

From the Prez



Happy Summer everyone! I'd like to welcome all of our returning Board of Directors: **Steve Royce** – Secretary; **Nancy Pratt** – Treasurer; **Linda McGavin**, and **Karen Michels** – Trip Leaders; **Emilio Trampuz** – Trip Leader, Newsletter Editor, and Website Manager; **Kurt Krueger** - Past President; our new Vice President, **Bill King**; and I am back again as your President. We look forward to an awesome 2016-2017 season!

I hope you're all enjoying the beginning of summer. Some of you were on the **Idaho bike trip** that **Karen Michels** put together a couple weeks ago. It looks like everyone had a fun time, and you were able to observe a bit of wild life along the way. On June 25, some of our members joined in the **World Naked Bike Ride** through downtown Portland for a unique experience. This was the 2nd year we had participants in this event.

Other club activities coming up over the next few months, include another **bike ride** on July 9th, and one on July 10th. We also have our annual Summer **Highway Clean Up** planned for Saturday, **July 9th**, so feel free to meet us in the Ski Bowl parking lot at 10 a.m. to give us a hand. It typically takes about 2 hours to clean, and then we have lunch before heading back down the mountain. The **raft trip** will be coming up **August 11-14th** and our **Annual Picnic** will be Saturday, **August 20th**, at Sellwood Park. It will be preceded by a bike ride throughout the downtown area, so that everyone will be good and hungry at lunch time!

We'll be busy planning our annual **Seafood Party** for the fall, as well as the **Warren Miller show**, followed by the **Portland Ski Fever Show** at the Expo Center, and our annual **Membership Kick Off party** in November.

Stay tuned to your Lift Lines for the specific event dates and to see what else is happening in the world of Mountain High Snowsport Club.

Debbi



Highway cleanup: July 9



Bike rides: July 9 & July 10

Photos / Videos



Got any photos of club events?

Send a few of the best to Emilio, for

inclusion in the newsletter and/or the web site, or ...

Post your photos in any online photo album such as Photobucket, Snapfish, Picasa, etc., and give us the web address (the link). We will then post the link to your photos in the next newsletter and/or on the web site.



Red: NWSCC / FWSA / Multi-club Black: General events

JULY

July 9 (Sat.): Mt. High Highway Cleanup July 9 (Sat.): Neighborhood Greenway bike ride July 10 (Sun): Bike to the Dike July 25 (Mon): Mt. High Board meeting

AUGUST

Aug. 6 (Sat.): History bike ride - Barlow PassAug. 11- 14:Rafting - Deschutes RiverAug. 20 (Sat.):Mt. High Picnic & bike ride

SEPTEMBER Sept 24 - Oct. 8 FWSA Scuba Dive trip - Fiji

2017

JANUARY Jan. 19- 22: Mystery trip Jan. 28 - Feb. 4: FWSA Ski Week - Breckenridge

FEBRUARY

Feb . 12-18: Utah trip - Salt Lake City Feb. 25- March 4: Powder Alliance trip

MARCH Mar . 17-19: Leavenworth trip

page 2

Recent events

SNOWSPORT CLUB

Idaho bike trip

June 15 - 22, 2016. Karen Michels organized a very flexible biking trip in the Idaho panhandle, with lodging in Kellogg and in Harrison. A total of 18 people participated, though some came late and others departed early.

We biked the 72 miles of the paved Trail of Coeur d'Alenes across the Idaho panhandle, from the town of Mullan (near the Montana border) to the town of Plummer (near the Washington border).

We also did the 15 miles of the **Route of the Hiawatha**, which starts in Montana but most of it is in Idaho. This unpaved trail passes through several tunnels and over several railroad trestles. Both trails used to be railroads but have now been converted to bicycle trails.

Some people biked in both directions, while others shuttled their bikes and cars so they could bike the trail in only one direction. We saw lots of wildlife including: wild turkeys, osprey, herons, deer, and moose.



Part of our group on the Hiawatha trail, right after the long dark tunnel

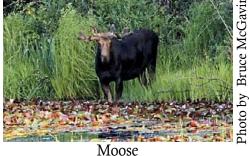


Lynne Phelps and Nancy Erz by the Coeur d'Alene river











Deer



Photo by Emilio Trampuz

Photo by Bruce McGavii

Recent Events

SNOWSPORT CLUB

2016 FWSA Convention

June 8 - 12, 2016. This year, the annual Far West Ski Association Convention was held in Scottsdale, Arizona. As usual, ski clubs from all over the West participated. One of the many events held at the Convention was the presentation of awards to outstanding individual and clubs.

