



Lift Lines

== No. 85, January 2008 ==

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



Hi folks,

Whenever you send money to the club, please use the [Dough Transmittal Form](#) on page 11, or on the web at www.mthigh.org/Forms.htm.

Check out the new Group email/Forum we have just added to our web site. It allows you to connect directly with other members. See page 4 for details, and start exploring at: www.mthigh.org.

Join us on the slopes, come to the Chocolate party, sign up for a trip!

Come Ski With Us!



Any time you go skiing, we encourage you to stop at **McDonald's** in **Sandy** around **7:00 - 7:15 am**, and check to see if there's anyone else from our club waiting to connect with others and/or carpool to the mountain.

January 13 and 27 are especially good days, as over 100 of our members will be going to the PACRAT races. On the slopes tune your 2-way radio to **channel 6-19**.

Mt. High

Chocolate Party

Mt. High

February 2nd (Saturday), starting at 7:00 pm.

At the home of Cindy and Bruce Ellison
147 SW Del Prado St.
Lake Oswego, 97035.

Please RSVP to Cindy & Bruce: 503- 697-7892
or email Yuffiet@comcast.net.



Join your fellow club members at the annual **Chocolate** party. Bring your favorite chocolate dessert and enter it in the contest for the **Most Chocolatey**; the **Most Creative**, and/or the **Most Decadent**. The judges will be fair in their selections from all of the entries (despite any rumors that they can be bribed) So, mark your calendar for this pre-Valentine event. Bring your favorite "Sweetie" and enjoy a night of decadence, fun and good cheer.

For info, contact Cindy & Bruce: 503-697-7892 or email:
Yuffiet@comcast.net.



*Fine
champagne*

*Fine
desserts*

*Fine
conversation*



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

2007 CALENDAR

Blue: Mountain High events

Red: NWSCC/FWSA events

Black: Generalevents

2008

Jan.13 (Sun) PACRAT race Timberline

Jan. 19-26 FWSA Ski Week Whistler

Jan.27 (Sun): PACRAT race Meadows

Jan.28 (Mon): Meadows Rotary Day

Feb. 1: Ski free at Mt. Bachelor

Feb. 1-11: Innsbruck, Austria trip

Feb. 2 (Sat) Chocolate Party

Feb. 6-10: Sun Valley Family trip

Feb. 10-16: Whistler cabin trip

Feb.15-18: Southern Oregon bus trip

Feb.17 (Sun): PACRAT race Ski Bowl

Mar.1-2: Cascade Lodge Weekend

Mar. 2-3: Oregon Cancer Ski Out

Mar. 9 (Sun): PACRAT race Meadows

Mar. 14-16: Mystery bus trip

Mar. 22: NWSCC Mt.Hood Ski day

Mar.23 (Sun) PACRAT race Timberline

Mar. 29 - Apr.3: Lake Tahoe trip

Apr. 3 - 7: FWRA Championships
(Mammoth Mt.)

Apr.11 (Fri): Rat Attack Awards party

New Trails & New Lift at Timberline



The new Jeff Flood express lift was officially christened Saturday, Dec. 8. in a short opening ceremony at 10:00 am. The new lift adds lot of new terrain, much longer runs, a few steeper places, and even quite a bit of tree skiing. But it does require some planning, and carefully reading the map, and some traversing in places, otherwise you might miss some runs. The longest trail, Kruser, is accessed from the top of the Stormin' Norman chair.



Jeff Flood's sister broke the champagne bottle (standing with Jeff Kohnstamm).



Three new trails meet here: **JoJaMi** (out of the photo, left), **Mustang Sally** (the steep one ahead) and **Pete's Plunder** (right).

Canada Ski Safari

Dec. 9 - 16, 2007. We followed the snow farther east, and stayed 3 days in Banff. All 7 nights lodging and gas cost only \$312 per person. It all turned out perfect. We loved Lake Louise, and Kicking Horse, and were very pleasantly surprised at 49 Degrees North (WA) and Silver Mountain (ID). See our photos and video on the [web site](#). Remember, you can still do the basic 5-day trip or the longer 7 or 8 day trip later this year. **Linda & Bruce** are thinking about doing it in early April. Contact them at: Trips@mthigh.org or 503-652-2840.

Panorama - top of the world!



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

See trip planning details and maps in the [Articles](#) section of our web site.



Kicking Horse-- nice powder!

Free Ski day at Mt. Bachelor



Feb. 1 (Friday) Help the less fortunate by donating three cans of non-perishable food. All food will be donated to **Neighbor Impact** and given to the poor and needy in Central Oregon. In exchange, Mt. Bachelor will give you an all day lift ticket for your generosity!

Last year Mt. Bachelor and Neighbor Impact with the help of the National Guard, the US Postal Service and the Deschutes Juvenile Services, were able to collect over 24,000 pounds of donated food.

