



Lift Lines

== No. 111, March 2010 ==

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



Mt. High

2nd Free Training Day



March 13 (Saturday) at Meadows Only Mountain High offers you this many perks. Free pizza, free training. Wow! Maybe you missed the pizza party, but the free training is still ahead of us. This will be the second such ski improvement clinic, sponsored by our club.

All you need to do is show up, and have some fun skiing through gates. Your very own mini-Olympics!!! You don't need to be a racer, just a Mountain High club member.

This time it will be at Mt. Hood Meadows, most likely on Stadium, but we'll email you if there's a change in venue. Just be there by about 9:30 or 10:00 am. We'll begin as soon as we have all assembled there.

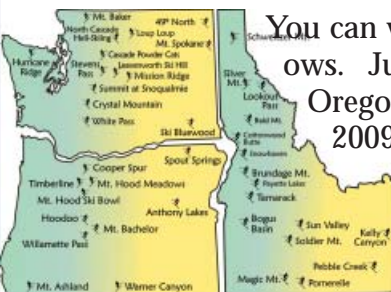
Mt. High

Come Ski With Us



Don't ski alone. Join us on a ski trip, or on any day-outing to Mt. Hood. Best place to meet is at McDonald's in Sandy, around 7 - 7:15 am on specific dates, such as on PACRAT race days (March. 14, March 21). See our web site [TRIPS](#) page, for both weekend and mid-week outings.

NWSCC Northwest Ski Challenge - by David Schor



You can win a ten-time pass to Mt. Hood Meadows. Just Ski or ride any 7 or more resorts in Oregon, Washington and/or Idaho during the 2009-2010 ski season to be eligible to win a prize. The more ski areas you visit, the greater your chance of winning.

Just **save your lift tickets!** If you've been on the Mystery trip, you already have 2 tickets. If you are coming to Fernie, you'll have 2 more (Silver Mt. and Bleuwood). Add to it the 3 Mt. Hood areas and you'll have 7.

To qualify for a prize, submit your lift tickets (or receipts) to: NWSCC, PO Box 1915, Portland OR 97207.

More info on our Council's web site: NWskiers.org. Also, see the [Articles](#) page on the Mt. High web site.

Spring Passes

It's time to get your Spring Pass. Get 3 months of skiing for a modest sum!

Meadows Spring Pass costs \$149, but will go up to \$179 after February 28.

Timberline Spring Pass goes on sale on March 1st. The price of \$109 will go down to only \$99 after April 5th.

*Note the color code.
Our club is blue.*

2010 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

Feb.28 (Sun): PACRAT Race 3 Timber.

Mar. 6 (Sat.): Ski The Glade Trail Day

Mar. 6-7 (Sat/Sun): **Masters Races**

Mar. 7 (Sun): Hike Sellwood/Johnson Cr

Mar. 7-8: Oregon Cancer Ski Out

Mar.13 (Sat) Free Training Meadows

Mar.14 (Sun) PACRAT Race 4 Meadows

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

Mar. 21 (Sun.) PACRAT Race 5 the make up race at Meadows

Mar. 21-27: Fernie/Kimberley, Canada

Mar. 29 (Mon): Mt. High meeting. See p. 11

Mar.31-Apr.5: Heavenly/Tahoe trip

Apr. 2 (Fri.): Rat Attack awards party

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

Apr. 9-11: **Far West Championships**

Apr. 11 (Sun.): Hike to Cape Lookout

Apr.16-18: **Bachelor Blast**

May 2 (Sun.): Brunch on Portland Spirit

May 16 (Sun.): Hike to Mosier Twin Tunnels

June 10-13: **FWSA Convention**

What we've learned from recent trips

by Emilio Trampuz

With every ski trip, we learn something new, we run into new issues, new solutions, and new ways of doing things. Here are some observations based on some of our more recent trips, including Schweitzer Mt., Crystal Mt., White Pass, Whitefish Mt., and the latest Mystery trip to Willamette Pass and Mt. Bachelor.

The Good

1. People really like short, weekend, bus trips. We need to organize more of them. These are the only trips that have been filling up to maximum capacity lately. We used to have more breathing room on the bus, but as our club grew, we filled the largest bus we could get (a 56-passenger bus) on the last 3 or 4 such trips.

