



Lift Lines

== No. 113, May 2010 ==

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



From the Editor

March and April have been wonderfully busy. Several trips and events were scheduled around that time (*Cancer Ski-Out, Hope on the Slopes, Fernie, Tahoe, Bachelor Blast, PACRAT races, etc.*). El Niño brought us lots of snow throughout April. So much fun, and so little time to process it all. The *Hope on the Slopes* photos and videos are now finally done.

Photos from *Whitefish* and *Fernie* are also posted on our web site and in the *Snapfish* albums, but some video footage from *Fernie* is still waiting to be processed. Also, *PACRAT Rat Attack* photos need to be done. Keep checking our web site pages for updates (*News, Events, Recent Photos, Videos, etc.*)

Lots of social and summer events are coming up in May and June. See the *To Do list* on the right, and put it on your calendar. Please sign up for the *Wine Tour* now! Deadline to sign up is May 25. Also, please *VOTE*. See page 14.



Torchlight parade, Hope on the Slopes, Mt. Hood Skibowl

To Do List

1. Go ski. Use your Spring Pass.
2. Come hike and/or golf with us.
3. Join us for the annual social event at the Acapulco restaurant, May 20.
4. Join us for a couple of hours of highway 26 cleanup near Government Camp, May 22.
5. Come wine-tasting with us in Yakima Valley, June 18-20.
6. Come to the annual picnic on August 15.
7. Sign up for the August 20-22 rafting trip on the Deschutes river (camping at Maupin).

Note the color code.
Our club is blue.

2010 CALENDAR

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

May 2 (Sun.): Brunch Cruise on
Portland Spirit - Willamette River

May 16 (Sun.): Hike to Cape
Lookout

May 20 (Thur.): Social evening at
the Acapulco Restaurant

May 22 (Sat): Mt. High Highway Cleanup

May 24 (Mon.): Mt. High Board meeting

May 26 (Wed.): Golf at Sandelie, 5 pm

June 10-13: FWSA Convention
Indian Wells, California.

June 18-20: Mt. High Yakima Valley
Wine Tour

Aug. 15 (Sun): Mt. High Picnic at
Sellwood Park

Aug. 20-22: Mt. High Rafting trip on
the Deschutes River

Mt. High

Let's Have Some Fun



Hiking
May 16



Social
May 20



Highway cleanup
May 22



Golf
May 26

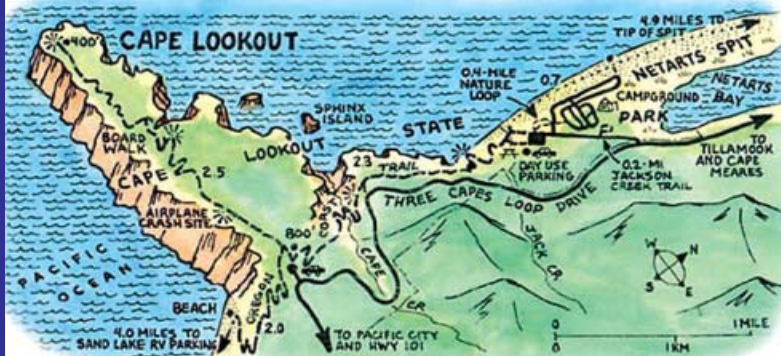


Wine Tour
June 18-20



Rafting
August 20 - 22

And don't forget **skiing** through at least the end of May!!!

Mt.High Hike to Cape Lookout

May 16, 2010. Sunday. Distance 5 miles round trip. Easy hike, 400 feet elevation gain. Bring water, lunch, maybe sun-screen, rain-gear, and a chair for happy hour at the end of the hike. More info and **RSVP: Elisabeth Fontaine, lise518@msn.com**, 503-524-5774 or 971-226-4545.



Like an unfinished dike to Hawaii, this narrow, cliff-edged cape juts 2 miles straight out into the Pacific Ocean.

We'll meet at 9:00 AM at the Sunset Transit Center (off Barnes Rd.) More info on our **EVENTS** page.

Mt.High Annual Social Event

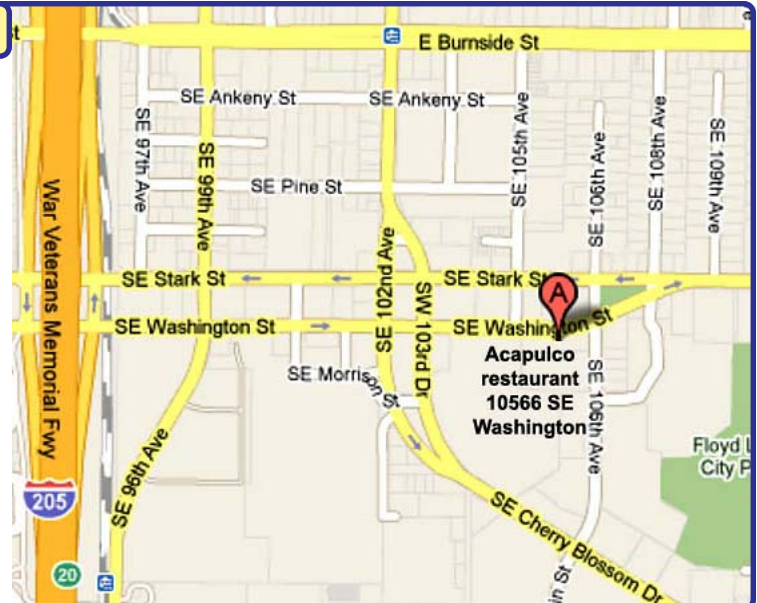
May 20, 2010.
Thursday 6:30 pm.

Tacos, taquitos, chips and salsa provided by the club! Just buy your own drink.

Meet other members, see what's new, vote

for club officers. Note: This is an adults only function.

