



Lift Lines

= No. 200, August 2017 =

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



From the Prez



Happy Summer everyone! I hope you are enjoying this beautiful weather, and the coming HOT stuff over the next few days. Here's a short recap of our Board Meeting we held on Monday, July 31, 2017.

We have folks already signing up for **Winter trips**. Karen has 12 for her trip to Silver Star and Sun Peaks. Linda has 2 signed up for Brundage, February 21-24, and Emilio has his trip to Mt. Ashland and Mt. Shasta set for January 5-7. Check your calendar and join us.

We have a couple **bike rides** coming up THIS weekend, August 5th and 6th. We are doing **Highway CleanUp** on August 12th...(a few more people needed), and we have the **Seafood Party** set for September 30th. And, on October 14th, for the first time ever, we will hold our **Membership Kick-Off** party on a Saturday, at the Wilsonville Sr. Center.

We are thinking of some fun activities for this Fall or maybe next Spring. Let us know what you think of these: "I Fly". A chance for you to experience sky diving inside a wind tunnel. Take the **Sumpter Valley Steam Train** from Hood River to Parkdale. We're thinking either a train ride up, and wine tasting after, or possibly a trip on Halloween weekend, with them. We are also looking at either bussing to Cascade Locks to take the **Sternwheeler** back to Portland, or simply a **Sunday Brunch** on the **Portland Spirit**. Let us know what you think might be a fun outing for our group. We are open to any of these.

Stay cool!

Debbi

Modest Membership Fee Increase



Our annual membership fee has just been increased for the first time ever!

Single membership increased from \$25 to \$30.
Couple membership increased from \$40 to \$50.

The cost of everything has doubled, tripled, or even quadrupled since 1975, when our clubs first formed. It's hard to find specific examples, but check out these day lift ticket prices:

In 1987: \$20 (Meadows), \$15 (Timberline), and \$14 (Skibowl).

In 2017: \$79 (Meadows), \$68 (Timberline), and \$51 (Skibowl).

So our increase in membership fee is actually very small. Here are just a few of the factors that made us raise it:

1. Cost of consumables (paper, ink, toner) for flyers and forms has gone up. Also up: the cost of Pizza and other food for our parties.
2. Cost of insurance has gone up.
3. Cost of website hosting has increased. In return, we also get increased security, beefed up since the recent ransom attacks.
4. Bus companies, hotels, and ski resorts used to accept payments on arrival, but now they demand huge deposits months in advance.

Highway Cleanup

Aug. 12



Note the color code.
Our club is blue.

2017 CALENDAR

Blue: Mountain High events
Red: NWSCC / FWSA / Multi-club
Black: General events

AUGUST

Aug. 5 (Sat.): Bike ride: Leif Erickson drive
Aug. 6 (Sun.): Neighborhood Greenway bike
Aug. 12 (Sat.): Mt. High Highway Cleanup
Aug. 12 (Sat.): Steiner Cabins Tour
Aug. 21 (Mon.): Solar Eclipse
Aug. 26 (Sat.): History Happy Hour - Log Cabin Maintenance
Aug. 28 (Mon.): Mt. High Board meeting

SEPTEMBER

Sept. 16 (Sat.): Bike ride: Trillium Lake & Still Creek Road
Sept. 30 (Sat.): Seafood Party

OCTOBER

Oct. 7 (Sat.): Bike ride: Timothy Lake
Oct. 13 (Fri.): Warren Miller movie
Oct. 14 (Sat.): Kickoff / Membership party
Oct. 20-21: Snowvana at Memorial Coliseum

NOVEMBER

Nov. 3 - 5: Ski Fever & Snowboard Show at the Expo Center

Plaza + EdgeSet = Mountain High for 16.5 years

During the last quarter of the 20th century, our club was really two separate clubs: **Plaza** and **EdgeSet**. By the start of the 2000/2001 ski season, the two clubs decided to combine forces and merge into one.

In **January 2001**, the combined **Plaza/EdgeSet** club got its first combined newsletter, which was nameless for the first 5 issues. By issue #6, the winner of the naming contest was "Lift Lines".

Lift Lines now celebrates its **200th** issue. The issue number has been incremented by one for each month. If a double issue sometimes spanned two months, we increased the issue number by 2. Thus we know that we've been together as one club for 200 months. That is 16 years and 8 months. That's how old the combined club is and that's how old the combined newsletter is.

The combined club was called **Plaza/EdgeSet** for 3 years. In December 2003, it was announced that the majority voted to rename the club **Mountain High Snowsport Club**. See [Lift Lines #36](#) on our web site.

Cartopia



July 12, 2017 (Wednesday)

We got together for some socializing and food tasting at the Cartopia Food Cart Pod on SE 12th Avenue and Hawthorne Blvd.

There were lots of food choices, prices were reasonable, and we could all sit together regardless of where we got our food from.

11 people had a great time!

