



Lift Lines

== No. 114, June 2010 ==

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



From the Editor

Several PACRAT issues are being hotly debated, new PACRAT Board elections are coming up, and the PACRAT Bylaws might be re-written. **Gary Gunderson** has a lot of new ideas. It's all explained in an editorial on pages 8 - 9. This represents only my own point of view. If anyone would like to elucidate a different view, we'll gladly publish your thoughts. Racers and team captains should contact **Bruce Ellison** to let him know how they would like him to vote.

Many other fun things are happening too. We may be the club that really skis, but we don't stop having fun in the summer. The Wine Tour had to be canceled for lack of signups. So, if you want to go rafting in August, please sign up soon, so we don't have to worry about whether we'll have enough participants.

Also, come help us in our efforts to adopt a portion of Hwy 26, right by Government Camp. Let's have some fun cleaning it up! - Emilio



Gary Gunderson
on
training day

To Do List

1. Go ski. If you have a Timberline or Fusion Pass, you can get a free lift ticket at Timberline.
2. Come hike and/or golf with us.
3. Join us for a couple of hours of highway 26 cleanup near Government Camp, May 22.
4. Come to the annual picnic on August 15.
5. Sign up for the August 20-22 rafting trip on the Deschutes river (camping at Maupin).



Note the color code.
Our club is blue.

2010 CALENDAR

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

June 10-13: FWSA Convention
Indian Wells, California.

June 13 (Sun.): Golf at Sah-Ha-Lee

June 13 (Sun.): Hike to Opal Creek

June 19 (Sat): Mt. High Highway
Cleanup (Hwy 26, Govt. Camp)

June 18-20: Yakima Valley Wine
Tour CANCELLED DUE TO
LACK OF PARTICIPATION

June 28 (Mon.): Mt. High Board meeting

June 29 (Tue.): Golf at Rose City golf
course

July 18 (Sun.): Hike to Siouxon Creek

Aug. 15 (Sun): Mt. High Picnic &
Reunion at Sellwood Park

Aug. 20-22: Mt. High Rafting trip
on the Deschutes River

Mt. High

Let's Have Some Fun



Hiking

June 13
(page 2)



Golf

June 13 + June 29
(page 3)



Highway cleanup

June 19
(page 2)



Ski

June 1 - 14
(page 4)



Picnic & Reunion

Aug. 15
(page 6)



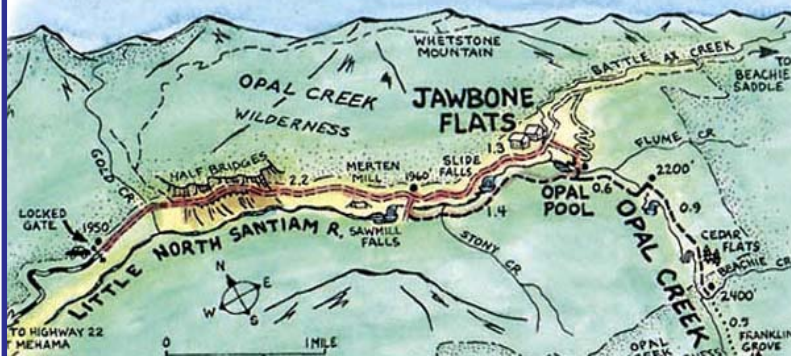
Rafting

August 20 - 22
(page 5)

Timberline offers a free lift ticket June 1 -14 to any pass holder.

Mt. High

Hike to Opal Creek



June 13, 2010. Sunday. 9 am.

The hike to Jawbone Flats (a Depression era mining camp) and Opal Pool is about 7.1 miles round trip; moderately challenging with small hills and a well maintained dirt road. Gigantic old-growth trees tower along a wilderness river.

From the trail head gate, the pleasantly primitive road crosses Gold Creek on a 60-foot-high bridge. After the 2-mile mark, there is rusting machinery of Merten Mill to inspect. The mill operated briefly during the Depression, using winches from the battleship USS Oregon.

Getting there: - Interstate 5 exit 253 Salem.
- East on Santiam Hwy

Total mileage from Salem is about 45 miles.

A Trail Park permit needs to be purchased at a ranger station, an outdoor store, or at the trail head fee box.

We'll meet at 9:00 AM at the Park and Ride in Tualatin between Bridgeport village and I-5 (72nd Ave. And SW Bridgeport Rd.) If anyone joins the hike from the Salem area we will make arrangements to meet in Salem.

Please bring; Water and Lunch.

Should the weather not cooperate we can go on a City Hike to Mount Tabor Neighborhoods and Park Loop (5miles).

Info and **RSVP:** **Elisabeth Fontaine**, 503-524-5774 or 971-226-4545, or lise518@msn.com.



More info on our [EVENTS](#) page.

Next hike: July 18: Hike to Siouxon Creek.