Location: **Acapulco Restaurant**
10566 S. E. Washington Street
Portland, Oregon.
(105th and SE Washington)

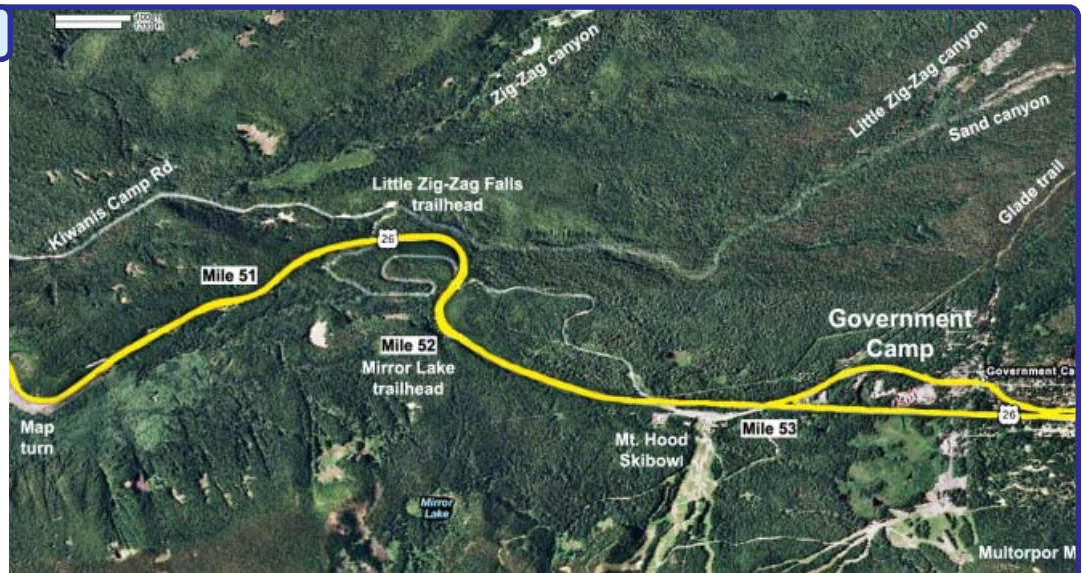
**Highway Cleanup**

May 22. Saturday, 10 am.

Our club has adopted a 2-mile section of Highway 26, mileposts 51-53. We'll meet at milepost 52, and earn some good karma cleaning up the highway (abt. 2 hrs.).

Lunch & beverages will be provided to those who RSVP.

RSVP to Debbi Kor at:
ijustwannarun1@comcast.net
or 503-314-7078.



See more events at www.mthigh.org/Events.htm.

Let's Ski Mt. Hood! (Maybe a bit out of bounds) - by Emilio Trampuz



Timberline

Just a little bit away from the lifts, the scenery can change dramatically, even more than in this photo, and there's nobody there!

Saturday, May 15. Ski season is still going! There is now more snow than ever this winter. There are two choices for skiing this weekend, depending on the kind of pass you have, or what the weather might be like.

Choice 1: Mt. Hood Meadows. This is the last weekend of operations for Mt. Hood Meadows. If you already have a pass, make the most of it!

Choice 2: Timberline. It will remain open for skiing all summer, but now is the best time to go. If we are lucky, both Palmer and Jeff Flood Express will be open, so we can ski it top to bottom, for a total of about 4,500 vertical feet per run! We could take a couple of runs in Zig Zag canyon, and maybe one into White River

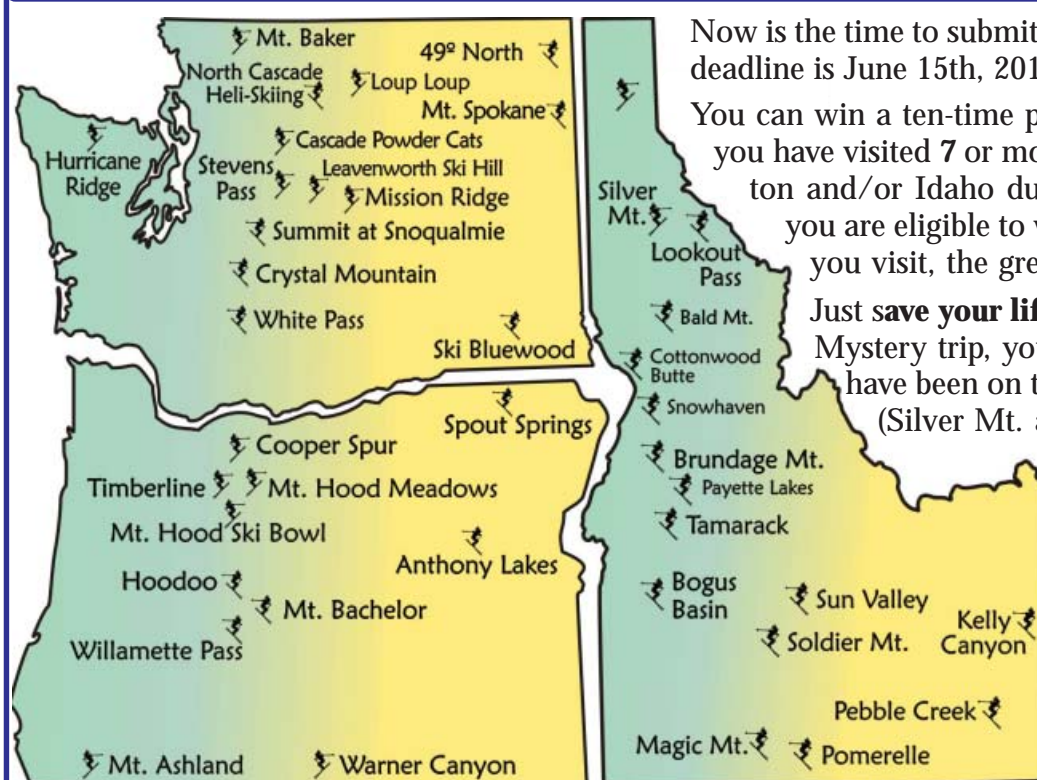
canyon. Spring is the best time to try this. Any intermediate skier can do this when the snow is good.

Personally, I plan to go to Timberline, and then venture slightly out of bounds. Let me show you how to do it perfectly legally. Also, see if I can show you a place you have never visited before. It's perfectly safe if you know your way around or go with someone who does. But read George's cautionary tale on page 9.

Let's meet at **McDonald's** in **Sandy**, around **7:15 - 7:30 am**. From there, we can arrange some carpooling on the spot. Or we can decide to take all our cars up, so we can position them at either Government Camp or at White River canyon, if conditions are favorable. Contact **Emilio** at newsletter@mthigh.org

NWSCC

Northwest Ski Challenge - by David Schor



Now is the time to submit your entry for this contest! The deadline is June 15th, 2010.

