



Lift Lines

== No. 128, August 2011 ==

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



A different twist on things - from the Editor



Some people think that our club doesn't have regular **monthly meetings**. Wrong! We have several gatherings a month. But they are often outdoors, and not many people show up. See page 2.

Why the low turnout when a few drops of rain are in the air? If you are a true Oregonian or Washingtonian, a bit of rain won't hurt you. Remember, we don't carry umbrellas. We don't suntan, we rust! And we get depressed when it's too sunny, too dry, and too hot for too long! So, don't miss the next Mt. High outdoorsy meeting come rain or shine! See article on

page 2 and info about other upcoming gatherings on pages 3 - 6.

Last month, we published the names and photos of all **Mt. High**, **NWSCC**, and **FWSA** leaders. But we forgot to update the list of club contacts on page 13. This was corrected in the copy that is published on our web site, on the Newsletter page. So, if you collect and save newsletters for posterity, and if you want a more "perfect" copy, download a fresh copy from our web site.

This month, we published the names and photos of the complete **PACRAT racing board** on page 7. Page 8 has a list of our PACRAT team captains.

The upcoming winter season is starting to take shape. On pages 9-12, we have listed an overview of all upcoming trips, even though we still don't have all the details on all of them. Stay tuned. At least you now know what trips are being planned, and you can start making your choices for this winter.

You can stick the calendar on the right on your fridge (or work desk). It is a good overview of the coming year. We'll just add a few more parties!

Hope to see you rafting, or at the picnic, or the Idaho bike trip, or the Seafood party! Except for the picnic, an RSVP and pre-registration is an absolute must!!! Contact the event organizer or trip leader as listed. - *Emilio*

Mt. High wall calendar



Follow the link on our home page to print out your own 15-month Mt. High wall calendar for 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 hole at the top to hang it on a wall.

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

a) Letter sized = \$5 b) Tabloid size = \$10.

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

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

2011 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

Aug. 11 (Thur.) Golf at Quail Valley

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

Aug. 27 (Sat.): Mt. High Picnic

Aug. 29 (Mon.): Mt. High board meeting

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

Oct. 1 (Sat.): Downhill Divas fundraiser

Oct. 8 (Sat.): Mt. High Seafood Party

Oct. 14-15: MHSP Ski Swap

Oct. ? Warren Miller 62nd ski film:

"Like There's No Tomorrow"

**Nov. 4 - 6: Portland Ski Fever &
Snowboard Show, at Expo Ctr.**

Nov. 7 (Mon.): Ski Fair

Dec. 7-13: Aspen w/ Cabernet Ski club

2012 EVENTS

Jan. 20-22: Anthony Lakes bus trip

Jan. 21-28: Whistler cabin trip

**Jan. 28 - Feb. 4: FWSA Ski Week
(Jackson Hole, WY)**

**Feb. 18-24: Mt. High Utah trip
(Powder Mt., Snowbasin)**

Mar. 3 (Sat.): Ski the Glade Trail Day

Mar. 4 - 5: Oregon Cancer Ski Out

Mar. 9-10: Hope on the Slopes

Mar. 9-17: FWSA: Chamonix, France

Mar. 16-18: Mt. High Mystery trip

**Apr. 6 - 8: Far West Championships
Mammoth Mt., California.**

Apr. 6 - 8: Bachelor Blast (NWSCC)

Apr. 14 (Sat.): Ski to Defeat ALS

**Apr. 19 - 23: Mt. High Whistler-
Blackcomb trip**

Mt. High Club meetings

Have you missed a Mountain High club meeting lately? Some of you may be thinking that Mt. High doesn't have any regular meetings. Oh, but we do. In fact, at least 1 or 2 or 3 each and every month.

You see, instead of having a same old formal meeting in the same old location each month, we have long ago decided to make it more interesting, to mix it up, to have a different kind of meeting every time. We are outdoorsy people, so many of our meetings are outdoors. Our latest two meetings were:

July 16: Historic Trails bike ride

July 10: Hike to Tamanawas Falls:

It's not just pure physical activity. We also socialize and conduct other club business along the way. For example, during the lunch at the end of the Historic Trails bike ride, people got an opportunity to see and/or buy the new Mt. High wall calendars and also to see enticing previews of the upcoming Idaho bike trip.

Don't miss our next meetings: August 11: Golf

August 19 - 21: Rafting

August 27 (Sat.): Picnic.

Historic Trails bike ride

July 16 (Saturday). Our Saturday bike ride turned out better than expected. But missed by most.

At first, it seemed nobody would show up because of fears about the weather. The problem was not the weather, because the rain stopped just in time. The problem was simply a fear about the weather.

Four of us showed up, and the rain stopped 10 minutes before 10 o'clock, just in time for the start of our ride. Right on cue. Remember the 10 am magic.

This seems to be a pattern on Mt. Hood. Even in the winter, some of our PACRAT races get cancelled because of the rain. The decision to cancel usually comes around 9:30 am. By 10 am, the rain stops and it's just fine the rest of the day.

Later in the day, we actually saw some patches of blue sky, and the sun came out occasionally and very briefly. The road dried out completely in a few places, but occasionally we still felt a bit of moisture in our faces when we rode fast, as if hitting some tiny droplets suspended in the air.

We gathered in Rhododendron, and then drove half of our cars to a snow-park along highway 35 (on the way to Meadows), about 2 miles from the junction with highway 26. We visited the grave of a pioneer woman who died there during the wagon trip to Oregon. A couple of miles later, we also visited a small pioneer cemetery, where a baby died when only 3 months old. This was at Summit Prairie (which was one of the earliest settlements and for a while more people lived there than at Government Camp).

