



# Lift Lines

= No. 197, May 2017 =

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



## Powder Alert, Extended Spring Season, Upcoming Events

**Timberline** has extended its Spring skiing season by two 2 weeks. The Fusion and Spring passes were scheduled to expire on May 21, but now you can keep on skiing until June 4.

**Powder Alert!** Timberline has received **10"** of new snow in the last 72 hours (Friday - Sunday, May 12-14). **Another 6" to 12"** total snow accumulation is expected through Tuesday, May 16!

This will be followed by BLUEBIRD days starting Thursday and continuing through the weekend (May 18-21).

Don't forget our annual **Mt. High Quarterly Social and Elections** (May 17) at Famous Dave's in Tualatin, starting around 6:15 pm. Free food! Be there or be square!

And plan on attending our **highway cleanup** on Sat. June 24. See p.10.



## Timberline Adventures



May 6 (Saturday)  
Jan Moore, Wendy Rust, and Kay Kinyon have just exited Little Zig Zag canyon, after skiing down it for over a mile.

We might ski the groomed runs, or take a guided tour with Emilio of Zig Zag canyon, Little Zig Zag canyon, Sand canyon, and everything in between. Where we'll ski depends on the snow and which lifts are open.

Any intermediate skier can do it. Join us for some fun! If you don't already have a Fusion pass, get a **Spring Pass** for just \$119.

We'll do this **till June 3**. Timberline has extended Spring skiing for 2 extra weeks, till June 4.

Meet at McDonald's in Sandy at 7:30 - 7:45 am, or at Timberline's day lodge at 9:00 am. We'll announce each of these outings in our [All-Club Forum](#), and the [Weekend skiing](#) section on the TRIPS page.

## To Do List

1. Enjoy **Spring skiing** (till June 3)
2. **May 17:** Mt. High Social & Elections at Famous Dave's
3. Enter the **Ski & Ride Challenge**. Send your lift tickets to the NWSCC.

Note the color code.  
Our club is blue.

## 2017 CALENDAR

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

### MAY

May 6 (Sat.): Mt. High ski day - Timberline  
May 13 (Sat.): Mt. High ski day - Timberline  
May 17 (Wed.): Mt. High Quarterly Social & Elections - Famous Dave's  
May 20 (Sat.): Mt. High ski day - Timberline  
May 22 (Mon.): Mt. High Board meeting  
May 27 (Sat.): Mt. High ski day - Timberline

### JUNE

June 7-11: FWSA Convention - Boise, ID  
June 24 (Sat): Mt. High Highway Cleanup  
June 26 (Mon.): Mt. High Board meeting



## Marking the Safety Boundaries on Mt. Hood - west of Timberline

**April - May, 2017.**

Skiers have gotten lost in the forests and canyons west of Timberline for decades. A [Forest Service map](#) from 1941 identifies both Little Zig Zag canyon and Sand canyon as areas where skiers get lost. They continue to get lost to this day, partly because the fall line west of Timberline doesn't take you back to the ski area. Instead, the fall line will take you away from the ski area and away from Government Camp. At some point, you need to take a sharp left turn and then traverse back to civilization.

**Emilio Trampuz** has been scouting the forest, both hiking and skiing, identifying and marking the safety boundaries with ribbons for the past 5 or 6 years, but the ribbons fade and decompose quickly.



**Emilio  
Trampuz**

**Bill  
King**



**Kay  
Kinyon**

Finally, working with the Forest Service - the Zig Zag Ranger Station - Emilio obtained permission to set up more permanent signs marking the two safety boundaries:

1. **YELLOW boundary** - Last chance to return to the lifts.
2. **RED boundary** - Last chance to return to Government Camp (via the Glade trail).

Anyone going beyond the red boundary will have to deal with several hours of slogging through deep snow and having to cross a large stream (or small river) more than once. They will, most likely have to spend a cold and wet night in the dark forest. Fortunately, if you just keep going down the hill, you will eventually get to Kiwanis Camp Road (Road 39), which is part of

the old Mt. Hood highway. This road may be partially snowed in, but if you follow it down for another 2 miles, you will eventually hit highway 26.

These safety signs will hopefully help save a lot of people from this ordeal.

**Kay Kinyon** has joined Emilio in this effort, providing the necessary tools and expertise and making it all a reality.