Donations accepted at Sunrise Lodge, West Village ticketing area, Nordic Center and Bend Park and Ride. See: www.mtbachelor.com/winter/activities/events.html

Fusion 8 Events



A series of 8 competitions named "Fusion 8" will be organized at Mt. Hood Ski Bowl and Timberline this winter. Participation in each event is open to all, for a \$5 registration fee. But, it is free for Fusion pass holders. It's open to all levels of ability. There will be categories by age, gender, etc. The events are:

Jan. 20: Timberline Slope Style
 Jan. 27: Ski Bowl Slalom
 Feb. 3: Timberline Rail Style
 Feb. 10: Ski Bowl Speed Trap
 Feb. 17: Timberline Half Pipe
 Feb. 24: Ski Bowl Giant Slalom
 Mar. 2: Timberline Skier/Board X
 Mar. 9: Ski Bowl Obstacle Course

A Fusion pass entitles you to ski at both Ski Bowl and Timberline. There are 5 and 10-time passes, as well as season passes. Remember, the Fusion 8 events are FREE for Fusion pass holders.

Rotary Ski day at Mt. Hood Meadows



Jan. 28 (Monday). 1 pm - 9 pm. \$10 Mt Hood Meadows Lift Tickets. This is a fundraiser for Hood River Rotary.

Rotarians will sell \$10 lift tickets near the Meadows Coffee/Deli, at the top of the right side stairs, starting at noon, Monday, Jan 28. These \$10 Rotary Ski Day lift tickets are NOT available at Meadows ticket booths.

Later, in the Finish Line Lounge between 7-10p there will be food and entertainment with www.joestoddard.com.

For info, contact **Kris Inman**, a Rotarian, and Bergfreunde ski club member, Kinman223@aol.com, or phone: 503-223-5023.

Free Skiing corner

1. Use your **Ski Fever Show 2 for 1** coupons for **Ski Bowl, Mt. Hood Meadows, Timberline, Hoodoo, Anthony Lakes, Mt. Ashland, Mission Ridge, and Whistler/Blackcomb**. OK, it's not free, but half-price is good!
2. **Shell offers a free lift ticket coupon** for ski areas all over Oregon, Washington, Idaho, and British Columbia every time you buy at least 10 gallons of gas. Details at: www.skifreedeals.com/shell-skiforfree.php
3. **Warren Miller vouchers:** Free ticket to **Mt. Hood Meadows**, any day in April. Also, at **Crystal Mt.**, a free ticket any Tuesday, or 2-for-1 any other time. Also, free lift tickets to: **Apex, Big White, Silver Star, and Sun Peaks**, any time before Dec. 21, 2007 or any time after March 25, 2008.

Special, single day deals

- Jan. 28: Mt. Hood Meadows Rotary Night**, 1 - 9 pm for \$10.
- Feb. 1: Mt. Bachelor** "Neighbor Impact" day. 3 cans of food for a free lift ticket.
- Feb. 8: 49 Degrees North**. Drive your Toyota & ski free!
- Mar. 7: Mt. Hood Ski Bowl**, "Ski For Sunshine", 4 cans of food to help local families in need, for a free lift ticket.

Our New Forums / Email Groups



Look what Santa brought us for Christmas! A Google Group added to our web site, for all our members to use. In fact, two Google Groups (one for all members, and one for mid-week skiers). Feel free to join one or both.

It's a whole new way to communicate. No longer do you need to ask Emilio to forward some message to all club members. Now you can send a message to the Group, and everyone will receive it.

For example, ask if anyone wants to go skiing next weekend. Or carpool? Or tell people about that pair of skis you want to sell. Or ask people how best to wax your skis.

And you don't have to keep visiting the Forum to see if anyone has replied. The reply will arrive in your email Inbox. Magic!

But, for this to work, you must first join the Group.

HOW TO JOIN THE GROUP:

1. Clicking on one of the two new "Forum" buttons on our web site.
2. Click on "Join this group" (in the right-most column).
3. Enter your name, email address, and a password. Set your preferences. Done! Start using the group.

The new forums have many neat features, such as being able to post photos. Also, we can set our own preferences on how to receive emails from the group.

- a) Each email individually, or:
- b) As a daily digest. One per day
- c) No email at all. Just read the messages on the web site. But, then you will not be notified when new messages arrive.

USING THE GROUP

You can send messages in 2 ways:

1. Post messages **online**, on the "discussions" page. Click on the "New post" button. Or "reply" to an existing message.
2. Send an **email** to the whole group MtHigh@googlegroups.com or MtHigh-midweek@googlegroups.com

The Club Needs You

Get involved with the club. Come to our monthly planning meetings. Here are some needs:

1. **Membership Benefits director.** Someone to update our benefits list,
2. **Entertainment coordinator.** Someone to plan for guest speakers, audio/video presentations and other suitable content for meetings / parties.
3. **Social Activities director.** To plan and organize social functions, parties, TGIFs, bowling, movies, dinners. This could be divided among several people, each taking care of only one or two events.