The rest of the bike ride was the same as last year, following the old abandoned earliest highway to Timberline. At Laurel Hill, we met 3 ladies who told us that they were descendants of the original Oregon Pioneers. In fact, they told us that they were 3 separate generations: grandmother, mother, and daughter. They described themselves as "generations 5, 6, and 7".



It's a pity that so many people missed this event because of the fear of the weather, especially since we had prepared some interesting material to share. For example, during the lunch we had at the end of the ride at the Still Creek Inn in Rhododendron, people had a chance to see and/or buy the new Mt. High wall calendars. Also on display were pictures and a very detailed map of the Trail of the Coeur d'Alenes for the upcoming Idaho bike trip in September.

Check out some of the pictures from this latest bike ride. First thing we came across in the morning was a deer with two "Bambis". The mother deer jumped into the forest, but the two young ones were curious. One of them approached to take a better look! Amazing!

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

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, Oregon.

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

Reservation & payment deadline: August 1st. Too late to sign up now, but these maps are for those who have signed up.

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.

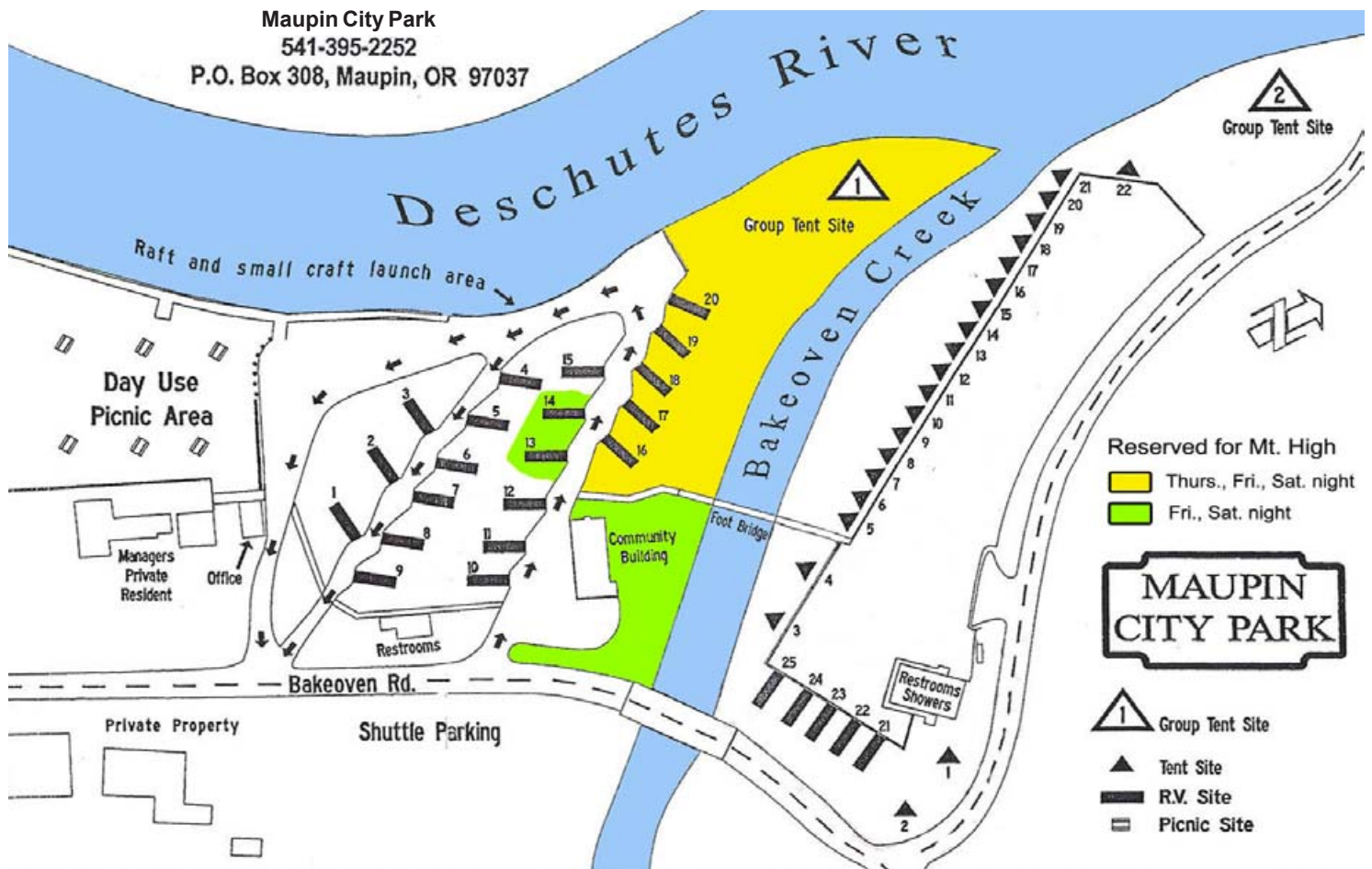
Saturday night dinner: Lou's- Q will cook chicken, pork ribs and BBQ beans on Saturday only, but bring a salad, dessert or HDO for Sat. dinner. For other times, bring your own food and drinks. Also, bring quarters for the showers!

