



Lift Lines

== No. 101, May 2009 ==

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



Mt. High

Monte Carlo Bowling



May 9, (Saturday). starting at 7 pm.
Only \$15 per person, and you get several chances to win money prizes.

Milwaukie Elks

13121 SE McLaughlin Blvd.
Milwaukie, OR

This is about a mile south of downtown Milwaukie, and about 2 blocks north of the bomber plane.

We need at least 30 people to make this work, so please RSVP to:
Larry Bennett, 503-760-2360, Bennett7926@comcast.net.

Come ski with us



May 9, 16, 23 (Sat.) Spring skiing at Timberline. Sunny, warm, plenty of snow, and no crowds. You can now ski from the top of Palmer to the bottom of the new Jeff Flood express, for a total of 3,500' vertical.

Emilio will share some secret spots you might not have skied before.

Join us at McDonald's in Sandy at **7:30 - 7:45 am**. We can arrange carpools on the spot. On the slopes, tune your radio to channel **6-19**.

A Spring pass at Timberline, valid till May 25, is only \$99.

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

2009 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

May 9 (Sat.): Ski Timberline
May 9 (Sat.): Mt. High Bowling
May 14 (Thur.): Golf, Glendoveer, 5:30
May 16 (Sat.): Ski Timberline
May 19 (Tue.): Mt. High Pizza Party and Elections (Round Table).
May 23 (Sat.): Ski Timberline
May 23 (Sat.): Golf, Heron Lakes, 11 am

June 1 (Tue): Mt. High planning meeting
June 4 - 7: FWSA Convention, Reno.
June 29 (Tue): Mt. High planning meeting

Aug 16 (Sun.): Mt. High Picnic.
Aug 20-22: Mt. High Rafting.

Mt. High

Pizza Party / Elections

May 19, 2009. 6:30 pm

At the **Round Table Pizza**, 10070 SW Barbur Blvd., near Capitol Hwy. (by McDonald's).

Everybody is invited! Come meet other club members, check out what's new.



- * Slide show / video of some recent ski trips.
- * Socialize, mingle with other club members.
- * The pizza is free (on the club), but buy your own drink.
- * Participate in electing our club officers. So far, the candidates are: Gordon Lusk (for President), Kurt Krueger (for Vice-president), Diane Zhitlovsky (for Secretary) and Sandi Dykstra (for Treasurer).

Mt. High

Golf with us!



If you want to play, contact **Cal Eddy** at least 7 days in advance at 503-805-8606, or baebaw@ccwebster.net.

The dates are:

May 14 (Thur.): Glendoveer, 9 holes, starting at 5:30 pm.
Cost: \$16, Cart: \$13.

May 23 (Sat.): Heron Lakes, 18 holes, at 11 am. Cost: \$37, Cart: 1 person=\$18. Two=\$26

Mt.High

Line Dancing at Bushwackers

Apr. 23, 2009. (Thursday) An evening of socializing, dancing, and just plain fun! Held at Bushwackers in Tualatin. Included was a free lesson in line dancing. It was attended by almost 2 dozen of our members and friends. Thanks to **Deirdre Lawrence** for organizing this. Here's some photos of what you may have missed.



Deirdre, Jim, and Elaine



Sandra and Susan



Stevie at the head of the line



Stevie line dancing

Mt.High

Golf

There were 3 golf outings during April. Here are just two of several photos taken. More on our web site.



Terry White and Larry Bennett



Terry Swan

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

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PACRAT "Rat Attack" 2009

Apr. 17, 2009. (Friday) This was a dinner party for our PACRAT racers. Awards were given to the teams with the most points. Also, the two people who improved the most during the past season were named King and Queen Rat. These were **Lisa Ratzlaff** (Mt. High club) and **Francisco Valdivieso** (Bergfreunde ski club).

The theme for the evening was "1984 Class Reunion", celebrating 25 years of PACRAT racing. **Jeannie Hummel**, one of the original people who started PACRAT racing in the Portland area was there. Steve Urdeahl, former President of the "Fast Trax" ski club, was also present. The longest running racers who are still active participants are: Diane Hicks and Chuck Westergren.