Debbi Kor won Hans Georg Award

Debbi Kor won the 2016 FWSA Hans Georg Award for her long term contribution to skiing. This is the highest award the Far West Ski Association awards.

This award is given to an individual or individuals who have contributed significant achievements to skiing, not necessarily organized skiing. It reflects a long term contribution (of at least 10 years) and is the highest award of the Far West Ski Association.

Debbi Kor has been on the Mountain High Board in various positions for over 30 years. Most of the time, she has been the Activities Director, but she has also been the newsletter editor (during the Plaza ski club days), and has been the club President since 2014.

She has also been on the NWSCC Board for about 16 vears, and has been the Far West Ski Association's VP of Marketing and Sponsorship for 14 years.

Linda McGavin won Bill Berry Award

Linda McGavin won the 2016 FWSA Bill Berry Hard News Award.

This award is recognition for Outstanding service to skiing by writers for the printed media in a hard article.

For countless years, Linda McGavin has edited and published the NWSCC Newsletter (distributed to 37 ski clubs in the Northwest).

Also, she has edited and published NW Snowsports Guide (formerly known as the NW Skiers' Directory) for 32 years.

Over the years, Linda has personally written dozens of articles for the Guide.

For many years, she has been the Director of Communications for the NWSCC.



Debbi Kor receiving the award from Linda Westlund



Linda McGavin receiving award from Mary Olhausen

Upcoming Events

SNOWSPORT CLUB

Mt. High Highway Cleanup

July 9 (Sat.). It's time for our Spring Cleaning of the 2 miles of Highway 26 we've adopted.

We'll meet at **10 am** in Skibowl's parking lot, and spend about 2 hours removing stuff people throw out along the highway. Let's see who will find the most interesting object! Bring some gloves. We will provide garbage bags and garbage pickers.

At **noon**, lunch will be provided for all who participate in the cleanup. Most likely at the Ice Axe brew pub or at The Taco Shoppe in Government Camp.

Please RSVP by contacting **Debbi Kor**, 503-314-7078 or **ijustwannarun1@comcast.net**



Mt. High Neighborhood Greenway Ride

July 9 (Saturday). 9:30 or 10:45 am start. Cost: Free. **Two starts: Option 1:** Start at 9:30 am, leaving from

Main City Park, Gresham to PDX & back. 30 miles,



Option 2: Start at 10:45 or 11 am at Sellwood

Riverfront Park, when Gresham people arrive. Level A-B, 24 miles.

We'll regroup at

Rockwood Central Park around 175th for those who bring a snack or lunch; bathrooms available here.

Helmet & liability release required. Maps provided. If you arrive late, find maps on back of a green safari van.

Detailed directions at <u>www.mthigh.org/Events/</u> <u>Neighborhood-Greenway-(Bikeway).pdf</u>.

This is a "No Drop" ride where Dick Bonillo will be with the fast group and Jackie will sweep so no one gets left alone behind.

Contact: Jackie Bonillo, jbon1960@comcast.net or 503-706-9668.

Mt. High Mt. High Cookbook



We are putting together a Mountain High cookbook!

Please contribute a recipe. Any recipe from our club members is welcome.

Even more welcome if it has some connection to the club, such as if you have ever prepared it for our Chocolate party, our Picnic, Sea-

food party, brought it on a ski trip bus, or any other club event.

Desserts, main dishes, hors d'oeuvres, drinks, whatever!

Please send your contributions to Debbi Kor, **ijustwannarun1@comcast.net**

Mt. High Bike to the Dike

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July 10 (Sunday). 9:30 am start. Cost: Free.

Meet at: Linnemann Station, Gresham, OR. 3804 W Powell Loop (1 block south of Powell)



Description: 2 lakes, 1 park, 1 dike, 1 historic Indian site (photo opportunity). 26 miles, A+ level.

We'll ride on Fairview Trail and a wide street bike lane with only a short distance without a bike lane; then on the dike that few people know about.

Helmet & liability release required. Maps & release form provided. If you arrive late you will find maps on the back of a green safari van. This is a "No Drop" ride. Nobody left behind.

