



Lift Lines

== No. 123, March 2011 ==

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



Snowy March



Winter is back in full force. La Niña is dumping tons of snow on us. Powder skiing is great! But this also brings new dangers. Read about tree well accidents on page 5.

Congratulations to **Gary Gunderson** and **Sandi Dykstra**. They are this year's Man and Woman of the Year! Page 10.

Our calendar of events for March is full. There is no free weekend. Take advantage of it. Join us on the mountain!

Most of the time, after skiing, we rush home and don't spend much time just relaxing with our ski buddies. But, on Saturday, March 19, after a day of fun on the slopes, let's spend some time together. Let's have a great **dinner** to remember at the historic **Huckleberry Inn**, at 5 pm. Read about it on page 8, and don't forget to RSVP to Gordy if you are joining us for dinner.

Check out the **pictures** from several recent events. See what you missed, and don't miss it next time. See pages 2, 3, and 4. We are a club like no other. We give you food, training, entertainment, ... and the club pays for it all! Wow!

But, we also need your help. You can help the club in at least two ways:

- Volunteer to **host a party** or organize some **fun activity**. Be a leader!
- Serve as a **club officer**. On June 2nd, we will have a quarterly party and annual elections. We will need a new President, Secretary, and Treasurer.

For starters, come to our monthly Board meetings (open to everyone) on the last Monday of the month, at the Round Table Pizza on Barbur Blvd. See p. 15.

The "La Niña is Back" issue

- * Chocolate Party photos, p. 2
- * Movie night + Somali Pirates p. 3
- * La Niña is Back, p. 4
- * Tree well danger p. 5
- * Mt. High Fun Day + Dinner, p. 8
- * Gyroplanes + Man & Woman of the Year

Spring Passes on Sale Now

Ski Bowl \$99 good for rest of season

Timberline \$120 before Apr 4

\$ 99 after Apr 4

Good until May 31

Meadows \$139 good for rest of season

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

2010 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

Mar. 5 (Sat.): Ski the Glade Trail Day

Mar. 5 (Sat.): Turkey Slalom - Schnees

Mar. 6 (Sun.): Memorial Cup GS -
Skiyente

Mar. 6-7: Oregon Cancer Ski Out

Mar. 11 (Fri.): GS Training -Location TBA

Mar. 11-12: Hope on the Slopes

Mar. 13 (Sun.): PACRAT Race 4 Mead.

Mar. 19 (Sat): Mt. High Day at Meadows
+ Dinner at Huckleberry Inn

Mar. 19 (Sat): Snow Beach Festival at
Ski Bowl + Dinner at Huckleberry Inn

Mar. 20 (Sun): PACRAT Race 5 Skibowl

Mar. 25-27: Crystal Mt. trip

Mar. 28 (Mon): Mt. High planning meeting

Apr. 1 - 3: Far West Championships
Alpine Meadows, Lake Tahoe.

Apr. 8-10: Bachelor Blast (all clubs)

April 30 (Sat.): Sno Kona Pond
Skimming at Meadows

Mt. High

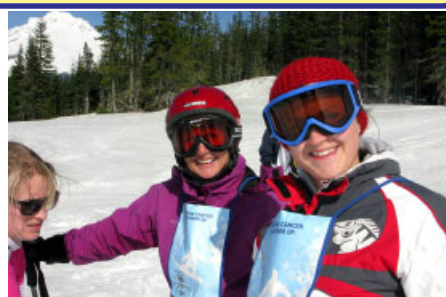
Let's Have Fun in March!



PACRAT/NASTAR Races, p. 6



Mt. High Fun Day Mar. 19



Hope on the Slopes: Mar. 11-12



Crystal Mt. trip March 25-27

Mt. High Chocolate Party

Feb. 12, 2011 (Sat.) We had a good turnout, despite the rainy weather. 15 people brought their own desserts for the judging. There weren't enough of us there to eat it all.

Thanks to **Terry and Brad Swan** for hosting the party and preparing the appetizers. Thanks to **Debbi Kor** for organizing the party. And thanks to everyone who brought a dessert.

Congratulations to the winners of the 3 chocolate contests.

