



Lift Lines

== No. 59, November 2005 ==

Mountain High snowsport club, PO Box 2182, Portland, OR 97208



Hi folks!

This issue is all about **membership benefits**, and what to do this winter (ski safaris).

Can you ski all Oregon ski areas this season? Take on the challenge. Also, come ski Canada with us this Thanksgiving!

Remember to check our web site regularly, for frequent updates. See:

www.mthigh.org/Events.htm.

Emilio



**Skiing is not a schport;
it's a vey of life! - Otto Schneibs**

Otto Schneibs, the first instructor certified by Hannes Schneider to teach the Arlberg technique in the United States, in 1927.

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

2005 CALENDAR

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

- Nov. 3 (Thur) **Membership Party**
- Nov. 4 - 6. **Ski Show - Ptld. Expo Ctr.**
- Nov. 9 (Wed) **Ski Fair -Monarch Hotel**
- Nov. 11 (Fri) **Movie: Jouney to the Source**
- Nov. 12 (Sat) **Pray For Snow night**
- Nov. 13 (Sun) **Hike to Dry Creek Falls**
- Nov. 16 (Wed.) **NWSCC meeting**
- Nov. 24-27 **Canadian Ski Safari**
- Nov. 26. (Sat) **Mt. High Wine Tour**

- Dec. 3 Sat. **Cascade lodge Open House**
- Dec. 6 (Tue) **Mt. High Board mtg.**
- Dec. 7-12 **Breckenridge & Keystone**

2006

- Jan. 12-15 **Schweitzer or Utah Ski Safari**
- Feb. 4 -11 **FWSA Ski Week (Telluride)**
- Feb 12-18 **Whistler cabin**
- Feb. 17-20 **Idaho bus trip -Tamarack**
- Feb. 22 -26 **Family trip to Big White**
- Mar. 3-12 **French Alps (Val d'Isère)**
- Mar. 5-6. **Oregon Cancer Ski Out**
- Mar. 15-25 **Andorra & Spain**
- Mar. 17-19 **Mt. Bachelor**
- Mar. 24-26 **FWRA Championships**
- Apr. 6 - 9 **Whistler/Blackcomb**
- Apr. 15-16 **Spring Fling, Govt.Camp**

Mt. High

Hike to Dry Creek Falls

Mt. High



Nov. 13 (Sunday)

Moderate hike, 5.4 mile loop, 710 feet elevation gain

Time and Place: Please contact Elisabeth to make arrangements to meet at a suitable place.

This hike is a portion of the Pacific Crest Trail! The trail leads through quiet woods to one of the Columbia Gorge's least visited waterfalls.

Contact: **Elisabeth**, 503-524-5774, 971-226-4545, lise518@msn.com.

Mt. High

Wine Tour

Mt. High

Nov. 26 (Saturday) We'll meet at the Tigard Fred Meyer parking lot facing Hwy 99, at **10:30**. Be ready to roll by 10:45. We'll stop at 5 or 6 wineries, time permitted and be back in Tigard by 5 or 5:30. We usually follow up with dinner at **Newport Bay** in Tigard. All are welcome. Bring a snack to share (cheese & crackers, cookies, munchies) and money for getting into the wineries. Plan to spend an enjoyable day with your Mt. High wine-o's. (just kidding)



Contact: **Debbi Kor**, 503-682-1563, or ijustwannarun@aol.com.

MOUNTAIN HIGH SNOWSPORT CLUB

Club Night at the Next Adventure

October 11, 2005. (Tuesday). Over 30 people had signed up, but only 22 showed up, and had a great time! The pizza was excellent, the ski wax and tune-up clinic was informative, and the Next Adventure staff were helpful with all kinds of advice. A couple of us bought skis, some got boots, helmets, clothing, and even snorkeling gear (for that REALLY DEEP but melted powder!). And most of us walked away with some free wax samples!

The prices in the store are amazing, even without the discount we received. The Next Adventure specializes in overstocked items, closeouts, last year's gear, etc, ... and there are many great bargains. For example, some of the ski boots were as low as \$35 - \$69 -- but mainly in smaller, women's sizes. No, it's not a mis-print. And these are new boots! Sure maybe a year or two old, but ski boots don't change. These boots are as good as they were the day they were made! Even the most expensive ski boots in the store were under \$200.

During the meeting, the Next Adventure staff told us they will soon have snow-park permits available in their store, just as a convenience to their customers - with no extra surcharge.



Mt. High Membership Party

November 3, 2005. (Thursday).

Our most well attended party of the year brought 108 people together. Several newcomers joined the club. We all renewed our membership, signed up for trips, PACRAT teams were formed, and plans made for the ski safari to Canada.

Gary Stevenson, our Prez, gave out tons of door-prizes, including Mt. High gift certificates, Next Adventure gift certificates, plus gloves, goggles, T-shirts, and more. There was free food and drinks. Everyone had a good time!