Rat Racers (2nd place) -highest placed Mt.High team



Mixed Nuts (5th place)



Rat King
Francisco
Valdivieso



Rat Queen
Lisa
Ratzlaff



Stevie and Sandra in 80s costumes



Ratittudes (5th place)



Rocket Dawgs (8th place)

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

PACRATs Celebrate 25th Anniversary

In 1984 a group of ski buddies came together meshing their ski racing histories and organized our PACRAT League. Some refer to **Gene Bentley** as the "GodFather" Founder, and we are happy to have his presence in our league as a current PACRAT racer! **Jeannie and Danny Hummel** met with **Gene Hatfield** and Bentley, discussed their plan and race formula, and our own PACRAT Party Chair **Diane Hicks** became the first treasurer. The original Founding Five then had ski club reps from 4 ski clubs organize teams; The Bergies, SVSC, Skiyente, and Plaza. **Beth Peters-Royce**, **Linda Markely-McGavin**, and **Kathy Winterholler-Snouffer** were also early organizers. Many others over the years, have dedicated much time and enthusiasm in the evolution of PACRAT. Gene Bentley had come up from racing in California in the Far West Recreational Race League, and Jeannie Hummel had information from then USRSA Pat Fuller on how to formulate results. The newly formed Board asked for ski club reps to also sit on the Board and announced "Let the Games Begin", thus creating the intra-club recreational racing league we fondly call PACRAT, Portland Area Clubs Recreational Alpine Teams.

Originally only **40** racers, 4 teams of 10, got the race season rolling. The formula for earning points developed from the unique all inclusive "bell curve" theory based on individual improvements and team participation points. 25 years later we have **220** racers (including snowboarders), 22 teams, and 7 categories to earn points in. With the volunteer work of many past chairpersons, board members and team captains, we enjoy a unique camaraderie & a successful ski race league without rival. Much Appreciation to our founders, all past and current board members and team captains.

This year's Queen Rat and King Rat (the two individuals who improved the most during the season) were **Lisa Ratzlaff** (Drooling Moose Rats, Mt. High) and **Francisco Valdivieso** (Tasmanian Ski Devils, Bergfreunde).

See our web site for the detailed results on the [Race Results](#) page. Also, see more Rat Attack photos on the [Recent Photos](#) page. Read more about PACRAT racing at: www.mthigh.org/Racing.htm.

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

2009 PACRAT Race Results

| Pl | Team Name (bib #) | Club Name | Pts |
|----|--------------------------------|------------------|-----|
| 1 | Tasmanian Ski Devils (190-199) | Bergfreunde | 245 |
| 2 | Rat Racers (210-219) | Mt. High | 224 |
| 3 | Racy Brats (30-39) | Skiyente | 222 |
| 4 | Hoof Hearted (40-49) | Schnee/Mt. High | 212 |
| 5 | Mixed Nuts (50-59) | Mt. High | 197 |
| 5 | Rattitudes (10-19) | Mt. High | 197 |
| 7 | Rat Bastards (150-159) | Mt. High | 194 |
| 8 | Rocket Dawgs (110-119) | Mt. High | 181 |
| 9 | Vertical Chaos (70-79) | PDX Ski Club | 179 |
| 10 | Schussing Shysters (90-99) | Mt. High | 177 |
| 11 | Psychothermia (140-149) | Mt. High | 172 |
| 12 | Brat Pack (120-129) | Skiyente | 168 |
| 13 | Avalanche Express (170-179) | Mt. High | 152 |
| 14 | Frosted Flakes (180-189) | Mt. High | 150 |
| 15 | Drunken Losers (160-169) | Free Riders | 145 |
| 16 | Veritigo Madness (130-139) | Mt. High | 143 |
| 17 | Ruttin' Rats (60-69) | Schnee Vogeli | 138 |
| 18 | Drooling Moose Rats (100-109) | Mt. High | 137 |
| 19 | Mt. Hoodlums (80-89) | Mt. High | 127 |
| 19 | The Other Team (20-29) | Skiyente | 127 |
| 21 | Ragnar's Riders (220-229) | Cascade Ski Club | 117 |
| 22 | Infrarats (200-209) | Mt. High | 108 |

The fastest male racers were **Aubrey Lyon** and **Aaron Anderson**. The fastest female racers were **Barb Parshall** and **Violet Anderson**.

