item to share. We'll stop at one of the wineries and have a picnic. Please RSVP to **Debbi Kor**: ijustwannarun1@comcast.net, no later than November 20th.



Warren Miller gifts

*Santa Claus (Warren Miller Entertainment) is coming to town October 23-24. Everyone attending the latest movie will receive **6 free lift tickets**. We'll see the movie on Friday, Oct. 23 at 8:00 pm. There are 4 steps:*

1

Purchase theater tickets



The deadline for a group purchase of tickets for \$19 was **Sept. 26**. Seventy people got in on this. Many others were late in deciding, or didn't read all the club's email reminders! They can now buy tickets through TicketMaster, for about \$24.50.

Regardless of how you get your tickets, or even if you don't get them at all, feel free to join us for dinner around 5:30 pm on October 23. Only, if you do, please let **Emilio** know.

Freebies for all attendees



3 lift tickets to **Sun Peaks, Silver Star, Big White**, in Canada.
1 lift ticket to **Crystal Mt., WA**, 1 ticket to **Mt. Alyeska, AK**.
1 lift ticket to **Mt. Bachelor, OR**.
\$25 off at all of the following local stores: **US Outdoor Store, Ski Chalet, and the Mountain Shop**.

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 your preferences.

2

Dinner and Movie



October 23 (Friday) - Movie night!

Dinner: 5:30 pm (optional)

Movie: 8:00 pm.

We'll do dinner / happy hour at the **Tree's Restaurant**, in the PacWest building, on the corner of Madison and 5th, downtown Portland, about 2 and a half blocks from the Arlene Schnitzer Concert Hall, where the movie will be shown. Happy hour at Tree's is from 4 pm - 7 pm.

If you are coming to dinner, please let Emilio know, so we can reserve you a spot at the table. Email: info@mthigh.org

3

Printing / donating vouchers

You will receive a card with a **10-digit code**. Use it on Warren Miller's web site to unlock & print your 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 couldn't come to the movie.



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 or 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

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.



More info on the TRIPS page on our web site www.mthigh.org

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.





All Aboard for Whitefish!

by Debbi Kor

Have you ever thought about taking Amtrak on a ski vacation? What fun it would be to jump on with about 25 of your closest ski buddies, and leave the driving to someone else? Well, here's your chance.

February 17th-20th, we will be railing our way from Portland to Whitefish, Montana to ski at one of the best mountains this side of the Rockies! The train leaves Portland at 4:45 pm on Wednesday, February 17th, and will arrive in Whitefish on Thursday morning around 7:30. We'll be picked up in vans and whisked away to Grouse Mountain Lodge, for 3 wonderful days of skiing and fun in the snow!

Our rooms will be ready upon arrival so that we can change, and take a shuttle to the mountain for first runs around 10 a.m. How cool is that? Upon returning from our first day on the slopes, we'll have a Welcome Party with 1 complimentary drink in the beautiful restaurant and bar at Grouse Mountain Lodge.

We will have access to our rooms until we're ready to return home via Amtrak on Saturday night. The train will depart Whitefish at 9 p.m., and arrive back in Portland around 10:30 a.m. on Sunday. The cost for all this fun is: \$425 for those who wish to travel by coach, \$575 for those who wish to have a sleeper. The price includes 2 nights lodging, round trip rail transportation, 3 days lift tickets, and 3 days breakfast.

For those who'd like to extend their stay, we will move over to the Lodge at Whitefish for Saturday and Sunday nights. We can ski 2 additional days, and depart Whitefish on Monday evening at 9, arriving back in Portland on Tuesday morning at 10:30. The additional cost will be just \$139 per person (double occupancy), plus lift tickets. Contact Debbi Kor: ijustwannarun1@comcast.net

Mt. High

Whitefish Mt. 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)

* 3 days of skiing + Free shuttles to ski area and to the town of Whitefish are free.

Sleeping compartment is available in both directions for \$135 per person, which includes both the first and the last night of the trip. To sign up, use the [Dough Transmittal form](#). No cancellations in the last 30 days.

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

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 Kellog, 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 \$51 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.





Marv & Janice

“To breathe the air angels breathe, you must come to Tahoe”

- Mark Twain

The Lakeland Village Condos have the only private dock accessible to the lake as well a view of Lake Tahoe from every condo. The free shuttles from the condos are only a ten minute ride to the Heavenly Gondola, to the Outlet mall, and to unlimited first class dining & entertainment.

Last year's trip included a wine and cheese welcome party and two dinners (ala chef Kris) in the condos. A sunset cruise on the lake is scheduled for an extra fee.