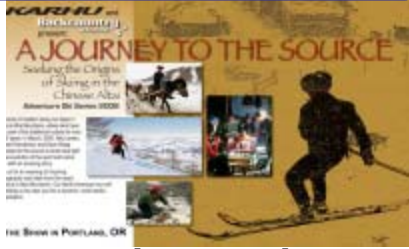
MOUNTAIN HIGH SNOWSPORT CLUB

Movie: Journey to the Source

Nov. 11 (Friday)

Did you ever wonder about the origins of our sport? Who was first, the Norwegians or the Chinese? Hey, the Chinese invented paper and gun-powder, ... so why not skis? A movie exploring the topic will be shown in Portland on Friday, November 11, at 7:00 pm at the Multnomah Arts Center, 7688 SW Capitol Hwy, in Multnomah Village.

Tickets: \$5, at the Mountain Shop and at the door. Proceeds benefit the Teacup Cabin Building Fund.



NWSCC Pray For Snow Night

Nov. 12 (Saturday).

The "Pray for snow" dance at **Charlie's** in Government Camp is a private Party sponsored by **Schnee Vogeli** Ski Club. There is a limited number of tickets sold at \$10.00 each, available from Gordy, 503-804-8363, or gordyski@comcast.net.



- * A great band from 8:30 pm to into the morning.
- * Door prizes and fun, fun, fun.
- * Telling your "Pray for Snow" stories to all your Mountain friends.

Mt. High Dry Creek Falls Hike

Nov. 13 (Sunday)

Moderate hike, 5.4 mile loop,
710 feet elevation gain

Time and Place: Please contact Elisabeth to make arrangements to meet at a suitable place.

This hike is a portion of the Pacific Crest Trail! The trail leads through quiet woods to one of the Columbia Gorge's least visited waterfalls.

Contact: **Elisabeth**, 503-524-5774, 971-226-4545, lise518@msn.com.



Mt. High Wine Tour

Nov. 26 (Saturday)

10:30 am - ???

Meet at Tigard Fred Meyer store. We'll take a rented van to a select number of wineries throughout the valley. Average number of wineries 5-6. The cost is \$5 - \$10 per winery (includes signature wine glass and all the tasting).



What to bring: Munchies to share with your friends, and your good spirit(s). We'll taste our way through the Willamette Wine Country.

Contact **Debbi Kor**. Call: 503-682-1563, or email ijustwannarun@aol.com.

Mt. High Hike to Harts Cove - Oct. 16

- by Alice Dagilaitis -

We had a very fun hike on Sunday to Hart's Cove led by Elisabeth and Chuck. Though it was a small group - only Elisabeth's friend Marlisa, Zoe the Pug, and myself - we had a great time! It was a pleasant day on the coast as we hiked down into the forest. A couple of obstacles made the hike quite exciting - a bridge out over the creek and a huge tree down covering the path - both created careful manoeuvring over the slippery slopes. The distant bark of the sea lions added to the ambiance (and to Zoe's excitement as she barked back and tried to find the source of all these wonderful creatures). The forest opened to a breath-taking clearing with gorgeous views of the ocean, cliffs, waterfall, and many, many sea lions. We had lunch here before heading back up (huffing and puffing) to the top where Champagne and brownies awaited us - thank you Elisabeth! -- Alice



MOUNTAIN HIGH SNOWSPORT CLUB

Death of a Close Friend

Armonica in Vail, 2005



The Sunday Oregonian, October 23, 2005, has a very large page obituary of a good friend to many of us skiers **Armonica Marie Gilford**. Wife of our good friend **Allen Litwiller**. She was well known and loved by many in our ski club and by many on the mountain. I do not know if you knew her or not. I do not know if this is appropriate to be posted in our newsletter or not, I only know how many of us new her and loved her. -- **Russ Stanton**

See Oregonian article on our web site, [Events](#) page.

Armonica was born Feb. 11, 1951 in Seattle. She was a graduate of the University of Denver Law School and worked as an assistant attorney general for the Oregon Department of Justice in the 1990s.

Eventually, music became more important to her than law, she found her passion and became an accomplished Jazz singer. She sang in Portland jazz clubs, had made one CD and was working on her second.

She embraced skiing with equal passion and became a Level 2 ski instructor, spending her winters teaching in Vail (see photo).

She was in Utah, driving to see her father, when she had a car accident. After surgery on her foot, she had an embolism that killed her on Oct. 4, 2005. She was 54. Our condolences to Allen, and to all who knew her.

Cascade Ski Club Open House

Dec. 3 (Saturday) 6 - 9 pm.

In a spirit of cooperation between ski clubs ... Here's an invitation from Richard Rizk, President of the Cascade Ski Club, ... who also happens to be a member of our Mt. High club as well! If you haven't met Rich yet, you should, and here's your chance. He is a great guy with a friendly disposition, an excellent skier, ... and just overall a swell kind of fellow!