Lunch afterwards will be at the Cedarville Tavern. **Contact:** Jackie Bonillo, <u>jbon1960@comcast.net</u> or 503-706-9668.

Mt.High

MOUNTAIN HIGH

Deschutes River Raft Weekend

Rafting

Aug 11-14, 2016. Our annual tradition is back for your fun and enjoyment! A weekend of rafting and frolicking in the sun on the Deschutes River at Maupin, Oregon.

Contact: Allan & Beth Paraskeva

at 503-201-1243 or alnbeth@gmail.com

Reservation & payment deadline: August 1st.

Camping: Thursday, Friday and Saturday night in Maupin City Park. Camp sites at new location (see next page). RV space available for an additional \$25 a night. Kids (8-20) are welcome and are the respon-

sibility of the parent at a cost of \$50.

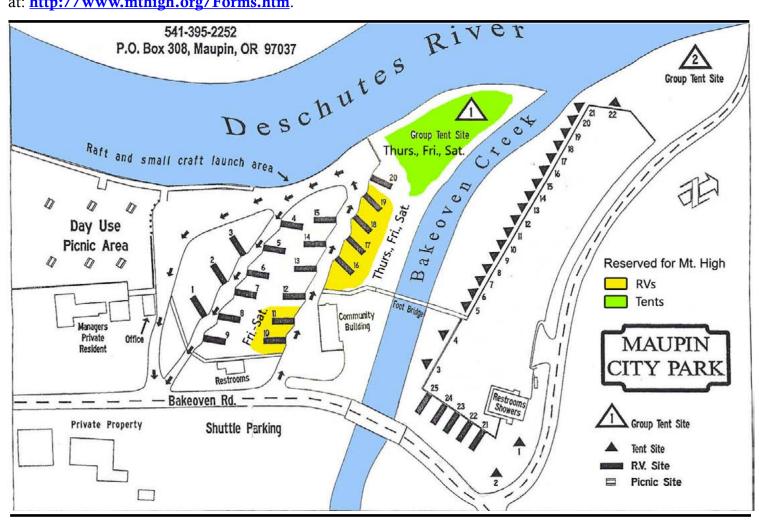
<u>Rafting</u>: (Row, Paddle or just ride) Friday and Saturday. We'll provide the rafts. On Friday, we'll assemble at Maupin City Park and then raft 11 miles from Harpham Flat to Sandy Beach. On Saturday, we'll start from the mid-point and raft downstream in the morning, and then do the upper half in the afternoon (to avoid the crowd).

Food: Saturday night dinner will be potluck. For other meals (breakfasts, lunches, Friday dinner), bring your own food and drinks, or plan to dine in any of Maupin's fine dining establishments. Also, bring quarters for the showers!

<u>Camping & rafting = \$75.00 pp.</u> (Non-members \$90.00)

<u>RV space is available for an additional</u> \$25 per day. or \$75 total.

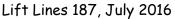
To sign up, use the Dough Transmittal form, page 13, or print the form from our web site. See the **Forms** page at: <u>http://www.mthigh.org/Forms.htm</u>.

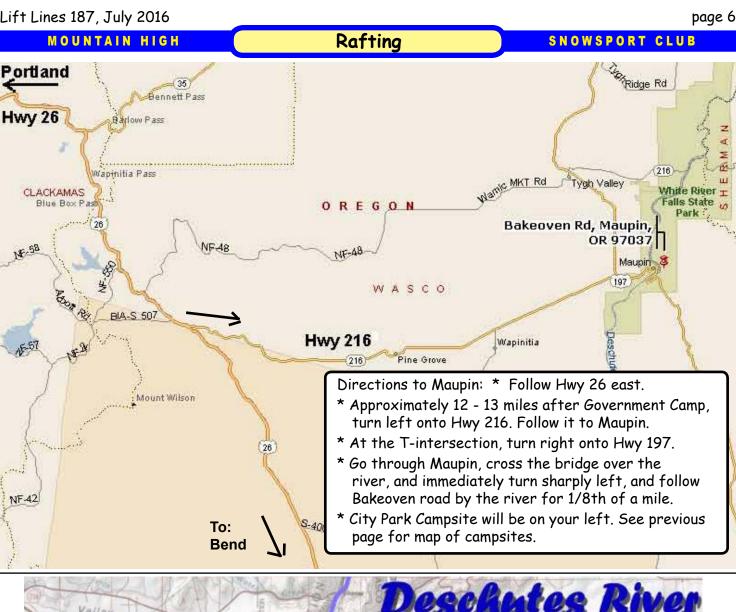




NOTE: The Deschutes River is dam controlled, so water levels are not an issue.