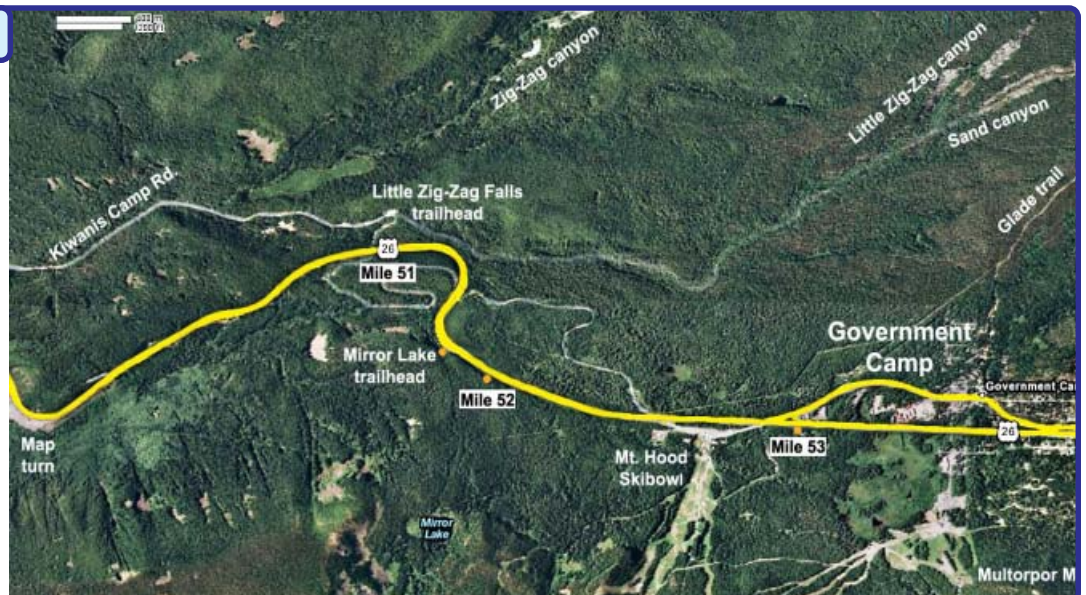
Highway Cleanup

June 19. Saturday, 10 am.

Our club has adopted a 2-mile section of Highway 26, mileposts 51-53. We'll meet at the west end of Skibowl's parking lot, and earn some good karma cleaning up the highway (about 2 hours).

Lunch & beverages will be provided to those who RSVP.

RSVP to **Debbi Kor** at:
ijustwannarun1@comcast.net
or 503-314-7078.



See more events at www.mthigh.org/Events.htm.

Mt. High

Mt. High Golf



May 26 (Wednesday) 5 pm.. Some people were afraid of the weather, but it turned out to be a great day. See the photo above. Our next golf gatherings:

Sah-Hah-Lee Solstice Classic

June 13 (Sunday) - 3 pm. Shotgun start. Come and join the families and friends of the Meadows Race Team in this fundraising event. This is not a Mountain High event, but a fundraiser for young ski racers at Mt. Hood. We have decided to support this event with our participation.

- * 18 Holes-Par 3, Scramble
- * **Competitive:** 2-person or **Fun:** 4-person teams
- * \$45.00 per player
- * \$5.00 per mulligan (4 limit)
- * \$5.00 Putting Contest
- * KP's, Long Putts
- * Dinner Only: \$20.00

LOTS OF FUN and PRIZES!

Includes Barbeque w/ award winning Ribs.

Sign Up Online at www.sah-hah-lee.com

Remit payments to: Sah-Hah-Lee Golf Course, 17104 S.E. 130th Ave, Clackamas, Oregon 97015. (503) 655-9249. Spaces will not be held without full payment received.

Mt. High Golf at Rose City

June 28 (Tuesday) - 5 pm. We will play 9 holes at Rose City Golf Course, 2200 SE 71st Portland, OR 97213. Phone: (503) 253-4744. Tee times start at 5:00 pm.

Cost: \$18 (for 9 holes)

We need to have conformation before June 21st, either by email or by phone. Contact Terry or Cal:

NWSCC

Clubs 4 Play



July 25 (Sunday) 10 am.

The NW Ski Club Council organizes this annual golf event for all local ski clubs to participate in a friendly competition. Each club is encouraged to form one or two teams. Location:

Lewis River Golf Course located in Woodland, WA. Here are the details:

- * Tournament is a scramble format. Rules will be available on day of tournament.
- * Pick your team of 4 and register with Sandi Shaub by Monday, July 12. Payments due by July 12. Send checks for **\$89** per person, payable to NWSCC, PO Box 1915, Portland 97207.
- * Tournament will be held rain or shine.
- * Club Trophy will be awarded to Team with lowest score whose members are all from the same Club.
- * Deli Sandwich Bar after round, prizes, goodie bag, favor and FUN!

If you've never played the Lewis River course, you are in for a treat. Mark your calendars now, tell the significant other that you have a business retreat, do what you need to do, but get on out and enjoy the great links. You deserve it.

To find out more:

- * Click on the [poster](#) for directions, dates, fees, etc.
- * Fill out the [registration form](#), then email it to Sandi Shaub, sandi.shaub@gmail.com.
- * When you have your 4 players, give Sandi Shaub a call to register at 503-669-8599 or email her at sandi.shaub@gmail.com.

More info at www.nwskiers.org.



Terry Swan: 503-729-3435 or e-mail at swans761@juno.com.

Cal Eddy: 503-805-8606 or e-mail at baebaw@ccwebster.net.

More info on our web site, on the EVENTS page, www.mthigh.org/Events.htm.

Let's Ski Mt. Hood! (Maybe a bit out of bounds)

Timberline



Skier: Kay Kinyon
Photographer: Kurt Krueger

If some of you think Timberline isn't steep enough for you, check out these photos of Kay Kinyon and George Yun, taken in early May.

So, let's enjoy at least one more day of skiing. Connect with others either at McDonald's in Sandy, or on the slopes using 2-way radios on **channel 6-19**.