Kay and Emilio received further help from **Walt Blomberg**, **Kurt Krueger**, and **Bill King**, as well as **Tom Rodrigues**, **Jon Waldum**, and **Janis Allen**. Together, they spent hours cutting and assembling the signs, pasting reflective arrows on them, and posting the signs on the trees.



**Mark  
Engler**



**Walt  
Blomberg** **Kay  
Kinyon**



**Kay  
Kinyon**

The signs were posted under the supervision of **Mark Engler**, the Forest Service West Zone Recreation Program Manager.

It took a couple of days to fully mark the Yellow boundary. We are now working on the Red boundary, which is longer. Also, much more time and effort will be spent over the coming years to maintain the signs and replace them if needed.

See these and many more photos at [www.mthigh.org/Photos.htm](http://www.mthigh.org/Photos.htm).



## Mt. High

## Quarterly Social &amp; Club elections

**DATE:** May 17, 2017 (Wednesday)**TIME:** 6:15 pm**PLACE:** Famous Dave's

7121 SW Nyberg St

Tualatin, OR 97062

Food is on the club! Just buy your own drink. Everybody is invited! Come meet other club members, check out what's new.

**ELECTIONS:** We will hold our annual elections for 4 positions:

**President:** Debbi Kor**Vice-President:** Bill King**Secretary:** - OPEN -**Treasurer:** Nancy Pratt

If anyone else wants to run, please notify our elections coordinator and past club president: Kurt Krueger at [telek2@frontier.com](mailto:telek2@frontier.com), 503-625-1492. See our web site for [ballots](#).

If you would like to get a little more involved with the club and be a "Board Member at Large", talk to our club president, Debbi Kor, 503-314-7078, [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net).

**If you are planning to come, please RSVP to Karen Michels at [skiklynn@gmail.com](mailto:skiklynn@gmail.com) by May 12.**

## Skiing the Canyons

May 6 (Sat.)

May 13 (Sat.)

May 20 (Sat.)

May 27 (Sat.)

June 3 (Sat.)

NOTE: Dates might vary.



**Every weekend till June 3.** The scenery changes dramatically just a little west of Timberline. Let us take you there safely.

The schedule is not fixed. We'll vary the days depending on the weather and people's preferences. Stay tuned through our Forums, web site, and Facebook page.

Contact Emilio, [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net)

## Mt. Hood Museum - Happy Hour



**May 27, 2017 (Saturday)** 6:30 pm – 9:00 pm

After a day on the slopes, have dinner in Government Camp, and then come to the

social history happy hour at the Mt. Hood Museum & Cultural Center, in the heart of Govy.

This month, the topic will be: "Rock Art of the Columbia Basin." Presented by Dr. Jim Keyser, Archeologist.

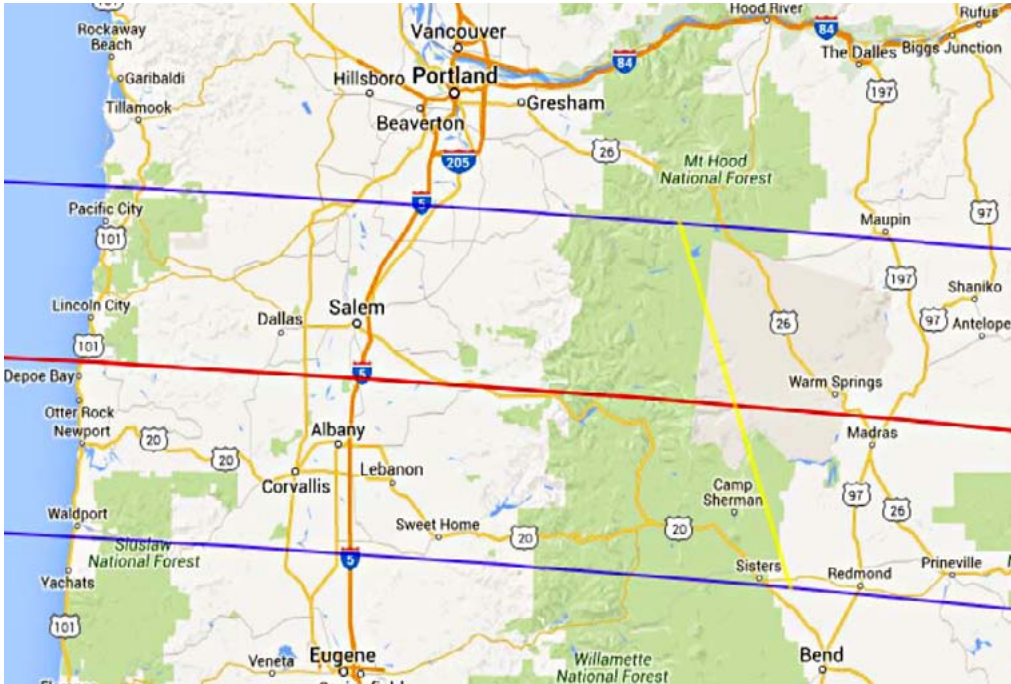
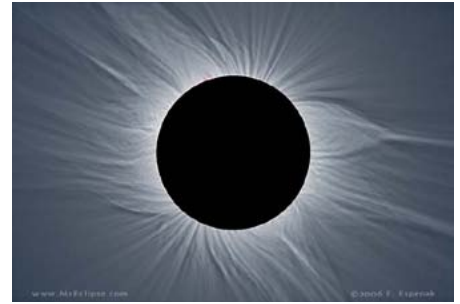
Doors open 6:30, lecture at 7 pm. For more info, call the Museum: 503-272-3301.