At White Pass, we took all the rooms available at the motel in Packwood. The same happened in Leavenworth, WA, and on the Mystery trip.

2. Three-day weekends are good! Last summer, we polled our members and found that a slight majority prefers a 3-day weekend over a 2-day weekend. This was confirmed when our 3-day Mystery trip filled up to capacity. It helped that this was done over Martin Luther King weekend, which was a holiday for at least some people.

3. A group dinner adds greatly to the trip. Many praised the pizza night we organized during the Mystery trip. The night before, people scattered all over town in search of dinner, but on pizza night, we were all brought together, there was more socializing, and even dancing on the tables!

The Bad

1. Frequent announcements on the bus. The bus ride was spiced up with games, jokes, stories, announcements, and more. But one valid complaint was that the interruptions were too frequent. It might be better to concentrate the jokes and announcements in a couple of defined periods, and allow more quiet time in between, so people can either socialize or catch up on their Zs.

2. Gross jokes, "Groaners". This was the only other complaint on the recent Mystery trip. Some of the jokes weren't really funny. Instead, they were mainly designed for shock value and to produce a groan in the audience. People were not amused by these. Let's concentrate on humor in the future. More laughter, less groaning.



The Interesting & Educational

1. Avoid some larger resort on holidays. Some of the larger resorts raise their prices on holidays. So on MLK Day and Presidents' Day, we should visit the smaller resorts, which don't do that.

2. People like to ski with friends. Some people may withdraw from a trip if they hear that none of their closer friends are going on the same trip.

3. People like to be taken care of. Hey, it's their vacation, so why should they have to do all the work? Some people seem more receptive to sign up for a trip if they sense that the trip leader is taking care of everything and all they have to do is show up. Some people may cancel their trip signup if they are asked to carry some of the organizational weight, such as making their own reservations.

4. Airfare is one possible exception to the above. Many people like the flexibility of making their own flight reservations, so they can use their earned mileage points with their favorite airline.

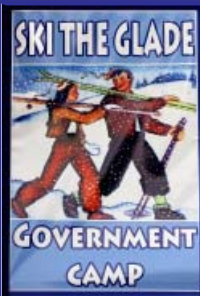
5. Air travel is getting less and less popular. The level of on-board service has dropped to almost nothing. It is becoming too much of a hassle to fly, with too many luggage restrictions (especially for skiers), and too many fees for each luggage item. On our Fernie (Canada) trip, we opted to go by bus, even though it is almost 12 hours on the bus. This decision was made easier by three factors:

a) **Our bus rides are a big part of the fun**, with food, games, jokes, and camaraderie. And there's always a cooler with drinks in the back of the bus.

b) **We added to the fun by splitting the driving between two days**, and stopping for a day of skiing at Silver Mt., Idaho on the way up, and at Bluewood, Washington on the way back. This variety makes the trip even more appealing, and better than flying over those ski areas without even seeing them.

c) **The bus is much cheaper than flying!**

Ski Historic Glade Trail Day



March 6, 2010 (Saturday)

Government Camp, OR - The Mt. Hood Cultural Center and Museum will hold this annual event on March 6, 2010. Once a year, under permit from the US Forest Service, the historic Glade Ski Trail is opened and groomed for this participatory living history event. This once popular downhill ski trail starts at Timberline Lodge and ends in Government Camp, a distance of three miles.

Before the advent of high speed ski lifts, highly groomed slopes and extreme snowboard acrobatics, skiing long trails was popular. According to **Lloyd Musser**, Museum Curator, "this event helps fulfill our mission of preserving and interpreting the history of Mt. Hood. This



is a chance for Grandparents to ski with their grandchildren and share the memories of skiing the Glade Trail, when it was the biggest ski adventure on Mt. Hood."

Participants are treated to a red carpet day of skiing. Skiers are shuttled to Timberline in comfortable airport shuttle vans, escorted by local guides and senior members of the Mt. Hood Ski Patrol, and served a hearty lunch.

Shuttles will run from 9:00 AM to 4:00 PM allowing ticket holders to make several trail runs. The events of the day are recounted at the Apre's ski party, where prizes are awarded. Wearing vintage ski clothing is encouraged.