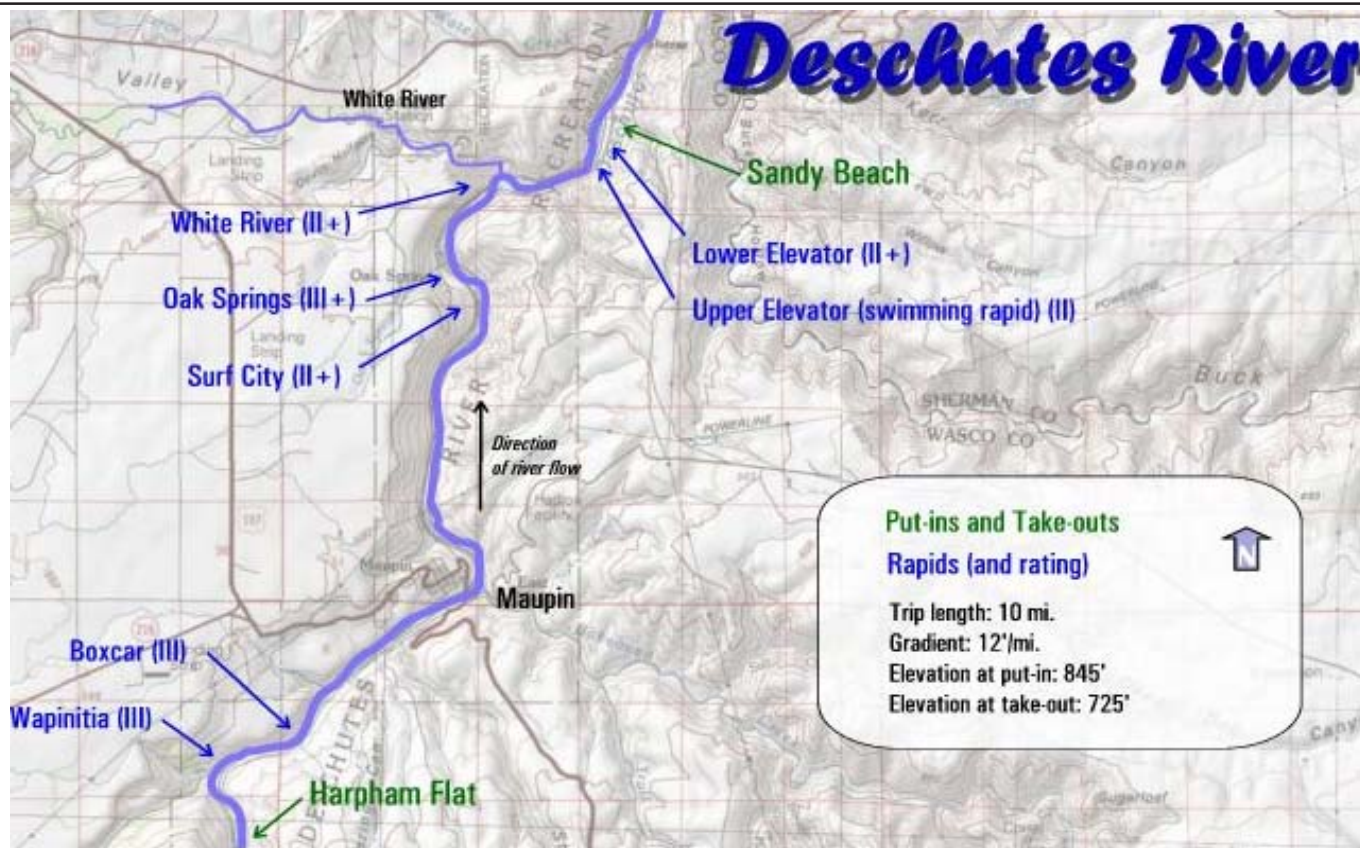
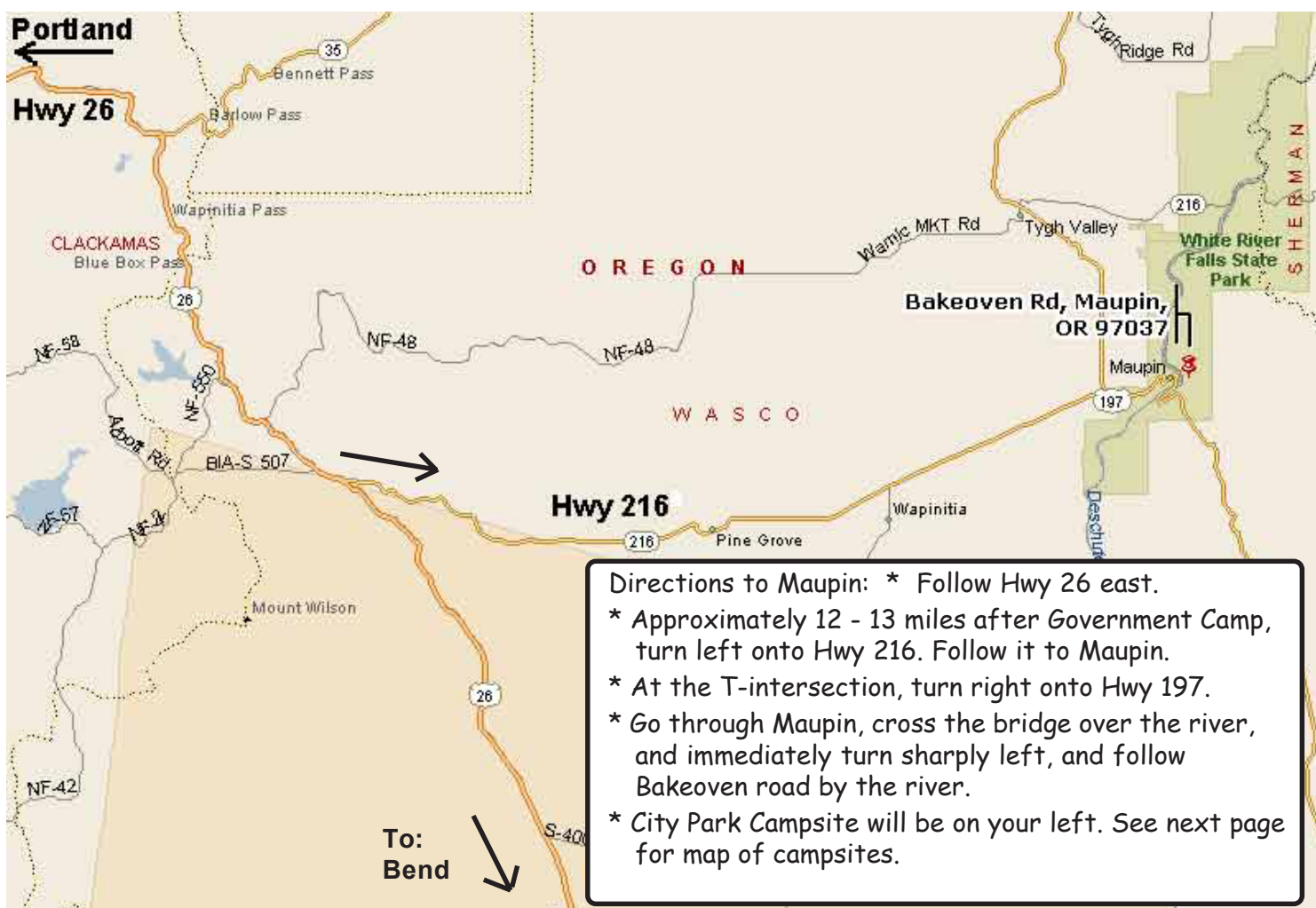
Camp, raft, dinner = \$90.00 pp, (Non-members \$100.00)

