



Lift Lines

== No. 126-127, June-July 2011 ==
Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208



Mt. High Wall Calendar



Thanks to Kurt Krueger and Emilio Trampuz, a new wall calendar is now available for free downloading and/or printing on our web site. It includes the months of April 2011 – Sept. 2012.

The calendar is meant to be printed 2-sided, then folded in half, and stapled in the middle. Then punch a small hole at the top, so you can hang the calendar on a wall. The calendar comes in two sizes. The size is of the unfolded calendar, naming the kind of paper you need to print it on:

1. Letter sized (8.5" x 11"), or
2. Tabloid size (11" x 17")

If your printer can't print 2-sided automatically, print the even pages first, then turn the papers over and feed them into the printer again and print the odd pages.

Alternatively, you can ask Emilio to print, fold, staple and punch a calendar for you, for a small fee:

- a) Letter sized = \$5 (When folded, it will be half the size of a letter paper).
- b) Tabloid size = \$10. (When folded, it will be the size of a letter-size paper.)

The above is just for printing, assuming you will pick up the calendar at an upcoming club meeting or event. If you need to have the calendar mailed to you, please include \$3 for shipping and handling.

Make check payable to Emilio Trampuz and mail it to: Emilio Trampuz, 4742 Liberty Rd. S., #296, Salem, OR 97302.

The "Who's Who" issue

If a picture is worth a thousand words, this issue is worth a million. It shows photos of most of our club's leaders, as well as pictures of the NWSCC, FWSA, and PACRAT leaders.

There are even more active volunteers and helpers than will fit on these pages. Due to space and technical constraints, we focused on those who contributed most recently. More are shown on our web site. See our CONTACTS page.

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

2011 CALENDAR

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

June 9 - 12: FWSA Convention
June 11 (Sat): Kayak intro Mclver Park
June 15 (Wed) NWSCC/PACRAT elections
June 18 (Sat): Kayak - Mclver Park
June 25: Mt. High Highway cleanup
June 30 (Thu.) Golf -Glendoveer W.

July 8 (Fri.): Mt. High Bike ride to Kelly Point Park

July 9 (Sat.): Kayak - McKenzie River
July 9 - 10: World Cup Dreams
July 10 (Sun): Hike Tamanawas Falls
July 16 (Sat): Timberline "historic trails" bike ride
July 18 (Mon.): Mt.High board meeting
July 20 (Wed.): NWSCC Appreciation
July 24 (Sun.): Clubs 4-Play Golf
July 28 (Thur.) Golf - 9 holes at Eastmoreland, 5 pm

Aug. 19-21 (Sat.): Mt. High Rafting
Aug. 27 (Sat.): Mt. High Picnic

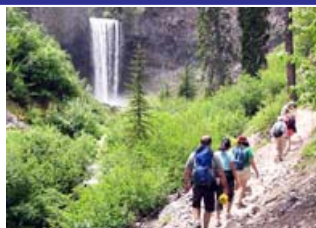
Sept. 2-5 (Fri-Mon.): Idaho Bike trip - the Trail of the Coeur d'Alenes

Mt. High

Let's Have Some Fun



Kayak: July 9



Hiking July 10



Golf: July 24, 28.



Rafting Aug. 19 - 21



Picnic August 27



Idaho bike Sep. 2-5

New Mt. High Board

At the Pizza Party on May 24, 2011, we held club elections, and elected the following 4 people to the Board.



President
Kurt Krueger



Vice-President
Terry White



Secretary
Chirs Brooks

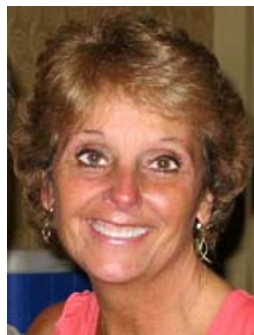


Treasurer
Alice Dagilaitis

In addition to the above, here are a few more of the more active members of our club. This is not a complete list. For more photos of our club leaders, see the Contacts page on our web site, www.mthigh.org/Contacts.htm.