NOTE: Timberline lifts are now open from 8 am to 2:30 pm.

June 1 - 14. At the end of May, both Season passes and Spring passes have expired. But, Timberline has offered one more free lift ticket in the first half of June to anyone who has purchased a Pass this past winter. Both Timberline Passes and Fusion Passes qualify. Go to Guest Services, show your pass, and get a free ticket.

Wow! As if 3 months of Spring skiing for only \$99 wasn't enough of a deal! We now get one more day.

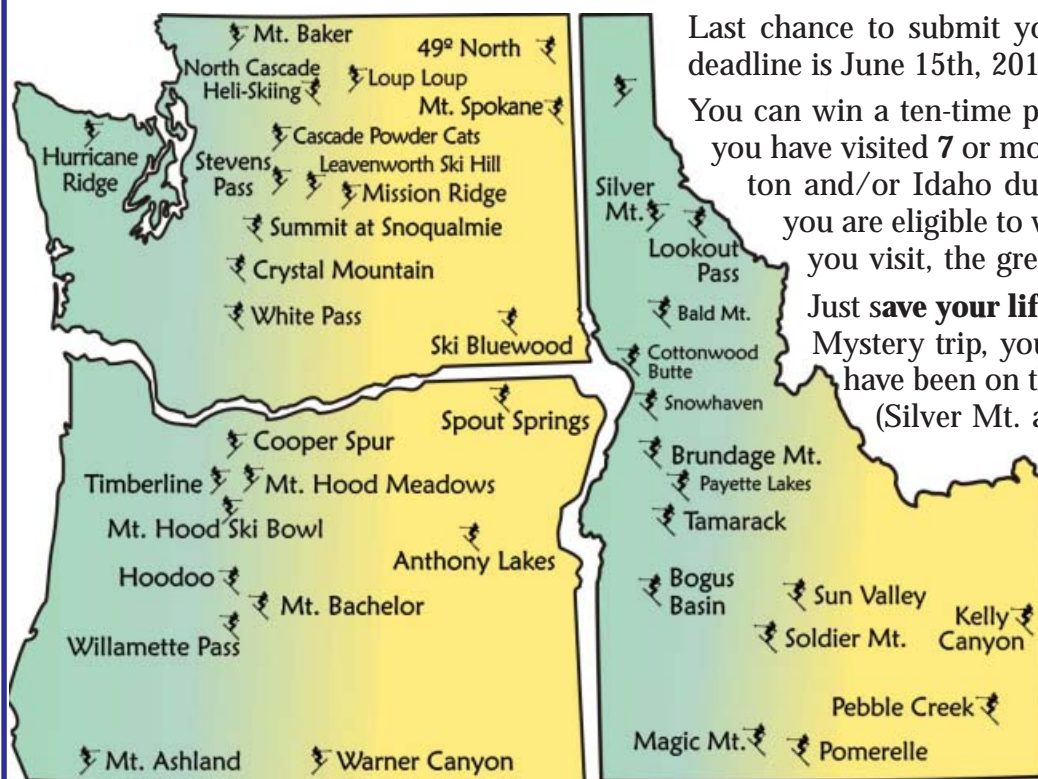
Top of Zig-Zag canyon



Skier: George Yun
Photographer: Kurt Krueger

NWSCC

Northwest Ski Challenge - by David Schor



Last chance to submit your entry for this contest! The deadline is June 15th, 2010.

You can win a ten-time pass to Mt. Hood Meadows. If you have visited **7** or more resorts in Oregon, Washington and/or Idaho during the 2009-2010 ski season, you are eligible to win a prize. The more ski areas you visit, the greater your chance of winning.

Just save your lift tickets! If you've been on the Mystery trip, you already have 2 tickets. If you have been on the Fernie trip, you have 2 more (Silver Mt. and Bluewood). Add the 3 Mt. Hood areas and you have 7.

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

Please use the **entry form** posted at the Council's web site: NWskiers.org.

Mt. High

Deschutes River Raft Weekend



Aug 20-22, 2010. This has become an annual tradition for our club. A weekend of rafting and frolicking in the sun on the Deschutes River at Maupin, Oregon.

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

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

Trip includes:

Camping: Thursday, Friday and Saturday night in Maupin City Park. Camp sites at new location (see next page). RV space available for an additional \$20.00 a night.