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Mt. Hood History

SNOWSPORT CLUB

Lift Lines 187, July 2016

Mt. Hood History tour bike ride

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August 6 (Sat.) - Start from Rhododendron at 9 am. Explore Mt. Hood's history. Follow the original **Oregon trail** from **Barlow Pass** to Rhododendron.

We'll explore **local lore** and **trivia** about Mt. Hood, its ski areas, its roads, its people. There will be stories, ghosts, cemeteries, local heros, and more.

This is more than a bike ride. It's more like time travel, visiting 3 or 4 different eras.

Do you need a mountain bike? No. Almost any bike will do, except racing bikes with skinny tires. Part of the ride will be on unpaved but smooth roads or paths. The total distance is 16 miles, most of it downhill, but about a mile and a half is uphill. Also, there will be some walking our bikes through narrow spots.

- 1. See several sections of the original Barlow Trail you haven't seen before. We found some hidden spots!
- 2. Bike down parts of the old Mt. Hood highway, before the modern Highway 26 was built.
- 3. Visit the Pioneer Woman's Grave.

4. Visit **Summit Prairie** (aka Summit Meadows), one of the last rest stops on the Oregon Trail.

5. Hear the **ghost of Perry Vickers**, who is buried at Summit Meadows.

6. See **Laurel Hill**, the steepest part of the historic Barlow Trail, so steep the pioneers had to lower their wagons with ropes, or tie tree trunks to the back of the wagon to act as a brake. Access to Laurel Hill might not be possible because of the ongoing work on highway 26.

7. Visit a **bat cave**. Or would you prefer a **horse tunnel**?

8. Visit Little Zig Zag Falls. Or sit down at a picnic table to rest your legs here.

9. At the end of the ride, let's go for a drink and some food at the **Still Creek Inn** in Rhododendron, partly as thanks to them for letting us use their parking lot, and partly to rest and enjoy each other's company, while replenishing our energy.

Meet at the **Still Creek Inn** in **Rhododendron** at 9 am. We will leave a few cars there, shuttle our bikes to Barlow Pass, and then bike back to Rhododendron for lunch. Contact **Emilio**: <u>Emilio2000@earthlink.net</u> or 503-378-0171.

AA

Mt. High Mt. High Picnic

August 20, 2016. (Sat.)

Our annual picnic in **Sellwood Park** is a great place to celebrate summer, meet other club members, and find out what else is going on in the club.

The picnic will be preceded by an easy bike ride up the Willamette river and back down the other side.

9:30 am Bike ride (meet at the lower parking lot); 11:30 am Picnic starts. 12:00 noon Food served.

See more at: www.mthigh.org/index.htm#Picnic

Contact Debbi Kor, ijustwannarun1@comcast.net





Racing

SNOWSPORT CLUB



Speed Racers Corner

Edited by Alan Bean Mountain High Racing Director 503-849-8009 or <u>Racing@mthigh.org</u>



Mt. High Athletic Scholarship

Our club has joined the FWSA Atheltic Scholarship program, under which we sponsor a local young racer each year. For the past two years, we have been sponsoring **Ashley Lodmell**, originally from Vancouver, WA, and now living in Bend, OR. She is a member of the Mt. Bachelor Ski Team.

Ashley has sent us a Thank You card, with an action shot of her on the race course.

Wishing you all the best, Ashley! Keep up the good work!

Ashley Lodmell's Thank You Note

Thank you for the scholarship at the beginning of the year.

I started the season with good FIS results in Alaska. For a few months, there were lots of ups and down. In February, I won a Sun Cup downhill and got 2nd in a Super G and downhill to win the Sun Cup overall title.

At U19/U21 Western Region Championships, I placed 9th in the Slalom.

At the NW Cup Finals, I got 3 podiums to place 2nd overall in the NW Cup season standings.

A few days later, at the WR FIS Speed Series, I got my first FIS podium in the Super G and was 5th in the downhill.

