

It's important to thee that you RSVP

Please remember that it is very important to respond to an RSVP request if you are planning to attend an event or a trip. If we don't hear from you, an event might be canceled because of too few signups. That's what happened with the recent highway cleanup that was cancelled because only 2 people had responded.

The next upcoming event that needs your response is the **Timberline to Zig Zag bike ride** on July 22. We need to know how many cars we'll have, how many people, and how many places to reserve for lunch at the end of the bike ride.



This issue contains info on **3 upcoming Mt. High winter trips**, 3 Far West ski trips, plus a FWSA scuba diving trip. Some of these are only preliminary announcements, but you now have enough info to start planning you upcoming winter.

Note also that tentative dates for our PACRAT and NASTAR races have been published on our **RACING EVENTS** page. We have made a real effort to try to avoid conflicts between winter trips and races.

The best ways to get to know other club members is to sign up for trips and races. Try them both!

We will have 3 Mountain High trips. Read about them in this issue.

- 1. Jan. 5 7, a short weekend trip to Mt. Shasta & Mt. Ashland,
- 2. Jan. 20 27, a week-long trip to **Canada (the Okanagan Adventure)**.
- 3. Feb. 21 24, a 4-day trip to **Brundage Mt**, ID and **Anthony Lakes**, OR. They will fill up fast.



Note the color code.
Our club is blue.
2017 CALENDAR
Blue: Mountain High events
Red: NWSCC / FWSA / Multi-club
Black: General events
JUNE
June. 7-11: FWSA Convention - Boise, ID
June 24 (Sat): Mt. High Highway Cleanup
June 26 (Mon.): Mt. High Board meeting
JULY
July 12 (Wed.): Cartopia Food Cart Pod
July 14,15,16: Summer Fun Nationals
July 22 (Sat.): Bike ride: Timberline to Zig Zag
July 29 (Sat.): History Happy Hour - History of
Mt. Hood's Steiner Cabins
July 31 (Mon.): Mt. High Board meeting
AUGUST
Aug. 5 (Sat.): Bike ride: Leif Erickson drive
Aug. 12 (Sat.): Mt. High Highway Cleanup
Aug. 12 (Sat.): Steiner Cabins Tour
Aug. 21 (Mon.): Solar Eclipse
Aug. 26 (Sat.): History Happy Hour - Log
Cabin Maintenance
SEPTEMBER
Sept. 16 (Sat.): Bike ride: Trillium Lake &
Still Creek Road
Sept. 30 (Sat.): Seafood Party
OCTOBER
Oct. 7 (Sat.): Bike ride: Timothy Lake
Oct. 14 (Sat.): Kickoff / Membership party

Recent events

Lift Lines 198-199, June-July 2017 SNOWSPORT CLUB

MOUNTAIN HIGH

Far West Ski Association Convention Boise, Idaho

June 7 - 11, 2017.

Far West Conventions are always fun and chock-full of activities. This one was no exception. It started with a number of fun outdoors activities, such as a bike ride along the Boise River Greenbelt, a Golf Tournament, a hike around the Bogus Basin ski area (where we saw the inner workings of a high-speed lift), and an evening Pub Crawl.

The more serious part of the Convention started with a sort of "ski fair" and a silent auction, where many ski trips went for very affordable prices. The next morning was a Travel Expo - a chance to talk to ski area reps one-on-one.

Then there were several seminars, educational events, and public discussions. Among the topics were: How to Love your Club Members (drawing a parallel between the life of a ski club and a marriage, including how to attract members, how to keep them, and what happens in a "divorce" (when people leave the ski club). There was also a demonstration on how to keep your ski equipment in good shape.

The winners of numerous individual and club contests were announced. Many awards were presented, too many to list here, but you should soon be able to find all that info on the FWSA web site, <u>www.fwsa.org</u>. To mention just a few:

Debbi Kor (our club President) has been appointed **FWSA Convention Chairperson**, and is looking for someone to take over her position as FWSA VP of Marketing.

We won 1st place for our web site, 2nd place for our newsletter, and **Emilio Trampuz** won the prestigious Safety Person of the Year award, with a prize of a trip to Telluride for 2 people. Emilio will share this prize with **Kay Kinyon**, who has been the most instrumental in making the safety signs and posting them on Mt. Hood.

See more Convention photos on our **PHOTOS** page, and see the Awards we won on our Mt. High <u>AWARDS</u> page.

Safety Boundaries getting le signs are

QWhere are the Safety boundary signs? I've skied out of bounds west of Timberline and didn't see any.

A Let's hope you never do see any of the Safety signs, because if you do see them, it means you are very close to getting lost on the mountain. The signs are meant to be seen only by those who are about to go too far.

There are two boundaries. The YELLOW one will bring you back to the ski lifts.

The RED boundary signs are a lot lower on the mountain and they mark your last chance to get back to Government Camp, before getting

Karen, Nancy, Linda, and Terry on bike ride



One of the 5 tables reserved for Northwest delegates





truly lost in the woods. The red signs are not all in place just yet, pending further work with the Forest Service next winter.

See a map of these boundaries in an article on our ARTICLES page: http://www.mthigh.org/Articles/ Mt-Hood-Trail-Skiing-Glade-Trail-Day.pdf. Also, Emilio can show you the exact location.

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See these and many more photos at <u>www.mthigh.org/Photos.htm</u>.