Club logo



You can order any of these items imprinted with our club's logo, or the Ski Oregon logo:

- * **T-shirt** (\$10),
- * **Short sleeve polo** (\$16),
- * **Long-sleeve polo** (\$18),
- * **80% cotton 1/4 zip sweatshirt** (\$25), soft & suaded, in Red, Yellow, Mediterranean Blue, Navy, or Athletic Heather (light gray). Sizes: S - 3XL.
- * **R-Tek polyestes 1/4 zip fleece** (\$30).

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

Order from Emilio 1-503-378-0171, info@mthigh.org.

Please print the Garment Order Form at:

www.mthigh.org/Documents/Order-Form-Ski.pdf



Membership Cards



Name _____
 Club **MOUNTAIN HIGH SNOWSPORT CLUB**
 Member ID _____
 The bearer of this card is a member of Far West Ski Association and entitled to all the benefits associated with memberships in FWSA. This card is non-transferable. Photo ID is required.

Those who renewed or joined us at the **Ski Fair** or the **Membership party** already received their cards in person. If you want us to mail you

your membership card, please send a self-addresses stamped envelope to: **Mountain High Snowsport Club**, PO Box 2182, Portland, OR 97208.

PACRAT News



Pacific NW Area Clubs Recreational Alpine Teams

January 13 (Sunday) is our first race of the season, at Timberline. There will be a brief team captains' meeting in the day lodge, at 8:30 am. Then we can all take a few warm-up runs and inspect the race course. The race will start at 10 am. Some teams start later.

Make sure you bring your racing bib, or get it from your team captain on the morning of the race, before you buy your lift ticket. When you show your bib at the ticket office, you will get a group discount.

Our club is breaking all records! This year, Mt High will have a total of 13 PACRAT teams. That's 130 racers! It's three more teams than last year. Wow!

Read more about PACRAT racing on our web site: www.mthigh.org/Racing.htm.

For any questions, contact our Racing Director at: Yuffiet@comcast.net or phone: 503-697-7892.

2008 PACRAT Race Dates

Date	Location
January 13	Race 1: Timberline
January 27	Race 2: Mt. Hood Meadows
February 17	Race 3: Ski Bowl
March 9	Race 4: Mt. Hood Meadows
March 23	Race 5: Timberline
April 6	Make up race, if necessary
April 4-6	FWRA Championships, Mammoth Mt. (This great opportunity is optional.)
April 11 (Fri.)	Rat Attack.Awards Party
	Summer Fun RAT Party date and location TBA

Each year some of our skiers go to the Far West Ski Racing Association **Championship races**. Last year's race was held in Bend. This year, the Championships will be held at **Mammoth Mountain**, April 3 -6, 2008. All PACRAT racers are welcome. See our Trips.

Advice for New racers

Each team will be assigned a starting time. Please show up at the starting gate a few minutes before your starting time. Your team captain will inform you of your starting time. (It hasn't been announced yet.)

We will race "intra-team", half of the team in the red course, and half in the blue course. Just remember to switch courses for your second run of the day.

You are actually racing against the clock. Each course has a separate timing mechanism. Your time doesn't start until your legs break through the starting gate. So, feel free to start whenever you are ready. You can let the person next to you go ahead, if you wish. Or you can try dueling it, gate for gate. Your choice.

Remember to bring your **race bib** to the après ski party. It's your ID, proving you are a racer.

Sunday Morning Christian Devotional

Doug Pilcher, a veteran PACRAT racer of many years, and one of our Mountain High members, has offered to lead a devotional Bible study on Sunday mornings, before each race.

If you would like to participate, please arrive early at the ski area. We'll gather at **7:30 am**, in the day lodge. For the **Timberline** race, January 13, for example, let's meet by the fireplace on the second floor of the Day Lodge, and then possibly find a quieter spot deeper inside the cafeteria.

For the **Meadows** race, on January 27, let's gather on the top floor of the South Lodge, at the former Auntie Pasta's, now called Manuel's Cantina.

Open to everyone. You don't need to be a racer to participate. Contact Doug at: PilchD@molalla.net, or 503-759-4899, or 503-799-6201 (cell).



Doug

Oregon Cancer Ski Out - March 2 & 3, 2008

Background

The Oregon Cancer Ski Out was started in 1988 by **Larry Chadwick** and a small group of people who were saddened and frustrated by the loss of family and friends to cancer. Determined to provide a meaningful way to bring people together from all walks of life in the fight against cancer, they started the Oregon Cancer Ski Out on a shoestring and a hope. They knew it had to be meaningful, affordable and above all, it had to be fun...serious fun!

The first year netted \$600 – not much, but enough to keep the spirit alive. Last year (2007) the Oregon Cancer Ski Out gave \$40,000 to our beneficiaries. A big “thank you” to all of you who participated last year! Thanks to our generous sponsors and dedicated race participants, guests and volunteers, over \$515,000 as been raised for beneficiaries in the past 20 years.



Today over 250 people head up to Mt. Hood Meadows each year to raise funds to support cancer research and education programs.

The Beneficiaries

Willamette Falls Hospice & Hospice of the Gorge: Providing compassionate home care and family support for terminally ill patients.

OHSU Cancer Institute: researching causes and cures for cancer

Candlelighters: supporting programs for children with cancer and their families.