You can win a ten-time pass to Mt. Hood Meadows. If you have visited 7 or more resorts in Oregon, Washington and/or Idaho during the 2009-2010 ski season, you are 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 have been on the Fernie trip, you have 2 more (Silver Mt. and Bluewood). Add the 3 Mt. Hood areas and you have 7.

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

Please use the **entry form** posted at the Council's web site: NWskiers.org.

MOUNTAIN HIGH

Golf

SNOWSPORT CLUB

Mt. High

Mt. High Golf



May 26 (Wednesday) 5 pm.. We are always welcoming more people to join us for golf. Don't ever feel you are not good enough. We are doing it just for fun anyway!

On Wednesday, May 26, we will play 9 holes at:

Sandelie Golf Course,
28333 SW Mountain Rd.
West Linn, OR 97068.
Phone: (503) 655-1461.

Tee times start at 5:00 pm.

Cost: \$13 (for 9 holes)

We need to have conformation before May 18th, either by email or by phone. Please let **Terry** or **Cal**.

Throughout the summer, we will meet several times a month, 9 holes on mid-week evenings, and 18 holes on weekends. Dates will be announced by email and also on our web site, on the EVENTS page, www.mthigh.org/Events.htm.

Contact **Terry** at 503-729-3435 or e-mail at swans761@juno.com.

Contact **Cal** at 503-805-8606 or e-mail baebaw@ccwebster.net.

NWSCC

Clubs 4 Play



July 25 (Sunday) 10 am.

The NW Ski Club Council organizes this annual golf event for all local ski clubs to participate in a friendly competition. Each club is encouraged to form at least one or two teams.

This year's location is:

Lewis River Golf Course located in Woodland, WA. Here are the details:

- * Tournament is a scramble format. Rules will be available on day of tournament.
- * Pick your team of 4 and register with Sandi Shaub by Monday, July 12. Payments due by July 12. Send checks for **\$89** per person, payable to NWSCC, PO Box 1915, Portland 97207.
- * Tournament will be held rain or shine.
- * Club Trophy will be awarded to Team with lowest score whose members are all from the same Club.
- * Deli Sandwich Bar after round, prizes, goodie bag, favor and FUN!

If you've never played the Lewis River course, you are in for a treat. Mark your calendars now, tell the significant other that you have a business retreat, do what you need to do, but get on out and enjoy the great links. You deserve it.

To find out more:

- * Click on the Poster for directions, dates, fees and more
- * Fill out the [registration form](#), then email it to Sandi Shaub, sandi.shaub@gmail.com.
- * When you have your 4 players, give Sandi Shaub a call to register at 503-669-8599 or email her at sandi.shaub@gmail.com.

More info at www.nwskiers.org.

Click here for a [poster](#) of the event.



Mt. High

Yakima Valley Wine Tour



Yakima, WA; June 18-20, 2010

Contact Gordy @ 503-804-8363 or @ gordylusk@hotmail.com
or Sandi @ sandid@aol.com for your reservation;

Reservation and payment must be received by May 25th (or don't show up)

CANCELTION DATE IS MAY 25TH

MT. HIGH MEMBERS \$225.00

NON MEMBERS \$240.00

**Trip limited to the
first 20 people**

Scene from
movie
"Sideways".
See it!