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.

Here's a map of our reserved campsites in Maupin:





Mt. High**Picnic & Bike ride****Mt. High**

August 27, (Saturday). Click here for [map](#) on our website.

Place: **Sellwood Park**, Picnic area A

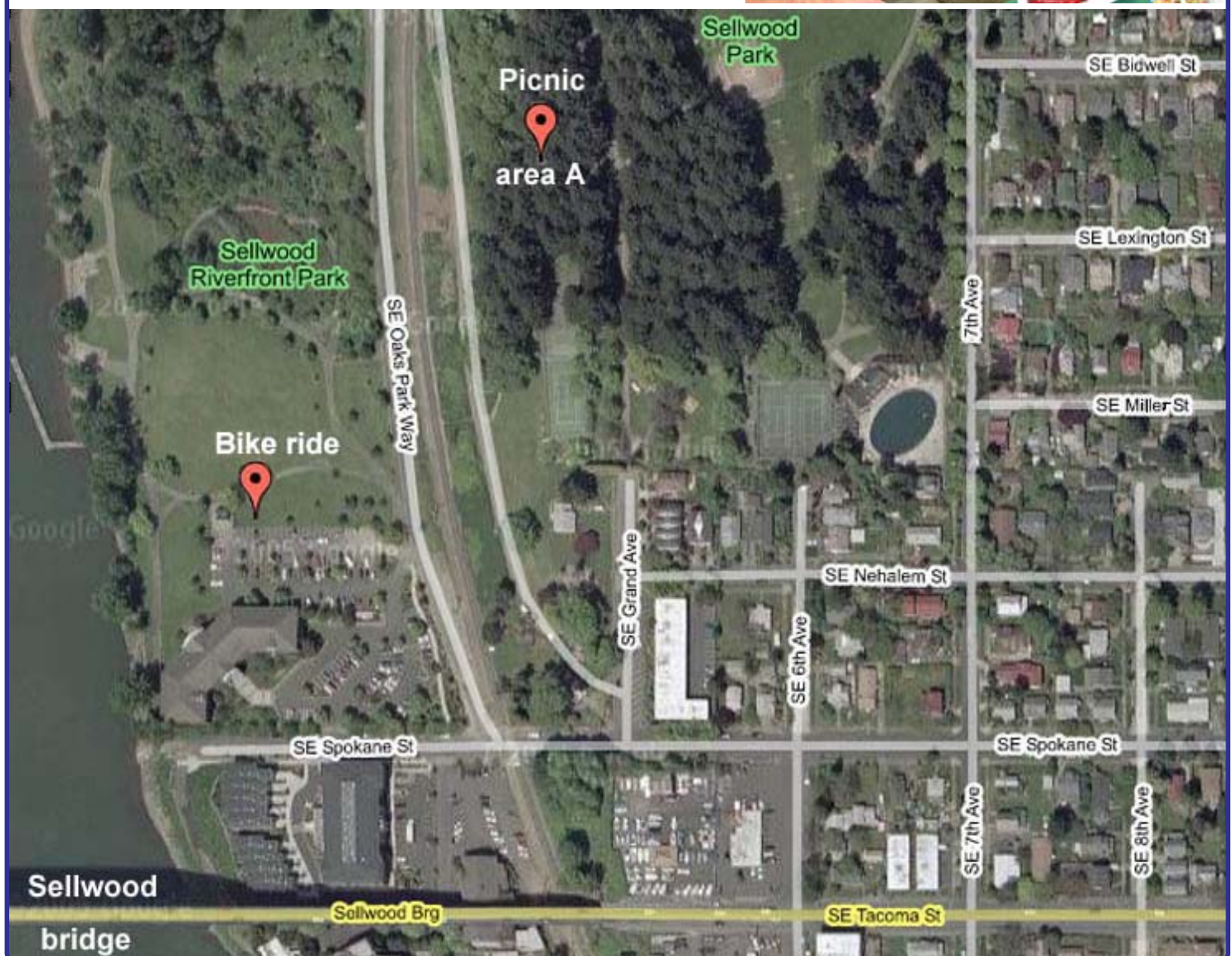
9 am -- Bike ride, from lower parking lot, near the river.