Participation is limited to 75 skiers. Tickets are \$100.00 per person, a portion of which is deductible as a donation to the MHCC&M, a non-profit organization. Members of Mt. Hood Cultural Center & Museum receive 10% discount.

Tickets may be purchased at the museum, or by calling **503-272-3301**. Visa is accepted.

Background information on Mt. Hood trail skiing is available on the Museum's webpage in an article entitled **Trail skiing on Mt. Hood a Long Standing Tradition**. See it at: www.mthoodmuseum.org.

Recollections of the Glade Trail



Henry Bendinelli: Way back in the days when "Fanny" was nothing but a girl's name (and skis were long and skinny) many of us old-timers didn't have much money--at least not enough for (Good Heavens!) >> LIFT TICKETS!!

However, at good-ol' Mt. Hoodley, we "brokesters" had a secret weapon: THE GLADE TRAIL! At 3½ miles long, it extended from Timberline clear down to Guvvy. ("Government Camp" as the "Flatlanders" term it.)

If one was in the chips, you could pay 35 cents to the (strictly free-enterprise) shuttle-bus and thus do a lot of skiing for \$1.05. But if you were really BROKE, you could carry your skis up to the Timberline junction and -- HITCHIKE back to Timberline!

As all of you are skiers, you'll understand the term: "ANYTHING to go SKIING!" But then the bus fare was hiked to FIFTY CENTS(!) A major catastastroke.

A more sophisticated and "socially acceptable" way to ski for free, was to pass the Instructor's exam and get on the teaching staff. One could then catch the employees' shuttle in Guvvy, teach and ski all day, then bash on down the Glade trail in the late afternoon.

All you skiers should run the trail at least once in your lives. On Saturday, March 6th., the Glade Trail will be groomed! So, get your wallet out and click on the link below for more information: www.mthoodmuseum.org/schedule.html.

Jack Caldwell: When I was in high school 4 or 5 of the guys would get up REALLY EARLY so that we could be on the trail early. It wasn't groomed. We would ski Glade, Alpine and Blossom (tight through the trees). We would hitchhike back up to Timberline. It was standard that if chains were required on the road to the lodge the hitchhikers would put them on. We often could get two runs in before lunch. Then we could get an afternoon ticket on the old Pucci tow for 50 cents. There were always novices on the trail waiting for the patrol sled. Once when they had two hurt skiers on a sled I carried their skis down, one pair under each arm. It was a fun time of life, to be broken up shortly by the war.



Mt. High

Hike/Walk



Sellwod Riverfront to Johnson Creek Loop

March 7, 2010.
Sunday 11 am.

Distance 3.75 miles

Elevation 10 feet at the starting point;

110 feet at the top of the bluff in Sellwood Park;
40 feet at Johnson Creek Park

We'll meet at 11 am at the Sellwood Riverfront Park parking lot: SE Spokane Street and Oaks Park Way.

Bring Binoculars on this walk, for two reasons. First, Oaks Bottom is located near one of the city's largest blue heron rookeries, and the bird watching here is prime. Second, the fabulous panorama of the West Hills and downtown from the 80-foot-high bluffs along SE Sellwood Boulevard makes it a great place to pick out city landmarks.

We'll have lunch at the walk's turnaround point, Johnson Creek Park.

Happy Trails

Elisabeth

For more info and **RSVP** contact

Elisabeth Fontaine, lise518@msn.com

503-524-5774 or 971-226-4545



Future hikes.

There will be approximately one hike each month. The next ones will be:

Apr. 11 (Sun.): Hike to Cape Lookout

May 16 (Sun.): Hike to Mosier Twin Tunnels

Mt. High

Sunday Brunch Cruise Party



May 2, 2010. (Sunday)

Time: 2:00 - 4:00 pm.

Price: \$49 (gratuity included)

Put a BIG red X on your calendar for Sunday, May 2nd. Mt. Higher's will be hitting the mighty Willamette for a 2-hour afternoon Brunch Cruise on the **Portland Spirit**.

Join your fellow club members for a wonderful Sunday Brunch, filled with tasty seafood & lots of other yummy treats. We'll board the Spirit at **1:30 p.m.**, and cruise the Willamette from 2 to 4 p.m., taking in the sights and sounds of the Portland river front.