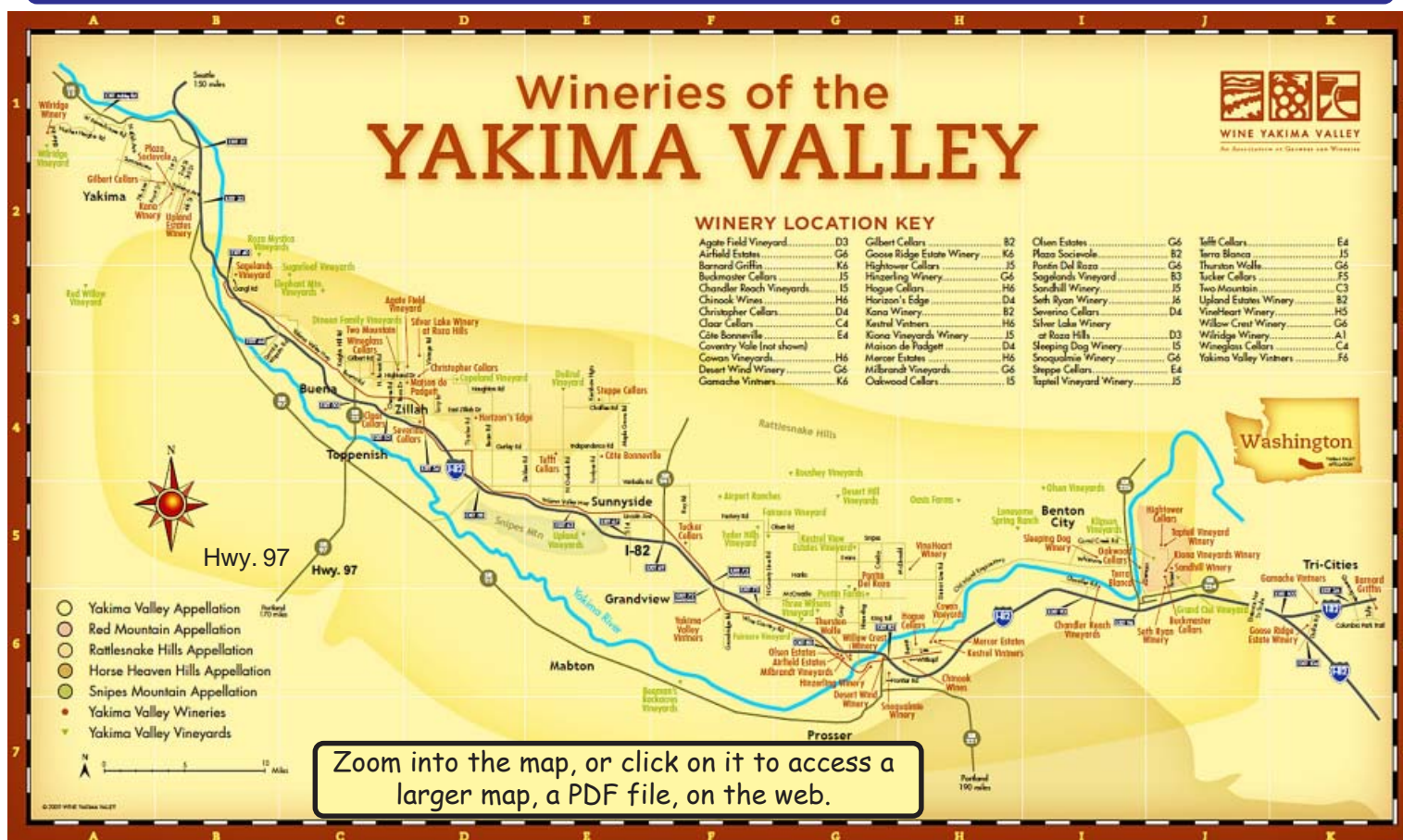


June 18-20

We will leave Portland on a luxury Lomo-bus provided by **LMI Limousines Inc.** on Friday afternoon around 4:30 to arrive in Yakima at 8:00. For the trip up, you will need to bring a bottle of Washington Red wine in a paper bag for the BLIND JUDGING and prizes for the winners and an hors d'oeuvre or snack to share with others. Mt. High will furnish soft drinks water and some snacks. We will be staying 2 nights in Yakima, WA (heart of the wine area). Price is based on double occupancy (call for other arrangements or for a smoking room).

Saturday we will start our tasting at Bonaire Winery and go from there to 4 or 6 other exciting wineries throughout the day. Saturday night there are restaurants nearby or we could arrange a potluck. Sunday we will visit more wineries for tasting and be back in Portland around 4:00.

This is a great area for those who enjoy quality wines at a great price, camaraderie with old and new friends. The wineries we visited had exceptional quality for the dollar. Join us for a fun weekend...





Aug 20-22, 2010. This has become an annual tradition for our club. A weekend of rafting and frolicking in the sun on the Deschutes River at Maupin, Oregon.

Contact Gordy: 503-804-8363, GordyLusk@hotmail.com
Reservation & payment must be received by August 1st. (or don't show up). Cancellation Date is August 1st.

Trip includes:

Camping: Thursday, Friday and Saturday night in Maupin City Park. Camp sites at new location (see next page). RV space available for an additional \$20.00 a night.

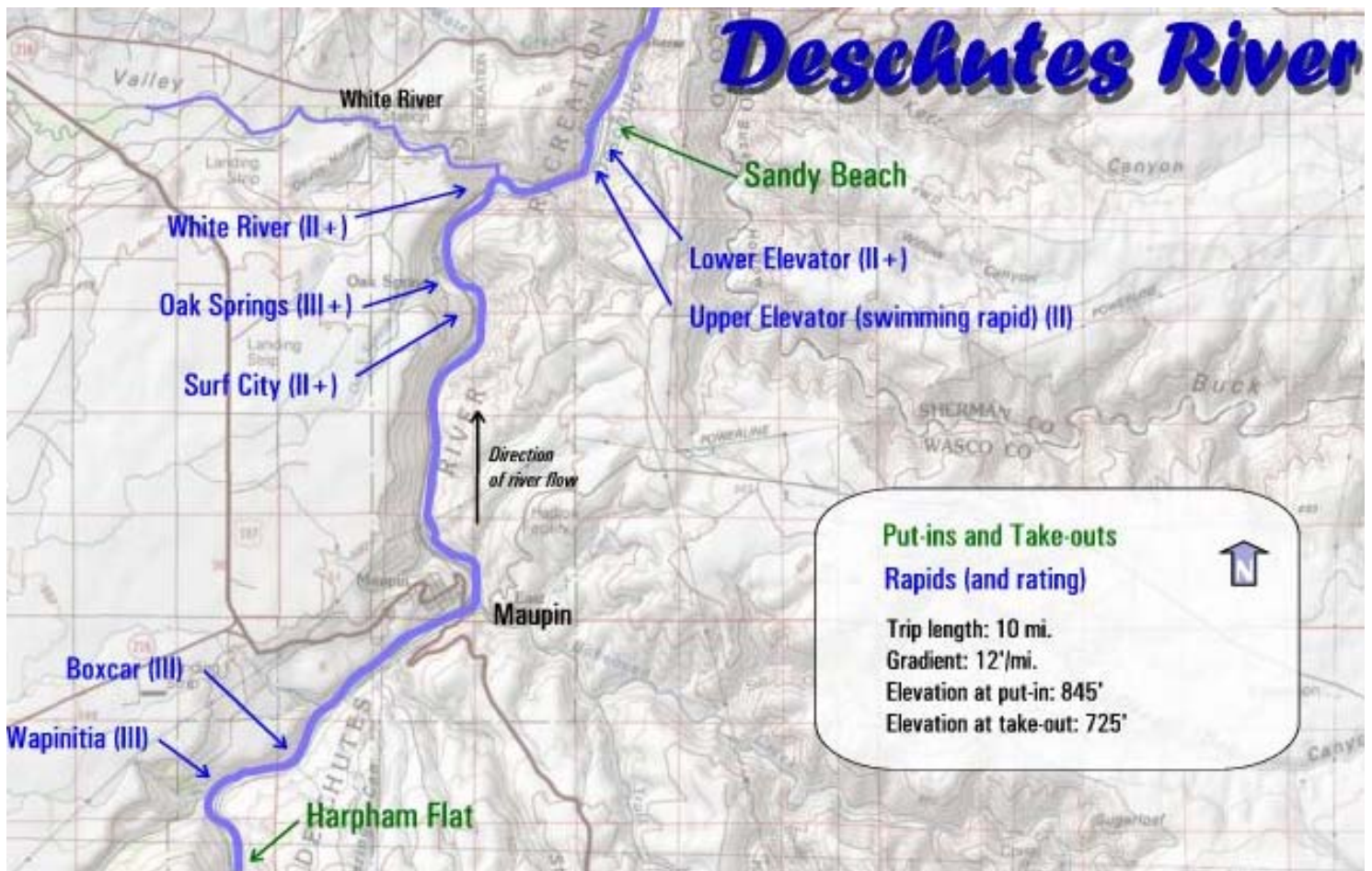
Rafting: (Row, Paddle or just ride) Friday and Saturday. We'll provide the rafts.

Saturday night dinner: Lou's- Q will cook chicken pork ribs and BBQ beans on Saturday only, but bring a salad, dessert or HDO for Sat. dinner. For other times, bring your own food and drinks. Also, bring quarters for the showers!

Camp, raft, dinner = \$90.00 pp. (Non-members \$100.00)

Camp, permit, dinner (no raft): \$50. Dinner only = \$20.