11 am -- Picnic starts. (Food served around 11:30 am.)

All current and former members of the clubs known as Plaza, Edgeset, and Mountain High are invited!

A variety of specialty gourmet sausages will be provided by the club, but it's mostly a **potluck**. So, bring some food, some drinks, and maybe a chair.

Directions: Immediately after crossing the Sellwood bridge (if coming from the west), turn left onto **6th Ave.**, and immediately start looking for parking spot. Enter the park on foot by following **SE Grand Avenue** (from the south), and follow the path for abt. 100 yards. Our picnic area is on the left side of the path. See map. "Not being able to find us" is not a valid excuse!!!



Mt. High**Picnic**

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

We are celebrating multiple anniversaries:

- * Almost 40 years of the **EdgeSet** club (one of our former halves),
- * 36 years of the **Plaza** ski club (our other half), and
- * 11 years of the combined **Plaza/Edgeset** (aka. **Mountain High**) club.

Before the picnic, we'll have a bike ride along the Willamette River, from the Sellwood bridge to the Steel bridge and back along the other side of the river.

Location: Sellwood park, picnic area A.

There will be a 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 hot dogs. Bring something else to share. Also, BYOB.

See a map of the area at: www.mthigh.org/Events/Sellwood-Park-map.jpg or see previous page.

Directions for bike ride (at 9 am): From the Sellwood bridge (or Tacoma St.), turn north onto 6th Avenue, then left on SE Spokane St. Go over the railroad tracks and immediately turn right onto Oaks Park Way. The parking lot will be on your left.

Directions for picnic (at 11 am): From the Sellwood bridge (Tacoma St.), turn north onto 6th Ave. Then left on Spokane St. and right onto Grand Avenue. Enter the park from Grand Avenue (which continues as a pedestrian path into the park). Our picnic area (Area A) will be on the left side of that path (downhill, toward the river).



Bike ride before the picnic

Mt. High**Seafood Party**

Oct. 8 (Sat.) 6:00 pm.
(If you want to help with the setup, please come at 5:30 pm.)

Our annual end-of-summer seafood party has become so popular

that it would be hard to find a big enough home to host it. So, for the second time, just like last year, we rented a space. This time at the **Multnomah Arts Center**, Portland. To cover the cost of rental, please bring \$5 per person. But, hey, you get a whole dinner in return!

Our club will provide the **seafood** (salmon, shellfish, etc.) and sodas and water. BYOB and bring a side dish or dessert.

If your last name begins with:

A - L : bring dessert;

M - Z: bring a salad or side dish.

EVERYONE MUST RSVP by September 25th.

If your name is NOT on the attendance list, you will NOT be admitted. This event is open to everyone, as long as you **pre-register**. We have to know ahead of time how much food to plan for, and people just dropping in will not be permitted. There will be attendants at the door, collecting the \$5 and checking that you are on the pre-registered list.

No exceptions!

Location:

Multnomah Arts Center
7688 SW Capitol Hwy.
Portland, OR 97219.



Click here for [Google map](#).

Please RSVP to Debbi Kor for a headcount: ijustwannarun1@comcast.net or (503) 314-7078.

REMEMBER

Each one of these gatherings is a club meeting. It's a chance to socialize with other club members and find out what is happening in the club, pick up some trip and event flyers, get a club wall calendar, and more. More gatherings on page 9.

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

PACRAT Leadership

At the combined NWSCC / PACRAT meeting on June 15, 2011, the following were re-elected to the PACRAT Board.



President
Gary Gunderson
(Mt. High)



Vice-President
Gordon Lusk
(Mt. High)



Secretary
Sheri Parshall
(Skiyente)



Treasurer
Colleen Stroeder
(Skiyente)

In addition to the above, the following appointed people make PACRAT racing the fun thing that it is:



Results/Timing
Dale Parshall
(Schnee Vogeli)



Race Director
Bruce Parshall
(Schnee Vogeli)



Sponsorship
Colleen Walter
(Skiyente)



Communications
Diane Hicks
(Skiyente)



Party Director
Sylvia Kearns-Orefice
(Skiyente)



Board member
Dave Rasmussen
(Schnee Vogeli)



Rat Patrol Coordinator
Greg Coulter
(Mt. High)



Past President
Barb Pressentin
(Skiyente)

In addition to the above, here are several other significant contributors:

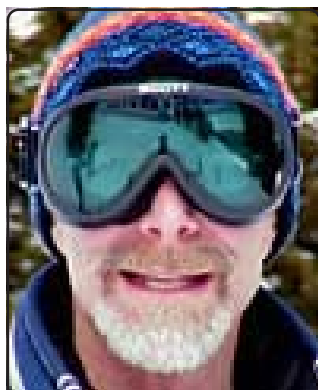
"Rat Patrol" members, who help set up the course and help to line up the teams and control traffic at the starting gate: **Sally Niedermeyer, Erin McKalip, Terry Walter, and John Orefice.**

Webmaster (who updates the PACRAT web site): Emilio Trampuz.

Team Captains: We wouldn't have any racing at all if we didn't have 20 or more team captains diligently working on assembling their teams each year. Approximately 15 of those 20+ team captains are our Mountain High club members. If you want to race this coming season, please contact one of our team captains. See next page.

PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Ellison
Mt. High Racing Director

Come join one of our 10-person teams and run some gates on a GS course.