Let's make it a day out on the mountain! Let's go skiing that Saturday, Dec. 3, and then visit the Cascade Lodge in Government Camp at the end of the day. The Lodge is located just a block from the Huckleberry Inn, and right across the street from Charlie's. It's also the only house in Government Camp with a sizeable parking lot right in front of it. (PACRAT racers have had apres-ski parties there.)

"**All Mountain Highers are invited,**" says Rich. Check out the lodge, and consider joining the Cascade Ski Club (in addition to your Mt. High Membership). Cascade is the only local ski club with its own lodge, and as a member, you are entitled to stay there for just \$12 a night! Note that the club has eliminated initiation fees.

By the way, the old offer to members of other local ski clubs still stands. All Mountain High members qualify for a \$17 rate for lodging at the Cascade lodge. This is half-way between the Cascade members rate and the guest-rate.



Location: Government Camp
Date: Saturday
December 3rd, 2005
Time: 6 pm to 9 pm

CASCADE SKI LODGE

Fellow Snowsports enthusiasts: Join us for appetizers and beverages at our annual open house. Swap stories, listen to some music, take a look at our Lodge's nostalgic sleeping, dining and lounging areas, even peek into our wonderful modern hot showers and rest rooms; then check out the ski and snowboard tuning and waxing tables. Bunks for members (normally \$12), guests (normally \$22) and prospective members will be **free** Saturday night.

Please make advance reservations by contacting the Lodge. Cascade Ski Club, Inc.

Phone/Fax: 503 272-9204, ljode@cascadeskiclub.org



2005/2006 Winter Trips

NOTE: Most trips were described in detail in issue 55-56, the July/August double issue. Also, all the trip information is available in 3 places on our web site:

- a) on the **Trips** page,
- b) most trips also have a **flyer**, to be found in a link on the Trips page, within the trip article;
- c) on the **Newsletter** page, in the July/Aug. issue of "Lift Lines".

So, here is just a briefly summary and update on the trips.

For more info, go to:

www.mthigh.org/Trips.htm

FWSA Ski Week: Telluride



February 4 - 11, 2006.

Price: \$1320, includes 7 nights lodging, 5 days lift tickets, Welcome party, Mountain Picnic, Racing, Farewell Party, and more. This is the biggest trip of the year, with participants from California, Nevada, Arizona, Oregon & Washington. Oregon has filled its quota, but ask Debbi if she could still squeeze you in.

Deposit \$700 is due. Final payment due **November 1st, 2005.**

Checks payable to **NWSCC**. Mail to: **NWSCC**, PO Box 1915, Portland, OR 97207.

Contact: Debbi Kor, 503-682-1563, or ijustwannarun@aol.com.

Mt. High

Warren Miller - Canadian Ski Safari



Nov. 24-27, 2005. Ski 4 areas in 5 days: Sun Peaks, Silver Star, Big White, and Apex, In fact, squeeze in a 5th ski area (Mt. Baker) in the same 5 days!

We will carpool there in early December, or at Thanksgiving, depending on snow conditions. One of our least expensive trips! 4 days for about **\$200 - \$275** (for lodging & gas). The skiing is free. Contact Emilio: 1-503-378-0171, info@mthigh.org.

NWSCC

Breckenridge in December



Dec. 7-12, 2005.

Trip is 80% full!

Price: \$750, includes airfare, 5 nights, 3 days lift tickets at Breckenridge and Keystone. Additional tickets \$31 per day. Optional racing available.



By now, a full payment of **\$750** is needed, if there are any slots still available. Ask Steve. Check payable to **NWSCC**. Mail to **Steve Coxen**, 19510 Suncrest Ave., West Linn, OR 97068.

Contact **Steve Coxen**, phone 503-679-9022 or email: sacoxen@aol.com.

Mt. High Whistler cabin



Feb. 12-18, 2006. Whistler on the cheap, sleeping in bunk beds in large house, 18-21 people max, 2 miles north of the village.

6 nights & 5 days for only **\$225** (including lodging and 3 meals a day) Lift tickets are additional, but only Canadian **\$57**. Carpool or drive on your own. No shoes allowed in the house; only slippers.

Contact **Bill Leeper**, 503-639-2603. Bill has personally invited us all to join him in this informal trip.



French Alps ! - "Killy Space"!



March 3-12.

Price: \$2,125 includes air, lodging, and 6-

day lift pass, plus a free pass to one more ski area. 7 days of skiing. Our very own, Mt. High trip to Europe!

Val d'Isère and **Tignes** offer 25,000 acres, 100 ski lifts, 187 miles of downhill trails. Price includes almost everything (air, ground, lodging, and 6 day lift tickets).

Deposit **\$1,250** due now. Make check payable to "**Salah Khan**" & mail it to: **Salah Khan**, 4311 SE 29th, Portland, OR 97202.