Timberline to Zig Zag History tour / Bike ride

July 22, 2017. Twenty of us rode on 3 roads from 3 different eras:

1. Barlow Road, the original wagon trail, part of the Oregon Trail. Built in 1845-1846.
2. The old Mt. Hood Loop Highway the first real highway that encircled Mt. Hood, since about 1924..
3. Modern day highway 26, built in the early 1950s.

We rode mostly on paved roads, but a few forest trails too. About half of us rode through Government Camp, while the other half took the Crosstown Trail around Govy. We also briefly rode on the Pioneer Bridle Trail, we visited Little Zig Zag River falls, and ended the ride with lunch at the Zig Zag Inn.

Everybody had a good time, and a good appetite, especially after hearing how the early pioneers starved, ate salal berries and pitied the folks who had no coffee left.



West Leg Road still within Timberline



Heading down to Hwy. 26 near Laurel Hill, west of Government Camp

See these and many more photos at www.mthigh.org/Photos.htm.

Mt. High Leif Erikson bike ride

August 5, 2017 (Saturday). 10 am.

The Leif Erickson Drive in Portland's Forest Park is a 14 mile easy bike ride consisting of one tiny uphill and the rest a mild downhill and level terrain. Mountain bikes are recommended, but a regular commuter bike is OK too. The roadbed is smooth and firm. Nice shade all the way.

We will meet near the **Wesco Distribution** building, at the corner of **NW Nicolai & 31st Avenue**. Don't park in their parking lot, but across the street from them. Only a few of us will leave our cars parked there. The majority should just wait until we are all assembled and then we'll shuttle our cars and bikes to the start of the trail on the uphill side on Germantown Road.

Bring water, a snack, gloves, and jacket just in case.

We'll have lunch at Kenny & Zuke's Cafe (NW 24th & Thurman) near the end of the ride. A good time will be had by all. Leaders: Emilio Trampuz Emilio2000@earthlink.net and John Davis, hike-dance@gmail.com.

NEWS**Free Subscription to Skiing History**

The International Skiing History Association (ISHA) is offering a free 1 year digital subscription to their magazine to all our club members.

The magazine is called "**Skiing History**" and it is published as a slick glossy publication of usually around 40 pages covering

both current and historic topics.

To accept the offer for a free digital subscription, simply go to skiinghistory.org/join

Scroll down to **Digital Membership**

Select **1 Year (Digital Only)**

Add to cart

Enter code **MTS17**

Hit "checkout" and set up your account

Submit and that's it!

Mt. High**Highway Cleanup**

Aug. 12 (Sat.). It's time for our Summer Cleanup of the 2 miles of Highway 26 we've adopted, from mile post 51 to 53, just west of Government Camp.

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 (Bring one if you have one).

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.

We need only about 12 people. Please don't come unannounced.

If you are planning to come please RSVP by contacting **Debbi Kor**, 503-314-7078 or ijustwannarun1@comcast.net



Steiner Cabins Tour



Aug. 12, 2017 (Saturday) 6:30 pm.

This year's tour will focus on the preservation and restoration of these historic Mount Hood cabins.

Henry Steiner was a craftsman who emigrated from Germany and built over 100 mountain homes that relied on the offerings of the natural surroundings. The owners open their doors to the public once a year.

Ticket sales for this event can be purchased **ONLINE ONLY** on the museum website: www.mthoodmuseum.org. Tickets are \$35 for the general public or \$30 for museum members (call 503-272-3301 for the discount code).

Mt. Hood Museum - Happy Hour



Aug. 26, 2017 (Saturday) 6:30 pm.

Log cabins maintenance techniques and tips.

Presented by Mark Fritch, Log Cabin

Builder. Be entertained & learn something new.

Location: Mt. Hood Museum & Cultural Center, in the heart of Government Camp.

Doors open 6:30, lecture starts at 7 pm. \$5 cash at door, Beer & Wine can be purchased.

For more info, contact:

Mt. Hood Cultural Center and Museum

Phone: 503-272-3301,

Email: info@mthoodmuseum.org

Web site: www.mthoodmuseum.org

Mt. High Trillium Lake & Still Creek bike ride

September 16. Saturday. 10 am.

A mountain bike ride along Still Creek Road in the downhill direction. From Government Camp, ride to Trillium Lake, then a bit uphill for almost a mile, and finally several miles of downhill cruising toward Rhododendron. We'll have lunch at the Still Creek Inn.

Nice long glide with very little uphill action. Perfect for beginner mountain bike riders.

Still Creek Road runs behind the Skibowl ski area. Strong legs not required. But strong brakes are!

9:30 - 9:45 am: Meet at the **Still Creek Inn** in Rhododendron. Please park behind the restaurant. We will leave a few cars there (for later), and then transport everyone and all our bikes to Government Camp, for the start of the bike ride.

If you have a trailer, or a truck, or anything capable of hauling several bicycles from Rhododendron to Government Camp, ... please bring it.

10:00 am: We will leave from Govy and take mountain bike trail down to the Trillium Lake area and then over to Still Creek Road. A mountain bike is required mainly for wide tires to deal with some soft gravel, but otherwise it is a pleasant downhill ride.