We race on five Sundays each winter at Mt. Hood ski areas. The afternoon after each race we have a dinner and drawing for prizes donated by our sponsors. It's so much fun that there are folks who've been doing it for 20 years or more. If you're interested in

trying this out this winter please check out www.mthigh.org/Racing.htm.

Each year some of our skiers also go to the Far West Ski Racing Association **Championship** races.

If you haven't been assigned to a team yet, contact us. Most teams end up with an opening or two, and we can always start a new team! If you want to race, contact Bruce: Yuffiet@comcast.net or: 503-697-7892.

How it Works: Details & Deadlines

1. Each racer should send to their team captain the [PACRAT entry form](#) and the [Liability Release form](#). Both forms are available on our web site.

2. Each racer should join the club (\$25) and pay the racing fee (\$95). The payments can be sent to the club: PO Box 2182, Portland, OR 97208. Or, you can send it to your team captain. But, in either case, please make check payable to **Mountain High**, and please enclose and sign the [Membership sign-up form](#).

3. **By Nov. 28** (Monday, our monthly Board meeting). All team captains should send their PACRAT forms to our Racing Director, Bruce Ellison, as we need some time to cross-check all racing dues with our Treasurer. Our club will then make out one big check to PACRATs for all our racers.

4. **Dec. 21** (Wednesday) -- Mandatory team captains' meeting, to pick up the racing bibs for their teams. Location: the **Shanghai Noble House**, in the John's Landing, 5331 SW Macadam, starting at 6:00 pm.

5. Some teams gather socially for a "bib decorating party". Feel free to color your bibs if you like (optional). Otherwise, your team captain will distribute the bibs on the morning of our first race at Timberline.

2011/2012 PACRAT Race Dates

Date	Location
Nov. 28 (Mon)	Mt. High teams signup deadline.
Dec. 1	Deadline to send all forms to Pacrats
Dec. 21 (Wed)	Team captains meeting / bib pickup
January 7	NASTAR open at Mt. Hood Meadows
January 8	Race 1: Mt. Hood Meadows
January 29	Race 2: Mt. Hood Skibowl
February 12	Race 3: Mt. Hood Meadows
March 11	Race 4: Mt. Hood Skibowl
March 18	NASTAR Nationals (for those who qualify)
March 25	Race 5: Mt. Hood Meadows
April 2	Make up race; only if a race is canceled
April 6-8	FWRA Championships, Mammoth Mt.
April 13 (Fri.)	Rat Attack Awards Party (TENTATIVE)



Mt. High Team captains

In addition to sending in your racing fee, you also need to find a team to join. A list of team captains is posted on our web site [Racing](#) page, and also here:

Team name	Team captain	Email address / Phone #
Alpha KB	Mary Panza	skiermary69@hotmail.com
Avalanche Express	Gary Gunderson	ktgpdx@frontier.com
Bad Company	Steve Piazza	spiazza@sapiazza.com
Chilled Brewskis	Brenda Becerra	LetsPlayOnTheMt@hotmail.com
Drooling Moose Rats	Elaine Bock	SeawitchPdx@aol.com
Frosted Flakes	Stevie Viaene	stevie.viaene@gmail.com
Infra-Rats	Bruce Ellison	yuffiet@comcast.net
Lab Rats	Lonny Schiller	jandjkarsten@msn.com
Mixed Nuts	Samy Fouts	samy.fouts@portlandoregon.gov
Mt. Hoodlums	Emilio Trampuz	Emilio2000@earthlink.net
Psychothermia	Gary Gunderson	ktgpdx@frontier.com
Rat Racers	Lynn Norbury	lynnerts@gmail.com
Rattitudes	Chris Wiley	Chris2007@Yhuji.com
Schussing Shysters	McCoy Smith	McCoySmith@comcast.net
Vertigo Madness	Tom Cansler	tomcansler@qualitytank.com

Mt.High Golf at Quail Valley

Aug. 11th
(Thursday) at
3:20 pm.

We will
play 9
holes at

Quail Valley in Banks, OR, about 20 miles west of Portland, along Hwy. 26. The address is: 12565 NW Aerts Rd., Banks, OR 97106.

Cost: \$18 (for 9 holes)

Carts: \$7

We need to have conformation before August 7, either by email or by phone. Please contact

Terry Swan at 503-729-3435 or e-mail swans761@juno.com, or **Cal Eddy** 503-805-8606. or e-mail baebaw@ccwebster.net.

Mt.High**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.

We'll ride the 72-mile Trail of the Coeur d'Alenes, across the Idaho panhandle, from Mullan to Plummer. The bike trail is paved and includes picnic areas, benches, rest stops and restrooms along the way. A wilderness area is full of egrets, eagles, grebes (birds that can swim under water), and maybe even moose.

Day 1: Ride 20 miles. Visit historic Wallace, a railroad museum, a silver mine, and the Center of the Universe.

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

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

Optionally, you can also ride the "**Route of the Hiawatha**", 15 miles of unpaved trail including tunnels and trestle bridges. Also, we can do the 23 mile **Sacajawea trail** at the Tri-cities, WA.

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.

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.

Cabernet club Aspen / Snowmass

December 7-13, 2011

6 nights lodging, 4 days lift tickets, parties, more. This is one day and night more than last year. Trip sponsored by Cabernet Ski & Sail Club. All members of NWSCC clubs are welcome. Included in the package:

- * Round trip air Portland to Aspen & airport transfers with group.
- * 6 nights' hotel accommodation at the Gant Luxury Condos, 2 bedroom / 2 bathroom condos with fireplace, kitchen, balcony, daily maid service, hot tubs, pool, and ski-in/ski-out access.
- * 4 days' lift tickets valid at: Aspen, Snowmass, Aspen Highlands, and Buttermilk. Also: parties, ... and more.