To sign up, please use the Dough Transmittal form, page 13 or print the form from our web site. See the [Forms](#) page.



Hope on the Slopes photos/videos



March 19-20 at Ski Bowl.

Photos and videos of this 24-hour event have finally been posted. We have 2 videos and 137 photos.

The longer of the two videos contains the most stuff. It incorporates the entire shorter video as well as most of the available photos.

Video 1: Torchlight Ceremony, 4:30 minutes.

a) On Vimeo: <http://vimeo.com/11449209>

b) On YouTube: <http://www.youtube.com/watch?v=g88-5UKRhZk>

Video 2: Hope on the Slopes 2010, 16 minutes.

a) On Vimeo www.vimeo.com/11422070

This video includes almost everything.

Photos: Find 10 of them on our Recent Photos web page: www.mthigh.org/PhotosRecent.htm

From the Recent Photos page, you can follow the link to the 137 photos posted on the [Snapfish albums](#). Note that you don't need to sign in to Snapfish any more. You now have the option to simply view the photos as a guest.

For more info, check out the results and photos posted at: www.oregonhopeontheslopes.org.

If all this is too much, and you only have time for one thing, see Video 2 above.

Consider participating in this event at Mt. Hood Skibowl next year!



The last part of the torchlight ceremony



Team Tuna with team captain Charlie Ritchie

Hope on the Slopes - by Aaron Anderson

Let me start by saying thanks to all my family and friends, with whose help and contributions, we raised \$1,620, surpassing my goal of \$1,500. For the whole event, almost \$50,000 was raised. Amazing! It all goes to a great cause and everyone's help is very appreciated!

As for the event itself, it was a blast! The weather was perfect with gorgeous sunny weather all day Friday, clear skies with a sliver of the moon and lots of stars at night, and again beautiful sun on Saturday. As most of you know, this year my goal was to ski for the majority of the 24 hour event and cover 100,000 vertical feet or more. At the last minute I got lucky to be able to join a great team, Team Tuna. They were so organized that before the event even started they



had set up the most elaborate camp I had ever seen. They had three canopy style tents, built walls around them to protect against wind, built a separate room that they pumped heat into, and had constant food and drink available all night long. We had a full team of 15 people that encouraged each other, as well as additional friends and family who acted as support. All of this proved very helpful in meeting our goals.

For the event we had 2 chairlifts we would be skiing on: Upper Bowl and Lower Bowl. Upper Bowl offered the best chance for me to hit my goal as it has 750 vertical feet and, if skiing fast, a run could be done in 5 minutes. Lower Bowl offered 700 vertical feet but runs took about 10 minutes. My strategy was to ski Upper Bowl as much as possible up until it closed at 9:45pm. After that we would

just be on the Lower Bowl chair until Upper Bowl re-opened again at 9 am. My original thought was to get about 3 hours of rest during the night.

We started the event a little after 1 pm. My dad, Armond, and niece, Keylee, joined me for the first couple hours of skiing. After they left, I was on my own for a bit and by 4:30 pm had already covered 27 runs and 20,000 vertical feet. My ski buddy, Violet, joined me for some runs and we kept ticking off run after run. Then around 5:30 pm things got interesting.

On a run down I caught some air off of a knoll, but while in the air, a wind gust caught me and twisted me just enough that I was a little sideways when I landed. In addition, shade had crept in and the flat light made the landing harder to spot. I flew about 100' through the air, almost landed the jump, but then lost control and began to tumble several times. Many people tell me it was one of the more spectacular falls they had seen in awhile. At first I thought I got real lucky and avoided injury (yes I had a helmet on), but then I realized that something was not right with my left hand. I pulled my glove off and my left thumb was bloody and had become swollen immediately. I rushed down to the first aid room. They took a look at it and cleaned me up, but couldn't tell me for sure whether it was broken. I was pretty sure it was, but was also determined to meet my goals. They put a splint on the thumb and taped it up. I covered it with two socks and a wool hat (I couldn't get it into a glove), took some Ibuprofen and I was back on the chair by about 7 pm. Skiing with only 1 pole and having what looked like a club on the end of one hand I will say I got a lot of weird looks, and maybe some sympathy as well :).

Back to Upper Bowl but I now had lost close to 2 hours of time due to the injury. I skied hard and focused on keeping my hand up to avoid pain. Violet re-joined me for a bit along with her daughter, Haley, and another ski friend, Beth. I skied until Upper Bowl closed and took about a 45 minute break for dinner and to get more Ibuprofen.



Aaron Anderson gets air in the Upper Bowl.

By 11:15 pm I had close to 50,000 vertical feet. I'm able to remember some of these details because as some of you know I posted updates to Facebook throughout the event. That was a lot of fun and had plenty of encouragement from friends that way, as

well as from an occasional phone call. I kept a steady pace for awhile of skiing 6 runs and then taking a 10 minute break to warm up and use the facilities. I figured if I sat down too long that I wouldn't be able to keep going and sleep would set in. In addition, I think throughout the event I totaled about 5-6 energy drinks (Red Bull and Rockstar). Around 4:30-5 am I could tell my body wanted to shut down, so I allowed myself a break from 5:45 -7 where I napped in my van with the heat running. Now with boots and socks dry, and my body refreshed, I was ready to conquer the rest of the day.

By 9 am I had 108 runs in and 78,500 vertical feet. I knew I had to ski hard the last 4 hours on Upper Bowl. I charged through the last 4 hours averaging 10 runs an hour and put on another 30,000 vertical feet. I reached my goal totaling 108,500 vertical feet which included 50 runs on Lower Bowl and 98 runs on Upper Bowl for 148 total. I ended up 3rd overall in Total Vertical Feet. In addition, I had some last minute donations come in that put me over my \$1,500 goal by the time I was done. Our team ended up 1st in Total Donations and 2nd in Total Vertical Feet. What a great feeling all of that was and it was nice to be done!

Check out the pictures in an album I put together on **Facebook**: <http://www.facebook.com/album.php?aid=2051196&id=1508748727#!/album.php?aid=2051196&id=1508748727>.

As for my thumb, it was broken and I have since had surgery to repair it. It's doing fine and really am not in any pain. It is taking some getting used to though, only having full use of one hand.

I want to thank again everyone who supported me. I hope you enjoyed the adventure. I know I did! Take care!