1 pm: Lunch at the Still Creek Inn

Contact **John Davis**, hikedance@gmail.com and/or **Emilio Trampuz**, Emilio2000@earthlink.net.

Mt. High Timothy Lake bike ride

October 7. Saturday. 10 am.

Join Mt High Club members in a mountain bike ride around Timothy Lake. We will use a shuttle to do only 9 miles around the lake. There is an option to do the whole 15 miles, however you will miss early dinner with the 9 milers.

We will meet at **Little Crater Lake** at 10 am, a bit north of Timothy Lake. Riders will be shuttled to the **Clackamas Lake Historic Ranger Station**. Early dinner will be on the way back at **The Taco Shoppe** in Government Camp.

This is a beginning mountain bike trail. Operative word here is "mountain bike". There are a few parts of the trail that are not suitable for a road bike. The trail is at water level in the trees with numerous views and twists and turns.

Driving directions:

From Sandy, go east on Hwy. 26 for about 40 miles to Skyline Road (Road 42).

Turn right and go south for 4 miles.

Turn right on Forest Road 58 (Abbot Rd.) and go 2 miles to Little Crater Lake campground.

Allow at least 50 minutes from Sandy, or 20 minutes from Govy. See our web site for a map.

Contact **John Davis**, hikedance@gmail.com and/or **Emilio Trampuz**, Emilio2000@earthlink.net.

Mt. High

Seafood Party



Sept. 30 (Sat.) 6:30 pm.
(To help with the set-up, come at 5:30 pm.)

Our annual end-of-summer Seafood party is coming up. Pete Troy has been in Alaska

all summer long and will be bringing home some excellent salmon for us to try.

The cost to our members again this year will be \$10 per person. Guests (non-members): \$15.

Our club will provide Pete and Ann's incredible home-made sushi, Bruce McGavin's fantastic smoked salmon spread; Gordy's delicious baked salmon, mussels, more seafood dishes, sodas and water. **BYOB and bring a side dish or dessert.**

If your last name begins with:

A - M : bring a salad or side dish;

N - Z: bring a dessert,

Location: Wilsonville Senior Center
7965 SW Wilsonville Rd
Wilsonville, OR 97070

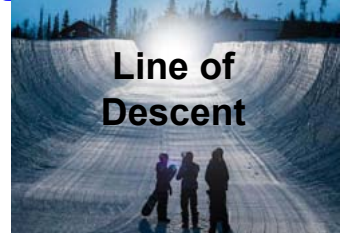
Click here for [Google map](#).

See driving directions and map on our web site.

Please RSVP by September 23 to Debbi Kor:
ijustwannarun1@comcast.net or (503) 314-7078.

Mt. High

Warren Miller's dinner & movie



Oct. 13, 2017. (Friday)
Dinner and a movie!

Dinner/drinks at 5:30 pm at location to be announced. A place we've been at before, or something new.

Movie at 7:30 pm at the Arlene Schnitzer Concert Hall, 1037 SW Broadway, Portland.

Everyone attending will receive several freebies yet to be announced. Even if you use just one of the free lift tickets that will offset the cost of the movie ticket.

Also, everyone will receive a **free subscription to Ski Magazine**, if you fill out the contest entry form at the theater.

If you want to participate, please send a check for \$20.50 payable to Sandra Smith, and mail it to:

Sandra Smith, 1500 SW 134th Avenue, Beaverton, OR 97005.

Contact Sandra at: Sandra@pacifier.com Phone: 503-646-4591.

You can buy tickets on your own through Tickets West, but it will cost you an additional \$9.

Let Sandra know if you are coming to dinner before the movie.

Mt. High

Mt. High Kickoff Party + Mini Ski Swap



October 14, 2017 (Saturday), 6:30 - 9:00 pm.

Our biggest party of the year, marking the start of a new ski season. Come enjoy the following:

- * Free food, and door prizes. Lots of good swag.
- * **BYOB.** * Meet your fellow club members.
- * Renew your membership (\$30 singles; \$50 couples)
- * Sign up for trips. * Join a PACRAT race team.
- * Bring a friend.
- * Bring something to sell or swap. But please be there to sell it yourself. We don't have anyone to watch over it.

Location: Wilsonville Senior Center, 7965 SW Wilsonville Rd., Wilsonville. See [GOOGLE MAP](#).