The only mystery is why - with so much free chocolate to be had - fewer than 1 in 6 club members showed up.

If you missed the event, remember it is an annual party. There's always next year. And remember that we are looking for more people to volunteer to host such informal gatherings.



Says Harry: "OK, ladies, line up here for the chocolate kisses!"



Lightest dessert: Stevie Viaene



Most Creative: Kurt Krueger & Chris Moon



Most Chocolaty: Elaine Bock



Our hosts: Brad & Terry Swan



Debbi Kor led us into a game of Bingo with a Valentine's Day theme.



Just some of the desserts!



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

Mt. High Movie Night

Feb. 22, 2011 (Tue.)

The location: Gray Gables. Fantastic!

The food: Lassagna, salad, garlic bread. Magnifique!!!

The company: About 50 wonderful people showed up and had a great time.

The movie: "The Story" was quite moving. It told several stories, about several different athletes. It got into their heads, showed us what motivated them, what makes them tick, what makes them surmount all obstacles. Highly recommended.

The mystery: Why only 1 in 6 club members showed up? Free food, free entertainment, great company, great location. What's there not to like?

Thanks to **Debbi Kor** for organizing it, and thanks to **Bruce Kuper** for making it happen technically.



Gordy introduces the movie, while everyone is digging into the lassagna.



Debbi Kor and Gordy Lusk hand out door prizes.



We collected food for the Oregon Food bank

People shot by pirates were NWSCC members

Four Americans captured by Somali pirates while sailing about 190 miles off the coast of Oman in the Indian Ocean have been shot and killed on Tuesday, February 22, 2011.

One of the couples, Phyllis Macay, 59, and Robert Riggie, 67, of Seattle, were members of the Seattle Singles Yacht Club (one of our NWSCC clubs). The other couple, the yacht's owners, Jean and Scott Adam of Marina del Rey, California were well known by some of our Far West Ski Association members in California.

They were on an around-the-world sailing trip when they were captured by pirates Friday, February 18.



Phyllis Macay and Robert Riggie

La Niña is Back!

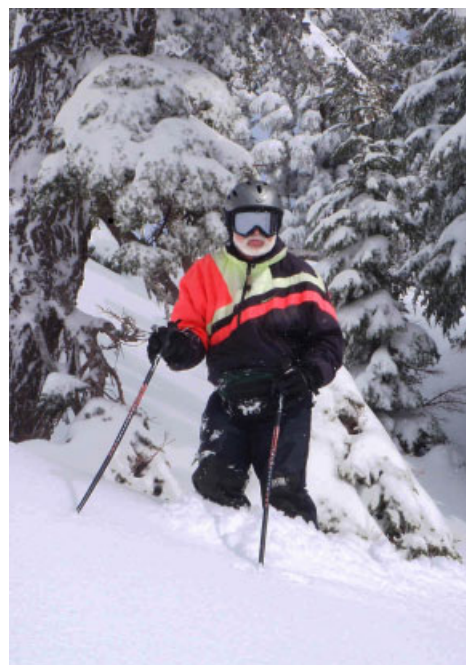
During the last few weeks, the snow has been dumping in the mountains, and even reached the valleys for a short time. We are finally getting lots of fresh snow in the West (a luxury that only the East has been enjoying for the past couple of months). Here are just a few pictures showing our club members enjoying the deep snow!



Linda McGavin at Jackson Hole



Linda McGavin plowing through



Kurt Krueger at Mt. Hood Meadows



Bruce McGavin
getting his
faceshots at
Jackson Hole



After the PACRAT race at Timberline, on Sunday, Feb. 28, some of us skied to Government Camp along the ungroomed Blossom trail, while another group skied the ungroomed Sand Canyon and Glade trail (pictured).



Chuck Westergren, Phil Mant, Gary Olsen and Dan Lane emerging from Sand Canyon onto the Glade Tail.



Phil, Chuck, Gary and Dan on the Glade Tail. The slopes of Mt. Hood Skibowl are in the background.

Tree Wells: Silent Man-Eaters

On Tuesday, March 1, 2011, **Paul Melby**, an expert skier capable of skiing anywhere on the mountain disappeared while skiing at Crystal Mountain, WA. He was last seen in Rabbit Ears Chute under High Campbell chairlift.