Newsletter & web
Emilio Trampuz



Trips, Social Activities
Debbi Kor



Trips & NWSCC
Linda McGavin



Racing
Bruce Ellison



Membership & Golf
Terry Swan



Golf
Cal Eddy



Biking
Jackie Bonillo



Hiking
Elisabeth Fontaine



**Past President
and Rafting**
Gordon Lusk



Club archives
Chas Westergren



FWSA Trips
Barbara Bousum



**PACRAT /
NASTAR Racing**
Gary Gunderson

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

NWSCC Board

At the regular quarterly NWSCC meeting on June 15, 2011, the following were re-elected to lead the NWSCC.



President
Sheri Parshall
(Skiyente)



Vice-President
Dave Rasmussen
(Schnee Vogeli)



Secretary
Julie Rasmussen
(Skiyente)



Treasurer
Marcia Brighton
(Skiyente)

In addition to the above, the following people also have a significant role at the NW Ski Club Council:



Membership
Colleen Walter
(Skiyente)



Director at large
Steve Coxen
(Cabernet club)



Communications
Linda McGavin
(Mt. High)



Webmaster
David Schor
(Mt. High)



Historian
Norvin Peer
(Longview ski club)



Travel
Barbara Bousum
(Mt. High)



Racing
Gary Gunderson
(Mt. High)



Past President
Mary Olhausen
(Mt. High)

In addition to the above, the NW Ski Club Council is composed of representatives from all 30 ski clubs in the northwest.

Meetings are held quarterly (September, December, March, and June), on the 3rd Wednesday of the month, usually at the Shanghai Noble House in the Water Tower building at John's Landing on Macadam Ave., starting at 6:00 pm.

The people you most often hear from are: **Linda McGavin** (who edits the NWSCC Newsletter), **Colleen Walter** (who keeps us informed via emails in between the newsletters), and **David Schor** (who keeps us informed through the NWSCC web site: www.nwskiers.org).

FWSA Board & FWSA Convention

There are simply too many FWSA leaders to mention them all here. Most of them live in California, Nevada, Arizona, and other western States. Here are jst some of them that are probably familiar to you, since they live in Oregon.



President
Randy Lew



VP Marketing
Debbi Kor



Trustee
Steve Coxen



NWSCC President
Sheri Parshall



Travel Expo Chair
Mary Olhausen

FWSA Board at the June 2011 Far West Convention



Emilio Trampuz: 1st place for Newsletter,
2nd place for Mt. High web site



Gary Gunderson (NW) and Debbi Stewart (Central)
Far West Man & Woman of the Year 2011, flanked by
representatives of Big White and Silver Star.

"The Voice of the Western Skier"



FOUNDED 1930

All our Mountain High club members are also automatically members of the Far West Ski Association. It says so on your membership card. So, these FWSA events and trips are yours! Make use of them!

FWSA Far West Convention



June 9-12, 2011.

The 79th annual **FWSA Convention** was held at the Pacific Palms Resort in Industry Hills, CA,

hosted by the Los Angeles Council of Ski Clubs.

The theme was "Making History". It was an opportunity to meet celebrities such as former Olympic racer Billy Kidd, or members of the 10th Mountain Division from World War II.

We met with ski resort representatives during the Travel Expo. The winners of the Man & Woman of the Year were announced. Congratulations to **Gary Gunderson** for winning among all the other men of the year from the other Ski Club Councils.

In club awards, our Mt. High club won 1st place for the newsletter and 2nd place for the web site.

FWSA Ski Week at Jackson Hole, WY



Jan. 28 - Feb. 4, 2012. This is the biggest trip of the season, attended by dozens of ski clubs.

Prices start at \$950, depending of the type of lodging you select. This includes 7 nights lodging, 5 lift tickets, banquet, council party, apres ski parties, races, and more. Airfare is not included.

Send a \$100 deposit to reserve your spot.