I am really excited about my progress to end the season. Thanks again!

Ashley Lodmell



Trips

SNOWSPORT CLUB

Mt.High and Ski Kats

Mystery trip

1 central lodging, 2 ski areas

January 19 - 22, 2017. (Thursday. - Sunday)

3 nights / 3 days skiing. -- Our first 3-day mystery trip!

- 2 days at: Mystery location 1.
- 1 day at: Mystery location 2

No need to pack and move every day. We'll stay in the same hotel all 3 nights. The hotel has a hot tub and indoor swimming pool. It also has free Wi-Fi and free breakfast (waffles, cereal, bread, muffins, fresh fruit, pastries, bagels, milk). All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.



This will be a unique trip, shrouded in mystery. Let us take you some place fun for 3 days and nights! Experience something new.

Both ski areas have a wide variety of terrain. One of them is famous for the fact that everyone who has ever skied there loves it. Both lower intermediates and advanced powder skiers love it there.

The other ski area we'll visit is less well known and it will probably be a new find for most trip participants. Unfortunately, we'll have to leave that area early, in order to make it back home at a reasonable hour.

Mystery location 1 offers miles of Nordic trails, as well as cross-country equipment rental. Mystery location 2 does not have any Nordic trails.

Price: 1. With downhill lift tickets: \$475 per person.

2. With no lift tickets = **\$370**

Nordic skiers, snowshoers, and non-skiers pay the lower price and buy their own passes, as needed.

Price includes all bus transportation, 3 nights lodging, and 3 lift tickets. Two lunches and one dinner are included. Depending on the number of people that sign up (the more the better), if we end up with any surplus, we will include another dinner.

Space is limited by the size of the bus. Also, this trip is open to members of other clubs as well, so please sign up early! See more details at: <u>http://www.mthigh.org/Trips.htm#Mystery_trip</u>

To reserve your spot: Please send in a deposit check of \$175 per person, preferably by November 15, 2016.

Full payment due by December 15, 2016. No refunds after December 15, unless you can fill your spot. See our Mt. High Trip Cancellation Policy

Please use the **Dough Transmittal form** on the Forms & Docs page on our web site, or on the next to last page in our newsletter. Make check payable to Mountain High Snowsport Club, and mail it to:

Mountain High PO Box 2182 Portland, OR 97208

Contact trip leader: **Emilio Trampuz**, 503-378-0171, **Emilio2000@earthlink.net**



Lift Lines 187, July 2016

Mt. High and Ski Kats

Powder Alliance trip

Trips

Whitewater, BC + Schweitzer Mt., ID

Schweitzer Mt.

February 25 - March 4, 2017 -- Saturday - Saturday.

* Bus trip! No wear and tear on your car!

- * **Fresh powder!** Both mountains known for their powder.
- * Free skiing! Ski 6 free days with Fusion Pass.

We'll spend 3 days skiing at Whitewater (British Columbia), and then an additional 3 days at Schweitzer Mt., Idaho. It will be an inexpensive trip, thanks to the **Powder Alliance** deal, which means that anyone with a Fusion Pass (to Timberline & Skibowl) gets to ski for free on all the 6 days.

Whitewater, BC is located about an hour north of the US/ Canada border, and just 15 minutes from the charming town of Nelson, where we will be staying.

With an an average annual snowfall of 40 feet, Whitewater has the reputation of being "one of the best powder mountain on the continent" (according to Powder Magazine). It has 2044 vertical feet, 1,200 acres, served by 3 lifts, each serving a different side of the 2 side-by side mountains. There are also 15 km of groomed trails and 10 kilometers of snowshoe trails.

Schweitzer Mt., Idaho. offers 2,900 acres and 2,400 vertical feet, served by One high-speed six-pack; two high-speed quads; one triple chairlift; three double chairlifts; 1 T-Bar. It is famous for its powder skiing. This time we will stay in the nearby town of Sandpoint, at a Best Western hotel right next to Lake Pend Oreille, and within walking distance of downtown, where you will find lots of dining options.

Prices:1. Adult full price = \$1,133

- 2. Senior full price (65 to 74) = **\$1,086**
- 5. Adults with Fusion Pass = \$765 <== recommended 6. Seniors with Fusion Pass = \$765 <== recommended
- 3. Super-Senior full price (75-79) = **\$949**
- 7. Base Price without any lift tickets = \$765 4. Nordic full price (regular & senior) = \$825
- Free skiing is only for those 80 and over. 75 and over will have free skiing only at Whitewater.