More info on our web site: www.mthigh.org/#Kickoff_Party

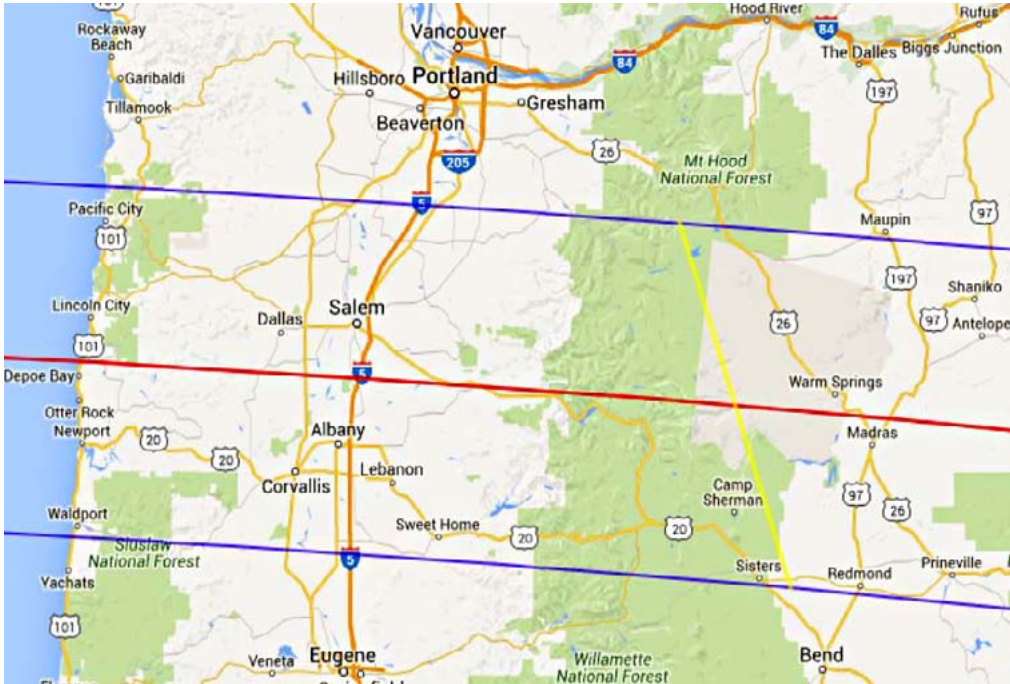
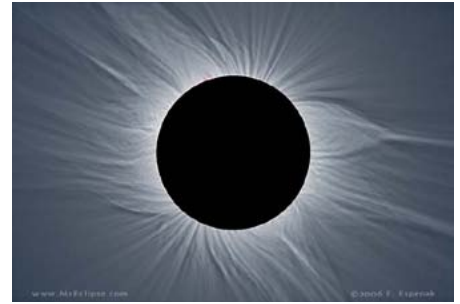
VOLUNTEERS are needed to help set up. Please contact Karen, skiklynn@gmail.com, 503-984-9210.

NOTE: Even though this is only the beginning of the season, this event is actually the last opportunity to pick up a trip flyer and sign up for the trip in person. Try to decide on a trip or two by this night.

Solar Eclipse coming to Oregon

August 21, 2017 (Monday). Get ready for an astronomical treat. A very rare event will happen in Oregon on Monday, August 21, 2017. It's a solar eclipse, when the moon gets exactly between the Earth and the Sun. The moon will block the sun's rays for about **2 minutes**. The full eclipse will start in Salem, OR at **10:18 am**. Some general effects, such as a gradual fading of the sun, will be noticeable about 30 - 45 minutes earlier.

The total eclipse will be visible only along a narrow path. The moon will cast a shadow only 87 miles wide, as shown by the blue lines on the map. The



red line shows the location of the longest lasting eclipse. The eclipse will last only a few seconds near the blue lines. So, the best viewing will be in places like Depoe Bay, Salem, Albany, Warm Springs and Madras. Watch out for traffic!

Portland, Eugene and Bend will only see a partial eclipse, which is just a fading of the sun, not much.

Plan to come closer to Salem to see the real thing. That's when you can briefly see the sun's corona streaming outward.

The moon's shadow will race across Oregon in just 12 minutes at the speed of 3,400 miles per hour.

What you need to know about the solar eclipse

- A solar eclipse happens when the Moon gets exactly between the Sun and Earth. The dark circle that appears to be covering up the Sun is actually the Moon.
- Only a **total eclipse** is interesting to see. Those 2 minutes are the only time you can look directly at the sun and see its corona. To see this event, you must be within the area bounded by the 2 blue lines on the map.
- A **partial eclipse** is nothing special, just a little darkening of the sun's light, but the sun is still too bright to look directly at it. If you are outside of the area of totality, you will be disappointed. It won't be much different than when the clouds darken the sky a bit. Seeing 97% of totality is seeing very little.
- The closer you are to the center of totality (the red line), the longer the eclipse will last.
- You need to find a spot that has a view of the eastern and/or south-eastern sky. The eclipse will happen in the morning, when the sun is still not very high on the sky.
- During the hour before the total eclipse look at the shadows. Notice that the shadows of many objects such as trees will show a small image of something that looks like a crescent moon. That's the crescent sun.
- Seconds before the total eclipse, the last rays of sunshine will look like a brilliant diamond on a ring. When you see this bright spot in a corner of the sun, you will know that the totality is about to begin. At the end of the 2 minutes of totality, the jeweled ring will reappear. That's a sign you need to quit looking at the sun.
- NOTE: OMSI will sell Eclipse glasses, that allow you to look at the sun anytime. Check out the [OMSI web site](#) or any astronomical web site for instructions on how to view this event.