Get INVOLVED!

- Enter a TEAM. Find 4 other friends and put together a team. You'll never know how much fun fundraising can be until you give Cancer Ski Out a try.
- Become a Corporate Sponsor. Your corporate dollars will be put to work directly supporting OCSO beneficiaries, not underwriting the event.
- Volunteer. Volunteers needed for one or both days.
- Call the Ski Out office for detailed info: 971-221-5872

What is the Oregon Cancer Ski Out

- This is a two (2) day race based on consistency, not speed.

- We have teams of five (5) members. The teams can be made up of men, women and children. They can either ski or snowboard.

- This “racing” event is unusual because it is consistency which matters, not overall speed. The winning team is the one with the closest handicapped team times (with all team members' times added) between Sunday's and Monday's races. It doesn't matter how slow or fast each racer is, as long as their times are consistent. Last year's winning team had only 1 second difference in the team times between the 2 days!!

- The top ten (10) teams will be awarded prizes donated by Joe's Sports and More Store.

Event Schedule

Saturday March 1st : Coaches Challenge golf tourney (check the website for information)

Sunday, March 2 – Mt Hood Meadows – Finish Line

8:30 am Registration & breakfast

10:00 am Racing begins

Cowboy Up Party – Best West-

ern Hood River Inn:

5:00 pm Hospitality room at the Hood River Inn

6:30 pm Dinner – Columbia Room

11:00 pm Casino Prize Drawing

Monday, March 3 - Mt Hood Meadows – Finish Line

8:30 – 9:30 am Breakfast

9:30 am Racing begins

3:00 pm Team awards

Registration – Online or by Mail

Register your 5-Member Team for the Oregon Cancer Ski Out Today! Registration is limited to only 34 teams. (A \$170 non-refundable deposit is required to hold your team's place)

Go to www.cancerskiout.org for full event details and to register on-line and pay by credit card.

Or, complete the registration form and return by mail.

Checks made payable to: Oregon Cancer Ski Out

Mail to: Oregon Cancer Ski Out

PO Box 1484

Wilsonville, OR 97070

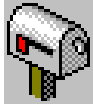
Registration fee include: two breakfasts and lunches, Cowboy Up for Cancer Dinner Party, Dance & Casino, two day lift tickets, participant gifts and race fees for all five team members.

Early Registration: \$850.00 (by Dec. 15, 2007)

Late Registration: \$1,000.00 (after Dec. 15, 2007)

NW Ski Club Council

Our club is affiliated with the NWSCC, so we are all members. Go to the **NW Ski Club Council** web site:



www.nwskiers.org to check out member benefits, trips info, and more. You can also sign up for an **email group** for regular updates.

www.nwskiers.org to check out member benefits, trips info, and more. You can also sign up for an **email group** for regular updates.

The NWSCC meets every 3rd Wednesday of the month at 7 pm, at the **Round Table Pizza**, 10070 SW Barbur Blvd., Portland. 503-245-2211.

These meetings are open to everyone. There is often a guest speaker, and you get to hear what's happening in other local ski clubs. The next meeting is **Jan. 16**.

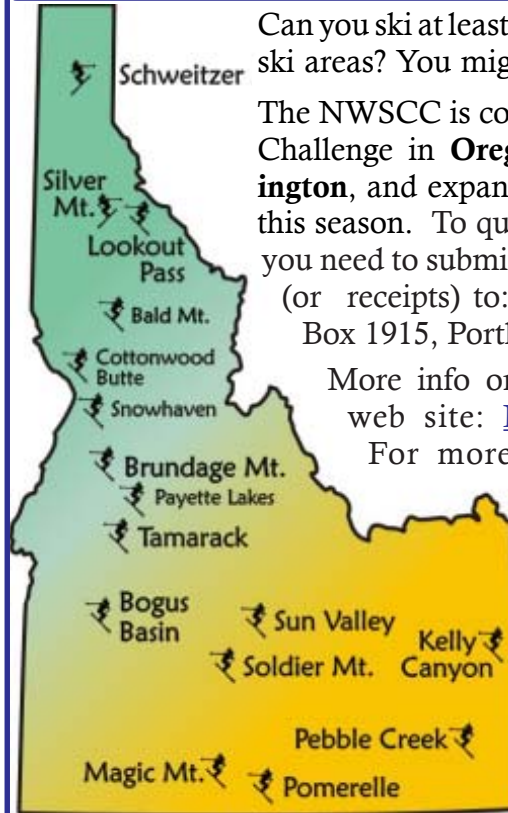
NWSCC Cars for our club members

Remember all our members have access to **SPECIAL FLEET PRICES** on **Subaru, Chevrolet, or Suzuki** vehicles at **Carr Auto Group!** Fleet pricing on used cars too!

Simply call **Kalei Mau** at 503-672-3340 for an appointment. You can also email him at: kmau@carrauto.com. You can then select the car you want from a large fleet of brand new cars. You will receive the lowest wholesale price right away. No haggling; no hassles.