The cost for this trip is just \$49 p/p, (including gratuity) for groups of 15 or more.

RSVP no later than April 18th, to **Debbi Kor** at: ijustwannarun1@comcast.net or call 503-314-7078.

This is a Sunday Brunch Cruise, It includes champagne, and a rich brunch buffet, including fresh veggies and cheese, fresh fruit, pasta salad, Mediterranean salad, French toast, eggs Benedict, link sausages, bacon, country style potatoes, spinach manicotti with marinara sauce, salmon lox with bay shrimp, assorted desserts, unlimited coffee refills, hot tea, orange juice, sparkling cider and champagne.

More info about the ship, the cruises and the menu at: www.portlandspirit.com/spirtech.php

To join the group reservation, send your \$49 per person check to:

Mountain High Snowsport Club
PO Box 2182
Portland, OR 97208

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PO Box 2182

Portland, OR 97208

Please use the [Dough Transmittal Form](#) with your check. Click here to get a [PDF file](#), or use the form on page 11 of "Lift Lines".



Oregon Cancer Ski Out



March 7-8 (Sunday-Monday): Register your 5-person team for this fun fundraiser for Cancer Research and hospice care.

Two races are held, and only consistency counts; not speed. Contact: **Russ Stanton**, russski2day@yahoo.com or **Dick Woolley** at rgwoolley@verizon.net or **Brenda Becerra**, letsplayonthemt@hotmail.com

Lots more information on our web site: www.mthigh.org/Events.htm#Oregon_Cancer_Ski_Out. Register at: www.cancerskiout.org

UPDATE from Brenda Becerra

Our team, RAD HATTITUDES, consisting of myself, Terry, Skylar, TJ and Jamie Becerra has raised \$505 to date; making us the second highest team in fundraising dollars thus far. The leading team has raised \$860 so we have some catching up to do to support this event's beneficiaries, including:

OHSU Cancer Institute; researching causes and cures for cancer

Willamette Falls Hospice & Hospice of the Gorge; Providing compassionate home care and family support for terminally ill patients

Candlelighters: supporting programs for children with cancer and their families

On an individual level, Jamie has raised \$200 which makes her the fourth highest individual fundraiser, and Skylar is in fifth place with \$165, and I have raised \$140 so far. Many thanks to those that have made tax-deductible donations to this great cause!

Of course, it's not too late to join our efforts. Your consideration of supporting us is greatly appreciated and no donation is too small! You can make a donation online by simply clicking on the link at the bottom of this message. Or, if you prefer, you can send your tax-deductible contribution to the address listed below.

Oregon Cancer Ski Out, PO Box 1484, Wilsonville, OR 97070.

<http://www.cancerskiout.org/reg/>

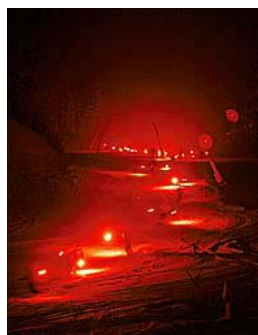
Please feel free to contact me at letsplayonthemt@hotmail.com or 360-834-3725 if you have any questions or cheers to pass along to our team, RAD HATTITUDES.

2nd annual Hope on the Slopes



March 19-20: (Fri.-Sat.) at **Ski Bowl**. 1 pm - 1 pm.

This is a 24-hour vertical challenge, where competitors earn points for both dollars raised and the total vertical feet skied. Teams can consist of between 5 and 15 people. You can also compete individually.



It will be 24 hours of fun, including **live music**, **barbecue**, a ceremony honoring cancer survivors, and a **torchlight parade**, on Friday at 8 pm. Contact **Emilio** to be a torchbearer (30 spots are taken, but there's a waiting list).

Each participant gets a personal web page to customize.

Registration is \$35 for individual or \$150 per team. A team can have up to 15 members.

Prizes will be awarded to the top fund-raisers, including lift tickets, skis, boards, clothing,...etc.

Funds raised will be used by the American Cancer Society for cancer research, education, advocacy, and service. OHSU is among the beneficiaries.