Mt. High

Weekend bus trip to Mt. Shasta & Mt. Ashland



Mt. Shasta+ Mt. Ashland

January 5 - 7, 2018 (Friday - Sunday) - 2 days/ 2 nights.

2 nights / 2 days skiing.

Saturday at: Mt. Shasta

Sunday at: Mt. Ashland



No need to pack and move every day. We'll stay in the same hotel both nights. The hotel has a hot tub and indoor swimming pool. It also has free Wi-Fi and free continental breakfast. All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.

We'll start the trip on Friday at **2 pm** and just ride the bus to Ashland.

Lodging: We'll stay at the **Stratford Inn**, near downtown Ashland. It is within walking distance of most downtown restaurants.

On Saturday, we'll drive a little over an hour to Mt. Shasta ski area, offering 3 lifts on 3 separate hills.

On Sunday, we'll ski at nearby Mt. Ashland. We'll ski till 3 pm, and then ride the bus back home. We'll return to Portland around 9 pm on Sunday.

TENTATIVE, BALLPARK PRICES (Firm price will be announced soon).

Price:	Adults	= \$300 per person
	Seniors (65+)	= \$290
	Super-Seniors (70+)	= \$260
	No lift tickets	= \$248

Price includes all bus transportation, 2 nights lodging, and 2 lift tickets, and a dinner.

The free continental breakfast includes a "make your own bowl" yogurt breakfast bar, fruit juices, coffee, an assortment of teas, bagels, whole-wheat bread, cereal and oatmeal. There is also an in-house coffee shop.

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!

To reserve your spot: Please send in a deposit check of \$100 per person, preferably by November 15, 2017.

Full payment due by **December 1, 2017**. No refunds after December 1, unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page)

Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site. 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



Mt. Shasta



Mt. Ashland



Mt. Ashland

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

Mt. High

Okanagan Adventure (BC, Canada)



Sun Peaks + Silver Star

NOTE: Passport required!**January 20 - 27, 2018 - 7 night trip.**

We will stay ON MOUNTAIN at both resorts with easy access to all village amenities. Full trip price includes: round trip charter bus transportation, 7 nights lodging, 3 Silver Star lift tickets, 2 Sun Peaks lift tickets and several meals. FYI: Silver Star is part of the Powder Alliance and if you have the local Fusion Pass for Timberline/Skibowl you get three free tickets to Silver Star. Fusion pricing is lower as it takes into account those three free lift tickets. In addition, you can customize your trip with an optional lodging upgrade (limited availability) or adjusting the number of lift tickets you want.

At **Sun Peaks**, we will stay in traditional hotel rooms at the **Sun Peaks Lodge** with TWO people per room. Rooms have QQ or K setup.

At **Silver Star**, we will stay in two bedroom condos at **Chilcoot Lodge** with FOUR people in each condo. Room #1 QQ, room #2 Q + twin bunks. Each unit has two bathrooms. There is a kitchen and a living room with a pullout sofa in each condo that will be shared by all four. There will also be a limited number of two bedroom condos at **Snowbird Lodge** in Silver Star resort for those that want to upgrade. Room #1 K, room #2 K or T/T and there is a pull out in the living room. The units also have three bathrooms and a PRIVATE HOT TUB on the deck. The Snowbird Lodge units are first come, first serve by request with deposit and I will only place pre-arranged groups in them. To upgrade to the Snowbird Lodge, please add \$100 to the trip price.

Silver Star is located about 12 miles from Vernon in the heart of the Okanagan region and is the 3rd largest in British Columbia. It offers both Nordic and downhill options. It is known for champagne powder and averages over 23 feet of snowfall each year. Silver Star has over 3200 acres of downhill skiing, 11 lifts and 132 runs with 15% easiest, 40% intermediate, 35% most difficult and 10% extreme. If you want to take a day off from skiing at Silver Star, there are tons of optional activities to enjoy including: fat biking, tubing, snowshoeing, ice skating and shopping. Check it all out at www.Skisilverstar.com.

Sun Peaks is located about 35 miles from Kamloops, British Columbia. It is the 2nd largest resort in British Columbia and averages over 20 feet of snowfall annually. They boast 12 chairlifts and 2800 feet of vertical for downhill skiers and almost 25 miles of groomed and track-set trails with optional lift access via Morrissey express for Nordic skiers. They have over 4200 acres of terrain with 10% beginner, 58% intermediate and 32% expert. In addition, they offer optional snowmobiling, sleigh rides, ice skating, tubing and snowshoeing. Check it out at www.Sunpeaksresort.com.

We hope you join us for this exciting trip. **Reserve your spot now with a 250.00 deposit!!!**

October 15th 2017 is the cancel date for this trip. After October 15th, you will only receive a full refund if we can fill your spot. Full payment is due October 15th. See our Mt. High [Trip Cancellation Policy](#).