Little Zig Zag Temptation - by George Yun

George Yun

April 30, 2010. I am so happy today ...to be inside and sipping hot coffee. I could be wandering around in Mt. Hood National Forest somewhere far away from any civilization. The lure of the recent snow storm on Hood was just too strong for me to ignore and I found myself at Timberline Lodge early yesterday morning

grinning ear to ear taking a mug shot for the \$99 spring pass.

I am still grinning on my first chair lift up at 9:15; the wind is howling, sky puking snow, it is freaking blizzard condition on April 29th...what's not to like? After a couple of yo-yo runs on Timber-flat, I quickly recall why I don't visit Timberline when Palmer is not operating ...OK, no problem, it's time to go exploring. I get off the Storming-Norman chair lift and veer to skiers right, which I know is out of bound area but I also know, or thought I knew, that I can cut back in-bound little ways down and still catch the Stormin' Norman lift.

I must have had a momentary lapse in my senses to register time and distance as I merrily carve down the winter wonderland. I finally stop to think - Hey, wait a minute, I've been skiing untracked powder for awhile but haven't seen a soul. In retrospect, I should have retraced my tracks and start climbing back up right there and then.

Instead I convince myself that I can still catch the S-N lift, I just need to ski down little farther and keep veering to the left toward the ski resort. It was an easy decision for I am such a lazy/typical downhiller - I only like gravity when it's working for me but just loath boot-packing up hill in knee-deep snow. Beside, skiing untracked powder in nicely spaced trees never gets too old.

Down, down, and away I go. The snow is getting denser/wetter and trees are getting little thicker, and it finally dawns on my thick skull that I am now way below the Timberline lodge. I check my pocket for a cell phone, which I left in the car - brilliant! I also left the backpack that I normally carry water and extra gears in back at home - brilliant! Then I have an aha-moment: Wait a minute, there is a govy-trail that runs from Timberline to government camp and I am bound to hit it if I keep veering to my left. Gosh, I'm so facking smart I constantly wet myself! ...Happy skiing once again!

Now trees are getting really thick and terrains have flattened somewhat but there is still enough snow cover on the ground to maneuver around obstacles without taking the skis off ...until the steep drop-off into little canyon with creeks running through at the bottom. No problemo, all I have to do is ski down and cross the creek to the other side where it looks open and I am bound to catch that govy-trail.

I am down in the caynon and cross the fast moving creek. The other side quickly turns into impassable jungle. I am now carrying skis on my shoulder and walking on rough uneven terrain in my ski boots, getting slapped by recoiling tree-branches. The creek runs through steep ravine with thick brushes on both sides and going back up is no longer an option. No problemo, now the other side looks passable and I just need to cross it one more time ...I think I am becoming proficient at creek crossing on snow covered fallen-logs in my ski boots with smooth bottom ...I may have a career in circus after this.



Trudge on ...and on ...and on ... forget govy-trail now, I think Hwy-26 is just around the corner!

I see in distance what appear to be dog-paws/ tracks on snow along the creek side and I am hopeful the civilization is nearby. I get closer ... wow; it must be a BIG dog ...or is it ...those are not dog tracks but bear paws, deep and clearly visible and freshly imprinted bear tracks. I can only hope it's not too hungry ...or mad ...fack! Nothing I can do but to trudge on ...and on ...and on!

Hallelujah, I am beside myself with joy. I see ahead what appears to be man-made trail system. I know for sure now that I won't be spending a cold night in Mt. Hood National Forest with hungry bears with twinkle in their eyes. I followed the trail for another 2 miles or so and I come to an empty parking lot. I remove the snow off the information board and see that I am at where "Little Zig Zag Falls Trail" starts. I haven't ran into

any hikers on trail and I doubt I will run into one now. The road leading to parking lot looks remote and completely deserted and rain coming down steadily. As I contemplate the long walk in my ski boots on concrete asphalt, a pickup truck comes around the bend and two guys get off. They work

for forest service to maintain many trail systems on Mt. Hood. I get a ride to the Timberline road where it intersects Hwy 26. I hitch-hike a ride with snowboarders the rest of the way up, and by the time I got to my car, it's almost 4:00 pm. All things considered, it was a great day!

Editor's note: I totally sympathize with George, because I had a long, exhausting trek while scouting out this area last Summer. For the past couple of summers, I've been hiking the area between the end of Kiwanis Camp Rd. and Timberline, looking for a skiable path. I haven't found one yet (except for Alpine and Glade), but here's what I found, from Timberline westward:

Alpine Trail is perfectly skiable. Start at the bottom of Stormin' Norman and end at the Summit ski area.

Glade trail is skiable. Start at the top of Jeff Flood and end in the middle of Government Camp (near Huckleberry Inn), but you'll have to walk the last 200 yards or so, on a paved road in Government Camp.