\$5 cash at door, Beer & Wine available for purchase.

## Solar Eclipse coming to Oregon

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

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



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

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

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

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

## What you need to know about the solar eclipse

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



## Mt. High

## Man of the Year



**Alan Bean**, our Racing director, is our Mountain High's Man of the year for 2017.

Alan is our PACRAT Race Coordinator. He took over the position 2 years ago, and has done a phenomenal job of organizing the racers, getting them placed on teams, making sure all the paperwork is

done. He also edits the monthly "Speed Racers' Corner" in our Lift Lines newsletter.

Sylvia Kearns, President of Northwest Ski Club Council, has announced that Alan has also been chosen as this year's Council Man of the Year. At the Far West Ski Association Convention, Alan will vie with members from the other eight councils for the title of the Far West Council's Man of the Year.

## Mt. High

## Woman of the Year



**Nancy Pratt**, our Treasurer, has been named Mountain High Snowsport's Woman of the Year for 2017.

Nancy has been our club's Treasurer for the past several years and does an absolutely awesome job for us! She's right on the spot for issuing reports, taking care of getting our mem-

bers signed up for their trips, balancing the budget so that the club can provide all the fun parties that we have, and she is a great asset to our Board of Directors!

Nancy has processed every single check you wrote to the club, for membership, trips, and more.

Congratulations, Nancy, and a big thanks!

## Storing Your Skis

Ski season is almost over. What to do with your skis now? How best to store them during the summer? Here are a few suggestions.

- 1. Wash your skis.** They might be dusty and grimy, especially if you have skied late into the Spring and have skied over a bunch of fallen needles and other tree debris. Hose your skis off in your back yard. Or wipe them off with an old wet towel.
- 2. Remove old wax.** Scrape it off with a metal scraper. Or use a wax solvent. Or do a hot-wax removal. This means: you drip some new wax on the bases with a



hot iron, and then scrape off all the wax while it is still warm. That will remove almost all the old wax and leave your bases cleaner.

- 3. Put on a fresh coat of wax.** Drip some fresh wax onto your ski base, and iron it in. Don't scrape it off. Let the wax sit there till next season. It will protect your bases from oxidizing, and it will get absorbed into the base.
- 4. Scrape off most of the wax** at the start of next season just a day or two before your first ski day.

## Summer Activities



We don't yet have a schedule of summer activities. They will gradually be announced as Summer approaches. Stay tuned, read the newsletter, check out our online Calendar of Events on our Home page at [www.mthigh.org](http://www.mthigh.org), and join our Forums and/or our Facebook page, so you can communicate directly with other club members.

We also need volunteers to act as activity leaders. Perhaps **bike rides**, or **hiking**, or **swimming**, **kayaking**, **rafting**, **bowling**, ... anything fun! If you would like to organize an activity for the club, please contact any of our Board members (see list at the end of this newsletter) or come to one of our monthly Board meetings (usually the last Monday of each month).



## Northwest Ski Club Council Ski & Ride Challenge

Qualify for a prize: ski or snowboard in a single season at least 7 ski areas shown here: in British Columbia, Colorado, Hawaii, Idaho, Oregon, Montana, Washington, and Wyoming.

Just save your lift tickets and/or receipts or copy your season pass.