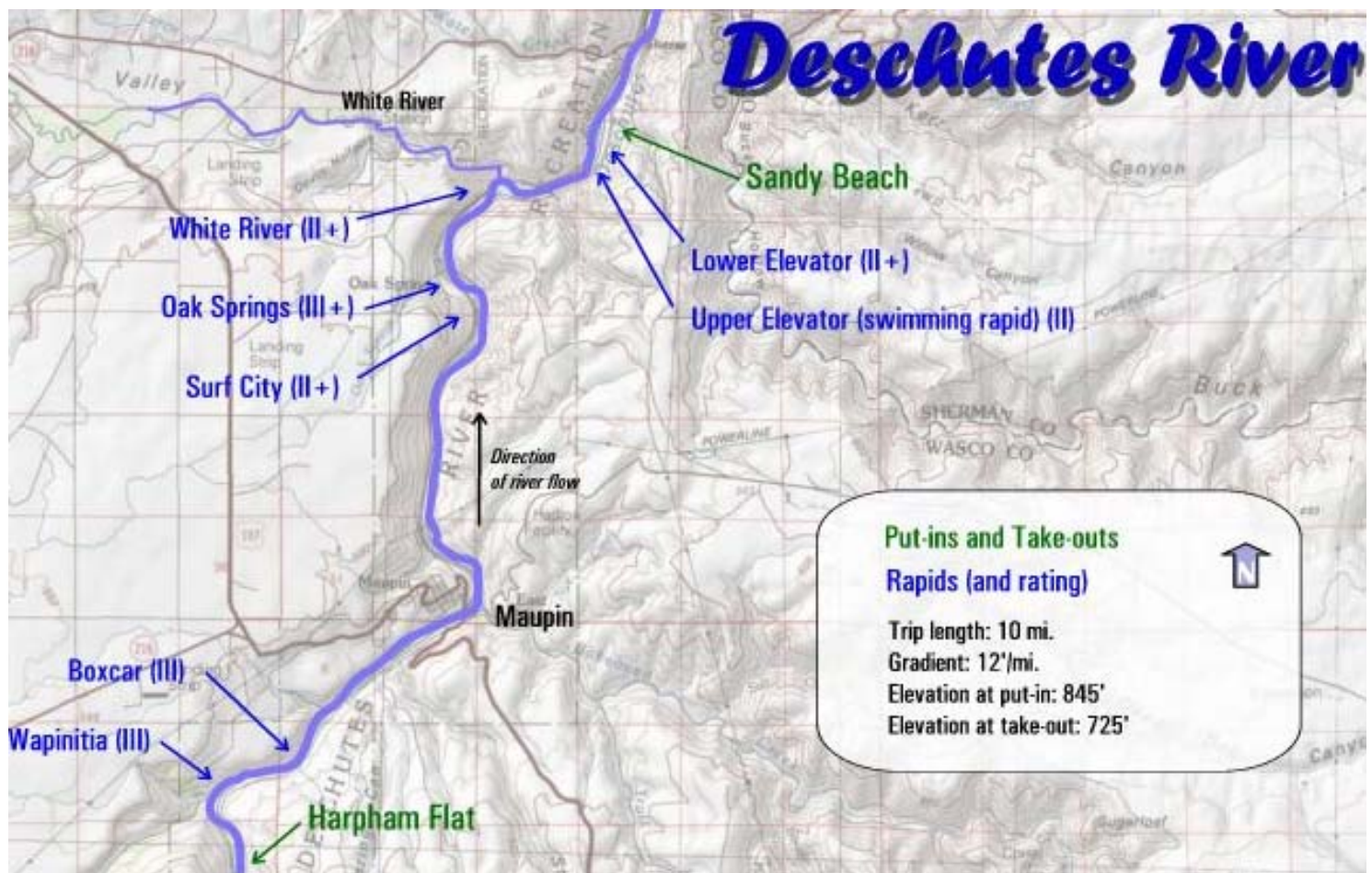
Rafting: (Row, Paddle or just ride) Friday and Saturday. We'll provide the rafts.

Saturday night dinner: Lou's- Q will cook chicken pork ribs and BBQ beans on Saturday only, but bring a salad, dessert or hors d'oeuvres for Saturday dinner. For other times, bring your own food and drinks. Also, bring quarters for the showers!

Camp, raft, dinner = \$90.00 pp. (Non-members \$100.00)

Camp, permit, dinner (no raft): \$50. Dinner only = \$20.

To sign up, please use the Dough Transmittal form, page 13 or print the form from our web site. See the [Forms](#) page.



Mt. High Picnic & Club Reunion

August 15 (Sunday). Our annual picnic and bike ride at Sellwood Park.

We are celebrating multiple anniversaries:

- * Almost 40 years of the **EdgeSet** club (one of our former halves),
- * 35 years of the **Plaza** ski club (our other half), and
- * 10 years of the combined **Plaza/Edgeset** (aka. **Mountain High**) club.

Let's invite all our current and former club member to a reunion. Can you still get in touch with some of our earlier members? Please invite them to come.

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

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

See a map of the area at: <http://www.mthigh.org/Events/Sellwood-Park-map.jpg>

Directions for bike ride (at 9 am): From the Sellwood bridge (or Tacoma St.), turn north onto 6th Avenue, then left on SE Spokane St. Go over the railroad tracks and immediately turn right onto Oaks Park Way. The parking lot will be on your left.

Directions for picnic (at 11 am): From the Sellwood bridge (Tacoma St.), turn north onto 6th Ave. Then left on Spokane St. and right onto Grand Avenue. Enter the park from Grand Avenue (which continues as a pedestrian path into the park). Our picnic area (Area A) will be on the left side of that path (downhill, toward the river).



Bike ride before the picnic

Mt. High Web Site

Our web site is constantly changing, especially our EVENTS page, which changes almost every week. But, there are bigger changes in the works, and some have already started.

1. **Web page width increased** from 800 to 1000 pixels, so we can fit in more information and use larger photos. Not all pages are done yet.

2. **Increased photos size** on the Recent Photos page from 300 pixels wide to 400 pixels. Scroll down to the bottom of the RECENT PHOTOS page to see where the switch occurred. The Ski Fair 2009 was the last of the smaller pictures.

3. **Consolidating pages for a simpler look** with fewer menu buttons. Some examples:

- a) The EVENTS page will soon become our home page. The current static home page will be combined with the currently static Photos pages into a new "About Us" page.
- b) The "Recent Photos" page will be renamed simply "Photos".