Contact **Salah Khan**, 503-231-6431, or email salah@techforpeople.net.

Airline tickets have been purchased. This trip is now full. There may be a waiting list. Ask Salah.

MOUNTAIN HIGH SNOWSPORT CLUB

Mt. High

Idaho Adventure bus trip

Bus trip: 

Tamarack

Feb. 17- 20, 2006. A 4-day trip, with 3 days of skiing. Monday, Feb. 20, is a holiday: Presidents' Day. We'll stay 2 nights in McCall, ID, and ski at:

1. **Tamarack**, the newest resort in the U.S. (Will double its terrain by 2006.)
2. **Brundage Mt.**, well established, sunnier than Sun Valley!
3. **Anthony Lakes**, a convenient stop on the way home.

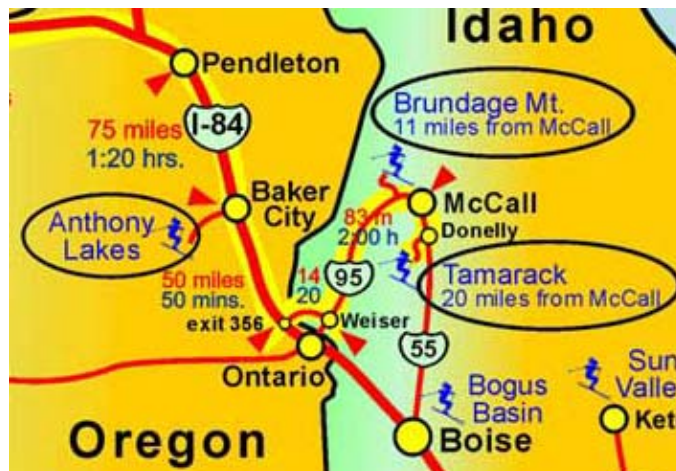
All three have a variety of terrain, from **easy cruisers** to **great tree skiing!**

On the way back, we'll stay a night in Baker City, and ski Anthony Lakes, but on the way there, we'll need a whole day of travel. It's a 4 day trip (Fri.- Mon.).

The annual bus trip is traditionally one of our most popular club trips, with lots of fun on the bus, including games, jokes, videos, food, ... and on the way back, Linda might treat us all to her famous "enriched" ice-cream!

Price: Approx. **\$250** for lodging and transportation, plus a total of **\$109** for lift tickets if you ski all 3 days. This is based on about 30 people. The price will go down by about \$3 for each additional 2 people above 30! Contact: Linda McGavin LindaM@mcewengisvold.com or Emilio Trampuz Emilio2000@earthlink.net.

Limited by the size of the bus to abt. 52 people. A **\$100** deposit due now, made out to "Mountain High". Use the "**Dough Transmittal Form**", on the last page of each newsletter, or on our web site under "Forms" -- www.mthigh.org/Forms.htm.

Skiyente Family Trip to Big White 

Feb. 22 - 26. Ideal for anyone with kids. Price includes: 4 nights ski-in/ski-out lodging, 3 days lift tickets, round-trip bus, welcome party Thurs., Feb. 23, Pizza party Saturday, a Fun race, goodie bag.



Adults: **\$496** pp (double occupancy, 6-8 people per condo). Kids 13-18: **\$239**. Kids 6-12: **\$179**. Kids 2-6: **\$119**. Under 2, sitting on parent's lap: Free!

Big White, has a pedestrian village, with a child-care center in the middle. Organized by the **Skiyente** ski club, and open to all clubs.

A non-refundable deposit of **\$150** per family or **\$50** per person, due now. 2nd payment will be due in October. Balance in December.

Make checks payable to **Skiyente Ski Club**, and mail to: Skiyente Ski Club (Attn.: Kids & Canada), PO Box 56342, Portland, OR 97238.

Contact **Sheri Parshall**, 503-245-3782 or cougskier@aol.com.

Andorra & Spain  

March 15-25, 2006. Russ and Walt Stanton are inviting us to join them on a trip to Spain, March 15-25. Round trip air, 5 nights in Andorra and 4 nights in

Barcelona, continental breakfast in Spain, and all meals in Andorra, all included for only \$1,399. (Lift tickets are not included.)

Optional post trip to Valencia, March 25-28: \$399.

This includes transportation to Valencia, guides, and hotel and breakfast. This is a very good deal.

Air from Los Angeles (LAX) to Barcelona on Lufthansa.

Click here for a trip flyer on our web site:

<http://www.mthigh.org/Trips/Andorra-trip-2006-w.jpg>

For more info, contact **Russ Stanton** at: 503-760-8457, or email russski2day@yahoo.com. Russ can send you a whole packet of info about the trip.