Fusion resorts have not been finalized for 2017/18 but Silver Star is expected to continue in the alliance.

Prices:	Adult	1099.00
	Senior	1045.00
	Fusion	899.00
	Senior fusion	880.00
	Nordic	810.00
	Non-skier	770.00

Upgrade to Snowbird Lodge at Silver Star: Add \$100.



Please use the [Dough Transmittal form](#) on the Forms & Docs page on our web site. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208

Contact trip leaders: **Karen Michels:** skiklynn@gmail.com
Bill King: willie2k@ymail.com

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

Mt. High

Brundage Mt. bus trip



Brundage Mt.+ Anthony Lakes

Feb. 21 - 24, 2018 (Wednesday - Saturday) - 3 days/ 3 nights.

We will stay 2 nights in McCall, Idaho and one night in Baker City, OR.

Wednesday = Travel day. Ride the bus to McCall, Idaho.

Thursday = Ski Brundage or go Snowcat skiing (optional).

Friday = Ski Brundage.

Saturday = Ski Anthony Lakes and then drive straight home.

Return home by Saturday night.

(PACRAT racers can then participate in the race on Sunday.)

Brundage Mt., ID is located just 8 miles from McCall, Idaho. It offers some of the best snow in Idaho, a vertical of 1,921', and 1920 skiable acres, served by 5 lifts: 1 hi-speed quad, and 4 triples. It has 46 named trails, plus lots of glades

Brundage Mt. Snowcat Adventures offers an additional 18,000 acres accessible by snowcat. On our trip, you can sign up for an optional day of snowcat skiing on our first day (Thursday) for less than \$300.

Anthony Lakes, OR has the highest base elevation in Oregon, at 7,100', ensuring a high quality, dry snow. It offers 1,100 acres and 900 vertical feet. Good snow on good terrain keeps us returning to this ski area again and again.

Prices:	1. Adult full price	= \$435
	2. Senior full price (70 and over)	= \$365
	3. Nordic full price (regular & senior)	= \$TBA
	4. Base Price without any lift tickets	= \$310

Price includes all bus transportation, 3 nights lodging, and 3 lift tickets. It also includes: the trip includes 1 dinner, 1 motel breakfast, and 2 restaurant meals on the way from and to Portland.

To reserve your spot: Please send in a deposit check of **\$150** per person.

Full payment due by January 15, 2018. No refunds after January 15 unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page).

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** (trip leader) at 503-652-2840, Trips@mthigh.org



Brundage Mt.



Anthony Lakes
(Oregon)

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

FWSA

Scuba Diving trip to Roatan



7th annual dive trip with Randy Lew



Mayan Princess Beach

September 23 - 30, 2017

Roatan: located between the islands of Útila and Guanaja, is the largest of Honduras' Bay Islands. The island was formerly known as Ruatan and Rattan. It is approximately 77 kilometers long, and less than 8 kilometers across.

Basic Land Package (Price per person, double occupancy)

- Dive Package: 5 days of 3-tank boat dives + 1 night dive = \$899
- Non-Dive Package - \$849
- Single Supplement - \$759

Price Includes

- 7 nights at Mayan Princess Beach & Dive Resort in Deluxe Hotel Room– Double occupancy
- All meals daily at one of the resort's 4 restaurants
- Alcoholic and non-alcoholic beverages
- All onsite activities and use of facilities and equipment
- Transportation from airport
- Welcome party and farewell dinner
- 19% hotel taxes (tips not included)
- Complimentary WI-FI
- PADI 5 Star Instructor Development Dive Resort

Contact: **Randy Lew**, FWSA Dive Trip Leader, P.O. Box 9237, Truckee, CA 96162, 530-304-0802.

Email: divetrips@fwsa.org

More Info: <http://www.fwsa.org/Travel/Dive/2017-FWSA-Roatan/Roatan-Index.html>

FWSA

Mini Ski Week - Alaska Iditarod + Mt. Alyeska



Alaska Iditarod + Ski & Snowboard Mt. Alyeska



Mt. Alyeska

February 25 - March 4, 2018

A trip to Alaska.

Mt. Alyeska, 40 miles south of Anchorage, offers:

Vertical = 2,500 feet

Acreage = 1,610 acres

9 lifts: 2 high speed detachable quad,
2 fixed quads, 2 doubles, 2 magic carpets,
1 60-passenger Aerial Tram

Price: from \$1,130 to \$1,410 (Does not include Air or transportation from the airport.)

Included: 7 nights lodging at Hotel Alyeska (ski-in/ski-out) and at Hotel Captain Cook in Anchorage, plus:

- ~ Welcome Party
- ~ Farewell Dinner Party
- ~ Lift Tickets
- ~ The Northern Lights
- ~ Iditarod Events
- ~ Fur Rendezvous

Contact: Gloria Raminha garski2011@gmail.com

Trip Leader

12707 Windy Ridge Dr., Bakersfield, CA 93312

661-800-8229 [C]

661-829-5996 [H/F]

Trip details: <http://www.fwsa.org/Travel/NAski/2018-FWSA-Alaska/2018-FWSA-Alaska.html>

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

FWSA

FWSA Ski Week in Banff, Alberta, Canada



Lake Louise + Sunshine Village + Mt. Norquay



February 3 - 10, 2018

Annual ski week organized by the Far West Ski Association.