Many seniors will do better with a senior Fusion pass but it depends on age. A Fusion Pass for seniors (which needs to be purchased before the trip) costs about \$250 for those 65-70, and about \$50 for those 71 and over.

To purchase a Fusion Pass, go to: www.mthoodfusionpass.com

Price includes all bus transportation, 7 nights lodging, and 6 lift tickets. Two lunches (on the way up and on the return trip) are included. Depending on the number of people that sign up (the more the better) and the rate of exchange with the Canadian dollar, if we end up with any surplus, we might include some breakfasts and/or dinners too.

Space is limited to 48 people. This trip will be open to members of other clubs, so please sign up early!

To reserve your spot: Please send in a deposit check of \$250 per person by September 15, 2016. Note that last year's Canada trip sold out by the time our annual Kickoff Party.

Full payment due by January 1, 2017. No refunds after January 1 unless you can fill your spot. See our Mt. High Trip Cancellation Policy

Print our **Dough Transmittal Form** and mail it in with your \$250 deposit check payable to Mountain High club, PO Box 2182, Portland, OR 97208.

Please indicate on the form which of the options you are signing up for. We need to know if you are a Senior (over 65) and if you intend to purchase the Fusion Pass (with the Powder Alliance deal).

More trip details at: <u>http://www.mthigh.org/Trips.htm#Powder Alliance trip</u>

Contact trip leader: Karen Michels, skiklynn@gmail.com, 503-984-9210



SNOWSPORT CLUB

Leavenworth trip

Trips

Mt.High



Mission Ridge + Stevens Pass

March 17-19, 2017

Maximum 50 people on the bus; inquire about driving options if bus is full.

2 days/ 2 nights. The bus trips are usually our club's best and most fun events. We will leave Friday around 4 pm, and return Sunday night by 9:30 pm. We'll visit:

1. **Mission Ridge**. 2,250' vertical. 1 Express Quad, 3 Doubles. You can ski by a World War II bomber that crashed on the mountain.

2. **Stevens Pass**, lots of tree skiing, front and back + lots of cruisers! 1,800' vertical on 3 sides of 2 different mountains, served by 3 Quads,

4 Triples, 3 Doubles. Note that if you buy a **Fusion Pass** this year, you will be able to use that pass for free skiing at Stevens Pass, and your trip price will be reduced accordingly.

Lodging: We'll stay in the charming town of Leavenworth. We have booked almost the entire Obertal Inn, right in the middle of Leavenworth, just for us!

Dinner included on Saturday night! The club will pay for the main course, but, as usual, the drinks, appetizers, and alcoholic beverages on your own.

Trip details and the trip price are still being worked out.

To reserve your spot: Please send in a deposit check of \$100 per person.

Full payment due by February 15, 2017. No refunds after February 15, unless you can fill your spot. See our Mt. High Trip Cancellation Policy

Please use the **Dough Transmittal form** on the Forms & Docs page on our web site, or on the next to last page in our newsletter. Make check payable to Mountain High Snowsport Club, and mail it to:

Mountain High, PO Box 2182, Portland, OR 97208

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

Other trips

More info will be announced soon. Also, see our web site TRIPS page for more trips available to us.



Jan. 29 - Feb. 4, 2017 The Cascade Prime Timers are organizing this trip to Sun Valley for the duration of the week.



Feb. 12 - 18, 2017 Bob Burns will lead this trip to Salt Lake City, with free shuttles to the big 4: Alta, Snowbird, Brighton and Solitude.



March 30 - April 3, 2017 Linda McGavin will lead this 4-day trip to Bend with skiing at Mt. Bachelor.

SNOWSPORT CLUB

FWSA

MOUNTAIN HIGH

FWSA Ski Week 2017

Lift Lines 187, July 2016 SNOWSPORT CLUB

FWSA Ski Week 2017 - Breckenridge, CO

January 28 – February 4, 2017 Annual ski week organized by the Far West Ski Association.