Mail check to: NWSCC, P.O. Box 1915, Portland, OR 97207-1915. Mark the envelope: "Jackson Hole". Contact: **Barbara Bousum**: BBousum@gmail.com or 503-224-3584 or **Chris Ciardi**, c2blondie@hotmail.com, 503-297-5351.

FWSA

Far West Trips



Click on the underlined blue links for more info.



FWSA New Zealand & Australia Trip

Oct. 25 - Nov. 9, 2011; Auckland, Rotorua, Wellington, Queenstown, and Sydney. Price from \$3,616 pp/do, flights from SFO/LAX. Also, optional post-trip

extension to Cairns, Great Barrier Reef, Nov. 9- 12, starting at \$541 per person. For more information, call Norm Azevedo at (925) 944-9816 or email fwsaitravel@sbcglobal.net.



Dive Trip to Roatan,

Honduras, October 22-29, 2011. Dive Package: \$929/person; Non-Dive Package: \$849/person.

Price includes: R/T transfers from Airport to Resort; 7 Nights at Turquoise Bay Dive & Beach Resort (2 per room); All Meals Daily; Non-Alcoholic drinks with meals only; 6 days of 3 tank boat dives; 1 Night boat dive per person; 1 Hour per day internet access; Unlimited use of Kayaks and Pedal boats; All Hotel taxes. Contact **Randy Lew** at 530-304-0802 or fwsa13randy@telis.org.



* Chamonix-Mont-Blanc, France 2012 Annual International Ski Week. More info later, but put this ski week on your 2012 planning calendar. Contact Norm Azevedo at fwsaitravel@sbcglobal.net for more information.

NOTE About Far West trips

While we haven't even begun to plan Mountain High club trips for next winter, most trips organized by the Far West Ski Association are planned much earlier.

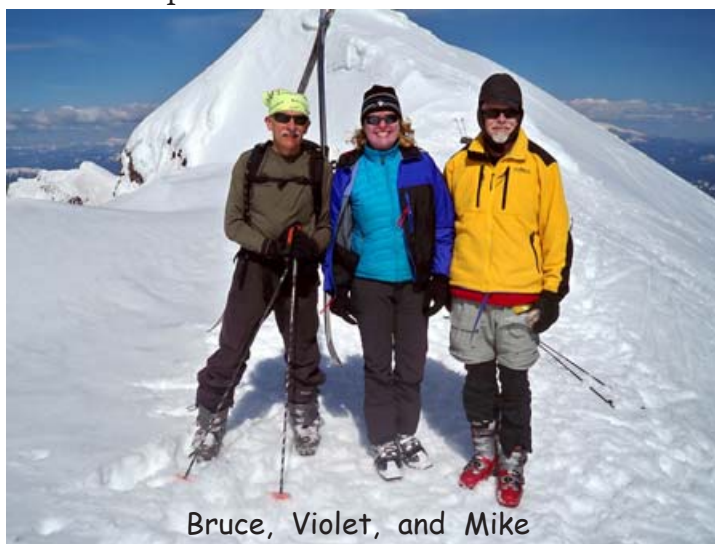
The annual Far West Ski Week, which this year goes to Jackson Hole, Wyoming, is especially early in booking, because of the large number of participants. If you are interested in this trip, please put down a deposit before the end of June 2011. A certain number of rooms has been reserved for this trip. Any rooms that are not claimed by the end of June will have to be released.

So, book early. But also keep in mind that our Mountain High club will have 2 or 3 ski trips of our own too.

Climbed and skied Mt. St. Helens: Bruce McGavin, Violet Anderson, and Mike Ferrell did it on May 20th, 2011. Violet not always smiling from a cracked sternum and ribs from a playground slam a week earlier. Note that Mt. Adams is visible in all the photos in the background. Perhaps their next adventure?



Violet



Bruce, Violet, and Mike



Bruce



Mike



Featured in the Oregonian: Jan Siverts-Smith was featured in an article about women on bicycles. She has done ALL the Cycle Oregon rides so far. This year will be her 24th.