Join us for a week of skiing and partying in beautiful Banff, skiing Lake Louise, Sunshine, and Norquay on one lift ticket. Reserve your spot by making a \$150 deposit now! Your deposit is fully refundable until June 30, 2017. Payment schedule to be announced. Lodging preferences will be granted by date of received deposit & sign-up sheet.

Lodging will be in two adjacent hotels. Your choice:

Banff Park Lodge (restaurant on premises) Well-located property close to shopping, restaurants, ski buses, and activities

3 rooms with 1 King bed

9 rooms with 2 Queen beds

Package Price: \$979 per person (without parking)

Fee to park \$10.50 - \$15.75/night



Bow View Lodge located just behind the Banff Park Lodge, sharing amenities with the Banff Park Lodge.

Available rooms are:

2 rooms with 1 Queen + 1 Twin beds

2 rooms with 2 double beds

Package Price: \$879 per person

Free outdoor parking



Lodging and Amenities Package per person includes:

7 nights lodging (double occupancy per bedroom)

Welcome Party at Banff Park Lodge

Mountain Tour

NWSCC Council Night Dinner at Balkan Restaurant

Mountain Picnic at Lake Louise (for skiers & riders)

Racing

Banquet with Dancing at Banff Springs hotel

Après Ski Party & Race Awards at Banff Park Lodge

Not included: Price does NOT include lift tickets, nor air or ground transportation. You are free to make your own transportation arrangements, using frequent flyer programs.

Lift Tickets cost:

1. Adults: 5-day = \$292, 6-day = \$345

2. Seniors (65+): 5-day = \$263, 6-day = \$310

3. Mountain Collective Pass valid for 2 days each at Sunshine Village and Lake Louise, plus at several other resorts (but not at Mt. Norquay), costs \$429.

More info: <http://www.fwsa.org/Travel/NAski/naski.html> Questions? Contact travel@nwskiers.org

How to Sign Up1. Print and fill out the [sign up form](#). It is on page 3 of the PDF file.2. Make your check payable to: **Northwest Ski Club Council**.

3. Mail should be addressed to: NWSCC | Banff Trip
Box 438, 5331 SW Macadam Ave., Suite 258
Portland, OR 97239

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

FWSA FWSA International France Trip 2018 - Les Trois Vallées / Brides les Bains

March 4-11, 2018 (SFO & LAX Group Air departs Mar. 3rd) Far West Ski Association's international trip. Plus an optional trip extension or Stand Alone trip to Lyon, Beaune & Paris: March 11-18, 2018.

Les Trois Vallées (The Three Valleys) is a ski region in the Tarentaise Valley, Savoie, south of the town of Moûtiers, partly in the Vanoise National Park. Since 1973, it has been possible to ski the interlinked valleys using a single ski pass. Thus, Les Trois Vallées is **the largest ski area in the world** which is connected solely by ski lifts and slopes. It claims to have about 370 miles of ski slopes. Les Trois Vallées has 183 ski lifts, which can transport 260,000 skiers per hour. There are 424 ski patrollers and 1,500 ski instructors. Les Trois Vallées are home to eight ski resorts that are linked together by a unique network of ski lifts and ski runs. The resorts and villages lower down in the valley should also be added to these: Brides-les-Bains is a spa resort that is linked by cable car to Méribel which provides easy access to the ski area.

Land Package - The Mercure Grand Hotel des Thermes in Brides les Bains. (Not including air transportation)

- Approximate lodging package costs - **\$1517.00 – \$1730.00** pp Dbl. Occupancy
- Upgraded rooms, Single Supplement rooms and Suite rooms are available – quantities are limited.

Land Package includes:

- All airport ground transfers with Multi-lingual guide meeting the FWSA Group Air people upon arrival
- 7 nights' accommodations with breakfast daily and Free Wi-Fi throughout the hotel
- Daily Breakfast, 5 Dinners at the hotel – 2 nights on your own to dine at the local French restaurants of your choice.
- Welcome/Orientation and Farewell Party; Transportation for "Night on the Town" in Meribel
- Gratuities to bus drivers, transfer guides and restaurant staff
- Après ski party – details to be provided
- Optional day tour – details to be provided

Air Transportation Information:

- Estimated SFO & LAX air = \$927.00 - \$1030.00
- Stand Alone Trip Air will be booked individually – contact Debbie Stewart for price quote.

(We're happy to book an alternate airport and/or a deviation to extend your trip for you - they are limited)

*Air prices DO include estimated Fuel surcharges, Taxes and current Exchange Rate – subject to change.

It is HIGHLY recommended to use FWSA air transportation!