Also included:

**COLORADO**  
Breckenridge

**IDAHO**  
Bogus Basin  
Brundage Mt.  
Schweitzer Mt.  
Sun Valley

**MONTANA**  
Whitefish Mt.

**WYOMING**  
Grand Targhee  
Jackson Hole

**BRITISH COLUMBIA**  
Big White  
Silver Star  
Sun Peaks  
Whitewater  
Kicking Horse  
Fernie  
Kimberley  
Nakiska



Entry Form and Rules are posted on the NWSCC website at [www.nwski.org](http://www.nwski.org)

### 2016/2017

## Ski & Ride Challenge

The NW Ski Club Council wants to encourage you to see and ski more places, ... and don't forget the small ones!

Ski or ride any 7 or more resorts during the 2016-2017 ski season to be eligible to win a prize. Just save your lift tickets or receipts, and mail them in at the end of the season.

Ski areas that count are all those in **Oregon, Washington, Hawaii**, as well as our commercial member resorts in **British Columbia, Colorado, Idaho and Wyoming** - as shown on the flyer here.

**Save your lift tickets or receipts!** Then, at the end of the season, mail them to the **Northwest Ski Club Council, Ski & Ride Challenge**, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

The official [entry form](http://www.nwski.org) is on the [NWSCC web site](http://www.nwski.org) and also at: [www.mthigh.org/Trips/NWSCC-Ski-Challenge2017.pdf](http://www.mthigh.org/Trips/NWSCC-Ski-Challenge2017.pdf)

Winners will be announced at the start of the following winter season, most likely in December.

## Bullkrinkle's Revenge

"Aah! Revenge is sweet" said the moose to the other members of his hunting party as they strapped their trophy kill onto their pickup.





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

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

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

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

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

**Land Package includes:**

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

**Air Transportation Information:**

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

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

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

**It is HIGHLY recommended to use FWSA air transportation!**

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

**Brides les Bains Lodging/Land Package Information:**

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

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

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

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

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



## Mountain High Snowsport Club

See what our club has done during the past winter season. There is more than this, but a lot of it has been recorded on our PHOTOS web page at <http://www.mthigh.org/Photos.htm>. Go there and just keep scrolling down to see it all. Or click on any of the topics below to see more of that.



Our PHOTOS page contains a record of what our club has done during the past season, as well as in the past several years. Check it out!



### Timberline's new lodge mascot, Bruno

**April 12, 2017.** This week, Timberline Ski Area Sales Manager Kim Nylund has taken on the master responsibilities of a very playful and sweet purebred male St. Bernard mascot. He comes from the same breeder and lineage as Heidi, Timberline's female St. Bernard, who is about a year and a half old. While Heidi is based at Timberline's Front Desk in the Main Lodge, Bruno will be stationed across the parking lot at the Wy'East Day Lodge. He'll be greeting skiers and snowboarders throughout the Day Lodge, in the ticket and rentals lines, as well as guests out on the slopes taking lessons. At just 11 weeks old, Bruno is already getting a lot of attention at Timberline.

It is Timberline's tradition to name each successive generation of St. Bernards either Bruno (if male) or Heidi (if female).



## MOUNTAIN HIGH

## Contacts / Club info

## SNOWSPORT CLUB

## Man &amp; Woman of the Year



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



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

## Mountain High Meeting

Usually last Monday. Exception due to Memorial Day.

**May 22 (Mon.):** Open to all who want to get involved with the club.

Gather at **6 pm**. Start at **6:30 pm**.

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

## Mountain High snowsport club contacts:

**President:** Debbi Kor H: 503-314-7078,  
**Vice-President:** Bill King H: 614-371-4762  
**Secretary:** Steve Royce H: 503-413-0493,  
**Treasurer:** Nancy Pratt H: 503-593-9427,  
**Past President:** Kurt Krueger H: 503-625-1492,  
**Membership Director:** Karen Michels H: 503-984-9210,  
**Racing Director:** Alan Bean H: 503-849-8009,  
**Newsletter Editor:** Emilio Trampuz H: 1-503-378-0171,  
**Social Activities:** Debbi Kor H: 503-314-7078,  
**Trips Director:** Linda McGavin H: 503-652-2840,  
**Golf:** Cal Eddy H: 503-805-8606,  
**Hiking:** Chris Brooks H: 503-764-5323,  
**Bike rides:** Jackie Bonillo H: 503-663-3359,  
**Mid-week skiing:** Ken Brundidge H: 503-720-0620,