See official PACRAT web site: www.pacrats.org.

The two longest running and still active racers, who have raced with us for at least 23 of the past 25 years, are **Chuck Westergren** and **Diane Hicks**.



Mt.High

Pizza Party / Elections**May 19, 2009.**

6:30 pm at the **Round Table Pizza**,
10070 SW Barbur Blvd., near Capitol
Hwy. (by McDonald's).

Everybody is invited! Come meet
other club members, check out what's
new. Enjoy some "Maui Zau" pizza!

Included:

- * Slide show / video of some recent ski trips.
- * Socialize, mingle with other club members.
- * The pizza is free (on the club), but buy your own drink.
- * Participate in electing our new President and other club officers. So far, we have the following candidates:

President: Gordy Lusk
Vice-President: Kurt Krueger
Secretary: Diane Zhitlovsky
Treasurer: Sandi Dykstra

See page 6 for more info on these and other club positions.

**Future ski trips
Questionnaire**

Please tell us your preferences
for future trips.

A questionnaire has been
posted on our web site. You can
find it on both the EVENTS
page and the TRIPS page. Or
click here for a copy of it in:

[Word document](#)

[PDF document](#)

Please fill it out, either in
Word or by copying and
pasting into an email, or print
it, and send to Emilio Trampuz,
4742, Liberty Rd. S., #296,
Salem OR 97302, or email to
info@mthigh.org. Or bring it
to the Pizza Party.

Mt.High

Annual Picnic

**August 16 (Sun-
day).** Our annual
picnic and bike
ride at Sellwood
Park.

9 am for bike ride;

11 am for picnic.

Location: Sellwood park, picnic area A.

There will be a bicycle ride just before the picnic.
Start at parking lot by the river (by Sellwood bridge)

9 am -- Bike ride

11 am -- Picnic starts

12 (noon) - 1 pm -- Softball

The picnic is a potluck. We'll have hot dogs. Bring
something else to share.

**Mt.High Deschutes River Raft Weekend****Aug 20 - 22, 2009.**

This has become an an-
nual tradition for our
club. A weekend of raft-
ing and frolicking in the
sun on the Deschutes
River at Maupin, OR.

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

Reservation & payment must be received by July 15.
(or don't show up). Cancellation Date is August 1st.

Trip includes:

Camping: Thursday, Friday and Saturday night in
Maupin City Park. Camp sites, near bathroom in
main park. RV space available for an additional
\$20.00 a night.

Rafting: (Row, Paddle or just ride) Friday and Satur-
day... We'll provide the rafts.

Saturday night diner: Chicken and ribs provided by
Mt. High. For other times, bring your own food.

Camp, raft, dinner = \$90.00 pp. (Non-members
\$105.00) Use the Dough Transmittal form, page 11.

It's Mt. High Election Time!!



Can you spare a few hours during the year to help create the fun for next year? This is your chance to participate and make a difference. We will have club elections during our Pizza Party on May 19, 2008.

WHO - Nominate **YOURSELF** or **OTHER MEMBERS**

Ask your friends in the club if they are interested.

The only requirement is that the nominee must be an active member of the club in good standing for 1 year.

WHEN - Submit names by **April 28, 2009**

HOW - Send nominations by email to **Elaine Bock** seawitchpdx@aol.com in the following format

- * Position for which the person / yourself is being nominated
- * Your name (if self-nominating) or of the person being nominated
- * If nominating someone other than yourself, your name

PRESIDENT: The President shall be the CEO of the Club, shall chair the Board of Directors, shall preside over BOD and business meetings, may appoint additional Directors, shall delegate duties to officers, directors and committees as necessary, attend monthly meetings. - **Estimated average time per month: 5 hours plus meeting**

VICE PRESIDENT: The Vice President shall perform the duties of the President in the absence or inability of the President to act, shall be the liaison between the President and committees, attend monthly meetings - **Estimated average time per month 2 hours plus meeting.**