Come join us for fun on the sunny, snowy Lake Tahoe trip. Heavenly was rated tops for tree skiing in this year's Skiing magazine.

Mt. High

Lake Tahoe / Heavenly



Mt. High members 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.

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 \$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 **Debby Kor** at:

ijustwannarun1@comcast.net.

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.

PRESENTED BY
NORTHWEST SKI CLUB COUNCIL

FREE ANNUAL

2009 Ski Fair

ONE NIGHT ONLY!
Monday,
November 9, 2009.

Holiday Inn
Portland Airport
8439 NE Columbia Blvd.
Portland, OR 97220

6:00 pm - DOORS OPEN
Admission is FREE and OPEN TO THE PUBLIC
No Host Beverages
DOWNHILL, CROSS-COUNTRY, SNOWBOARDING, ...
ALL KINDS OF SNOWPLAY!

HIGHLIGHTS:

- * Silent Auction
- * Ski Resorts
- * Ski Retailers
- * Ski Clubs
- * Sports Clubs
- * Mt. Bachelor
- * Mt. Hood Meadows
- * Ski Bowl
- * Timberline
- * Join a Club
- * New Gear
- * Ski Trips
- * Get discounted season passes

* Admission is free.

Designed and printed by:
Starbright Creations 503-378-0171

NWSCC
NORTHWEST SKI CLUB COUNCIL

Contact: Mary Olhausen
Phone: 503-880-7383 Email: omary52@comcast.net

Win with FWSA Survey

Complete the Far West Ski Association's [demographic survey](#), and you could win \$500.

Survey results will be used to help us better serve our members and to develop marketing and sponsorship programs. Eligibility for prize & odds of winning: One entry per person. Must be a member of FWSA. (Mt. High members are members of FWSA.) Must provide email address to be eligible.

Survey closes November 15, 2009. Individual survey responses will be kept confidential. One \$500 cash prize will be awarded to a randomly selected participant. Winner will be notified by email the week of December 5, 2009 and must reply by December 15 to accept award. If winner does not reply, a second chance drawing will be conducted.

Click on the above link, or find the survey at: www.fwsa.org.

Warren Miller 60th Giveaway

Win great stuff, like skis, boots, jackets, goggles, vacations, etc. Ski and Skiing Magazines are celebrating **60 years of Warren Miller films** by organizing the biggest ski giveaway ever.

Every day from **October 1st - November 29th, 2009** – HUGE prizes from the top brands in the ski industry will be awarded. Visit <http://skimag.com/60>, answer one easy ski trivia question – and you can win a prize on that day.

To participate and enter daily, it may be easiest to start with the link from our Mt. High web site, right on top of our NEWS and EVENTS page at:

www.mthigh.org/Events.htm.

Season Pass Deadlines

Do you really need a season pass? Maybe not, if you will be skiing at different ski areas, going on trips, etc. Also, remember that all 3 Mt. Hood ski areas offer attractive **Spring Passes**, costing under \$100, and give you 3 months of skiing (March, April, May). If you do need a season pass:

- The Meadows 4Buy4** season pass costs \$449 only until October 31.
- The Meadows 10-time pass** can be purchased until November 8 (the end of the Portland Ski Show), ... but just for us NWSCC clubs, they will extend it one more day, for our Ski Fair, on November 9.
- Timberline** offers a Weekday Pass for just \$209, or a 5-time flex pass for \$175, or a 10-times flex pass for \$325, or a Full Season Pass for \$449, but only until November 8th. Then all the prices go up.
- Mt. Hood Skibowl** also offers a Season Pass for \$449.
- The Fusion Pass** (for both Timberline and Skibowl) also costs \$449, but only till Oct. 31. The price rises to \$475 till Nov. 8. After that, it's \$575.

Passport Required



If you travel outside the US, including winter trips to Canada, you will need a passport. See: www.mthigh.org/Articles/Passports.htm

You may have several incentives to cross the border this Winter, including:

- a) The **Whistler Cabin trip** in January.
- b) The **Winter Olympics** in February
- c) The **Fernie/Kimberley trip** in March
- d) The **Canada Ski Safari** in April.

So, be prepared. Make sure your passport hasn't expired. Or get one if you don't have it.



Q & A about Mt. Bachelor

Q: Can I loan my Club Card to my friend?

A: No, the Club Card will have your photo on it.

Q: Can I use my Club Card at the ticket window?

A: No. Club Card savings are for advance online ticket purchases. They ensure the lowest daily rate. \$49 non-holiday.

Q: Can I buy a Club Card for someone else as a gift? How?

A: Yes. You will enter their customer info once they go on sale.

Q: Will I need to go to the ticket window to use my Club Card?