A week later, he remains missing, despite the fact that all of the most-likely locations have been thoroughly searched and most of the less-likely as well. It is unlikely that Melby ventured out of bounds or under a rope line. The most likely culprit for his disappearance is falling into a tree well.

Tree wells are especially dangerous when there is lots of fresh snow on the ground, like we have been getting lately. Research has shown that people often fall into a tree-well head first.

Also, it has been shown and tested that people are simply unable to get themselves out of a tree well without some assistance, someone to pull them out. People can either suffocate in the deep snow, or freeze to death if nobody saw them fall into the tree well.

The best advice that can be given to avoid such a fate is:

- Don't ski alone in the trees.
- Don't look at the trees or the tree wells. Look at the snowy places between the trees, where you want your skis to be. The body tends to follow the eyes.
- Don't ski fast in tight places where you can't see what's ahead or can't react fast enough.
- Avoid skiing in the trees when there is too much loose, unsettled fresh snow on the ground.

Yeah, good luck with that last one! Most powder skiers like those conditions. But, skiing the trees in those conditions is akin to tempting an avalanche. In both cases, you could get buried alive! And they might not find you till Spring!

For more info see: www.treewelldeepsnowsafety.com

A Tree Well Near Miss at Crystal Mt.

March 7, 2011 (Mon.) -- by **Kim Kircher, Crystal Mt.** Yesterday, my step-son, Andrew, helped a father and son who had fallen into a tree well at Crystal. While riding the Chinook Express, Andrew saw a skier calling for help near the top of the lift. When Andrew arrived, the skier pointed towards a tree saying that two people had fallen in.

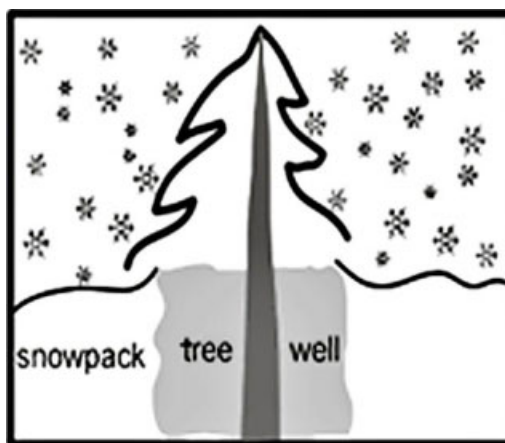
Andrew could not see any sign of the two skiers until he took off his own skis and approached the tree. Nearly ten feet down, a boy and his father—who had dived in after his five year-old son when he skied right into the tree and fell through the airy snow surrounding it—struggled to extract themselves.

The father handed his son up to Andrew, who reached into the tree well to pull him out. The boy, while frightened and crying, was otherwise unhurt. Here's the part of the story that truly drives it home: even with Andrew on the surface tamping down the snow, even while he was uninjured and fully conscious, the man could not pull himself out

of the tree well. Andrew handed him a ski pole, and he still couldn't extricate himself. Not until Andrew reached down and yanked the man out—pulling with all this strength—was the man able to finally reach the surface.

This was a near miss. Fortunately for the five year-old, his father had seen him fall into the tree well, and equally fortuitous was that Andrew saw the situation from the chairlift and could pull them both out.

As for the still missing Paul Melby, so much snow has fallen since last Tuesday, when Melby disappeared, that the chances of finding him are slim until some snow melts. While searchers—both volunteers and patrollers—continue to scour the mountain, the all-out search of last week has tapered down due to the challenging conditions. Once about 20 inches of snow melts at Crystal Mountain, Ski Patrol Director, Paul Baugher, hopes to reinvigorate the search.



Did You Know?

- * An average of 3 - 4 people die in tree wells each winter.
- * If you fall in head first, and loose snow covers your head, you might live an average of 15 - 30 minutes.
- * Friends shouldn't let friends go into deep powder alone. That's the opposite of the old saying: "There are no friends on powder days."

Master Mania Races

These two races are open to everyone. They are just one-time events. Don't be intimidated by the word "masters". It simply means "adults". You don't need to be an expert racer; just an adult. These races are organized by the Schnee Vogeli Ski Club and the Skieyente Ski club.