You can join an existing team, or form your own, or simply donate to a participant or to a team at www.oregonhopeontheslopes.org

UPDATE

There are 16 teams registered, and the top 5 or 6 have been amazingly good at fundraising.

At the very top, **Team Tuna** has raised \$4,994. It's team captain, **Charlie Ritchie**, is also the most amazing individual, having raised \$1,655.

In second place, the "**Beat This**" team has raised \$2,040, and at its helm is ski patroller **Paul Podett** with \$1,500 raised.

In third place is the "**Mt. Hoodlums**" team with \$1,760. The team's captina is **Emilio Trampuz** with \$235, but the most successful fund-raiser on this team is our Mt. High club member **Colin Brandt**, who has raised \$1,075.

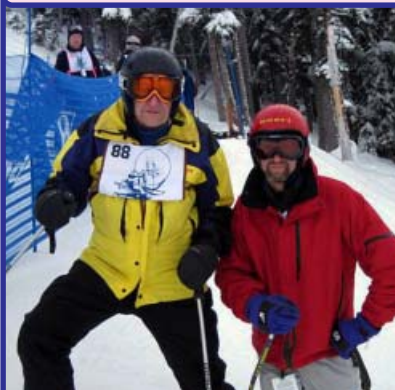
Team Ragnar consists of many of our club members, including **Brock Hannibal**, **Elaine Bock**, and **Lisa Ratzlaff**, Jointly, they have raised \$445.

On the day of the event, several bands will be playing live 24-hours music. Among them our **David Schor**.

2010 PACRAT Race Dates

Date	Location
January 10	Race 1: Timberline
January 24	Race X: Meadows CANCELLED
February 7	Race 2: Meadows Mid-Stadium Moved from Skibowl to Meadows.
February 28	Race 3: Timberline
March 14	Race 4: Meadows Full Stadium
March 21	Race 5: Meadows Make up race in place of the cancelled Race #2
April 2 (Fri.)	Rat Attack Awards Party
April 9-11	FWRA Championships, Mammoth Mt.

Races Renumbered



Since our original Race #2 got cancelled, we have now renumbered them. Race 2 wasn't in January, but in February. The make up race on March 21 is now our race #5.

Aaron Anderson took this photo of **Armin**

Dahms and Frank Hadella at Meadows race #2.

PACRAT Racing videos



Bruce Kuper
Racer & videographer

Bruce Kuper has set up a special Channel on YouTube called the Black Diamond Thunder Channel. where he will be posting all of his videos.

BlackDiamondThunder:
<http://www.youtube.com/user/BlackDiamondThunder#p/u>

You can find a link to it on the Mountain High RACING page, at: www.mthigh.org/Racing.htm. Just click on the "Bruce's Videos" image.



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Just two more races in March



March 14 and 21.

Our last two races will both be held at Mt. Hood Meadows, and most likely both of them on the Stadium.

The photo on the left shows **Beth and Alan Paraskeva** at the Meadows race. Photographer: Aaron Anderson.

at the Meadows race. Photographer: Aaron Anderson.

Sunday Morning Christian Devotional



Doug Pilcher, a PACRAT racer, will be leading a devotional Bible study on Sunday mornings, on each race day.

It will start at **7:30 am**, or whenever you can get there, in the day lodge. For the **Timberline race** (Feb. 28), it will be at the first set of tables as you go up the stairs on the left. At the **Meadows** races, it will be on the top floor, in the glass-covered span bridging the North and South Lodge.

Every one is invited and Doug will have a few extra bibles. You don't need to be a racer to participate. Even if you are a bit late, just come. Contact Doug at: PilchD@molalla.net, 503-759-4899 or 503-799-6201 (cell).

Skiyente Mt. Hood Masters Mania Schnee

March 6 - 7 (Sat. - Sun.) A two day Masters' Ski Race at Mt. Hood Ski Bowl. Note that the word "Master" in this case simply means an adult, not a kid.

Saturday is the Schnee Vogeli Turkey Slalom at Skibowl East.

Sunday is the Skiyente Memorial Cup Giant Slalom at Upper bowl and Dog Leg at Skibowl West.

Cost: \$30 per day, or \$50 for both days. Make check payable to "Skiyente Ski Club", and mail it to Julie Rasmussen, PO Box 343, Troutdale, OR 97060.