TREASURER: The Treasurer shall have custody (on behalf and in the name of the Club) of all funds and all items of value that may come into Club's possession, keep complete records of funds, give financial reports at or before all regular Board meetings and at the annual meeting, be responsible for the management of all financial programs, make Club's billings, provide basic budget information, pick up club's mail at the P.O. Box., attend monthly meetings. - **Estimated average time per month: 5 hours plus meeting.**

SECRETARY: The Secretary shall take minutes, type and distribute these minutes at or before all Board Meetings except committee meetings. - **Estimated average time per month: 3 hours plus meeting.**

OTHER, INFORMAL POSITIONS - In addition to the above officers, the club also needs a whole variety of volunteers and organizers for various events. We especially need people willing to organize **social events**, such as **parties, TGIFs, dances**, or any other activities you may want to share with others. These positions are voluntary and don't require any voting. Just show up at our monthly meetings (last Tuesday of each month)

Questions? Contact the Elections Committee

Elaine Bock - seawitchpdx@aol.com

Sue Snelling - optomistsue@comcast.net

Diane Zhitlovsky - dianezhi@hotmail.com

We want YOU!!!



Knee injury - by David Schor



My hopes to spend May at Mt. Hood have been dashed. Sorry if anybody was planning on a carpool! I experienced an "impact with a tree" on Tuesday, and have been informed that my snowboarding season is officially over.

Thankfully the damage appears to be limited, and I should be back on my feet in a few weeks, but my riding for this year is done. Soft tissue injury to my knee. I'm thankful it was not more serious, and that I was able to reach ski patrol easily.

Kudos to the Mt. Hood Ski Patrol for their good work in removing me safely from the slope and going out of their way to make sure I was comfortable while awaiting a ride home.

I'm looking forward to a speedy recovery. I am told I should be walking normally within 2 weeks and back to 100% in about 2 months.

This accident happened near the bottom of Kruser, at Timberline, as I was taking a detour through some trees along the edge of the trail.

I think the snow conditions contributed, as there was fresh snow on the ground, and it was quite firm and setting up hard. I set my edge in this very stiff snow, and could not get the next turn to happen in time. I suppose all accidents are somewhat predictable. I assume that riding in the trees every day includes some degree of risk for tree impact and tree well encounters, and statistics seem to support this.

In this case, I was quite fortunate, as the tree I hit was relatively small, and right on the edge of a major trail, rather than deep in the woods where I tend to do a lot of solo riding. This accident provided me a very vivid reminder of why the **buddy system** is such a powerful safety tool.

Next season I will probably work harder to find riding partners that are interested in a buddy, particularly when exploring the trees.

Thankfully I was able to extricate myself from the tree and move into the center of the trail, where I waved down a passing rider to contact Ski Patrol.

If my encounter with a tree had happened deep in the woods on a weekday, I expect I would have had a much more difficult time getting back to the lodge.

I do carry a **safety whistle** and a **cellular phone**, which would have been my main tools in such a scenario. I'm glad it didn't come to that, because removing me from deep in the woods would have been a much more serious rescue.

I'm not sure what advice I can offer based on my experience, other than a reminder to ski in control, and to ski with a buddy whenever possible.

I still recommend a **helmet**, and will probably consider wearing **knee support** next season. The main thing that prevented a more severe injury was my relatively **low speed**, which mitigated the damage from my momentary loss of control.

Points to remember

David's experience points to several useful tips worth noting:

Lower speeds are safer

This is self-evident, but it's easy to forget in the excitement of a run. Maybe it would help if we focus more on savoring the sensation of every turn, taking the time to notice what is going on around us, rather than racing down the hill in a blur.

A buddy is your safety line

If something happens to you, your buddy can go get help.

A helmet helps (up to a point)



A helmet can be a life-saver. But it won't protect your knees and other parts of your body.

Also, a helmet cannot protect your brain from slamming into the inside of your skull. A direct impact at higher speeds (above 12 mph) will result in a concussion.

Carry a whistle



Your voice doesn't reach very far. A whistle can be used to summon help. Sadly, most ski shops don't carry whistles. But at scuba diving shops, you can find whistles that are both compact and work when wet.