Mt. High**Videos**

We have gradually built up quite a collection of videos on a variety of topics, from Ski trips to Safety, and just plain fun! Check out the Mountain

High Videos page at www.mthigh.org/Videos.htm.

Some of the latest additions to the collection are:

Bruce Kuper pond-skimming at Mt. Hood Meadows in April 2010 and winning 3rd place among over 100 contestants. Dressed as King Kamehameha II, he recorded part of the footage on his "calf-cam" and combined it with footage from Stevie Viaene.

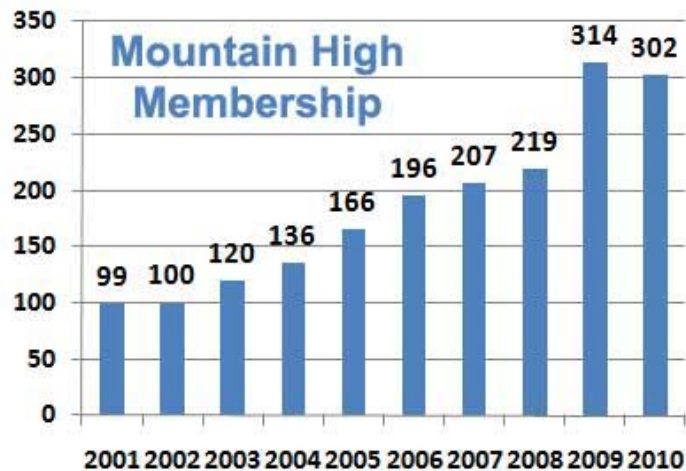


Hope on the Slopes at Mt. Hood Skibowl, in March 2010. One video shows just the Torchlight ceremony, while a longer version shows the whole event.

Our club's growth

During the past year, 63 new people joined our club. But, 75 of last year's members didn't renew their membership, even after being reminded. Could it be because of the economy?

Anyway, as a result, our club's growth has leveled off for the first time in the past 10 years. In fact, we even dropped slightly in membership, from 314 to 302. Well, maybe last year's sudden peak was an anomaly.



People's preferences

In case you wonder how other people have chosen their email and newsletter preferences, it's like this:

Email Preferences:

1. All ski-related email: 221 people
2. Only club-related email: 37 people
3. No email at all: 6 people

The numbers don't add up to the number of members because not everyone has an email address, and not everyone has expressed a preference regarding email.

Newsletter Preferences:

1. Attach the whole PDF file: 202 people
2. Send just the link: 87 people

Remember, you can change your preferences at any time. If you are not sure what the differences are, just ask. Contact **Emilio** at: newsletter@mthigh.org

Welcome New Members (who joined us in 2009/2010) - Sorted by first name



A warm welcome to 63 new members who have joined us in the last year or so. We apologize for not having listed any of our new members in a little over a year.

Abbey Braidech	Cary Sahn	Elsebeth Frank	Judie Westberg	Rebecca Darr
Andrew Hobart	Charles Buttermore	Emily Wright	Kelli Redfern	Robert Brockmeyer
Ann Barter	Cheri Hauser	Erin McKalip	Ken Brundidge	Sandi Shaub
Bob Henriksen	Chris Buresch	Garth Eliason	Linda Smieja	Sandra Henriksen
Bonnie Biasi	Curtis Barton	Gene Bleth	Lynnette Gittins	Scott Gilfillan
Brandon Antoni	Cyndy Lovejoy	Geneva - Kae Apsley	Marie McLean	Sue Tjernlund
Brian Raasch	Dale Barmache	Greg Snyder	Sheldon	Tim Melcher
Calvin Rasmussen	Dave Myers	Heather Pahkala	Mark Redfern	Toni Forsgren
Candace Pool	Edward Lanton	James L. Rogers	Mary Coleman	Tricia Bull
		Jason Pahkala	Mary Gibson	Valerie Lyons
		Jason Wright	Michael Barmache	Vicky Von Dier
		Jay Pollock	Mike Agee	Walter Culbertson
		Jeni Davis	Mike Davis	Zeina Do
		Joanne Knutson	Mona LaPierre	Zori Cohen-Valasek
		John A. Davis	Pete Deutsch	
		Jonathan Sheldon	Randy Goode	

WELCOME TO THE CLUB!

If your name is mis-spelled, or if you can't find it here, please notify Emilio: info@mthigh.org, 503-378-0171.

The Future of PACRAT Racing

by Emilio Trampuz

The future of PACRAT racing is being hotly debated. For the first time in 26 years, several Board positions are being contested. There are new ideas enthusiastically supported by some and strongly opposed by others. Interestingly, most racers and even team captains have no say in any of this. Even the team captains don't get a vote, let alone ordinary racers.

Since almost half of our club members (130 people) participate in PACRAT racing, we should find room in our newsletter to discuss these issues.

Here's an overview. Many proposals came from **Gary Gunderson**, after he polled other racers.

1. Purchase timing equipment. Ski areas have old, unreliable timing equipment. One of our recent races at Mt. Hood Meadows was cancelled because a wire was accidentally cut somewhere between the start and finish. A couple of other races were delayed because of timing problems. There is now a proposal that PACRATS should purchase their own timing equipment, preferably a wireless system. Many PACRAT Board members oppose this or question the expense.

2. Adopt an age-handicap, similar to how it's done in NASTAR racing. People above a certain age would get a certain age-related handicap, ...maybe 5% or 10%, just like we already give a similar advantage to snowboarders. That would make PACRAT racing more fun for people who have been seeing their results gradually slip over the years as they age.