Her favorite bike is her custom, titanium Seven. She holds it in one hand. Either it is super light, or she is super strong. Or both!

See the complete write-up about Jan at Oregon Live at: http://www.oregonlive.com/cycling/index.ssf/2011/06/heidi_swift_talks_to_all_kinds.html

Note: Jan is also a member of the "Frosted Flakes" recreational PACRAT racing team.

Powdered in Jackson Hole: In February 2011, Linda and Bruce McGavin hit the powder at Jackson Hole.

When you see red, white and blue, ... why it must be Bruce (in red), Linda (in blue), and the powder (in white)!!!



Linda



Bruce



Bruce

Mike
Barmache

**Powdered while heli-skiing,
and also at Mt. Hood Meadows:**

Mike Barmache got some great powder at Mt. Hood Meadows, on Upper Elevator (photo on the left).

Then he got some real face-shots in the Monashees while heli-skiing there. See the two pictures below.

Mike
BarmacheMike
Barmache

Snow-walled and half frozen on McKenzie Pass:

On June 19th, two members of our “Frosted Flakes” PACRAT team, Moniquea Degan and Stevie Viaene, set out to bike over McKenzie Pass (between Eugene and Sisters).

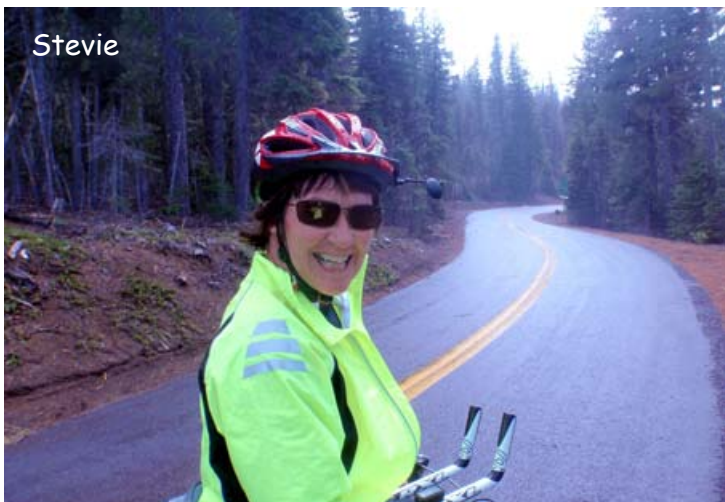
Stevie says: “The ride was a really good climb (if that is not an oxymoron) and I swear I have never been so cold!! I was grossly underdressed for that top part - but the scenery was worth it!”

Suddenly, their progress was blocked by a wall of snow. Wow! Even in mid-June!

Moniquea and Stevie



Stevie



Moniquea and Stevie

Rose Festival and Bengal tigers

By KATU News

Published: May 27, 2011 at 11:56 PM PDT

Like 19 Tweet 0 Comments (0) Print Email

**Cuddling a Tiger at the Portland Rose Festival:**

Julie Moore, another “Frosted Flake” team-mate, was interviewed by the local KATU News team about tigers and the organization “Walk on the Wild Side.”

The Bengal tiger cub was restless, the interviewers were nervous, but Julie handled it quite calmly, and the tiger did not eat her.

See the interview at: <http://www.katu.com/home/video/122764724.html>

NOTE: Did you notice how visible the “Frosted Flakes” team members are? Half the stories on these pages are about them. Jan Siverts-Smith (on page 6) is also a “Flake”. And so is our new club President, Kurt Krueger. What a team! Go “Flakes”!!!!

Hiked to Tamanawas Falls: July 10 (Sunday). About a dozen of us did this very interesting and picturesque hike, just off of Hwy. 35, about 10 miles past the Mt. Hood Meadows exit and 2 miles before the Cooper Spur exit.



Just one of two bridges we crossed.



Approaching the waterfall



Notice the people inside the cave.



A little rest and re-grouping.



The hike leaders: Mike Boyd and Chris Brooks.



A little "feast" at the end of the hike.