Mary Olhausen just did it. She says: "I am now the proud owner of a 2008 Subaru Forester. I dealt with our friend Kalei at CARR Subaru. What a delight!! No showroom sharks for me. The whole thing took less than 3 hours. My color of choice turned out to be Garnet Red. I got the panoramic sunroof (Kalei says the best thing is to drive around on a really cold day with the sunroof open and the heat turned up). This is truly, the only way to buy a car!!!!"

Mt.High NW Ski Challenge (Idaho)



Can you ski at least 12 of Idaho's 16 ski areas? You might win a prize.

The NWSCC is continuing the Ski Challenge in **Oregon** and **Washington**, and expanding it to **Idaho** this season. To qualify for a prize, you need to submit your lift tickets (or receipts) to: NWSCC, PO Box 1915, Portland OR 97207.

More info on our Council's web site: [NWskiers.org](http://www.nwskiers.org).

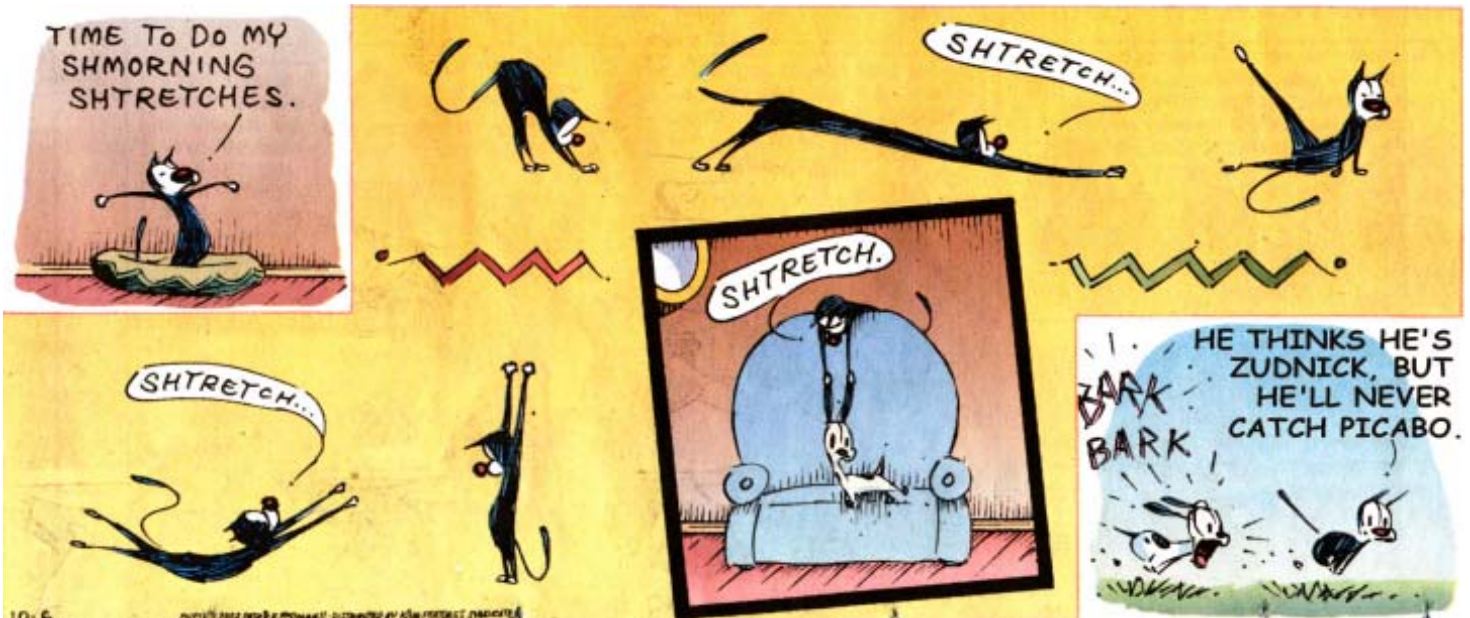
For more info, contact **Steve Coxen**, 503-679-9022, or by email to: sacoxen@aol.com.

See the **Articles** page on the Mt. High web site for last year adventures.

NWSCC Mt. Hood Ski Day

March 22, 2008. (Saturday) Let's all ski Mt. Hood on this day! An all-clubs get together on the slopes, followed by a wine tasting and hors d'oeuvres receptions at the Mt. Hood Museum, from 3:30 to 6:00 pm.

The NWSCC also plans to offer a bus to Mt. Hood Meadows that day, which will stop at the Museum on the way back, for the festivities. More details later.



* Zudnick is a dog made famous by Warren Miller movies. Picabo Street is a US Olympic medalist (1994, 1998)

Winter Trips

Many trips are filling up fast. Don't wait too long to make up your mind. Trips are limited by the number of people we can fit on a plane or on a bus. For all Mt. High trips, please use the [Dough Transmittal Form](#) on page 11.



If you travel to Canada or Europe, you will need a passport. See:

www.mthigh.org/Articles/Passports.htm

FWSA Far West Ski Week: Whistler/Blackcomb



Jan. 19 - 26, 2008. The biggest ski party in the West is the annual Far West trip, involving dozens (if not hundreds) of ski clubs throughout the Western States.