One argument raised against this proposal is that adding age as a factor would make our race results more artificial. But, of course, even the current system of allocating points by arbitrarily defined categories is very artificial too. You could win 10 points in one race by being at the top of the intermediate category, but then you get "upgraded" to the next higher category, and in the next race you can barely earn one point, as you are

now at the bottom of the more advanced category. So, adding age to the mix wouldn't be any more artificial than it already is.

3. Make scoring a bit more fair, especially for smaller categories. This means tweaking a table

that specifies how the points are allocated. First place in each category receives 10 points, second place 9 points, then 8, 7, 6, 5, etc. But this applies only to categories with a large number of people. For categories where there are fewer people, the points are allocated on a steeper scale, such as: 1st place 10 points, 2nd place 8 points, 3rd place 6 points. The smaller the group, the steeper the drop. For a group of only 3 or 4 racers

(usually in the elite category), 1st place gets 10 points, but 2nd place can earn only 1 or 2 points. Some people feel this is not fair. There is something fundamentally wrong when the 2nd fastest racer on the mountain receives a paltry 2 points.

It may be hard to tell what would be a fair number, but at least we could examine the system and tweak it a bit.

4. Too many speeches at parties. Some people object to the several hours of speeches at the Rat Attack. The formal part should be kept shorter.

5. Use 2-way radios to call in the teams that are due at the starting gate. Even if just one person on each team has a radio, this can help to alleviate the problem of having to

constantly ski next to the race course to check on the status of the race. A 15-20 minute alert by radio would give people more freedom to ski other trails and still make it to the starting gate on time. This would not replace or change the current system, but it would be an additional convenience.

At the latest PACRAT Board meeting, May 16, these last two points were barely mentioned, but there was lots of discussion and heavy opposition regarding the first 3 proposals.

The one thing that everyone agreed on is that the **PACRAT Bylaws** need to be changed, but there was disagreement on what to change and how.



Barb Parshall, current PACRAT President.



CONTINUED FROM PREVIOUS PAGE:

This leads us to the most interesting topic of who elects the PACRAT Board and why the team captains have no say in it:

Changing the Bylaws Electing the PACRAT Board

Current bylaws say that the PACRAT Board is elected by the NWSCC, that is by the representatives of all 30 ski clubs affiliated with the NWSCC. This is because of historical reasons. PACRAT racing was created as an offshoot of the NW Ski Club Council, so at first it made sense that the Council would elect its leaders. For the past 26 years, this was not an issue. We were just glad to have someone willing to do the work.

But, now that we have several contested Board positions, and whoever gets elected will most likely re-write the Bylaws, suddenly how the Board is elected becomes significant.

Consider that only 6 of the 30 Northwest clubs participate in racing, but the other 24 clubs also have a vote in electing the PACRAT Board. That doesn't seem right. There are two proposals to fix this, but both are hotly debated and contested:

Proposal A: Keep only one vote per club, but allow only clubs involved in PACRAT racing to vote. That means that only 6 people (one representative from each of the 6 clubs) would vote for the PACRAT Board. This would make the PACRAT Board a closed system, difficult to penetrate or change in any way. Just 3 determined, united people could make all the decisions and elect a Board they like.

Proposal B: Change the Bylaws to give each PACRAT team one vote. The PACRAT Board would then be elected by the 20 or so teams, one vote per team. This seems more fair and democratic, but it is strongly opposed by many current PACRAT Board members.

Team captains are mainly asked to vote on canceling a race on a rainy day. And it has recently been proposed that team captains should not be consulted even on that, but that all the decisions should be made by the Board.

The main argument against giving any power to the team captains seems to be a fear that our Mountain High club would then wield too much power, since we have the most teams.

This argument disregards the fact that our club had only 4 teams until just the last few years, when we grew to 13 teams. Other clubs could do the same, by simply making an effort to grow their number of teams, attracting more people to rac-

ing. This would be good for everyone.

The fear of us wielding too much power also disregards the fact that our club has absolutely no control over individual teams or team captains. Each team is a world unto itself, each attracts a slightly different set of people, each team does their own thing. Most racers are there just to race, not to "wield power" through politics.

Possible solution. Giving each team a voice is the only democratic solution, and hopefully the PACRAT Board will see this. But, if the conservative, fearful voices prevail and instead of having one vote per team it gets decided that there will be only one vote per club, the easy solution to that would be:

Each team could form their own club. This was already done some years ago by the "Drunken Losers" team, which split off from Mountain High to form their own "Free Riders" club. That way, they now have a voice in electing the PACRAT Board, while the rest of us don't.

Forming a club is not that difficult. Draw up some Rules, and pay an annual fee of \$25 to the NW Ski Club Council. This amounts to just \$2.50 per person for a team of 10. Not a big deal, if that is the only way you can have any say in the future of PACRAT racing.

Let's hope it won't come to that, and even if it does, remember you can always be a member of more than one club at the same time. In other words, you can still retain your Mountain High membership.

PACRAT Elections June 16

The PACRAT Board elections will be held at the regular NWSCC meeting on Wednesday, June 16, at the Shanghai Noble House, at John's Landing, 5331 SW Macadam Ave., Portland. All 30 Northwest clubs will have a vote, one vote per club.