MOUNTAIN HIGH SNOWSPORT CLUB

NWSCC

Mt. Bachelor



March 17-19, 2006. This is an informal gathering of Portland area clubs at Mt. Bachelor. All clubs are encouraged to participate. Everyone arranges their own transportation and lodging. We can arrange to meet on the slopes, and there is an après-ski gathering, usually on Saturday, at Longboard Louie's in Bend. Our club usually tries to coordinate and bring our members together, both on the slopes and maybe for a gathering Friday evening.

Far West Championships (Kirkwood, CA)



March 24-26. Two days of racing, organized by the Far West Racing Association. This year at **Kirkwood, CA.** This is a chance to experience a true slalom and a true GS. Everyone (including non-racers) is welcome to come ski at Kirkwood. But, if you wish to race, you must pre-qualify. All PACRAT racers qualify automatically, since their handicap is known. In addition to PACRAT races, there are a few other qualifying opportunities. For more info, ask Dale, dale.parshall@usbank.com or Jack Folliard, JFolliard@comcast.net.

NWSCC

Whistler / Blackcomb



April 6 - 9, 2006. The S'no Joke ski club in Seattle is inviting us all to join them on their trip to Whistler. **Price: \$342** if you drive. Add \$155 for bus from Portland. Lodging at the Delta Village Suites, 1 dinner, daily continental breakfast, and 1 First Tracks breakfast with early skiing privileges is included.

Most likely, people from Portland will be carpooling, or driving on their own. Our local contact is: Debbi Kor, 503-682-1563, or ijustwannarun@aol.com.

See trip details at:

<http://www.nwskiers.org/event/Whistler%202006/index.htm>

Other Potential Trips



Here are several other trips to keep you busy this winter:

1. **Schweitzer Ski Safari.** A long weekend would be perfect for a visit to Schweitzer, Silver Mt., and White Pass. See the [Ski Safaris](#) article on our web site for ideas. Contact Emilio, 1-503-378-0171 for possible carpooling.

2. **The Canyons Resort, Utah,** is offering all FWSA members (That's all of us), a **30%** discount on any lift ticket purchase. You can even bring 3 guests. Each membership card entitles you to purchase up to 4 tickets per day. Not valid during holidays (Dec. 23 - Jan 06, Jan. 14-16, Feb. 18-25). **Must show your 2005-06 membership card.**

3. **Ski Oregon Challenge 2006.** Carpool to all the Oregon ski areas. All it takes is 3 long weekends. One to Souther Oregon, one to Eastern Oregon (combine with Schweitzer), and one to Central Oregon.

Mt. High DVDs

The following videos and/or slide shows are available on DVD.

1. **"Our Club in a Nutshell"** - slide presentation, a great overview and introduction to our club. Requires MS Office (PowerPoint).
2. **Mt. High 2005 trips video,** including: **Crystal Mt.** bus trip and the **Big Mountain** train trip.
3. **PACRAT racing** video and slides from the 2004/05 season.

To order: send \$5 per DVD to Emilio Trampuz, 4742 Liberty Rd. S., Salem OR 97302.

Club logo on fleece, polos, T-shirts



You can now order a sueded finish **1/4 zip sweatshirt** with the club's logo on it, for only **\$26**. It is made of 80/20 cotton/poly 9 oz. fabric, with an open bottom

hem, an inner rib knit collar and cuffs, set-in sleeves and an antique finish metal zipper. Available in Red, Yellow, Mediterranean Blue, Navy, or Athletic Heather (light gray). Sizes: S - 3XL.

Also available:

T-shirt (\$7.50), **Short sleeve polo** (\$13), **long-sleeve polo** (\$16), 100% cotton **1/4 zip sweatshirt** (\$20), **R-Tek polyestes 1/4 zip fleece** (\$25).

Most are available in yellow, royal blue, red, navy, and black. Ask about other colors. Choice of pocket-sized logo, or full-chest size.

To order, call Emilio at 1-503-378-0171 or email: info@mthigh.org.

MOUNTAIN HIGH SNOWSPORT CLUB

Membership Benefits (More on the web site)

1. Next Adventure ski store

Receive a 10% discount off any purchase at Deek & Bryan's Next Adventure, on the corner of Grand Ave. and SE Stark. Just show your membership card, or identify yourself as a Mountain High club member. This store has low prices to begin with! Also, you can get a snow-park permit here. They will also wax and tune your skis. See: www.nextadventure.net.

2. Copeland's Sports discounts

Receive a 15% discount at all Copeland's sports stores. Just show your membership card. More info at: www.copelandsports.com.

3. Mt. Bachelor lift tickets

Receive a 20% discount off a "2-of-3 days" adult lift ticket pass. Just show your membership card and photo ID. Limit one purchase per cardholder per day. This offer is not valid 12/16/05 - 1/1/06, 1/13 - 1/16/06, and 2/17 - 2/20/06. Offer expires on 4/16/06. See: www.mtbachelor.com.