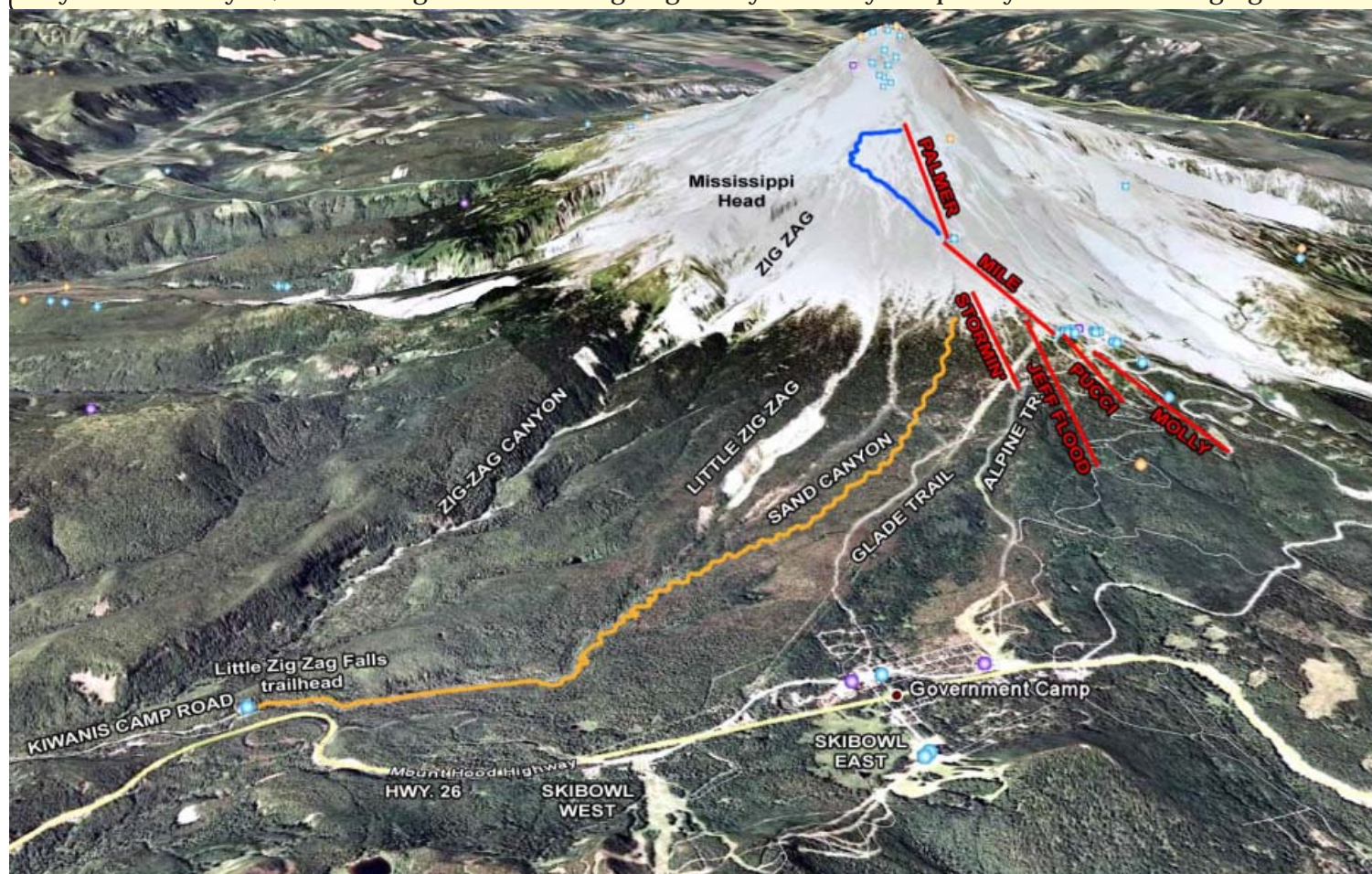
Sand canyon is skiable down to an orange sign suspended between two trees, telling you to "Leave canyon here for Glade trail." End up in Govie. If you stay in Sand canyon, it will merge with Little Zig Zag

canyon, and you are in for a 5 or 6 hour trek through brush and forest, having to cross the stream more than once. If you get caught here in the afternoon, you might not make it out before dark. George must have skied in the area between Sand canyon and the Glade trail. His approximate route is in orange. Had he been in Sand canyon, he would have seen the large sign.

Little Zig Zag canyon is skiable at the top, above treeline, but you must exit when the first trees appear.

Hidden Lake trail, between Little and Big Zig Zag canyons. Might be skiable if there's lots of snow, but there are some flats and uphill - not easy in deep snow.

Zig Zag canyon. Beautifully skiable at the top, marked as a blue trail on the map, but get out of it long before you reach Mississippi Head cliffs. After that it's a trap. No easy way out. Lower end is worse than the other canyons. Very steep canyon walls and raging water.





Letters to the Editor / Dear Monty

Q: Why does it take so long to post photos and videos from past events?

Emilio says: Most digital photos need to be cropped and enhanced to increase brightness, contrast, color saturation, and sharpness. This is time-consuming manual labor, one photo at a time. Some events have dozens or hundreds of photos.

Then, several versions are created of some of the best photos, mainly differing in size:

1. 4000 x 3000 pixels - original size, kept for archive.
2. 1,024 x 768 pixels - perfect for newsletter.
3. 400 x 300 pixels - for Recent Photos page.
4. 300 x 225 pixels - small for Events & Trips pages.
5. 122 x 100 pixels - for faces on Contacts page.

The best photos from our trips and events usually need to be made into the first three of the above versions. That's just to prepare each photo.

Next, the photos need to be moved and arranged with suitable captions: some of them in the newsletter, some on our web site, and almost all of them posted in the Snapfish Albums. Each of these actions can easily take an hour or so.

Videos and digital slide-shows can take even longer, to review the video clips, arrange them in sequence, crop them, add music, add titles and captions, etc. On longer projects, a minute of video can take almost an hour to prepare.

NWSCC Meetings will be quarterly

For years, the NW Ski Club Council has held monthly meetings on every 3rd Wednesday of the month. But, this will change after this summer. The meetings will be held only once every three months, on the 3rd Wednesdays in September, December, March, and June.

But, before this change happens, there will still be monthly meetings in May and June. The meetings will be at the following locations:

May 18 at the Shanghai Noble House, John's Landing,

June 16, at the Shanghai Noble House, John's Landing,

July 21, "Appreciation Night" at Sheri & Dale Parshall's

September 15 - Season kickoff, Shanghai Noble House

December 15 - PACRAT Night, Shanghai Noble House

NWSCC People who keep us informed



Colleen Walter is the NWSCC Membership Director. She has set up a Facebook page for the NWSCC. Also, she sends regular email updates to all local ski clubs. These are usually forwarded to all Mt. High members, at least those who have not opted to restrict their email to only Mt. High club news.



John Jessen is the webmaster for the NWSCC web site. Check out the new look and content of the NWSCC web site. You can click on the NWSCC button, or the NWSCC logo on our Mountain High web site, or go directly to www.nwskiers.org.



Linda McGavin is the editor of the NWSCC Newsletter, which is sent to you every month, and is also available on the NWSCC web site. Please pay attention to the NWSCC Newsletter, which contains a lot of information that never makes it into Lift Lines (for lack of space).



David Schor and his band Walkfast played at the Hope on the Slopes event. David wears many hats:

A Mt. High club member, the NWSCC Treasurer, a Mt. Hood Meadows snow announcer, and also a Law student. He is also in charge of the NW Ski Challenge.



All our Mountain High club members are also automatically members of the Far West Ski Association. It says so on your membership card. The FWSA represents hundreds of ski clubs throughout the Western United States.

So, these are all your events, and your trips. Make use of them.

FWSA

Far West Convention



June 10-13, 2010.