March 5 - Turkey Slalom - Skibowl East (Multorpor).

March 6 - Memorial GS Cup - Skibowl West (Reynolds)

Cost is \$30 per day. Send entries to Julie Rasmussen, PO Box 343, Troutdale, OR 97060. For more info, contact Julie at: julr200@msn.com.

Flyer and entry form at: www.mthigh.org/index.htm#Masters_Mania_Slalom

PACRAT Races 4 and 5

March 13: Race 4 at Mt. Hood Meadows, on Middle Fork. Party at the Vertical - North (formerly Winners Circle)

March 20, Race 5 at Mt. Hood Skibowl. Instead of a regular party, this will be a tailgate party. BYOB.

PACRAT Bylaws Changes

The PACRAT Board has recently modified the Bylaws to some extent. The two most significant changes are:

1. Board meetings less open

Wording has been removed that stated explicitly that all PACRAT Board meetings are open to everyone. The current wording leaves that a bit vague. Meetings are now called at the discretion of the PACRAT Chairperson. That means if you are invited to a meeting, you are welcome; otherwise, the meetings are not so open any more.

2. New Rule Affecting only Mountain High club

Electing the PACRAT Board now follows new rules. Up till this year, the PACRAT Board was elected by club representatives to the NWSCC, with each club having one vote. That simply didn't make sense any more, because many of the 30 NWSCC clubs don't even participate in racing.

A proposal was made to give all PACRAT team captains the vote to elect the PACRAT Board. This seems only logical, but this was opposed by some clubs that

2011 PACRAT Race Dates

Date	Location
January 9	Race 1: Timberline
January 23	Race 2: Mt. Hood Meadows
February 6	Race X: Mt. Hood Skibowl canceled
February 27	Race 3: Timberline
March 13	Race 4: Mt. Hood Meadows
March 20	Race 5: Mt. Hood Skibowl
April 1-3	FWRA Championships, Alpine Meadows
April 15 (Fri.)	Rat Attack Awards Party



believe this would give Mountain High too much influence over PACRAT racing, since Mountain High has the largest number of teams.

In the end, a sort of compromise was reached, with a new rule that really only affects the Mountain High club.

According to the new rule, each PACRAT team has one vote, except for clubs that have a lot of teams, such as Mountain High. A formula was set up. No club can have more than a quarter of the total votes.

If the total number of PACRAT teams is 20, a quarter of the votes is 5. That means a maximum of 5 team captains from any one club can vote. This doesn't affect any of the other clubs, who have at most 2 or 3 teams, so they will all get a vote.

But, Mountain High has 15 teams, and yet only 5 of them can vote in the next PACRAT elections.

How will we decide which 5 of our 15 team captains will get a vote? Susan Anderson has a proposal:

"We can do an electoral system. It's the American way. Have all the team captains vote based on feedback from their teams. Then have five vote according to the Mt High results."

The complete text of the new PACRAT Bylaws is available online at:

www.pacrats.org/files/Rules_and_Scoring/PACRAT-BYLAWS-CLEAN-COPY-2010.pdf

23rd Oregon Cancer Ski Out



March 6-7 (Sunday-Monday): Register your 5-person team for this fun fundraiser for Cancer Research and hospice care.

THE FUN PART

The event consists of 2 races at Meadows in which speed is not a factor, but consistency is. The winner is the team whose total time in race 1 most closely matches the time in race 2. Sunday night there's a dinner and party at the Hood River Best Western, where you can also get a room for \$70 if you mention the event.



Participants are encouraged to dress up in eye-catching garb, to draw attention to the cause.

THE LOGISTICS

Registration for 5 people is \$1000. That's \$200 per person. It includes lift tickets, 2 breakfasts, 2 lunches, and 1 dinner. **Brenda Becerra's team** needs more people.

Brenda Becerra, letsplayonthemt@hotmail.com or 360-834-3725, or contact:

Russ Stanton, russski2day@yahoo.com or **Dick Woolley** at rgwoolley@verizon.net. Lots more info on our [Mt. Highweb site](http://Mt.Highweb.site) or register at: www.cancerskiout.org

3rd annual Hope on the Slopes



March 11-12: (Fri.-Sat.)
at **Ski Bowl**. 1 pm - 1 pm.