Breckenridge or "Breck" (as Summit County locals call it) is a destination ski resort with the perfect blend of everything you could want on a ski vacation: world-class skiing for all levels, a fun nightlife scene, great restaurants, and a historic downtown. Breckenridge is a former mining town with Victorian architecture. It will be the combination of the exhilarating on-mountain skiing, the historic town activities and the organized group experiences that will make this an exciting and memorable trip.

Breck has five interconnected peaks, which offer an amazing variety of skiing for all skill levels. Peak 10 offers steep runs and challenging moguls. Peak 9 is best for beginners. Situated in the heart of the resort, Peak 8 is packed with trails for all levels. The upper part of Peak 8 is composed of advanced and expert terrain, and is served by the highest lift in North America. Intermediate skiers will feel at home on Peak 7's blue runs. Peak 6 is also geared primarily to intermediate skiers, but also includes a large amount of advanced terrain and chutes.

We will be staying at the Mountain Thunder Lodge, an elegant stone-and-timber condominium lodge situated in a beautiful wooded area along a ski run. The lodging is ski-in, with only a short walk to the base gondola in town that goes to Peaks 7 & 8. See pictures of the lodging at: <u>http://www.breckresorts.com/lodging/mountain-thunder-lodge/overview.aspx?cmpid=PPC303950342</u>

Lodging and Amenities Package per person, double occupancy = **\$1025**.** This price does not include discount lift tickets or transportation. What is included is:

- 7 nights lodging (double occupancy per bedroom)
- Portage for luggage
- Registration
- Welcome Party
- Pub Crawl
- Northwest Ski Club Council Night Dinner
- Mountain Picnic
- Après Ski Party
- Activity Fee Racing and Scavenger Hunt
- Banquet with Dancing

** For private bedroom add single supplement: \$675.

Anyone who chooses to purchase an Epic Pass (various Epic Passes are available) through Sports America Tours will receive a \$50 discount on the Basic Package price. Here's the link to view the pass options: <u>https://www.sportsamerica.com/epic-fwsa</u> Please contact the trip leader if you are interested in this option.

For most of us, significantly discounted group lift tickets are the best option for this trip and cost as follows:

5 of 6 day adult \$375, with the option of a 6th day for an additional \$35.

5 of 6 day senior (65 and over) \$332, with the option of a 6th day for an additional \$25.

Your multiple day lift ticket is good at all Vail Resorts (Breck, Keystone, Vail, and Beaver Creek) and at Arapahoe Basin. There is free Summit County bus service to Keystone and Arapahoe Basin. Up to 2 days of the 5 day lift ticket may be used at Vail or Beaver Creek during the week. We are planning an optional mid-week chartered bus trip to Vail.

See details in the trip flyer. <u>http://www.mthigh.org/Trips/2017-FWSA-Ski-Week-Breckenridge-Flyer-01.pdf</u> **Ouestions?** Contact **Rod Robinson** at **rdrobinson@aol.com** or 541-344-7170.

To sign up: Send a \$100, deposit. Make your checks payable to: **Northwest Ski Club Council**. Mail should be addressed to: NWSCC | Breckenridge Trip,

Rod Robinson, 5230 Overbrook Ln., Eugene, OR 97405

More ski trips info at: www.mthigh.org/Trips.htm.



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Contacts / Club info

Steve Royce, our

Secretary, has attend-

ed all Board meetings,

kept accurate meeting

Minutes, and participated in the club's

decision making.

SNOWSPORT CLUB

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Mountain High Meeting

Usually last Monday.

July 25 (Mon.): Open to all who want to get involved with the club. Gather at 6 pm. Start at 6:30 pm.

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

Mountain High snowsport club contacts:

Karen Michels, our

Membership director,

has led a number of

bike rides last summer

and organized one of

our best ski trips to Canada so far.