4. Cascade Ski Club Lodge

Just \$17 per night lodging in Government Camp, Mt. Hood. All NWSCC clubs can stay as a guest at Cascade's lodge at Government Camp. Show your NWSCC card to the manager of the lodge. There is a "light" dinner on Friday night; breakfasts Satur-

day and Sunday from \$3 to \$6, and a full dinner on Saturday nights for \$7 to \$9, depending upon the menu. check out www.cascadeskiclub.org for other club benefits.

5. Canyons Ski resort, Utah.

Receive 30% off any lift ticket, up to a limit of 4 tickets per member per day. That means you can treat 3 of your friends or family members too! Just show your FWSA membership card and photo ID. Not valid: 12/23/05-1/6/06 1/14/06-1/16/06, 2/18/06-2/25/06. The Canyons is located within a 30 minute drive from Salt Lake City, just 3 miles before Park City. See: www.thecanyons.com/home.aspx.

6. Sun Peaks resort, British Columbia.

25% Discount off lift tickets. Present your Horizon Air Boarding Pass and photo ID to receive 25% off the purchase price of an adult lift ticket. Sun Peaks is located near Kamloops, B.C.

See: www.sunpeaksresort.com/winter/index.aspx

7. Telluride Ski resort, Colorado.

\$275 5-Pack no black out dates. Purchase a 5-day transferable lift ticket for ultimate flexibility. A 25% reduction in window price. Click on: www.tellurideskiresort.com. (Must be purchased on-line 7 days in advance).

8. Fleet pricing at Carr Subaru!

See our web site, or June 2005 Lift Lines #54, page 6.

Oregon Cancer Ski-Out

March 5 - 6, 2006. (Sunday + Monday).

8:30 am - 10:00 am - Team check-in, the "Finish Line" bar.

10:30am - 1:30 pm - Racing

6:30 pm - Dinner at the Best Western Hood River Inn

Five-member teams will have 2 races at **Mt. Hood Meadows**. Our club has participated in this event for years. It is fun, and for a good cause, to help the fight cancer and raise funds for hospice care for cancer victims.

In addition to teams of racers, **volunteers are also needed** to help with the event. Wearing of costumes is encouraged, to stimulate public curiosity. When people ask you why you are wearing a costume, you can tell them about the Cancer fund raiser.

Included are: lift tickets, breakfast, lunch and dinner, a silent auction, prizes, smiles, as well as dancing, gambling and drinking, for those who choose.

Lets put together as many **teams** as we can. It is a race, but not based on speed. You could snow-plow and win, because it is based on trying to match the team's handicap from day 1 to day 2. Speed doesn't matter; only consistency does. Post a message in our Forum if you need buddies for a 5-person team.

Registration by December 16, 2005 is \$850 per team. Split between 5 people, it's \$170 per person.

Registration after December 16 is \$1000 per team (\$200 per person).

For more info, and to register, go to: www.cancerskiout.org/index.htm. Or ask **Russ Stanton** 503-760-8457.



MOUNTAIN HIGH SNOWSPORT CLUB

Mt. High

Ski Safari to Canada



Big White

Nov. 24 - 28/29
(Thur. - Mon. or Tue.)

At least 9 people are planning to do this around Thanksgiving. 3 or 4 people will do this around Dec. 8-12, and at least 4 people are planning it for April.

This is an informal, 5 or 6-day road trip. We'll ski a different area every day. We'll start on Wednesday afternoon, after work, and drive abt. 4.5 hours to Bellingham, WA. The next day, on Thanksgiving, we'll ski at **Mt. Baker**. Then drive abt 5 hours to Sun Peaks, near Kamloops, in Canada.

From there, it's only a 2 hour drive between any 2 ski areas. We'll stay in the ski-in/ski-out mountain village. Arrive in the evening, jump in the hot-tub, have dinner, sleep, then ski the area the next day. At the end of the day, we'll drive to the next resort. We'll ski **Sun Peaks, Silver Star, Big White, and Apex**.

On day 5 (Mon.), those who want to get home that same evening will ski at Apex only till noon, and then drive home, arriving in Portland by abt. 10 pm.

Those who can spare one more day, can enjoy Apex all day, then drive just 4 hours south to Wenatchee, and ski at **Mission Ridge** the next day. Then drive home, arriving by about 9 or 10 pm on Tuesday.

Reservations are not needed. There are no crowds this early in the season. Besides, most hotels at the resorts require a 2-night minimum stay. So, you can't reserve just one night. But, if you just show up, and they have free rooms, they'll let us stay a night. If not, we can always find a motel in a nearby town.

This is one of the cheapest ski trips ever, since a lot of the skiing is free, and we share the costs of lodging and gas. Estimate: abt \$300 for 6 days/ 6 nights.

See **articles** and map on Ski Safaris on our web site.

For now, we need one or two more drivers, willing to take their car and offer a ride. Contact Emilio at 1-503-378-0171 or email: info@mthigh.org.