Whistler/Blackcomb is a perfect winter vacation: two side-by-side mountains rising from a picturesque pedestrian village. Experience in 2008 what the world will discover in 2010 at the Winter Olympic Games! Whistler/Blackcomb is unchallenged in sheer size, variety of terrain, choice of on-mountain and après ski activities. 13 bowls, 3 glaciers, and more than 200 marked trails, secluded

tree skiing and groomed-to-perfection alpine runs.

Whistler's après scene is legendary. Pubs, clubs, cinemas, shops, art galleries, hot tubs, and more.

* Lodging (dble occupancy); * Welcome Party, * Après Ski Party,
* 6-day lift ticket, * Mountain Picnic, * 3 Races (optional);
* Council Night Event, * Farewell Party-

Price: Without transportation:

\$1049 for lodging in condos or

\$1109 for luxury hotel (but all spots already filled in the hotel).

Flight from Portland: \$355 (From Eugene: \$433)

UPDATE: There will be no bus, because not enough people signed up for it. People will either drive or fly.

This trip is practically full. But ask if there are ny cancellations.

Payment Schedule: Full payment due now,

Click here for the [Flyer and Signup Sheet](#).

Original deposit was \$100. Now it's up to \$800. Make check payable to: **Northwest Ski Club Council**, P.O. Box 1915, Portland OR 97207.

Contact: **Barbara Bousum**, 503/224-3584, BBousum@gmail.com.

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

NWSCC Sun Valley



February 6-10, 2008.

A family trip to **Sun Valley**, organized by the Skiyente Ski Club.

This will be a driving trip, open to everyone, including skiers under 21, so this is a great trip to bring your kids and grandchildren on.

Price: \$488 - \$688, depending on type of lodging. Send \$100 deposit to Skiyente Ski Club, P.O. Box 56342, Portland OR 97238.

Contact: **Colleen Walter**, colleenski2002@yahoo.com or **Sheri Parshall** at: cougskier@aol.com.



Mt. High Whistler cabin



February 10-16, 2008.



6 nights lodging / 5 days skiing,

Carpooling.

Cost = \$235 includes lodging, daily breakfast, lunch & dinner. Everyone

is encouraged to cook a dinner.

Lodging in a cabin 5 minutes north of Whistler village. Shuttle bus to the lifts every 20 minutes.

Discounted tickets are additional at \$65 Canadian (the best internet price next year will be over \$67)

There will be a pre-trip meeting in January. **This trip is full! Waiting list only.** Contact **Bill Leeper**: 503-639-2603.

Mt. High Sunny South Oregon bus trip - sign up by Jan. 15**February 15-18, 2008.**

A fun 3-day/3night trip over Presidents' Day weekend, where you can really get to know other club members, both on the bus and on the slopes.

Our bus trips are among the most fun and the least expensive trips. We'll leave Portland on Friday around 1 pm. We will also pick up passengers in Eugene, around 3 pm.

Saturday: **Warner Canyon**, then go to Shasta City.
 Saturday: **Ski Mt. Shasta**, then go to Ashland.
 Sunday: **Ski Mt. Ashland**, then drive home.

We will stay at the Stratford Inn in downtown Ashland for 2 consecutive nights.

Price: \$250 (lodging & transportation, and continental breakfasts), plus approx. \$90 for all 3 lift tickets. Trip price is based on 30 people. For each additional 2 people, the price for everyone will go down by \$4 .

Contact: [Linda McGavin](#) or [Emilio Trampuz](#).

Reservations: Send a \$100 deposit made out to Mt. High Snowsport Club, and mail it to PO Box 2182, Portland, OR 97208. Use [Dough Transmittal Form](#) on page 11, or on the Forms page of our web site.



UPDATE: We have reserved 25 rooms (for 50 people), but we will have to release any unused rooms by **January 15** (a month before the trip). After Jan. 15, no cancellations will be accepted.

If you want to go on this trip, please sign up before January 15, before we let go of the reserved rooms.

Mt. High**Mystery trip****March 14-16, 2008.**

A fun 2-day/2night bus trip to a mystery location. Bring some mystery food to share on the bus! We'll leave Friday around 5 pm, and get back Sunday, abt. 8 pm.

Skiing: Lots of variety, long meandering cruisers, scary steeps, and easy tree skiing.

Lodging: We'll stay in one charming place both nights. Continental breakfast included. There are other eateries nearby too.

Bus ride: Fun and games, prizes, jokes, etc.

Price: Approximately **\$200** (lodging & transportation, plus approx. \$70 for 2 lift tickets. Trip price is based on 30 people. For each additional 2 people, the price for everyone will go down by \$4 .

Contact: [Linda McGavin](#) or [Emilio Trampuz](#).

Reservations: Send a \$100 deposit made out to Mt. High Snowsport Club, and mail it to PO Box 2182, Portland, OR 97208. Use [Dough Transmittal Form](#).