[President@mthigh.org](mailto:President@mthigh.org)  
[willie2k@ymail.com](mailto:willie2k@ymail.com)  
[wsroyce49@frontier.com](mailto:wsroyce49@frontier.com)  
[Treasurer@mthigh.org](mailto:Treasurer@mthigh.org)  
[PastPresident@mthigh.org](mailto:PastPresident@mthigh.org)  
[skiklynn@gmail.com](mailto:skiklynn@gmail.com)  
[Racing@mthigh.org](mailto:Racing@mthigh.org)  
[newsletter@mthigh.org](mailto:newsletter@mthigh.org)  
[ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)  
[Trips@mthigh.org](mailto:Trips@mthigh.org)  
[baebaw@ccgmail.net](mailto:baebaw@ccgmail.net)  
[jruffman@aol.com](mailto:jruffman@aol.com)  
[jbon1960@comcast.net](mailto:jbon1960@comcast.net)  
[KenBrundidge@comcast.net](mailto:KenBrundidge@comcast.net)

General info:  
[info@mthigh.org](mailto:info@mthigh.org)

Web site:  
[www.mthigh.org](http://www.mthigh.org)

## DOUGH TRANSMITTAL FORM

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

PLEASE PRINT CLEARLY: ☐ New membership or ☐ Renewal

Name(s): \_\_\_\_\_ Birthday (MM/DD) \_\_\_\_\_

Address: \_\_\_\_\_

Phone (Hm): \_\_\_\_\_ Phone (Wk): \_\_\_\_\_

Email (Hm): \_\_\_\_\_ Email (Wk): \_\_\_\_\_

I certify that I am 21 years of age or more. I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

**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, 2016 - Sept. 2017): Single (\$25); couple (\$40) \$ \_\_\_\_\_

☐ **PACRAT Racing (2017)** \$110 for the whole season. Team: \_\_\_\_\_ \$ \_\_\_\_\_

☐ **Mystery trip** (Jan. 19-22, 2017). Deposit = \$175. Total cost = \$475. \$ \_\_\_\_\_

☐ **Powder Alliance trip** (Feb. 25 - March 4, 2017) Deposit = \$250. \$ \_\_\_\_\_

Trip options: Age bracket ( \_\_\_\_\_ ). Will you have a Fusion Pass? [ Y / N ]

☐ **Leavenworth trip** (March 17-19, 2017). Deposit = \$150. Total = \$360 or \$323. \$ \_\_\_\_\_

☐ **Other:** \_\_\_\_\_ \$ \_\_\_\_\_

**Total:** \$ \_\_\_\_\_

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

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

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

### Club membership = 250      Newsletter Distribution

The May 2017 issue is posted on our web site. Also:

**258** copies sent via email (as PDF files)

**16** paper printed copies sent via US Mail.

Copies are also sent to potential members, other clubs, the National Ski Club Newsletter, etc.

### Count Your Ski Areas

Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2017-03-16.xls>

### Seniors Skiing

Here's another good resource for skiers and riders. Check out: [SeniorsSkiing.com](http://SeniorsSkiing.com).

The title is "Seniors Skiing", but there is tons of information here of interest to people of all ages.

Here are some examples:

- \* **Putting Away Gear: Cleaning & Storage**
- \* **What's Biting You: Treatment & Prevention**
- \* **Move Review: Avalanche Sharks**
- \* **New Twist on Skiing "The Rockies"**

You can subscribe to weekly or monthly emails from Seniors Skiing by clicking on the Community tab and then selecting "Subscribe".

### Mt. High

### Highway Cleanup

**June 24 (Sat.).** It's time for another cleanup of the 2 miles of Highway 26 we've adopted.

We'll meet at **10 am** in Skibowl's parking lot, and spend about 2 hours removing stuff people throw out along the highway. Bring some gloves. We will provide garbage bags and garbage pickers.

At **noon**, lunch will be provided for all who participate in the cleanup. Most likely at the Ice Axe brew pub or at The Taco Shoppe in Government Camp. Please RSVP by contacting **Debbi Kor**, 503-314-7078 or [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)



Emilio Trampuz  
Mountain High Newsletter editor  
4742 Liberty Rd. S., #296  
Salem, OR 97302  
Please check our web site,  
[www.mthigh.org](http://www.mthigh.org)  
for updates.