Let us know your preferences on carpooling, lodging, itinerary, and number of days/nights. We'll connect you with others you can join (or at least meet up with on the mountain).

NWSCC

Ski Oregon Challenge

**All season 2005/2006.**

The NWSCC is challenging Northwest skiers to ski or board **nine** of Oregon's **eleven** ski resorts during the 2005-06 ski season and qualify for the Council's year end drawing for prizes – equipment, services, 2006-07 lift tickets and a ten-time punch pass at Mt. Hood Meadows. Turn in proof that you have skied nine of the Oregon ski resorts listed below and your name will be entered in the drawing. **Ski all eleven areas and you qualify for a special award.** Proof can be lift tickets from each ski resort or a credit card receipt showing proof of purchase. Entries and proof of qualification must be received by the council no later than **June 15, 2006**. The drawing will take place at the June council meeting. You must be 18 years old or older to enter.

You may ski or board at the designated ski resort at any time during the 2005-06 ski season. If you are a PACRAT racer you can use your lift tickets for each day that you ski and race at the ski resorts as proof. Many clubs have trips scheduled to these areas during the season.



- Anthony Lakes
- Cooper Spur
- Hoodoo
- Mt. Ashland
- Mt. Bachelor
- Mt. Hood Meadows
- Mt. Hood Ski Bowl
- Spout Springs
- Timberline
- Warner Canyon
- Willamette Pass

The Entry Form and Rules are posted to the NWSCC website at www.nwskiers.org.

First Year "Ski Oregon Challenge 2006" long-sleeve mock turtlenecks and sweatshirts are available for the same price as our club's shirts. See page 7.

For more information contact:

Steve Coxen

Phone: 503-679-9022

Email: sacoxen@aol.com

To enter, complete the entry form and include it with your proof documents. Documents must be received no later than June 15, 2006. We recommend that you keep copies of the documents. Submit documents to the address below:

NWSCC Ski Oregon Challenge
PO Box 1915
Portland, OR 97207

MOUNTAIN HIGH SNOWSPORT CLUB

Email preferences

On our **Membership Signup Form**, you can select your email preference:

- ☺ Newsletter (monthly): Yes/No
- ☺ Club news email only: Yes/No
- ☺ All ski news (NWSCC, FWSA, Ski areas, ski shops): Yes/No

Email preferences to info@mthigh.org
 PACRAT racers will receive race email from their team captain regardless.

2006 PACRAT Race Dates

Race dates and ski areas are both just tentative for now.

- Jan. 8 Timberline
- Jan. 29 Meadows
- Mar. 5 Ski Bowl
- Mar. 19 Meadows
- Mar. 26 (make-up race)
- Apr. 2 Meadows
- Apr. 7 Rat Attack party



Mountain High Meeting

First Tuesday of the month.

Dec. 6 (Tue.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events. Gather at 6:30pm. Start at 7pm.

Location: **Round Table Pizza**, 1007 SW Barbur Blvd., Portland, near corner of Capitol Hwy. (behind McDonald's).

Mountain High snowsport club contacts:

General information: info@MtHigh.org

- President:** Gary Stevenson, H: 503-257-6368,
- Vice-President:** Terry White, H: 503-297-1427, W: 503-296-6075, TWhite223@msn.com
- Secretary:** Sue Bennett, H: 503-774-8747, OptomistSue@aol.com
- Treasurer:** Kurt Krueger, H: 503-625-1492, telek2@att.net
- Race Director:** Gordy Lusk, H: 503-804-8363, GordySki@comcast.net
- Newsletter Editor:** Emilio Trampuz, H/W: 1-503-378-0171, info@mthigh.org
- Activities Director:** Jaxine Harris, JaxineAH@msn.com
- NWSCC Rep:** Debbi Kor, H: 503-682-1563, W: 988-5321 x 225, ijustwannarun@aol.com
- Trip Directors:** Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.com
 Linda McGavin, H: 503-652-2840, W: 503-412-353 Trips3x@mthigh.org
 Larry Bennett, H: 503-760-2360, BENNETT896@aol.com

DOUGH TRANSMITTAL FORM

*For all Mt. High trips, make check payable to: "Mountain High Snowsport Club"
 (For most trips, please mail the form to the trip captain.)*

For **Membership/Racing**, mail to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

For **Idaho trip**, mail to: Linda McGavin, 1100 SW Sixth Ave., Suite 1600, Portland, OR 97204.

For **French Alps trip**, mail to: Salah Khan, 4311 SE 29th, Portland, OR 97202.

Name(s): _____

Address: _____

Phone (Hm): _____ Phone (Wrk): _____

Email (Hm): _____ Email (Wrk): _____

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

Details
Deposit? Paid in full?