This is a 24-hour vertical challenge. 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.

THE FUN PART

It will be 24 hours of fun. You can ski 24 hours for just \$35. There will be **live music**, a **barbecue**, a ceremony honoring cancer survivors, and a **torchlight parade** on Friday at 8 pm. Also, Friday night there will be a midnight pizza for the participants.



If you wish to be a torch-bearer, please contact **Emilio** at Emilio2000@earthlink.net. Only about 30 spots are available.



THE LOGISTICS

Each participant gets a personal web page to customize with own message or photo.

Registration is \$35 for individuals or \$150 per team. A team can have up to 15 members. Each participant is encouraged to raise a minimum of \$150 to participate in the vertical challenge.

Volunteers are needed to help with the event. To help out as a volunteer for a 3 hour shift, please contact **Kristen Lee** at the American Cancer Society: Kristen.Lee@cancer.org

Funds raised go to cancer research, education, advocacy, and service. OHSU is a beneficiary. Sign up at: www.oregonhopeontheslopes.org

Mt. High Mt. High Fun Day at Meadows

March 19 (Sat.) at Mt. Hood Meadows.

We have reserved a portion of the hill for our club. We will have the banked slalom hill on the Wall

Flower trail, which is next to the Easy Rider chair, formerly known as the Red chair. A long time ago, we used to have PACRAT races there. We'll set up a fun obstacle course on that slope.

We will have \$45 group discounted tickets for anyone who doesn't already have a Meadows pass. Just show your membership card.

Afterwards, let's all gather for a prime rib dinner (or chicken or halibut) at Huckleberry Inn at 5 pm

Contact Gordy at: GordyLusk@hotmail.com.

Mt. High Dinner at Huckleberry Inn

March 19 (Sat.) 5:00 pm
Let's end the day with a delicious steak dinner at the Huckleberry Inn, Govt. Camp.

Prime rib dinner including salad, garlic bread, baked potato, and vegetable, is \$20.

Teriyaki chicken dinner is \$17. (Or you can have halibut instead of chicken.)

Please RSVP by March 15 to our Prez, Gordy Lusk, 503-804-8363, GordyLusk@hotmail.com

Snow Beach Festival at Skibowl

March 19 (Sat.) Skibowl
This event used to be called "Suds on the Slopes". It's a day filled with fun, such as:

- * Live music
- * Hot dog eating contest

- * 10th annual Pond skimming (2 - 4 pm)
 - * Honkin' Huge Rail Jam (4- 6)
 - * Craft beer and spirits tasting (Noon - 10 pm)
 - * Fireworks (8 pm) + Prizes, swag, and fun!
- See: <http://www.skibowl.com/wp-content/uploads/2011/02/snow-beach.pdf>

Schweitzer Mt. discount

Schweitzer Mt.



Schweitzer Mt., Idaho, has offered our club members a group discount, even if we purchase the tickets individually, one at a time.

On daily tickets, you'll save \$10 on each ticket. Instead of \$65, you will pay **\$55**.

On a 3-day pass, you save \$39. Instead of \$195, you pay only **\$156**. The 3 day pass is valid on any 3 days in a season. They don't have to be consecutive days.

To get this discount, you must purchase and print the tickets through a **Schweitzer Mt. web page** that has been specifically customized for our **Mt. High club**. Click here: <https://tickets.schweitzer.com/affiliate.asp?ID=17D3854F-9D13-4D87-9805-3837BA537DE5>.

You will need the following password: **MtHigh-tix**

NWSCC

NW Ski Challenge

Just a reminder. If you have visited at least 7 ski areas in the Northwest (Oregon, Washington, Idaho), you could win a prize. Grand prize is a 10-time pass to Mt. Hood Meadows.

Mail your lift tickets/receipts to the NWSCC by June 15. Details on our [TRIPS](#) web page.

Sno Kona Pond Skimming at Meadows

April. 30, 2011. (Sat.)
This will be the 5th annual pond skimming contest, sponsored by Kona Brewing.