There will also be a **Mardi Gras dinner** at **Huckleberry Inn** in Government Camp on Saturday, March 6, 6:00 - 9:00 pm.

See the [flyer](#) for [registration information](#), places to stay and more! If you are interested in going to Mammoth Mt. Resort (CA) for the Far West Race Championships in April, this race will qualify you to attend the Far West Championship races. (See page 8.)

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 2 out of 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. A total of 5 out of 6 days of skiing! Leave Sunday morning. Return the following Saturday by 9 or 10 pm.



Fernie

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.

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. Hotel breakfasts included.

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.



Stanford Resort at Fernie

If you prefer, you can fly. Those who **fly** will have only **3 out of 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): **NEWLY REDUCED** to **\$895**. Seniors and juniors 13-17 will have a reduced price. The trip captain will tell you by how much. Price is on a sliding scale, depending on the number of participants. For each additional 2 people, price for everyone drops by \$25.



Fernie

Included in bus trip: 6 nights lodging, 6 breakfasts, 5 out of 6 lift tickets, and bus transportation.

Deposit of \$100 due immediately! **The full balance is due by Feb. 15.** The number of people on this trip is limited to 30.

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. 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.11, to send full payment immediately. No refunds after Feb. 15 unless you can fill your spot.

Contact:

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

Tripscancellationpolicy:<http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

Mt. High

Lake Tahoe / Heavenly



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 members at Heavenly

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

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:** jessen9011@comcast.net or 503-515-6230.

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 skiing at Mt. Bachelor.

Price is **\$199 pp.**

- > 2 nights in Sunriver Tennis village condos
- > A mountain picnic lunch on Saturday
- > 2 days skiing at Mt. Bachelor

One day can be added at either end for an additional cost of about \$90 for lodging and skiing, based on 4 people per condo.

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

Contact **Linda McGavin** at: Trips@mthigh.org.

FWSA

Far West Championships



April 9 - 11, 2010. Come ski it just for fun! Our PACRAT racers can participate in the usual Slalom and GS races, or in the pre-race clinics. But, even without the racing, come visit Mammoth just for the fun of it.

Slalom on Saturday & **Giant Slalom** on Sunday.

LODGING: Make your room reservations by March 5, 2010 to take advantage of special group rates! For Reservations: Call 1-800-MAMMOTH (1-800-626-6684) Reference the group name: **Far West Ski Championship Race 2010**.

The Far West races registration fee is \$45 total for the whole weekend, including both a Slalom and a GS race (only one run per race). To register, please make your check payable to NWSCC, and mail it to: Dale Parshall 8038 SW 37th Ave., Portland, OR 97219

See our TRIPS page: www.mthigh.org/Trips.htm

Helmet a 'Must' for Skier Safety

Study Shows Snowboarders and Skiers Reduce Head Injuries With Helmets

By Bill Hendrick

[WebMD Health News](#)

Reviewed by Louise Chang, MD

Feb. 1, 2010 -- Wearing helmets significantly reduces the risk of head injuries among skiers and snowboarders, a new study shows.

Reporting in the Feb. 1 issue of the **Canadian Medical Association Journal**, researchers say helmet use reduces the risk of such injuries by 35%. And contrary to widespread belief, helmets don't increase the risk of neck injury, especially in children, who have greater head-to-body ratios, the researchers say.

The researchers, who analyzed findings from 12 studies done in North America, Europe, and Asia, say it seems clear that helmet use in recreational activities is beneficial.

Kelly Russell MSc, and colleagues from the University of Calgary note that up to 19% of all injuries reported by ski patrol and emergency departments are due to head injuries and 4% are due to neck injuries.

Traumatic brain injury is the leading cause of death among skiers and snowboarders, the researchers say.

The researchers add, however, that they could not determine the best types of helmet design, as related to quality or fit, necessary to increase safety.

"The use of helmets significantly protects against head injuries among skiers and snowboarders," the researchers write. "Risks of head injury can be reduced by 35 percent."

They conclude that the use of helmets should be strongly encouraged. "Our pooled analysis of evidence suggests that helmets are effective in reducing the risk of head injury among skiers and snowboarders," the researchers conclude. "We found no significant association between helmet use and an increased risk of neck injury."