MOUNTAIN HIGH**Upcoming Summer Events****SNOWSPORT CLUB****Mt.High Golf at Eastmoreland**

July 28th
(Thursday) at
5:00 pm.

We will
play 9
holes at

Eastmoreland Golf Course, 2425 SE Bybee Blvd, Portland 97202. Phone: 503-775-2900. Tee times start at 5:00 pm.

Cost: \$20 (for 9 holes) or
\$14 (for seniors)

We need to have conformation before July 25, either by email or by phone. Please contact **Terry Swan** only at:

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

NWSCC**Clubs 4 Play**

July 24 (Sunday) 11 am.

The NWSCC organizes this annual golf event as a friendly competition between local ski clubs. Each club is encouraged to form at least 1 team.

This year's location is: **Gresham Golf Course** 2155 NE Division St., Gresham, OR. More info at www.nwskiers.org.

- * Tournament is a scramble format. Rules will be available on day of tournament.
- * Pick your team of 4 and register with Sandi Shaub by Friday, July 8. Payments due by July 8. Send checks for **\$85** 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.
- * BBQ Chicken Sandwich meal on the patio after round, prizes, goodie bag, favor and FUN!

Click here for a [poster and signup form](#). Fill out the [registration form](#), then email it to Sandi Shaub, sandi.shaub@gmail.com.

As soon as you have your 4 players, give Sandi Shaub a call to register at 503-669-8599 or email her at sandi.shaub@gmail.com.

Mt.High Deschutes River Raft Weekend

Aug 19 - 21, 2011.

This has become an annual tradition for our club. A weekend of rafting and frolicking in the sun on the Deschutes River at Maupin, OR.

Info: Gordy: 503-804-8363, GordyLusk@hotmail.com

Reservation & payment must be received by July 15. (or don't show up). Cancellation Date is August 1st.

Trip includes:

Camping: Thursday, Friday and Saturday night in Maupin City Park. Camp sites, near bathroom in main park. 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 diner: Chicken and ribs provided by Mt. High. For other times, bring your own food.

Camp, raft, dinner = \$90.00 pp, (Non-members \$105.00) Use the Dough Transmittal form, page 11.

Mt.High Annual Picnic

Aug.27 (Saturday). Our annual picnic and bike ride at Sellwood Park.

9 am for bike ride;
11 am for picnic.

Location: Sellwood park, picnic area A.

Also, an optional bicycle ride just before the picnic. Start at parking lot by the river (by Sellwood bridge)

9 am -- Bike ride

11 am -- Picnic starts (Food served at 11:30)

The picnic is a potluck. We'll have a variety of sausages. Bring something else to share.



More info on our web site, www.mthigh.org.

Mt. High Bike Rides**Get on our biking list.**

If you are interested in doing some road biking with us, contact:

Jackie and Dick Bonillo,
jbon1960@comcast.net, or phone
 them at: 503-663-3359.

We'll put you on the list and keep you informed about upcoming rides.

Mt. High Historic Trails bike ride

July 16 (Saturday) 10 am.

This is the same kind of ride as the Timberline to Rhododendron ride last year, but with some differences. Since West Leg road is still buried under snow, we will not start at Timberline. Instead, we'll start by visiting the Pioneer

woman's grave (not far from Hwy 35, and then work our way westward, just like the Oregon pioneers did.

It's about 15 - 16 miles on mostly paved surfaces. You don't need a mountain bike. It will be a slow ride through history. We'll ride on the few remaining portions of the old, abandoned highway, the one which President Roosevelt used to come inaugurate Timberline Lodge. We will also ride on portions of the old Barlow Road. And we'll visit Little Zig Zag falls.

We'll stop at the Mt. Hood Museum, to solve two mysteries:

- Find out if there ever were any "straight" skis.
- Find out if the aerial bus was "Ski-Way" or "Sky-Way".

Meet at 10 am at the **Still Creek Inn** in Rhododendron. We'll leave half of our cars there. At the end of the ride, we'll have lunch there.