Knee braces ,and other gear



Why protect only your head, when most injuries happen on people's knees, legs, ankles, shoulders, etc.? Knee braces can be very helpful, but most people wear them only **after** they sustain a knee injury.

Exploring new terrain - by Emilio Trampuz



I love finding places I haven't skied before, even at ski areas I've already skied for years! In the past few years, this has become a real passion.

Surprisingly, I keep finding new hidden corners. Last year, I discovered FRIGHT trees at Mt.

Hood Meadows. This year, I discovered a couple of new (to me) canyons and gullies at Timberline.

Timberline has a wealth of terrain that can look quite different from what you are used to seeing there. The scenery can change dramatically. Granted, most of these "new" places are slightly out of bounds, but you can enjoy them safely and legally as follows:

- a) Register as a climber in the Day Lodge. But, remember to also sign out at the end of the day, so they don't send a search party looking for you.
- b) Do it on a sunny Spring day, when the snow is firm and smooth and the ungroomed snow is easy to ski, especially when it softens up to corn snow.

For the next 3 Saturdays in May - 9th, 16th, and 23rd, I will gladly show you some of these hidden treasures, if you join me. See page 1.

Skibowl's 80 anniversary

Skibowl has marked it's **80th anniversary** with a number of events, one of which was the production of a video on DVD, about the history of skiing in the area. The DVD is titled: "80th Anniversary of Skibowl".



Skibowl has graciously donated DVD copies of the history video to the **Mt. Hood Museum**, in Government Camp, where the DVD disks will be for sale at the museum bookstore.

NOTE: Skiing will be **free** at Skibowl on Sunday, May 10th.

Pond skimming at Mt. Hood Meadows

On April 25th, 120 people braved the cold and stood in line for a long time in very windy conditions, just for a chance to prove their skill at pond skimming. The theme was Hawaiian. There were very creative costumes, with people dressing up as a volcano, or a canoe. Our very own **Jim Trindle** got soaked. But **Bruce Kuper** managed to not only cross the pond twice, but also win 3rd place overall, dressed as King Kamehameha II.



2009 Mt. High Photos

Photos from the past winter season have been posted on our [Recent Photos](#) page on the web site, and a few short videos added to our [Videos](#) page. The photos are from:

1. Dancing at Bushwackers
2. Golf
3. Rat Attack party
4. Heavenly / Tahoe trip
5. Hope on the Slopes, Skibowl
6. Crystal Mt. bus trip
7. Chocolate Party
8. Schweitzer + 49° North trip
9. Bowling for Terry
10. Whistler Cabin trip
11. Mt. High Ski Training Day
12. Vancouver ski areas
13. Canada Ski Safari
14. Mt. High Wine Tour
15. Ski Fair at the Monarch

NWSCC

Northwest Ski Challenge - by David Schor



It's time to send in your lift tickets / receipts from this past season!

All you need is proof that you have visited any 5 or more resorts in Oregon, Washington and/or Idaho during the 2008-2009 ski season to be eligible to win a prize. The more ski areas you visit, the more valuable the prizes.

Help the smaller areas by visiting them, and help yourself to some fresh slopes and lower prices. Plus, win a prize!

To qualify for a prize, you need to submit your lift tickets (or receipts) to: **NWSCC, PO Box 1915, Portland OR 97207.**

Even if you don't think you've skied a lot of ski areas, send in your entry anyway. At the very least, it would be interesting to gain some insight into how much our members have ventured to explore ski

areas other than Mt. Hood. And, you might still win a prize!

More info on our Council's web site: 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 Man & Woman of the Year

Our **Mountain High** man and woman of the year are **Gordon Lusk** and **Marsha Cosgrove**. and they remain our honorees. But at the the Northwest level, among all the local clubs, the NWSCC has picked **Dale Parshall** and **Colleen Walter** as their choice of Man and Woman of the year. Both were selected by the NWSCC board based on their continuing contributions to club and council, PACRAT racing and community service. They will be representing NWSCC at this year's **FWSA Convention**.



Dale Parshall is a member of the Schnee Vogeli Ski Club. For many years, he has been a pillar of PACRAT racing, as chief score-keep and registrar. Simply put, without him, PACRAT racing would not be what it is.