They add: "Based on our findings, we encourage the use of helmets among skiers and snowboarders."

In addition, they say, rigorous research is needed to determine which types of helmets offer the best protection against injury.

* * * * *

Source: Article posted on the WebMD web site at: <http://www.webmd.com/fitness-exercise/news/20100201/helmet-a-must-for-skier-safety>.

A Closer Analysis - by Emilio Trampuz

First, thanks to **John Davis**, who alerted us to this helmet article on the WebMD web site. A fresh look, and a new perspective are always welcome.

In truth, I was going to let the subject of helmets rest in peace for a while. But, it's worth taking a closer look at this seemingly serious and authoritative medical study.

The article is actually just a summary and a re-telling of a study published in the Feb. 1 issue of the **Canadian Medical Association Journal**. Fortunately, the original study is easy to find on the CMAJ web site. You can find it by clicking on the above link, or look for the link on our Safety page: www.mthigh.org/Safety.htm.

Note that this Study was not an original one. Instead, whoever performed it simply gathered info previously published on the internet. And then they selected only a very small number of these to base their report on.

They looked at 387 previous studies, but picked only 12 of them. The whole report is based on just 12 studies. That means they rejected 375 studies right up front.

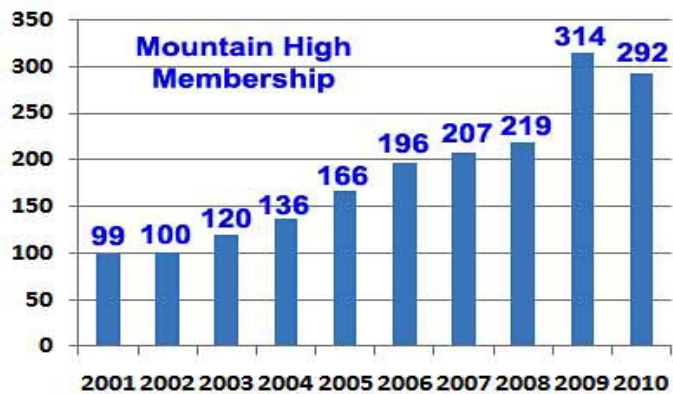
They list reasons for rejecting the studies as "irrelevant", or "incomplete", or that they did not fully compare the "helmets vs. non-helmets" issue, etc. But, rejecting so many and focusing on so few, sounds suspiciously like picking and choosing your results.

One of the studies that was ignored in their conclusion that helmets don't contribute to **neck injuries**, can be found in the same Canadian Medical Association Journal itself. It's a study of **hockey players**, all of whom wear helmets. Here is a [summary of the hockey study](#):

"There has been an alarming increase in the number of spinal injuries in hockey players. Between 1976 and 1983, 42 were reported to the Committee on Prevention of Spinal Injuries due to Hockey. The median age of the injured players was 17 years. Of the 42 players 28 had spinal cord injuries, and 17 of them had complete paralysis below the vertebral level of the injury. Strikes from behind and collisions with the boards were common mechanisms of injury. Many of the players had suffered a burst fracture of the cervical spine following a blow to the top of the helmet when the neck was slightly flexed."

I guess this study was discarded because it doesn't compare "helmet vs. non-helmet" usage. But that simply means they completely ignored the 28 spinal chord injuries, and the 17 young people who were completely paralyzed by the injury.

Membership Ups and Downs



Members at the end of 2008/09 season = 314
New members, joined since summer 2009 = 75
Expired 2009 members who didn't renew = 97
Total number of currently active members = 292.

So, even with 75 new members, we are shrinking because we lost at least 97 former members. Our numbers went down from 314 to 292. This is the first slight drop in membership in 10 years of constant growth. Why? Several reasons:

1. Some injuries. They'll be back when they heal.
2. Some people are members of more than one club, and they don't see Mt. High as their priority.
3. A few newcomers last year who simply did not find a home at Mt. High.
4. Some people just forgot to renew, despite several general reminders in the newsletter. A few, after being reminded directly, finally are taking action. So, our final tally for this season might still end up being a bit higher than 292.



Letters to the Editor / Dear Monty

Some wonder: Will there still be skiing after the world ends on December 21st 2012, which is the date that the Mayan Calendar ends?