If you arrange your OWN flights but wish to take the FWSA bus transfers, you must coordinate your flight schedule with the FWSA group air schedule. No special alternate pick up or drop off by the bus will be permitted.

Brides les Bains Lodging/Land Package Information:

The Brides les Bains land package pricing is based on a minimum of 64 people and the Extension pricing is based on a minimum of 34 people – subject to change if requirements are not met. All local taxes are included.

The pricing is based on the Exchange Rate of 1.08 US Dollar vs.1 Euro – subject to change.

Make checks out to: Far West Ski Association (FWSA). Please reference "FWSA 2018 FRANCE Trip" on each check. **Send to:** Debbie Stewart, FWSA VP of International Travel, 430 S. Church St., Visalia, CA 93277, FwsaIntlTrvl@prodigy.net or cell: 559/737-0882 (CST # 2036983-40).

Optional Extension to Lyon, Beaune & Paris, France: March 11-18, 2018

Approximate Land Package – Double Occ. = **\$1595.00** pp



MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

Man & Woman of the Year



Nancy Pratt, our club's best Treasurer so far. She processes all our payments for membership, trips, racing, and provides timely reports to trip leaders and our racing director.



Alan Bean, our Racing Director, coordinates all our teams, helps place new racers, and has been writing the Speed Racers' column in Lift Lines.

Mountain High Meeting

Usually last Monday.

August 28 (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:

President: Debbi Kor H: 503-314-7078,
Vice-President: Bill King H: 614-371-4762
Secretary: Debbie Geiger H: 971-716-9949,
Treasurer: Nancy Pratt H: 503-593-9427,
Past President: Kurt Krueger H: 503-625-1492,
Membership Director: Karen Michels H: 503-984-9210,
Racing Director: Alan Bean H: 503-849-8009,
Newsletter Editor: Emilio Trampuz H: 1-503-378-0171,
Social Activities: Debbi Kor H: 503-314-7078,
Trips Director: Linda McGavin H: 503-652-2840,
Bike rides: Jackie Bonillo H: 503-663-3359,
Mid-week skiing: Ken Brundidge H: 503-720-0620,

President@mthigh.org
willie2k@ymail.com
pdxdobbie@gmail.com
Treasurer@mthigh.org
PastPresident@mthigh.org
skiklynn@gmail.com
Racing@mthigh.org
newsletter@mthigh.org
ijustwannarun1@comcast.net
Trips@mthigh.org
jbon1960@comcast.net
KenBrundidge@comcast.net

General info:
info@mthigh.org

Web site:
www.mthigh.org

DOUGH TRANSMITTAL FORM

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

PLEASE PRINT CLEARLY: ☐ New membership or ☐ Renewal

Name(s): _____ Birthday (MM/DD) _____

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

I certify that I am 21 years of age or more. I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be 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 captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree 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 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.

Please take my money, and apply it toward the following Ski Club fun stuff:

	Deposit?	Paid in full?
<input type="checkbox"/> Annual Membership (Oct. 1, 2016 - Sept. 2017): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2018) \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> Mt. Shasta trip (Jan. 5-7, 2018). Deposit = \$100. Total cost = \$330 or less.	\$ _____	_____
<input type="checkbox"/> Okanagan Adventure - Canada (Jan. 20 - 27, 2018) Deposit = \$250.	\$ _____	_____
Snowbird Lodge upgrade ... Add \$100.	\$ _____	_____
<input type="checkbox"/> Brundage Mt. trip (Feb. 21-24, 2018). Deposit = \$150. Total = \$435 or less.	\$ _____	_____
Snowcat skiing (optiona) ... Add \$300.	\$ _____	_____
<input type="checkbox"/> Other: _____	\$ _____	_____
Total:	\$ _____	_____

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>

Checkmark all desired options.

Club membership = 250 Newsletter Distribution

The August 2017 issue is posted on our web site. Also:
258 copies sent via email (as PDF files)
16 paper printed copies sent via US Mail.
 Copies are also sent to potential members, other clubs,
 the National Ski Club Newsletter, etc.

Count Your Ski Areas

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: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2017-03-16.xls>

Ashley Lodmell

Our young athlete of the Year

With the help of the Far West Ski Association, our club has been sponsoring young ski racers in our area for a number of years. This past winter, we have been sponsoring Ashley Lodmell. She has recently sent us a Thank You card with a brief report on how she's doing. She says:

I really appreciate your support in my ski racing career. I started the season with good FIS results in Alaska.

In February, I won a Sun Cup downhill and got 2nd in Super G and downhill to win the Sun Cup Overall title.

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

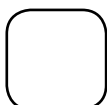
At the NW Cup Finals, I got 3 podiums to place 2nd overall in the NW Cup season standings.



Ashley Lodmell in the 2015 Golden Rose Slalom

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. Thanks again!

Ashley Lodmell



Emilio Trampuz
 Mountain High Newsletter editor
 4742 Liberty Rd. S., #296
 Salem, OR 97302
 Please check our web site,
www.mthigh.org
 for updates.