Colleen Walter is a member of the Skiyente Ski Club. For many years she has been a trip leader and organizer within her club, as well as being an active member of the PACRAT Board, as well as an active racer.

NWSCC meetings

The **Northwest Ski Club Council** meets on the third Wednesday of each month at the Buffalo Gap, 6835 SW Macadam Ave - Portland, OR 97219, starting at 6:30 pm. Meetings are open to all. Next meeting is May 20.

NWSCC Logo Contest



The **Northwest Ski Club Council** is running a contest to replace it's old logo (the generic "happy face skier") with something more representative of the Northwest. You can go to www.fwsa.org to see links to other councils, and see their logos. A winner will be selected in June. A winner from Oregon will receive a Meadows 10-time punch pass, a winner from Washington will receive lift tickets of equivalent value.

Send your entry to Sheri Parshall, cougskier@aol.com.



FWSA
President
Randy Lew

Our club - NWSCC - FWSA

Our club is just one of about 30 clubs in the Pacific Northwest. Most of these clubs cooperate under the umbrella of the **NWSCC - the Northwest Ski Club Council**.

There are about a dozen similar Ski Councils throughout the West, all under the umbrella of **FWSA - Far West Ski Association**.



Safety & History Contest

Each year, the the Far West Ski Association awards prizes in the following categories:

- * **FWSA Safety Person of Year** win a free 6 day vacation for 2 at Aspen.
- * **FWSA Western Ski Heritage Contest**, win a free 5 day vacation for 2 at Steamboat.
- * **FWSA Club & Council History Recognition**, win \$200 to be donated in winner's name to charity of choice.

Self-nomination is permitted for these 3 contests. Entry deadline April 30th.

To enter, or nominate someone, contact:

Scott Bowker

FWSA VP Public Affairs

sbowker.fwsa@gmail.com

NWSCC Far West Convention - June 4 - 7, 2009



The **FWSA Convention**, will be held at the Peppermill Hotel & Casino in Reno, NV, **June 4 - 7, 2009**.

Remember we are all part of a larger organization. First, we are part of the **NW Ski Club Council**, ... but also of the **Far West Ski Association**, which encom-

passes eleven Councils in Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Washington and Utah.

FWSA represents all our ski clubs, and organizes at least 3 annual trips:

- 1) the FWSA Ski Week (at Big Sky this winter; Keystone next year);
- 2) the FWSA International Ski Week (usually in Europe);
- 3) an International Summer trip (like a trip to China and Alaska in previous years, or the Baltic Cruise this coming September).

FWSA also organizes a number of **club competitions** — for best Newsletter, best Web site, Outstanding club, Safety person of the year, Man and Woman of the year, etc. Awards are given at the annual Convention in June.

A big part of the Convention is a **Travel Symposium**, where club members can meet with dozens of Ski Industry representatives and plan future ski trips.

There is also a **fun** component, in the form of a Pub crawl, Golf and Tennis tournaments, kayaking, hiking, etc.

A number of **ski celebrities** are usually present. In the past, we had several of Olympic ski champions, some extreme skiers, some founders of famous ski areas, the initiator/founder of the Oregon Cancer Ski Out (Larry Chadwick), 10th Mountain Division veterans, and more.

See more info about the Convention at:

Our hosts: Sierra Council members



<http://www.fwsa.org/hidden/689570.htm>.

To register for the Convention as our club's delegate, please send in your registration fee (**\$145**) to **Mountain High**, using our Dough Transmittal Form, by April 30. This doesn't include lodging.

Contact **Debbi Kor** at:

ijustwannarun1@comcast.net, 206/283-0269.

Email Options

In between newsletters, we keep you informed via email. You have a choice:

- A) Receive ALL the club's emails.** All ski-related and/or club related.
 - B) Receive only club-related messages.** If it's not about our club, it won't be sent. That means no emails about other clubs, other ski areas, NWSCC, FWSA, ski shop specials, etc. Strictly our club only.
 - C) No email at all.** Just the monthly newsletter and nothing else.
- Indicate your preference on the Membership renewal form. If you wish to switch at any point, let **Emilio** know your preference.