Monty Highski says: Well, our very own Mountain High wall calendar, in it's latest version posted on our web site, ends on March 31, 2011, since it's a 15-month calendar, starting with January 1, 2010. But, I assure you that, unless El Nino or global warming messes things up, there will definitely be skiing after March 31, 2011.

In other words, just because a calendar ends, doesn't mean the world will end. Keep on skiing!

Man and Woman of the Year

Our Board has decided to honor the following two people as our Man and Woman of the Year.



Kurt Krueger

Kurt is currently our club's Vice-President. Earlier, he has also been the club's Treasurer. He is a PACRAT racer on the "Frosted Flakes" team, and he has also been a regular on many of our ski trips.

His contributions to the club have increased recently with his becoming a Moderator/Manager of the "All Club" Forum, as well as his volunteering (along with Elaine Bock) to be in charge of responding to club inquiries from newcomers. See last month's "Lift Lines" for more on that.



Diane Zhitlovsky

Diane is our Club Secretary. She is amazingly well organized and has been keeping very clear Minutes of our monthly club meetings, and helping to run our meetings smoothly.

She is also in charge of keeping the club's documents in order. She will be the one to have the latest version of our Bylaws, our Trip Cancellation Policy, various forms, historical documents, etc. If anyone has something worth preserving for the club, please send it to Diane, DianeZhi@gmail.com, or Secretary@mthigh.org.

We welcome members who want to get more involved with the club, participate in our discussions, in making decisions, planning future events, volunteering for the club etc.

But, first, we would like any potential volunteers to familiarize themselves with the inner workings of our club, by attending our monthly planning meetings (Board meetings). Those are held on the last Monday of every month. See page 11.

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. Cascade members' bunk is just **\$12** and they 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.

March 29 (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, GordyLusk@hotmail.com
- Vice-President:** Kurt Krueger, H: 503-625-1492, telek2@verizon.net
- Secretary:** Diane Zhitlovsky, H: 503-666-0389, Dianezhi@gmail.com
- Treasurer:** Sandi Dykstra, H: 503-629-0177, sandid@aol.com
- Membership Director:** Elaine Bock, H: 503-245-7009, SeawitchPdx@aol.com
- Race Director:** Bruce Ellison, H: 503-697-7892, Yuffiet@comcast.net
- Newsletter Editor:** Emilio Trampuz, H: 1-503-378-0171, info@mthigh.org
- Social Activities:** Debbi Kor, H: 503-314-7078, ijustwannarun1@comcast.net
- Golf:** Cal Eddy, H: 503-631-3115, W: 503-805-8606, baebaw@ccwebster.net
- Mid-week skiing:** George Yun, H: 503-697-3055, boar2m@msn.com
- NWSCC Rep:** Debbi Kor, H: 503-314-7078, ijustwannarun1@comcast.net
- Trip Directors:** Linda McGavin, H: 503-652-2840, Trips@mthigh.org
- Janice Jessen, H: 503-515-6230, 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: _____ \$ _____

Fernie (Canada) (Mar. 21- 27) Total=\$895, Deposit=\$100, Full by Feb. 15. \$ _____

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

Portland Spirit Brunch Cruise (May 2, 2010) Total \$49. (Pay by April 18) \$ _____

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 = 292 Newsletter Distribution

The March 2010 issue is posted on our web site, and also:
282 copies sent via email (as PDF files)
25 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.

Olympic Coverage

Here are some useful web sites for Olympic coverage:
NBC: <http://www.nbcolympics.com/alpine-skiing/resultsandschedules/index.html>
Canadian TV: [CTV.ca](http://www.ctv.ca) and [CBC.ca](http://www.cbc.ca)
- both stream some of the coverage via their sites.

Mt. High Mt. High Chocolate Party



The Feb. 13 party was an enjoyable evening. Thanks to Debbi Kor for hosting it. Cheers to Debbi!



Valerie Lyons won the prize for the most Chocolaty dessert. See her Chocolate Tart recipe on our web site: www.mthigh.org/Articles/Chocolate-Tart.pdf

The Lightest but still Decadent was **Linda McGavin's**.
The Most Creative dessert was **Sylvia Kearns'**.

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

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