A: No. You can go straight to the lift. Club Card must be pre-loaded with the lift ticket in advance via www.mtbachelor.com.

Q: Should I be concerned with this daily pricing plan if I am going to have a Season Pass, 12-Day Pass, Club Card or Multi-day ticket?

A: No. It is irrelevant to you.

Free Mt. Bachelor Club Card



Thanks to **Linda McGavin**, who is currently working on the next **NW Skiers' Directory**, we found out this great deal that **Mt. Bachelor** has offered to all NW ski clubs, through the NW Ski Club Council. It's a free "Club Card".

1. For the general public: Up until the lifts open for the year Mt. Bachelor offers a "club card" picture pass for \$29 to the public that will let them buy \$49 non-holiday lift tickets.

2. For NWSCC club members (That's all of us!) - We can go to the Sports Desk at Bachelor up through January 31 and get that same card for FREE by showing our NWSCC membership card and picture ID. (Note: Your club membership card doubles as an NWSCC card. Just flip it over.)

3. On the day we pick up the Club Card, we can "load" it with our credit card with multiples of \$49. In the future we can load it up any time **online**, before arriving at the mountain. When we get to the mountain, we can go directly to the lifts and, as we pass through, \$49 will be deducted from our balance on the Club Card, which is a Radio Frequency ID. It's all automatic and very high tech.

Note that we can load the card in person at the Sports Desk **only the first time**. After that, we'll need to do it **online**, using a credit card.

Here's a recommendation for which pass to purchase, depending on how much you will ski at Mt. Bachelor:

- a) **2 - 10 days or 13 - 20 days: Get the Club Card.**
- b) **11 - 12 days : Get a 12-times pass.** for \$499.
- c) **More than 20 times: Get a Season Pass.** for \$999.

Mt. High Membership renewal

Whenever you send in any money to the club, please use our **Dough Tranmittal Form** a.k.a. the **Membership Signup Form**. You can find a compact version of it on the last page of Lift Lines, or on our web site, on the [Forms](#) and [Member Benefits](#) page.

Simply mail the form to the club's PO Box 2182, Portland, OR 97208.

For questions, contact: info@mthigh.org.

Remember, all Mt. High members are automatically members of the **NW Ski Club Council (NWSCC)** and the **Far West Ski Assoc.**

Besides doing it by mail, you can also renew in person at the **Ski Fair** (Monday, Nov. 9) or at our annual **Membership Party** (Thurs., Nov.19)

The advantage of doing it in person is that you then receive your membership card immediately, without delay. .

MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

Cascade Ski Club Offer and Need

Cascade Ski Club offers card-carrying NWSCC members **\$18** dollars a night for a **mid-week** bunk in Govt. Camp. Call (503) 272-9204 to reserve.

Go to cascadeskiclub.org to join Cascade. Members bunk is just **\$12** and enjoy advance online bunk and food reservation privileges. Private rooms are reserved for Cascade Club members.

Cascade Ski Club seeks a **live-in manager** for the ski season. Room, board and a salary provided. Duties include housekeeping, snow shoveling and meal prep on weekends. Call (503) 272-9204 if you are interested.

Mountain High Meeting

Usually the last Monday of the month.

Oct. 26 (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@gmail.com

sandid@aol.com

SeawitchPdx@aol.com

Yuffiet@comcast.net

info@mthigh.org

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 Oct. 2009 issue is posted on our web site, and also:
314 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.

Other club news**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.

**House for rent + SporTubes for sale**

There are several new announcements available on our [Bulletin Board](#). <= click here

Cancer Ski-Out & Hope on the Slopes

We ran out of space again, but the info on these two is posted on our web site! See our EVENTS page. Team signups have started. More in next issue.

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

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

Membership and Trips

It's time to **renew your club membership!** Our membership runs from October to September, so our new season has officially started.

Please use our **Dough Transmittal Form** or **Membership Signup form** (which is really the same document) not just for your membership fee, but also every time you send any money to the club. When you fill out the form, it helps us to know for which purpose you are sending us money. Mail the form & your check to the PO Box at the top of the page.

Also, sign up for a **recreational racing team** and/or for at least one **club trip**. Remember that space is limited.

We now have over 300 members, and only 50 spots on our **Mystery** bus trip. First come first served. Once the bus is full, we can't take any more people. The same is true of the **Fernie** bus trip, where the smaller bus can take only 30 people, and to some extent of the the **Whitefish** train trip too (because there is a limited number of sleeping compartments on the train).



You can do all the signups by mail, or come to our club's booth at the **Ski Fair**, or come to our **Membership Party** in November.