Man & Woman of the Year

200

President:	Debbi Kor	H: 503-314-7078,	President@mthigh.org	General info:
Vice-President:	Bill King	H: 614-371-4762	willie2k@ymail.com	
Secretary:	Steve Royce	H: 503-413-0493,	wsroyce49@frontier.com	info@mthigh.org
Treasurer:	Nancy Pratt	H: 503-593-9427,	Treasurer@mthigh.org	
Past President:	Kurt Krueger	H: 503-625-1492,	PastPresident@mthigh.org	Web site:
Membership Director	r: Karen Michels	H: 503-984-9210,	skiklynn@gmail.com	www.mthigh.org
Racing Director:	Alan Bean	H: 503-849-8009,	Racing@mthigh.org	
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,	newsletter@mthigh.org	
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Trips Director:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org	
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Hiking:	Chris Brooks	H: 503-764-5323,	jruffman@aol.com	
Bike rides:	Jackie Bonillo	H: 503-663-3359,	jbon1960@comcast.net	
Mid-week skiing:	Ken Brundidge	H: 503-720-0620,	KenBrundidge@comcast.ne	<u>t</u>
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DOUGH TRANSMITTAL FORM

Mail check payable to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY:	[] New membership or [] Renewal	responsible for my own safety and conduct. I hereby agree to be
Name(s):	Birthday (MM/DD)	bound by all Mountain High Snowsport Club bylaws and regulations including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip cap
Address:		tains, and any other Club representatives) from liability for persona injury, property damage, or any other liability of any kind connected
Phone (Hm):	Phone (Wk):	with my participation in any club-related activity. Furthermore, lagree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted
Email (Hm):	Email (Wk):	against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.
Email Preferences: [] No changes (same as last year)	 Newsletter (once a month): [] yes, link only [] yes Club news & events (between newsletters): [] yes Other ski news (NWSCC, FWSA, ski areas, trips): [] yes Is it OK to share your email address with other club mer 	s []no s []no
Please take my moi	ney, and apply it toward the following Ski Club fu	
🛛 🗆 Annual Membe	r ship (Oct. 1, 2014 - Sept. 2015): Single (\$25); couple (\$
PACRAT Racing	(2016) \$99 for the whole season. Team:	\$
	(Aug. 11-14). Members= \$75. Non-members=\$90. No raf	
Rafting optional	add-ons. RV space=\$25 per day.	\$
. .	19-22, 2017). Deposit = \$175. Total cost = \$475.	\$
	rip (Feb. 25 - March 4, 2017) Deposit = \$250.	\$
	e bracket (). Will you have a Fusion Pa	
• • •	(March 17-19, 2017). Deposit = \$100. Total = TBA.	\$
		\$
	n you are paying. Roommate requests,):	
See our Trips cancella	ation policy on our web site: http://www.mthigh.org/	/Documents/Trip-Cancellation-Policy.pdf

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

Please check our web site, <u>www.mthigh.org</u> for updates.



page 14	Lift Lines 187, July 2016
Club membership = 245 Newsletter Distribution	Count Your Ski Areas
The July issue is posted on our web site. Also: 277 copies sent via email (as PDF files) 15 paper printed copies sent via US Mail. Copies are also sent to potential members, other clubs, the National Ski Club Newsletter, etc.	Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <u>http://www.mthigh.org/Documents/North-American-Ski-Areas-2014-5-25.xls</u>
FWSA Diving Trip to Fiji 🖌	Shred Hood
 Sept. 24 - Oct. 8, 2016 Beqa Lagoon Resort: September 24 – October 1, 2016 Diver Package: \$1,916. Non-Diver Package: \$1,383. Single Supp. Add - \$308. Paradise Taveuni Resort: October 1 – 8, 2016 Diver Package: \$2,171. Non-Diver Package: \$1,220. Single Supp. Add - \$747. You can do Beqa (week 1), Paradise (week 2) or both. Each week, the price includes: 7 nights – based on 2 per room. All meals daily Use of paddle boards, kayaks & catamarans 5 days (12 boat dives at Beqa, 16 at Paradise) Contact: Randy Lew, FWSA Dive Trip Leader, 7007 SW Iron Horse St., Wilsonville, OR 97070. Cell: 530/304-0802 e-mail: FWSA13Randy@telis.org Info: http://www.fwsa.org/Travel/Dive/2016-FWSA-Fiji/Fiji-Index.html 	 Shred Hood, a very informative online magazine, published by Ben Jacklet, covers everything related to Mt. Hood, including: * 8 Key Facts About Our Active Volcano * 8 Years of Coaching on Mt. Hood's Summer Snow * When the Snow Melts, Start Climbing * U.S. Olympic Coach Coming To Mt. Hood * All This Could Melt Away - Snow at Ski Areas This is just a very small sample of the wealth of information available on the Shred Hood site. Subscribe to it for free. Just enter your email address in the blue box on the right side of the page at Shred-Hood.org