Mountain High Meeting

Usually the last Monday of the month.

June 1 and June 29 (Mon.): Open to all who want to get more involved with the club. This is a planning meeting. Gather at **6:00 pm**. Start at **6:30 pm**.

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

Mountain High snowsport club contacts:

- | | | | |
|-----------------------------|-------------------|--------------------|---|
| President: | Terry White, | H: 503-781-4558, | TWhite223@msn.com |
| Vice-President: | Gordon Lusk, | H: 503-804-8363, | GordyLusk@hotmail.com |
| Secretary: | Diane Zhitlovsky, | H: 503-244-3392, | Dianezhi@hotmail.com |
| Treasurer: | Sandi Dykstra, | H: 503-629-0177, | sandid@aol.com |
| Membership Director: | Elaine Bock, | | SeawitchPdx@aol.com |
| Race Director: | Bruce Ellison, | H: 503-697-7892, | Yuffiet@comcast.net |
| Newsletter Editor: | Emilio Trampuz, | H: 1-503-378-0171, | info@mthigh.org |
| Social Activities: | Marsha Cosgrove, | H: 503-799-2833, | |
| Golf: | Cal Eddy, | H: 503-631-3115, | W: 503-805-8606, baebaw@ccwebster.net |
| Mid-week skiing: | George Yun | H: 503-697-3055, | boar2m@msn.com |
| NWSCC Rep: | Debbi Kor, | H: 503-314-7078, | ijustwannarun1@comcast.net |
| Trip Directors: | Linda McGavin, | H: 503-652-2840, | Trips@mthigh.org |
| | Janice Jessen, | H: 503-636-0687, | jessen9011@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 Renewal

Name(s): _____

Address: _____

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

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

- Email Preferences:**
- Newsletter (once a month): yes, link only yes, complete file no
 - No changes - Club news & events (between newsletters): yes no
 - (same as last year) - Other ski news (NWSCC, FWSA, ski areas, trips...): yes no
 - Is it OK to share your email address with other club members? Yes No

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.

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

- Summer Membership** (May. 1 — Sept. 30, 2009): Total: \$10 per person \$ _____
- Annual Membership** (Oct. 1, 2008 - Sept. 2009): Single (\$25); couple (\$40) \$ _____
- PACRAT Racing (2009/10)** Total: \$85 Team name: _____ \$ _____
- FWSA Convention registration** (June 4 - 7, 2009) Total=\$145, by June 30 \$ _____
- Rafting** (August 20-22, 2009) Members: \$90. Non-members: \$105. \$ _____
- Other:** _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

Our Trips cancellation policy is on our web site at: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

Club membership = 283 Newsletter Distribution

The May 2009 issue is posted on our web site, and also:
369 copies sent via email (as PDF files)
30 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.

100 issues of "Lift Lines"

This lovely and delicious cake was brought in by our Board members at our last monthly meeting (April 28) to celebrate the 100th issue of this newsletter. Just one of the little perks you get when you attend our monthly meetings!

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

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

Preview of Trips for next winter (2010)

Here are some of the trips we are contemplating for next season. Your responses to the Trips Questionnaire can greatly help us in planning. See page 5.

1. **Weekend bus trips.** At least 1 or 2. One might be a Mystery trip.
2. **Heavenly/Tahoe trip**, similar to the last 2 years, but earlier in the season.
3. **Fernie/Kimberley trip.** 4 days/5 nights if you fly in, or 7 days / 7 nights by bus.
4. **Train trip** to either Whitefish, MT or Aspen, CO.
5. **Canada Ski Safari**, visiting 4 - 6 resorts in British Columbia. This time, we'll do it in Spring.

The above are all our own club efforts. In addition, there will be the following 3 larger trips:

1. **FWSA Ski Week to Keystone, CO.**
(Jan. 30 - Feb. 6, 2010).
2. **FWSA International Ski Week to Cortina d'Ampezzo, Italy** (Feb. 27 - March 7, 2010.)
3. **NWSCC Spring Fling at Mt. Bachelor**, in late March or April 2010.

So, start planning the next season, and help us in the planning too. Fill out the questionnaire. See p. 5.