Everyone running for Board positions has devoted a lot of time and effort to PACRAT racing, and this is much appreciated. But, when disagreements arise, one has to make up one's mind. Personally, I am in favor of new ideas, of fresh energy, of seeking improvements wherever possible, of making things more fair and more democratic.

So, I would vote for **Barb Parshall** to continue as President. I would vote for **Gary Gunderson** for Vice-president. I would vote for **Colleen Hankins** for Secretary. I would also vote for **Gordon Lusk**, if he decides to run. But, that is all just my wishful thinking, because as a mere PACRAT team captain, I have no say in any of this. Our club has only one vote, and the Mt. High Board decided that our Racing Director, **Bruce Ellison**, will vote for us.

-Emilio

NWSCC Meetings will be quarterly

After July, NWSCC meetings will be held only once every three months, on the 3rd Wednesdays in September, December, March, and June. Locations are: **June 16**, Shanghai Noble House, John's Landing, **July 21**, Appreciation Night at Sheri & Dale Parshall's **Septe. 15** - Season kickoff, Shanghai Noble House **Dec. 15** -PACRAT Night, Shanghai Noble House.

FWSA

Far West Trips

Click on the underlined blue links for more info.

"Hot Fun Under the Utah Sun!" FWSA and Wolf Creek Resort invite you to five days of fun **July 21-25**, 2010 at Wolf Creek Resort near Ogden, Utah. Hotel and Condo pricing includes lodging, welcome party, and farewell BBQ; concert with fireworks! Camping is available.

* **FWSA Cozumel Scuba Dive Trip** Sept 4-11, 2010. \$899 Dive Package 5 days two tanks/day. Contact Randy Lew at 530-304-0802 or fwsa13randy@telis.org.

* **Canada/New England Cruise** with the "Carnival Glory" and the Cruise Company from September 26—October 2. Optional New York City pre-trip. Go to **FWSA Travel** web site for more information.

* FWSA is joining **Holidaze Ski Tours** for an **Antarctica Adventure & Celebration of New Years Eve** in Buenos Aires. You will leave Dec 29, 2010—January 12, 2011 for a 15 day cruise with three nights in Buenos Aires for New Years Eve. We will be joining other ski clubs & councils across the U.S. for this trip. Contact Norm Azevedo at fwsaitravel@sbcglobal.net for more information.

* **2011 FWSA Ski Week** will be in **Sun Valley, Idaho** January 22—29, 2011. \$875-\$1325. Contact Gloria Raminha, VP North American Travel, fwsa.natravel@sbcglobal.net

* **FWSA International Ski Week Engleberg/Interlaken** Feb 26— Mar 7, 2011; \$1725/person for 8 nights; Extensions to Bulgaria Mar 7-12 and Bucharest and Romania Mar 12—16, 2011. Contact Norm Azevedo at fwsaitravel@sbcglobal.net for more information.

WIN a spot on the FWSA Sun Valley trip

Valued at \$950 - 1050.

The NWSCC will be selling tickets, with the drawing to be held at NWSCC's annual Appreciation Night, July 21, 2010.

The cost is \$20 for one ticket or \$50 for three tickets. The winner will receive one fully paid trip with condominium lodging (transportation not included; an upgrade to hotel lodging would be at the winner's cost). If you have already paid a deposit at that time, your deposit will be refunded. Tickets are available through Sheri Parshall or other NWSCC officers. Only 250 tickets will be sold, so your chances are far better than the lottery!

FWSA

Far West Convention



June 10-13, 2010.

The 78th Annual **Far West Ski Association Convention** will be held at the fabulous **Renaissance Esmeralda Resort**

and Spa in Indian Wells (Palm Springs), CA, hosted by the San Diego Council of Ski Clubs.

Rooms (double occupancy) are only \$139 per night—use Group Code FWSA. The resort fees of \$25 /Day have been waived and there will be complimentary parking. Call 1-877-804-4070 for reservations.

The theme is "Thanks for the Memories". Many fun and educational events are planned.

If you are planning to go, contact **Debby Kor**, ijustwannarun1@comcast.net, 503-314-7078.

FWSA

Ski Week at Sun Valley



Sun Valley

Jan. 22-29, 2011.

This is the biggest trip of the season, attended by dozens of ski clubs.

Price: \$875-\$1325, depending of the type of lodging you select. This includes lodging, lift tickets, banquet, council party, apres ski parties, races, and more.

A deposit of \$100 per person is being accepted now, to reserve your spot.

Mail check to: NWSCC P.O. Box 1915 Portland, OR 97207-1915. Mark the envelope: "Sun Valley"

Contact **Barbara Bousum** at:

BBousum@gmail.com

Our Newsletter just the Right Size!

MOUNTAIN HIGH SNOWSPORT CLUB



Lift Lines Newsletter



Our newsletter is comparatively small in size, despite the many photos and illustrations. We learned this recently, when comparing Lift Lines to newsletters from other ski clubs.

Numerous ski clubs have submitted their newsletters to be judged at the 78th Annual **Far West Ski Association Convention** in Indian Wells (Palm Springs), CA, on June 10-13, 2010.

Catherine Ohl, who is in charge of the judging process has assembled all the newsletters in one place at: www.acatmeowz.com/FWjudging/participants/participants2009-10.html

Despite their large file sizes, most of these newsletters don't offer a whole lot more content.