Mt. High Lake Tahoe / Heavenly

Mar. 29 - Apr.3, 2008 A 5-day trip (Saturday - Thursday).

Skiing: Heavenly is our main destination, with 4,800 acres and 3,500 vertical feet, and slopes in both California and Nevada. But, we'll visit other places too.

Lodging: Lakeland village condos, 1-4 bedrooms, full kitchen, hot tub, heated pool, sauna, free shuttles, 1 mile to the lifts.

Fly to Reno (on your own), or drive, or rent a car.. Janice can help you carpool with others. (You can link this trip with the Far West Championships at Mammoth. **Gordy** will organize vans or rental cars from Reno to Mammoth.)

Price: \$400 includes: (See flyer on our web site.)

- * 5 nights lodging, in shared condo.
- * 2 of 3 days lift ticket to Heavenly
- * Wine & cheese welcome party, * Breakfast
- * Shuttle around town and to Heavenly gondola or tram.

Contact Janice Jessen: jessen@iinet.com

Send \$100 deposit. Use [Dough Transmittal form](#), p.11.

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

FWSA Mammoth Mt.: Far West Championships   

April 3 - 6, 2008. Our PACRAT racers can participate in the usual Slalom and GS races, for an additional \$45 fee. But, this trip is open to non-racers too.

This trip will be coordinated with the Lake Tahoe trip (see page 9). Each trip is independent, but if you are already at Lake Tahoe, might as well visit Mammoth Mt. too.

Gordy will organize SUV or van rentals from Reno airport (for both people flying in just for this event, as well as for those extending their trip after the Lake Tahoe trip. Contact **Gordon Lusk**: GordyLusk@hotmail.com.

Make your own room reservations before March 5, 2008 for special group rates at The Village at Mammoth, Juniper Springs Resort, and the Mammoth Mountain Inn. For reservations, call **1-800-626-6684**, and mention group rates for **Far West**.

You can also book online at: www.mammothmountain.com. Use group ID: 2725, Password: 370004430, Password: Far West.

**Bergfreunde Innsbruck - Austria Sampler trip**   

Feb. 1 - 11, 2008. All NWSCC club members are invited to join the Bergfreunde ski club on this trip to Innsbruck, the capital of the Tyrol region. Cobble-stone streets, castles, palaces, museums. Ideal sightseeing vacation, with optional downhill or cross-country skiing.

There are seven ski areas around Innsbruck, with free bus transfers included. A total of 63 lifts. Also 12 nearby cross-country ski areas with 110 miles of prepared trails.

Accommodations at the 4-star Hotel Maximillian, near the Old Town of Innsbruck.

Price of **\$1,424** includes the following:

- * Round trip airfare from Portland, on Lufthansa.
- * Private group bus transfers from airport to htoel.
- * 9 nights lodging in 4-star Hotel Maximillian, in Innsbruck.
- * Breakfast daily, plus 2 dinners, one of which is a Tyrolean mountain hut party night.
- * Club Innsbruck Card: free bus to ski areas; ski pass discounts.
- * Escorted from Portland by Bob Burns.

Trip Capt. - **Bob Burns** at **503-524-5261** or bob@inkjetman.com (put Innsbruck in the subject line)

**FWSA Les Trois Vallees** 

March 7 - 15, 2008.

This is a Far West trip to France, to the 3 Valleys: "**Les Trois Vallees**", offering 200 lifts, and 540 sq. miles of terrain.

Optional Aix-en-Provence (3 nights) and Paris (4 nights) post-trip, extends it to March 21.



Basic Ski Week package **\$1390** pp double occupancy, which includes:

- * Round-trip Air-France non-stop flight from Seattle, SFO or LAX.
- * 7 nights lodging at the ski-in/ski-out 3-star Hotel Montana - Breakfast and dinner daily;
- * Hotel features sauna, fitness gym and indoor pool.
- * All European air and ground to & from hotels and airports. All local city taxes, resort fees and all other known fees in all hotels.

This is an incredible deal you don't want to miss!

Not Included: Int'l Departure taxes and fuel surcharge - around \$270.

Post extension trip \$895 (optional).

For more details go to: [http://www.fwsa.wbees.com/f/2008 European Ski Week.pdf](http://www.fwsa.wbees.com/f/2008%20European%20Ski%20Week.pdf)

Deposit: \$200 to Far West Ski Association, c/o Norm Azevedo, 901 Sousa Dr., Walnut Creek, CA 94597-2922.

Contact Norm at 1-925-944-9816 or fwsatravel@sbcglobal.net.

Mid-week skiers have their own Forum!



George Yun has been doing a great job with the mid-week skiers. With a little technical help from Emilio, the mid-week skiers now have their own **Forum**, which may eventually replace the need for George to keep a list of our mid-week skiers, since everyone can now simply join the group and participate in the discussions. Go to our web site, and click on **Forum (Mid-week)**. Contact George at: boar2m@msn.com.