Each participant who successfully skims over

the 90-foot pool of water, gets a chance to enter the second and final round to win a trip to Hawaii. If more than one person skims the whole pond successfully the second time, the winner will be determined by judging his/her style and costume.

Registration is open to all for \$25 per person, if pre-registered. On the day of the event, if there are still any spots available, registration will be \$40.

For membership info and club benefits, check our web site: www.mthigh.org/Membership.htm

Mt. High

Crystal Mountain, WA



March 25-27, 2011 Please mail in your full payment now.

A weekend bus trip, 2 nights/2 days. We leave Friday around 5:00 pm. Lots of fun on the bus – this is the best way to get to know other club members! We'll return Sunday by 8 pm.

Crystal Mountain is the largest ski area in Washington with 3,100 vertical feet of skiing, with over 50 named runs. There's everything from gentle groomed cruising runs for beginners to challenging steeps - backcountry, glades, chutes and unbelievable black runs for the more adventurous. This is why SKIING Magazine voted Crystal Mountain the #7 top mountain in North America.

There are 2 six-pack hi-speed lifts, 2 hi-speed quads, 2 triples, and 4 doubles. Also, NEW since our last trip to Crystal Mountain in 2009 is the Mt. Rainier Gondola. With travel time of less than 10 minutes (half the time of the current two chairlifts) and a vertical rise of nearly 2,500 feet, the gondola will provide year-round lift access to Crystal Mountain's summit. In addition to providing warm, dry uphill transport, the gondola also serves as backup when the Rainier Express is not able to serve the summit elevations due to high winds.

There are now 2,300 acres of lift served terrain, plus 500 acres of backcountry.

We'll stay at the Park Center Hotel in downtown Enumclaw, 45 minutes from the mountain, with easy access to a variety of restaurants and bars. Breakfast is provided for hotel guests, and there is an indoor hot tub.

The price is fixed at **\$199** for the bus trip, 2 nights' lodging, 2 breakfasts, and one lift ticket.

Seniors (65 and over) can deduct \$30, for a total cost of: **\$169**.

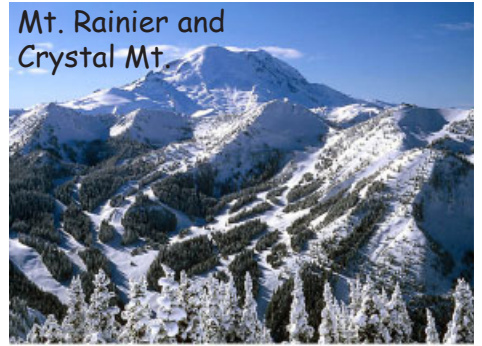
The reason for only one lift ticket is that on Sunday, March 27, Crystal Mountain is allowing all NWSCC club members to buy tickets at half price, but you have to go to the ticket window yourself and show your NWSCC card (i.e. your club membership card; you'll get it when you renew your club membership for 2010-2011).

Use the [Dough Transmittal form](#) on page 11 (or on our FORMS web page) to send **\$100 deposit**, due by November 30. Full payment due by February 25, 2011. No refunds after February 25 unless you can fill your spot.

Contact **Linda McGavin** at (503)652-2840 or e-mail Trips@mthigh.org.

You can also contact [Emilio Trampuz](#) (co-captain), 503-378-0171, Emilio2000@earthlink.net.

Mt. Rainier and
Crystal Mt.



NWSCC

Bachelor Blast trip



Mt. Bachelor

April. 8-10, 2011.

Join in a celebration of Spring skiing at Mt. Bachelor. 2 or 3 nights at Sunriver. Details at: www.nwskiers.org.

Price **\$180** pp. includes:

- * 2 nights lodging in condos at Sunriver - Fri. & Sat.
- + get a 3rd night free - your choice of Thur. or Sun.
- * 2 days lift tickets (More days can be added for just \$45 per day).
- * Hors d'oeuvres party on Saturday night

* Access to the new "Maverick" indoor water park, swimming pool, hot tub, Flowrider wave machine, rock-climbing wall, yoga, pilates, aerobics, saunas, tanning, massage, weight-training machines, etc. See: <http://www.discover.sunriver.com/site/2670/default.aspx>.