Here are just some examples of the newsletter sizes. Bear in mind that our Lift Lines is usually right around 1 Megabyte. Many club's newsletters vary in size from month to month:

Mountain High (12-14 pages)	1.1 MB - 1.2 MB
Apres Ski Club (24 pages)	3.0 MB - 6.0 MB
Cheyenne Ski Club (8 pages)	2.0 MB - 2.5 MB
Fresno Ski Club (8 pages)	2.0 MB - 10.0 MB
Grindelwald Ski Club (12 pp)	2.0 MB - 6.0 MB
North Island Snowdrifters (10 pp)	2.9 MB - 2.9 MB
Reno Ski & Rec. (13 - 16 pp)	0.6 MB - 4.4 MB
Santa Barbara Ski (11 - 14 pp)	2.0 MB - 3.5 MB
Single Ski Club of L.A. (15-18 pp)	4.8 MB - 5.8 MB
Torrey Pines Ski Club (8 pages)	5.8 MB - 8.3 MB
Up the Creek (20 pages)	8.9 MB - 9.4 MB

So, other club's newsletters are 2 or 3 times larger than ours, some of them even 10 times larger in file size!

But, they don't offer more pages. In fact, several have only 8 pages. Only two clubs have significantly more pages than us, Apres: 24, and Up the Creek: 20 pages. Almost twice as many pages, but in a file that is 6 to 9 times larger than ours.

Most of these newsletters don't even have as many photos as we do. So, why are their newsletters so large? Mostly because they don't compress them as well as we do when generating their PDF files.

Sunday Brunch Cruise - May 2, 2010



May 2, 2010.

A pleasant time was had by all, having brunch and cruising on the Willamette River on the Portland Spirit.

Thanks to **Debbi Kor** for organizing this, and for the photos shown here.



Hike to Cape Lookout - May 16. 2010



May 16, 2010.

Good weather, good company, and some exercise. What's not to like?

It was a good hike, followed by some rest, relaxation and happy hour.

Thanks to **Elisabeth Fontaine** for for organizing this, and for the photos shown here.

Next hike is June 13 to Opal Creek. See page 2.



Out-of-bounds girls:
Alice and Patty



Chuck
and
Elisabeth



Mt. High Social at the Acapulco - May 20. 2010

May 20, 2010.

Our social evening at the Acapulco restaurant was well attended by over 70 people!

Thanks to **Debbi Kor** for for organizing this.

Barbara Bousum speaks about Sun Valley



Randy Low speaks about FWSA



MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

Mt. High Man & Woman of the Year

In case you are puzzled, the NWSCC has selected people from other clubs as their Man & Woman of the Year, but our own club still honors Kurt Krueger and Diane Zhitlovsky as our own Man and Woman of the Year.



Kurt Krueger



Diane Zhitlovsky

Mountain High Meeting

Usually the last Monday of the month.

June 28 (Mon.): Open to all who want to get more involved with the club, or just want to see what's going on. 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: Gordon Lusk H: 503-804-8363,
Vice-President: Kurt Krueger H: 503-625-1492,
Secretary: Diane Zhitlovsky H: 503-666-0389,
Treasurer: Sandi Dykstra H: 503-629-0177,
Membership Director: Elaine Bock H: 503-245-7009
Race Director: Bruce Ellison H: 503-697-7892,
Newsletter Editor: Emilio Trampuz H: 1-503-378-0171,
Social Activities: Debbi Kor H: 503-314-7078,
Golf: Cal Eddy H: 503-631-3115,
Hiking: Elisabeth Fontaine H: 503-524-5774,
Mid-week skiing: George Yun H: 503-697-3055,
Trip Directors: Linda McGavin H: 503-652-2840,
 Janice Jessen H: 503-515-6230,

GordyLusk@hotmail.com

telek2@verizon.net

Dianezhi@gmail.com

sandid@aol.com

SeawitchPdx@aol.com

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boar2m@msn.com

Trips@mthigh.org

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): _____

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 anyway.

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

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

Deposit? Paid in full?

☐ **Annual Membership** (Oct. 1, 2010 - Sept. 2011): Single (\$25); couple (\$40) \$ _____

☐ **PACRAT Racing (2011)** \$85 or \$90 Ask before you send. Team: _____ \$ _____

☐ **Rafting** (Aug. 20-22, 2010) Total \$90. Non-members: \$100 (Pay by Aug. 1) \$ _____

☐ **Rafting extras** RV space \$20. Camp+dinner (no raft): \$50. Dinner only: \$20. \$ _____

☐ **Other:** _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

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

Club membership = 294 Newsletter Distribution

The June 2010 issue is posted on our web site, and also:
296 copies sent via email (as PDF files)
26 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.

A trip to Australia. Interested?

Oct./Nov., 2011. Robert Burns would like to gauge the interest in a group trip to Australia (open to all the clubs). It would be:



4 nights Sydney,
 4 nights Melbourne,
 4 nights Cairns (Great Barrier Reef).

Price would be about \$3000, which includes air, lodging, transfers, taxes and fees.

He's thinking October or November of 2011. Anyone interested should email him at bob@inkjetman.com with "Australia" as the subject. If there's enough interest, he'll set it up.

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 Skis Kept Safe

John A. Davis sent us a photo showing how he keeps his new skis safe. He says: "Here I am keeping a close eye on my new skis (naked snowboarder lady had to move to the couch)"



Tree-Wells

On a more serious note, John also sent us a link to this interesting web site devoted to discussing the dangers of tree-wells in deep powder.

See it at:

www.treewelldeepsnowsafety.com/index.php