Idaho bike trip

September 2 - 5, 2011. Friday - Monday over Labor Day weekend. 3 days/3 nights, with lodging in the town of Kellogg, ID. Trip leader: Emilio Trampuz.

A unique opportunity to ride the 72 perfectly paved miles of the Trail of the Coeur d'Alenes, across the Idaho panhandle, from Mullan (near the Montana border) to Plummer (just south of Coeur d'Alene).

The bike trail is free and includes picnic areas, benches, rest stops and restrooms along the way. About 20 miles of the trail is through a wilderness area, where we will definitely see egrets, eagles, grebes (birds that can swim under water), and maybe even moose.

We'll split the 72 miles into 3 days.

Day 1: Ride only 20 miles. Visit historic Wallace, and maybe also a railroad museum and/or a silver mine. This is silver mining country. Note that the main ski area is named Silver Mountain.

Day 2: Ride about 40 miles. Brunch at the "Snake Pit", then bike through the wilderness area to the town of Harrison, on the shores of Lake Coeur d'Alene.

Day 3: Bike the remaining 15 miles, plus optionally a bit more if we want to revisit some of the wilderness area. Then drive back home.

Optionally, if you want to ride faster and cover more mileage in a day, you can then also visit the "Route of the Hiawatha", 15 miles of unpaved trail through several tunnels and over several trestle bridges.

3 nights lodging with breakfast and taxes is \$152. For expediency, please write check to "**Mountain High**" and mail it to: **Emilio Trampuz**, 4742 Liberty Rd. S., #296, Salem OR 97302. Do so before end of July.

Trail of the
Coeur d'Alenes



Fred Noble: Ski to Defeat ALS



Many of you know **Fred Noble** from skiing at Meadows and his involvement with CMH Heli skiing. He has been diagnosed with Lou Gehrig's disease. Fred, in only his style – is taking all the last energy he has to organize a **Ski to Defeat ALS** in March 2012 at Mt.

Hood Meadows. Things are just in the planning stages. More at: <http://frednobleadventure.com/>

Right now his daughter and son in law **Julie and Gary Bakkala** are gathering stories about Fred for doing a story about his home and him and how to adapt it for his progressing illness.

Extreme Makeover will highlight his journey if picked. This is a surprise for Fred.

Please send any stories/photos you have about Fred to Gary Bakkala willamettecurbing@msn.com.

Also spread the news and if there is any interest in putting together this 2012 Ski to Defeat fundraiser please contact **Candace Kramer** candace@candacekramer.com.

As Fred always says – MAKE IT AN EPIC DAY!

What's New at Ski Areas

Mt. Hood Meadows: A new **express quad** will be built this summer, to replace the Stadium fixed double chair. The new lift will load about 300 feet closer to the lodge than the current lift, and will go higher to near the top of the Heather lift, so it will be easier to ski directly to Shooting Star or Hood River Meadows.

Northstar-at-Tahoe: Vail Resorts, which already owns Heavenly, has purchased Northstar-at-Tahoe and will invest \$30 million in new restaurants, retail outlets and 10% more skiable terrain plus a new express quad on the back side of Northstar.

Epic Ski Pass. Vail Resorts now offers even more choices with its Epic Pass:

1. The **full Epic Pass** offers unrestricted skiing at Vail, Beaver Creek, Breckenridge, Keystone, Heavenly, Northstar, and Arapahoe Basin for \$649.
 2. The **Epic Local Pass** for Colorado is \$499 for unrestricted skiing at Breckenridge, Keystone and A-Basin - plus 10 restricted days at Vail or Beaver Creek and restricted days at Heavenly and Northstar.
 3. The **Tahoe Value Pass** is \$379 and gives access to Heavenly & Northstar (except Saturdays at Northstar).
- In all cases, a payment of \$49 by May 30 is required, with the balance due in September.

New Lift & Lodge at 49 Degrees North

The 49 Degrees North ski area, north of Spokane, near the town of Chewellah, will install a new lift and will build a new mid-mountain lodge.