Only 52 spots are available at the \$180 price.

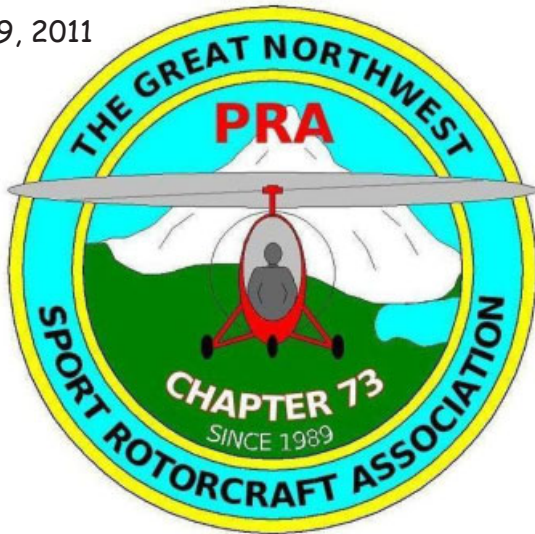
Seniors and Teens: subtract \$15, for a total of : \$165.

Super seniors (70+) & Youths (6-12) pay only \$150.

Payment in full needed right away. Send check to: NWSCC P.O. Box 1915 Portland, OR 97207-1915.

For info, contact **Linda McGavin**, Trips@mthigh.org

April 9, 2011



**You are invited to attend the 22nd anniversary of
The Great Northwest Sport Rotorcraft Association, PRA 73**

Come on down to Scappoose, Oregon, on April 9th at the Scappoose Airport, mid-field, west side, to join the celebration. There will be Bar-BQ'd chicken and pot-luck dishes for all to enjoy. Gyroplane training flights will be offered for a small fee and you will get to fly it for a short time. What a fantastic opportunity for you and your bigger kids to enjoy! Flying time is limited and we will need to know how many to expect to come for the 12:00 noon feast.

Call **Bob Johnson** for reservations at 503-665-4449, verticalbob1@gmail.com.

For information about Gyroplanes, see www.pra73.net.

Editor's note: Some sports just seem to go well together. For example, what do Skiing, Scuba Diving, and Gyroplanes have in common? The feeling of "flying", the freedom from gravity. **Bob Johnson** was introduced to us by **Chris Wiley** (one of our PACRAT team captains. See what Bob says about Gyro-flying:

Hi Mountain High Snowsport Club.

My name is Bob Johnson and I am the President of the Great Northwest Sport Rotorcraft Association, PRA 73. We are a small group of gyroplane/rotorcraft enthusiasts. I'm writing to you in hopes that the attached flyer might spark some interest in you for gyroplanes. When I was in High School I used to fly down the slopes on skis, from Timberline Lodge to Government Camp. It was a real thrill. Then I saw an ad in Popular Science magazine about the Benson Gyrocopter. It looked like more fun than skiing! Through the years I lost interest in skiing, but I never lost my interest in those darn Gyrocopters. I liked airplanes too, so I went to Evergreen airport, in Vancouver Washington, to attend the Northwest Antique Airplane Club's Fly-in (NWAAC). It was great! One year, while I was just hanging around the airport, I met Chuck Vanek, who was making Vancraft gyroplanes. Wow! It was neat, and it had two

seats. I visited his workshop many times and one year I talked my Mother and Father into joining me for an introductory flight. It was great! It was even more stable in the wind than an airplane. Well a lot of Columbia River water has gone under the bridge since then and now I'm the President of the gyroplane club. Chuck Vanek's son, Jim Vanek, is now the gyroplane manufacturer in the area and his company is called "Sport Copter", www.sportcopter.com. I've looked at several different makes of gyroplanes and I've come to the conclusion that Sport Copter makes the best. Jim Vanek tolerated my many questions about the safety of gyroplanes and he and I believe that they are the safest aircraft. Come on down to our 22nd year anniversary meeting on April 9th and watch a demo flight from Jim and possibly get a ride in one. It's like "skiing in the sky".