Cost per person, double occupancy = **\$1,200** per person, including air. See flyer: [www.mthigh.org/Trips/2011 Aspen Flyer.pdf](http://www.mthigh.org/Trips/2011%20Aspen%20Flyer.pdf)

Payment schedule: \$200 deposit due now to reserve your spot. + \$500 due by September 1 + \$500 due by October 1.

Cancellation fees: \$200 after August 31. Total after September 30.

Make your check payable to **Cabernet Ski Club**, and mail it to: **Steve Coxen**, 19510 Suncrest Dr., West Linn, OR 97068.

MOUNTAIN HIGH**Trips****SNOWSPORT CLUB****Mt. High****Anthony Lakes****January 20 - 22, 2012.**

2 days/ 2 nights. A fun bus trip. Leave Friday at 5pm, return Sun. night.

Anthony Lakes is the ski area with the highest base in Oregon, at 7,000'

so the snow is guaranteed and the powder light & dry.

Lodging: The first night we will stay at the Indian casino near Pendleton. You will have time to gamble away some of your money!!! The next morning we'll drive to the ski area. Snowcat skiing is available!

The second night, we'll stay at the El Dorado hotel in Baker City, the town closest to Anthony Lakes.

Price: \$230 for transportation, 2 nights' lodging, and 2 days lift tickets. Use [Dough Transmittal form](#) to send \$100 deposit, due by November 15. Full payment due by December 20. No refunds after December 20 unless you can fill your spot.

Contact: Linda McGavin (Trip leader) at 503-652-2840, Trips@mthigh.org.

Multi-club Whistler cabin trip**Jan 21-28, 2012.**

6 nights lodging / 5 days skiing, Carpooling.

Participants on this trip are usually a mixed group of people from different ski clubs. A maximum of about a dozen will fit into the cabin.

Cost= \$270 (includes lodging, and daily breakfast, lunch and dinner. Everyone encouraged to cook a dinner and participate in cleanup.

Lodging in a cabin 5 minutes north of Whistler village. There's a shuttle bus to the lifts every 20 minutes.

Lift tickets are additional, but you can use the SHELL 2-for-1 coupons.

Contact: Bill Leeper: 503-639-2603.

Mt. High Utah: Powder Mt. & Snowbasin**Feb. 18 - 24, 2012**

6 nights trip. 4 days of skiing included, optional 5th- 6th day. Saturday is travel day. We'll start skiing Sunday. On the tail end of the trip, on Friday, Feb. 24, you will either spend the day driving home, or ski one more day and catch an evening flight home.

We will stay in Eden, 20 minutes from Ogden, 1:15 from

the Salt Lake City airport. Included are 2 lift tickets to Powder Mt. and 2 tickets to Snowbasin.

Powder Mt. offers 2,000' vertical 5,500 acres, 1 express quad, 1 fixed quad, 1 triple, 1 double chair.

Snowbasin hosted the Olympic Downhill in 2006. It has luxurious new lodges, 2,959' vertical. 2,800 acres, 1 tram, 2 gondolas, 1 quad, 4 triples.

Use [Dough Transmittal form](#) to send \$100 deposit, due by November 15. Full payment due by January. No refunds after January 18 unless you fill your spot. Info: **Gordy:** 503-804-8363, GordyLusk@hotmail.com

Bergfreunde Lake Tahoe Sampler

Feb. 26 (Sun.) - Mar. 3 (Sat.). Mt. High members are invited to join this flexible carpooling trip.

Cost: \$297 (ppdo, land only) includes:

- 6 nights lodging
- Group dinners Tues. and Thurs.
- Hospitality room Sun, Mon, Fri.

- Legendary Wed. night dinner dance cruise on the M.S. Dixie II paddle wheeler;
- A trip souvenir.

Lodging: at the Bluelake Inn, within a few blocks of the casinos and the Heavenly gondola. Each room has a refrigerator and microwave.

Skiing: We'll be playing it by ear and taking advantage of any lift ticket deals that are offered by the 16 different ski areas. We'll discuss our findings at a pre-trip meeting.

Contact: Bob Burns: 503-524-5261 (phone/fax), bob@inkjetman.com.

Send payments to: Bob Burns, 9980 SW Citation Place Beaverton, OR 97008. Please include: Your name; club name; address; phone numbers; and email address.

MOUNTAIN HIGH**Trips****SNOWSPORT CLUB****Mt. High****Mystery Trip****March 16 - 18, 2012.**

A weekend bus trip, 2 nights/2 days. We leave Friday at 4:00 pm. Lots of fun on the bus and on the slopes! We'll return Sunday by 8 or 9 pm.

Nobody except the trip leader knows where we are going. Put yourself at the mercy of the club and let the adventure begin!

We'll spend a weekend skiing at two ski areas, both with lots of lifts, slopes, and options for every taste.

Price (still tentative): about **\$260** includes: lodging, lift tickets, bus transportation, 2 breakfasts and 1 dinner.

Use [Dough Transmittal form](#) to send \$100 deposit, due by November 15. Full payment due by Feb. 15. No refunds after Feb. 15 unless you can fill your spot.

Contact: Emilio Trampuz at 503-378-0171, or Emilio2000@earthlink.net.

NWSCC**Bachelor Blast****April 6 - 8, 2012.**

A weekend of skiing at Mt. Bachelor, including:

- * 2 days lodging,
- * 2 days skiing,

* Hors d'oeuvres party on Saturday night.

All this for around \$200 (just a guess). Last year, the cost was only \$180, but there's no guarantee that we'll be able to get the same kind of deal this year.