- Membership Dues (for 2005/2006):** Single (\$25) couple (\$40) \$ _____
- PACRAT Racing** Total: \$85 Team name: _____ \$ _____
- Idaho bus trip** (Feb. 17-20, 2006) Total: \$250 Deposit: \$100 _____ \$ _____
- Alps trip** - Val d'Isere, Mar. 3-12, 2006: Total: \$2125 Deposit: \$1,250 \$ _____
- Other:** _____ \$ _____

Comments (For whom you are paying. Roommate requests, etc.):

Mountain High Snowsport Club 2005/06 Membership Sign-Up / Dough Transmittal Form

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

Name(s): _____

PLEASE PRINT CLEARLY

Mailing Address: _____

Home Phone: _____ Work Phone: _____

Home E-mail: _____ Plain text only []

Work E-mail: _____ Plain text only []

The best way to reach me: [] phone (home/work) [] e-mail (home/work)

Email Preferences:

Newsletter (once a month): [] yes [] no

Club news only (between newsletters): [] yes [] no

All ski news (NWSCC, FWSA, Ski areas, ski shops): [] yes [] no

Note: PACRAT racers will receive PACRAT email from their team captain regardless of the above options.

TOTAL

Membership Dues: [] single (\$25) [] couple (\$40) _____

PACRAT Racing : [] \$85 Team name: _____ _____

Idaho bus trip – Tamarack, Brundage, Feb 17-20, 2006: [] \$250, [] \$100 deposit _____

French Alps – Val d'Isère, March 3-12, 2006: [] \$2125. [] Deposit: \$1,250. _____

Other (specify): [] _____

[] cash [] check # _____ TOTAL AMOUNT RECEIVED: _____

THANKS FOR JOINING AND SUPPORTING THE FUNNEST SKI CLUB IN THE NORTHWEST!

THE FINE PRINT:

Whereas the Mountain High Snowsport Club (“Club”) is an organization of fun loving ADULTS whose events are organized by members who volunteer their efforts for the enjoyment of their fellow members and friends, please remember when you participate in Club events you do so at your own risk. Sporting activities, indeed, any activity, includes inherent risks, which you should consider. Please evaluate your own abilities and responsibilities and join in the Club fun as a responsible and considerate adult. We encourage you to call any Club officer to offer assistance and suggestions, but they are not liable for the consequences of your decisions and your behavior. The bottom line is, stuff just happens sometimes and we don't want the blame – we don't get paid for this, you know. Besides, we have no assets, unless you want a leftover banner, some balloons, or a couple of empty beer bottles with the Club's name on them.

Signature: _____ Date: _____

Signature: _____ Date: _____

Current club membership = 166 **NEWSLETTER DISTRIBUTION** Haven't counted the new members yet

The November 2005 issue of "Lift Lines" is posted on our web site, and also being distributed as follows:
178 copies via email (174 as HTML, 4 as plain text, but both with PDF file attached). This includes Potential members.
34 paper printed copies sent via US Mail.
Some of these are sent to non-members (the NWSCC, FWSA, other clubs, etc.).
Please help us minimize the cost and labor involved in mailing out paper copies. **Let us know if you have an email address**
Call Emilio at 1-503-378-0171 or email: info@mthigh.org.

Ski Oregon Challenge

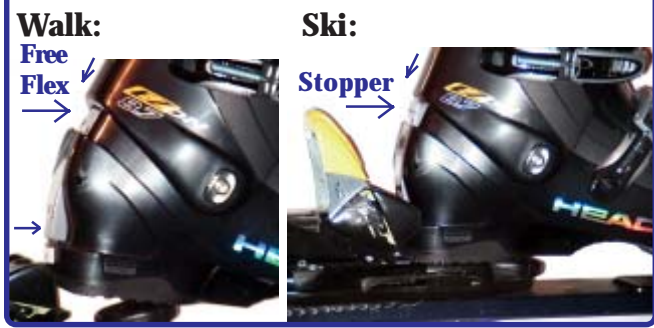


Ski 9 Oregon ski areas this season and you qualify for a prize! Ski all 11 Oregon ski areas, and you qualify for an even bigger prize! See details on page 9.
All you need is 3 weekends:
1. South (Ashland, Warner);
2. East (A-Lakes, Spout Sprg.)
3. Central (Bachelor, Hoodoo, Willamette Pass).
The rest is all on Mt. Hood.

Clever boot design from Head

The Next Adventure store gave us a 20% discount on club night, Oct. 11, so your editor's new boots were discounted from \$174 to \$139. What a deal!

These boots have a clever mechanism that automatically switches from walking to skiing mode. When you step into the bindings, a stopper pops out, preventing backward flex.



Membership renewal



You should have renewed your membership at our Membership Party or at the Ski Fair. But, you can also simply mail the **Membership Signup Form** on page 11 with your check.

You can also get the form on our web site, on the **Membership** page or the **Forms** page.
www.mthigh.org/Forms.htm
www.mthigh.org/Membership.htm

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

NOTE: Check the club's web site for updates. See www.mthigh.org.