Man and Woman of the Year

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

Gary Gunderson



Gary Gunderson is our racer extraordinaire. Over the years, he has improved from an intermediate to an elite racer. For years, he has been the team captain of not just one, but two PACRAT teams. This season, he became Vice-president of PACRATs, and has been instrumental in bringing two improvements to our racing experience:

- a) Purchasing our own timing mechanism, and
- b) Making each PACRAT race count as a NASTAR race as well, and providing NASTAR results.

You can contact Gary at: ktgpdx@frontier.com

Sandi Dykstra



Sandi had done an excellent job as our club's Treasurer for the past 3 years, and she seems to be getting better at it every year. She has made it easier for our trip leaders and event organizers to keep track of who has signed up for which activity. Every single membership form is processed by Sandi, and every single check anyone sends to the club is also promptly processed by her. All this in her spare time and as a volunteer.

You can contact Sandi at: sandiD@aol.com

Our Forum



Use our two online Forums to communicate with other club members. We have an All-club forum, and one for Mid-week skiers. feel free to chat, ask questions, provide answers, etc.

But, first, you need to join the Forum (which is actually a Google Group). Go to www.mthigh.org, click on one of the Forums, and then click on "Join this Group" in the upper right corner. Then you can join the discussion.

Mountain High Meeting

Usually the last Monday of the month.

Mar. 28 (Mon.): Open to all who want to get more involved with the club, or just want to see what's going on. Gather at **6:00 pm**. Start at **6:30 pm**.

Location: **Round Table Pizza**, 10070 SW Barbur Blvd., (near Capitol Hwy).

Mountain High snowsport club contacts:

President: Gordon Lusk H: 503-804-8363,
Vice-President: Kurt Krueger H: 503-625-1492,
Secretary: Diane Zhitlovsky H: 503-666-0389,
Treasurer: Sandi Dykstra H: 503-629-0177,
Membership Director: Elaine Bock 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,
Hiking: Elisabeth Fontaine H: 503-524-5774,
Mid-week skiing: George Yun H: 503-697-3055,
Trip Directors: Linda McGavin H: 503-652-2840,
 Janice Jessen H: 503-515-6230,

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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): _____

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)** \$95 for the whole season. Team: _____ \$ _____

☐ **Bachelor Blowout** Mt. High + Altair. Jan. 7-9, 2011. Total \$140, due by Nov. 30. \$ _____

☐ **Leavenworth** Jan. 27-30, 2011. Total \$375. Deposit: \$100 (Pay by Nov. 15) \$ _____

☐ **Crystal Mt.** March 25-27, 2011. Total \$199. Deposit: \$100 (Full Pay by Feb. 25) \$ _____

☐ **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 = 322 Newsletter Distribution

The March 2011 issue is posted on our web site. Also:
354 copies sent via email (as PDF files)
27 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: newsletter@mthigh.org.

Mt. High Mountain High Needs You!

The Mountain High Board members are all only human, and they do their work as volunteers, in their spare time. After years of helping the club to thrive and grow, everyone needs a bit of a rest, and others need to jump in and do their part. Specifically, we need more leaders of all kinds, including trip leaders, event organizers, helpers, ... and people willing to host parties.

At the next elections in May, we will be looking for a new club **President**, **Secretary**, and **Treasurer**.

So, we need you. Start by coming to our monthly meetings, last Monday, to see how our club operates.



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 Man & Woman of the Year

Each year, our club honors 2 of our members as deserving of special praise. The latest two have just been added See more on page 10.

2011:	Gary Gunderson	Sandi Dykstra
2010:	Kurt Krueger	Diane Zhitlovsky
2009:	Gordon Lusk	Marsha Cosgrove
2008:	Jack Folliard	Elaine Bock
2007:	Gary Stevenson	Linda McGavin

Cycle Oregon

July 15-17: Weekend ride

Sept. 10-17: Week-long ride. (Full, but there is a waiting list.)

Weekend ride participants from Mt. High are:

Brenda and Jeff Ackerson, **Lynn and Dave Norbury**, and **Jan Siverts-Smith**.

Week-long ride participants are **Jan Siverts-Smith** **Moniquea Degan**, and **Stevie Viaene**.

Registration & info: www.cycleoregon.com.