This is organized by the NW Ski Club Council, which represents almost all NW ski clubs. So, think of this as a multi-club trip.

Deposits should be made payable to the NW Ski Club Council (NWSCC), and mailed to: NWSCC, P.O. Box 1915, Portland, OR 97207-1915.

Details are yet to be announced.

Contact: Linda McGavin at 503-652-2840, Trips@mthigh.org.

Mt. High**Whistler / Blackcomb****April 19 - 23, 2012**

(Thursday-Sunday)
3 days/3-4 nights.
Drive up on Thursday, ski Friday, Saturday and Sunday (or half day on Sunday), and leave ei-

ther Sunday afternoon or Monday to go home.

Lodging: We'll be staying at the Whistler Coast, studios, 1 bedroom or 2 bedroom units.

Contact Debbi Kor with your lodging preferences and she will make reservations based on our needs.

Debbi Kor: 503-314-7078, ijustwannarun1@comcast.net

Whistler Mt. offers 5,020' vertical 4,750 acres served by 19 lifts: 2 high-speed gondolas 7 high-speed quads 2 triple chairs 8 surface lifts.

Blackcomb Mt. offers 5,280' vertical 3,414 acres served by 17 lifts: 1 high-speed gondola 6 high-speed quads 3 triple chairs 7 surface lifts

Use [Dough Transmittal form](#) to send \$100 deposit, due by November 15. Full payment due by March. No refunds after March 18 unless you fill your spot.

Fundraisers, Good karma

CLICK ON THE LINKS BELOW OR SEE OUR WEB SITE

Oct. 1 (Sat.), 2011: [Downhill Divas' auction](#)

a fundraising event starting at 5:30 pm at Life of Riley, 300 NW 10th Avenue, Portland, OR.

Oct. 14-15 (Fri.-Sat.): [Mt. Hood Snosports Ski Swap](#)

at West Linn High, benefiting the Mt. Hood Ski Patrol. Friday 5pm - 9pm. Saturday 9am - 8pm.

Mar. 4 - 5 2012: [Oregon Cancer Ski Out](#),

a fun 2-day event (Sunday & Monday) at Mt. Hood Meadows. Teams of 5 compete for best consistency (not speed).

Mar. 9-10, 2012: [Hope on the Slopes](#), a 24

hour ski challenge and fundraiser for the American Cancer Society, held at Mt. Hood Skibowl Friday afternoon - Saturday morning.

Apr. 14 (Sat.), 2012: [Ski to Defeat ALS](#), a

fundraiser for ALS (Lou Gehrig's Disease). Amyotrophic Lateral Sclerosis is a progressive neurodegenerative disease that slowly robs a person of the ability to walk, speak, swallow and, eventually, breathe. This event, inspired by **Fred Noble**, will be at Mt. Hood Meadows.

Much more info on these and other trips on our web site: www.mthigh.org/Trips.htm.

MOUNTAIN HIGH**Far West Ski Association****SNOWSPORT CLUB****"The Voice of the Western Skier"**

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!

Far West Convention photos/videos

June 9-12, 2011. Seestill photos on our web site PHOTOS page.

We also have 3 VIDEOS:

1. **10th Mountain Division** members Warren Asa, Bruce Campbell, and Howard Koch, speak about the 10th Mountain Division Foundation and their memories of storming Riva Ridge, Italy, in World War II. 24 minutes. <http://vimeo.com/27408328>.

2. **The Ski Channel founder**, Steve Bellamy, speaks about ski clubs integrating with the Ski Channel. 3 minutes. See: <http://vimeo.com/27391582>.

3. **Hope on the Slopes** founder, Dave Ludwig, speaks about the relationship between ski areas, ski clubs, and charities – specifically the American Cancer Society. 17 minutes. See: <http://vimeo.com/27363440>.

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.



Big White / Silver Star. An alternative to the FWSA Ski Week. This will be a shorter trip for those who can't afford to take off for a whole week. Dates and details are yet to be announced. Most likely in the second half of March 2012.

**FWRA Championships, April 6 - 8, 2012, Mammoth Mt.**

Mammoth Mt. will host this winter's Far West Championships. All PACRAT racers qualify to take part in a Slalom and a Giant Slalom race. Also, the trip is open to any club member who just wants to ski at Mammoth.

Much more info on these and other trips on our web site: www.mthigh.org/Trips.htm.

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.

Aug. 29 (Mon.): Open to all who want to get more involved with the club, or just want to see what's going on. Gather at **6:00 pm**. Start at **6:30 pm**.

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

Mountain High snowsport club contacts:

President:	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 August 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.

The Mountain Shop has moved

The Mountain Shop, which used to be on the corner of 7th Ave. and Broadway has moved about 30 blocks to the east. It is now located on on the corner of **NE 37th and Sandy Blvd.**

If you drive east on Broadway, when the one-way flow of traffic forces you to turn right onto 37th Ave (heading toward Halsey), as soon as you turn right onto 37th Ave. look for parking on your right, and the shop will be on the left.

Park in front on NE 37th, or across the street at the Banfield Motel, or nights and weekends at MBank.

The address is: 1510 NE 37th Avenue, Portland, OR 97232. Phone: 503-288-6768. Click here for a [Google map](#).

Dieter Nachmann: Celebration of Life

Dieter Nachmann, who used to regale Ski Kats members on ski trips has passed away at age 65 on July 22, 2011, due to cancer. A Celebration of his Life will be held Sunday, **Aug. 28**, at the Timberline Lodge outdoor amphitheater at 2 pm. See details at www.mthigh.org.

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.

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

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