A fixed grip double chair has been purchased from Copper Mountain and will be installed on Angel Peak at 49° North with a vertical of about 1150 feet.

The new mid mountain lodge will be at the top of Blastface, providing amazing views of the East Basin and the Pend Oreille valley. The facility will provide skiers and riders with food and beverage service, and additional seating.

Due to an on-going environmental review by the United States Department of Agriculture (USDA), construction on both both projects will begin during the summer of 2012, and should be completed by the fall of 2012.

Hey, this might work out perfectly for our club, as we might stop at 49° North on our way to Red Mountain the winter after next. (2012/2013).

New Lift at Mt. Ashland

At the end of May 2011 the U.S. Forest Service released a supplement decision that reaffirmed the original decision in 2004 giving Mt. Ashland permission to make improvements at the ski area.

The first phase of those improvements include the Chair 6 chairlift with new lower intermediate and novice runs, a warming hut at the top of the new lift with composting toilets, 60 more parking spaces, the widening of some existing runs, and 23 watershed restoration projects.

The process of public comment will conclude at the end of August.

Mt. Ashland has begun a fund raising campaign as the improvements will be funded through private donations.

Read a June 30th editorial in the Medford Mail Tribune at: <http://www.mailtribune.com/apps/pbcs.dll/article?AID=/20110630/OPINION/106300306>

MOUNTAIN HIGH**Contacts / Club info****SNOWSPORT CLUB****Mt. High Man & Woman of the Year**

In case you are puzzled, the NWSCC has selected **Gary Gunderson** and **Linda McGavin**, among all the Men & Women of the Year from all the local clubs, but our own club still honors **Gary Gunderson** and **Sandi Dykstra** as our own Man and Woman of the Year.



Gary Gunderson



Sandi Dykstra

Mountain High Meeting

Usually the last Monday of the month.

July 18 (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:	Kurt Krueger	H: 503-625-1492,	telek2@frontier.com
Vice-President:	Terry White	H: 503-781-4558	TWhite223@msn.com
Secretary:	Chris Brooks	H: 503-764-5323,	jruffman@al.com
Treasurer:	Alice Dagilaitis	H: 503-697-4885,	ADagilaitis@pru-nw.com
Membership Director:	Terry Swan	H: 503-729-3435	swans761@juno.com
Race Director:	Bruce Ellison	H: 503-697-7892,	Yuffiet@comcast.net
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,	newsletter@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
Hiking:	Elisabeth Fontaine	H: 503-524-5774,	Lise518@msn.com
Mid-week skiing:	George Yun	H: 503-697-3055,	boar2m@msn.com
Trip Directors:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org
	Gordon Lusk	H: 503-804-8363,	GordyLusk@hotmail.com

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 (2012)** \$95 for the whole season. Team: _____ \$ _____

☐ **Rafting** (Aug. 19-21, 2011) Total \$90. Non-members: \$105 (Pay by Aug. 1) \$ _____

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

☐ **Idaho bike trip** September 2 -5, 2011. \$152 by the end of July. \$ _____

☐ **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 June-July 2011 issue is posted on our web site. Also:
386 copies sent via email (as PDF files)
24 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.

Upcoming Ski Trips

We are only just beginning to plan next winter's trips, except for the Far West Ski Week (page 5), which is already letting go of unused rooms. Here is at least a rough outline of other upcoming trips:

December 7-13, 2011: Aspen trip with Steve Coxen and the Cabernet Ski Club, 6 night lodging and 4 days lift tickets, including flight from Portland, for a total of \$1,200.

January 14-15, 2012: Anthony Lakes bus trip with Linda McGavin.

February 2012: Powder Mt. & Snowbasin, Utah, About 5 or 6 days, with Gordon Lusk.

March 16-18, 2012: Mystery trip, a weekend bus trip to an undisclosed location, with Emilio.

April 2012: Whistler/Blackcomb trip with Debbi Kor.

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 12.

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.