Mountain High Meeting

Usually 1st Tuesday of the month.
Feb. 5 (Tue.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events.
 Gather at 6:30 pm. Start at 7 pm.
 Location: **Round Table Pizza**, 10070 SW Barbur Blvd., near Capitol Hwy.

Mountain High snowsport club contacts:

- President:** Gary Stevenson, H: 503-257-6368,
- Vice-President:** Terry White, H: 503-781-4558,
- Secretary:** Sue Snelling, H: 503-774-8747,
- Treasurer:** Kurt Krueger, H: 503-625-1492,
- Race Director:** Bruce Ellison, H: 503-697-7892,
- Newsletter Editor:** Emilio Trampuz, H: 1-503-378-0171,
- Activities Director:** Jaxine Harris, H: 503-692-9719,
- Golf:** Cal Eddy, H: 503-631-3115,
- Mid-week skiing: George Yun H: 503-697-3055,
- NWSCC Rep:** Debbi Kor-Lew, H: 503-682-1563,
- Trip Directors:** Linda McGavin, H: 503-652-2840,
- Janice Jessen, H: 503-636-0687,

General information: info@mthigh.org

Web site: www.mthigh.org

- TWhite223@msn.com
- OptomistSue@comcast.net
- telek2@att.net
- Yuffiet@comcast.net
- info@mthigh.org
- JaxineAH@msn.com
- W: 503-805-8606, baebaw@ccwebster.net
- boar2m@msn.com
- W: 503-988-5138, ijustwannarun@aol.com
- Trips@mthigh.org
- jessen@iinet.com

DOUGH TRANSMITTAL FORM

For all Mt. High activities, make check payable to: "Mountain High Snowsport Club"
 Mail to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY: New membership Renewal

Name(s): _____

Address: _____

Phone (Hm): _____ Phone (Wk): _____

Email (Hm): _____ Email (Wk): _____

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 I participate in Club events I do so at my own risk. Sporting activities, indeed, any activity, includes inherent risks. I will evaluate my own abilities and responsibilities and join in the Club fun as a responsible and considerate adult. I will not hold the Club or any Club officer liable for the consequences of my decisions and my behavior. The bottom line is, stuff just happens sometimes and the club volunteers are not to be blamed for helping us have fun. Besides, the Club has no assets, except for a leftover banner, some balloons, or a couple of empty beer bottles with the Club's name on them.

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

Please take my money, and apply it toward the following Ski Club fun stuff: Deposit? Paid in full?

Membership Dues (Oct. 1, 2007 - Sep. 2008): Single (\$25); couple (\$40) \$ _____

PACRAT Racing 2007/08 Total: \$85 Team name: _____ \$ _____

Sternwheeler cruise (September 30, 2007) \$ _____

Southern Oregon bus trip (Feb. 15-18, 2008) Total \$250. Deposit \$100 \$ _____

Mystery bus trip (Mar. 14-16, 2008) Total \$200. Deposit \$100 \$ _____

Lake Tahoe trip (Mar. 29- Apr. 3, 2008) Total \$400. Deposit \$100 \$ _____

Other: _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

Club membership = 221 Newsletter Distribution

The Jan. 2008 issue is posted on our web site, and also:
266 copies sent via email
27 paper printed copies sent via US Mail.
Copies are sent to potential members, other clubs, etc..
Please help us minimize the cost of mailing paper copies.
Send your email address to: info@mthigh.org.

Mt. Hood Meadows Buses, \$59



For only \$59, you get a lift ticket and a bus ride from a Park & Ride to Meadows. What a deal!

Timberline 2-for-1 lift tickets + lunch!

Timberline offers 2-for 1 lift tickets and 2-for-1 lunch entree at the Cascade Dining room (the main lodge) every Tuesday, Wednesday and Thursday. See: www.timberlinelodge.com/current_news/great_deals.php

To Do list

- 1. Sign up for a ski trip!
- 2. Join others in Sandy (p.1)
- 3. Go to Chocolate Party
- 4. Nominate man & woman
- 5. Get involved with club, p.4
- 6. Join Forum/email group p.4

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

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

New Weather Blog

Drew Jackson, meteorologist at **KPTV-12**, has started a new blog, where he writes interesting comments about snow conditions from a skier's perspective. Check it out at: <http://oregonskiing.blogspot.com/>. Thanks to **Peter Wiessner** for alerting us to this. We'll add this link to our web site.

Man & Woman of the Year

Every year, we honor a man and a woman who have contributed to the club and to our sport. Here are some of the past honorees:

2007:	Gary Stevenson	Linda McGavin
2006:	Gordon Lusk	Linda McGavin
2005:	Terry White	Debbi Kor
2004:	Emilio Trampuz	Debbi Kor
2003:	Emilio Trampuz	Debbi Kor
2002:	Emilio Trampuz	Debbi Kor

Our 2 nominees then go on to the NWSCC, where 2 people are selected among all the local ski clubs, and those 2 then go on to "compete" for the Far West Ski Association's title of Man & Woman of the Year, at the annual FWSA Convention in June.

It's now time to nominate someone for 2008. Send your nominations to any Board member (see p. 11).