The 78th Annual **Far West Ski Association Convention** will be held at the fabulous Renaissance Esmeralda Resort and

Spa in Indian Wells (Palm Springs), CA, hosted by the San Diego Council of Ski Clubs.

Rooms (double occupancy) are only \$139 per night—use Group Code FWSA. The resort fees of \$25 /Day have been waived and there will be complimentary parking. Call 1-877-804-4070 for reservations.

The theme is "Thanks for the Memories". Many fun and educational events are planned.

If you are planning to go, contact **Debbi Kor**, ijustwannarun1@comcast.net, 503-314-7078.

FWSA

Ski Week at Sun Valley



Sun Valley

Jan. 22-29, 2011.

This is the biggest trip of the season, attended by dozens of ski clubs.

Price: \$875-\$1325, depending of the type of lodging you select. This includes lodging, lift tickets, banquet, council party, apres ski parties, races, and more.

A deposit of \$100 per person is being accepted now, to reserve your spot.

Mail check to: NWSCC P.O. Box 1915 Portland, OR 97207-1915. Mark the envelope: "Sun Valley"

Contact **Barbara Bousum** at:

BBousum@gmail.com

FWSA

Far West Trips

Click on the underlined blue links for more info.

"Hot Fun Under the Utah Sun!" FWSA and Wolf Creek Resort invite you to five days of fun **July 21-25, 2010** at Wolf Creek Resort near Ogden, Utah. Hotel and Condo pricing includes lodging, welcome party, and farewell BBQ; concert with fireworks! Camping is available.

* **FWSA Cozumel Scuba Dive Trip** Sept 4-11, 2010. \$899 Dive Package 5 days two tanks/day. Contact Randy Lew at 530-304-0802 or fwsa13randy@telis.org.

* **Canada/New England Cruise** with the "Carnival Glory" and the Cruise Company from September 26—October 2. Optional New York City pre-trip. Go to **FWSA Travel** web site for more information.

* FWSA is joining **Holidaze Ski Tours** for an **Antarctica Adventure & Celebration of New Years Eve** in Buenos Aires. You will leave Dec 29, 2010—January 12, 2011 for a 15 day cruise with three nights in Buenos Aires for New Years Eve. We will be joining other ski clubs & councils across the U.S. for this trip. Contact Norm Azevedo at fwsaitravel@sbcglobal.net for more information.

* **2011 FWSA Ski Week** will be in **Sun Valley, Idaho** January 22—29, 2011. \$875-\$1325. Contact Gloria Raminha, VP North American Travel, fwsa.natravel@sbcglobal.net

* **FWSA International Ski Week Engleberg/Interlaken** Feb 26—Mar 7, 2011; \$1725/person for 8 nights; Extensions to Bulgaria Mar 7-12 and Bucharest and Romania Mar 12—16, 2011. Contact Norm Azevedo at fwsaitravel@sbcglobal.net for more information.

WIN a spot on the FWSA Sun Valley trip

Valued at \$950 - 1050.

The NWSCC will be selling tickets, with the drawing to be held at NWSCC's annual Appreciation Night, July 21, 2010.

The cost is \$20 for one ticket or \$50 for three tickets. The winner will receive one fully paid trip with condominium lodging (transportation not included; an upgrade to hotel lodging would be at the winner's cost). If you have already paid a deposit at that time, your deposit will be refunded. Tickets are available through Sheri Parshall or other NWSCC officers. Only 250 tickets will be sold, so your chances are far better than the lottery!

Mt. High Man & Woman of the Year

In case you are puzzled, the NWSCC has selected people from other clubs as their Man & Woman of the Year, but our own club still honors Kurt Krueger and Diane Zhitlovsky as our own Man and Woman of the Year.



Kurt Krueger



Diane Zhitlovsky

Mountain High Meeting

Usually the last Monday of the month.

May 24 (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, H: 503-245-7009
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: 503-515-6230,

GordyLusk@hotmail.com

telek2@verizon.net

Dianezhi@gmail.com

sandid@aol.com

SeawitchPdx@aol.com

Yuffiet@comcast.net

newsletter@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, 2010 - Sept. 2011): Single (\$25); couple (\$40) \$ _____

☐ **PACRAT Racing (2011)** \$85 or \$90 Ask before you send. Team: _____ \$ _____

☐ **Wine Tour** June 18-20, 2010. Total \$225. Non-members: \$240 (Pay by May 25) \$ _____

☐ **Rafting** (Aug. 20-22, 2010) Total \$90. Non-members: \$100 (Pay by Aug. 1) \$ _____

☐ **Rafting extras** RV space \$20. Camp+dinner (no raft): \$50. Dinner only: \$20. \$ _____

☐ **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 = 294 Newsletter Distribution

The May 2010 issue is posted on our web site, and also:
289 copies sent via email (as PDF files)
26 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.

Two Snowboarder Deaths at Mt. Hood Meadows

Feb. 13, 2010. 23-year-old **Kyle Cryblskey** of Vancouver died when he landed wrong after a jump in the Rose City terrain park and hit his head on the hard snow. He was a skilled rider and knew the mountain well.



March 23, 2010. 18-year-old **Levi Sage Krukowski** of Portland, was wearing a helmet but it did not help him when he fell

through snow covering Clark Canyon creek. The area was roped off, but he somehow went beyond the ropes and fell 40 feet. His body was found partially submerged near the bottom of the waterfall. The waterfall is behind the hill, in the red rectangle area.

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

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

Mt. High Club Elections - Vote now or May 20

Every year, in May or June, we have our annual club elections for the 4 Board members. We have already requested nominations or volunteers to step up for these positions. So far, we have not received any new names. Meanwhile, the current 4 are willing to continue for at least another year. Vote or use write in:

President: Gordon Lusk or _____

Vice-president: Kurt Krueger or _____

Secretary: Diane Zhitlovsky or _____

Tresurer: Sandi Dykstra or _____

If anyone else is willing to run, please contact any of the club officers, or send an email to info@mthigh.org. Elections will be held during our Social on May 20. You can also vote by mail. Just send in your vote to Mt. High, PO Box 2182, Portland, OR 97208.

No More Summer Memberships

To simplify things, our Board has decided on 02/22/10 to discontinue asking new members to pay for a Summer membership. If anyone joins the club after May 1 on a given year, their membership will be effective immediately and the fee will be applied to the following (upcoming) membership year. If you join the club now, just pay for the upcoming next winter season and you are in.