Upcoming events

SNOWSPORT CLUB

Mt.High

Cartopia Food Cart Pod

July 12, 2017 (Wednesday) 6 pm

Corner of SE 12th Ave. and Hawthorne Blvd. **Portland OR**

Let's get together for some socializing and food tasting. Let's meet at 6 pm.

Food Cart Pods are getting quite popular. There are several of them in the Portland area. You have many food choices from several food carts.

so everyone can order their own thing, and then we can all sit together in a common space

with tables. The Cartopia pod is located on Southeast Hawthorne Boulevard at Southeast 12th Avenue, has a covered, heated seating area and most carts are lively till late at night.

Among the available food choices are: **Potato Champion** (crispy, twice-fried Belgian-style fries and gravy-doused poutine); Pyro Pizza (beautifully singed pizzas from a wood-fired oven); Perierra Crêperie (Nutella-banana or avocado-cream-cheese-and-turkey crêpes), PBJ's **Grilled** offers surprisingly delicious sandwiches like the Smoked Goat: almond butter, apple wood bacon, goat cheese and apricot jam on olive bread; **Lardo**, (decadent sandwiches such as mortadella and mozzarella, cold fried chicken, etc.). Hungry Heart Cupcakes offers delicious desserts.

Questions: Debbi Kor, 503-314-7078, **ijustwannarun1@comcast.net**

Summer Fun Nationals - Timberline

July 14, 15, 16. Friday is a welcoming party. **Saturday** is a

GS race (2 runs) and then a BBQ. Sunday is a Sla-

lom race.



This is the 29th annual event. It's a great opportunity to have fun racing at sunny Mt Hood while refreshing the muscle memory in your legs halfway between last season and next. Usually, about 120-150 racers participate.

The cost, if registered before July 13, is as follows:

- 1. The entire weekend (GS, BBQ, SL) = \$135
- 2. Saturday only: (GS, BBO) =\$95
- 3. Sunday only (SL): \$65.
- 4. Guest for BBQ only = \$39

More info at: http://www.mthigh.org/index. htm#Summer Fun Nationals

Mt. Hood Museum - Happy Hour



July 29, 2017 (Sat**urday)** 6:30 – 9 pm.

The history of Mt. Hood's Steiner cab**ins**. Presented by Lloyd Musser, museum curator.

Learn about the historic cabins on July 29. Then go tour them on August 12.

Location: Mt. Hood Museum & Cultural Center, in the heart of Government Camp.

Doors open 6:30, lecture starts at 7 pm. \$5 cash at door, Beer & Wine available for purchase.

For more info, see our web site or contact:

Mt. Hood Cultural Center and Museum Phone: 503-272-3301,

Email: info@mthoodmuseum.org Web site: www.mthoodmuseum.org

Upcoming bike ride

SNOWSPORT CLUB

Mt. High History Bike Ride - Timberline to Zig Zag

July 22 (Sat.) Meet at 9 am at the Zig Zag Inn. Free ride!

This is not a typical bike ride. It's a history tour. We'll ride along parts of the Oregon Trail and part of the old Mt. Hood highway, the one used to build Timberline Lodge. This time, we'll have a bit less history and a bit more riding! Each year is a bit different.

We'll start with some fun from Timberline to Government Camp. Those with mountain bikes can experience the Timberline to Town mountain bike trail, while those with road bikes or simply preferring a more gentle ride will bike down West Leg Road, a paved road with no traffic on it.

The two groups will meet at the west end of Government Camp and from there we will briefly join the Oregon Trail (Barlow Road).

What's new this year:

1. We'll do only part of the wagon trail route and skip the part that is more walking than biking. Our route will be 99% downhill.

2. We'll visit Emilio's trail, a new trail that re-opens the connection between the old Mt. Hood highway and modern highway 26 at a place where the recent blasting has destroyed the ramp that used to be there. So, no need to backtrack a full mile like we did last time.

3. We'll visit Little Zig Zag River Falls. It's the coolest place on the mountain! The trail to it has recently been improved.

4. We'll visit the only bat cave on Mt. Hood!

5. We'll ride on two hidden trails between Rhododendron and Zig Zag. At the end of the ride, we'll have lunch at the Zig Zag Inn. The ride is free, but everyone pays for their own lunch and/or drinks.

Meet at 9 am at the Zig Zag Inn, where we will leave some of our cars and carpool up to Timberline.

Caution! Most of our route will be completely free of traffic, but at 2 places we'll have to ride along the shoulder of highway 26 for about half a mile. Also, we'll have to cross highway 26 in 3 places.

If you are planning to come, please RSVP to Emilio, 503-378-0171, or Emilio2000@earthlink.net.







Upcoming bike rides / events

SNOWSPORT CLUB

Mt.High Leif Erikson Bike Ride



August 5, 2017 (Saturday). 10 am. The Leif Erickson Drive in Portland's Forest Park is a 14 mile easy bike ride consisting of one

tiny uphill and the rest a mild downhill and level terrain. Mountain bikes are recommended, but a regular commuter bike is OK too. The roadbed is smooth and firm. Nice shade all the way.

We will meet near the **Wesco Distribution** building, at the corner of **NW Nicolai** & **31st Avenue**. Don't park in their parking lot, but across the street from them. Only a few of us will leave our cars parked there. The majority should just wait until we are all assembled and then we'll shuttle our cars and bikes to the start of the trail on the uphill side on Germantown Road.

Bring water, a snack, gloves, and jacket just in case.

We'll have lunch at Kenny & Zuke's Cafe (NW 24th & Thurman) near the end of the ride. A good time will be had by all. Leaders: Emilio Trampuz Emilio2000@earthlink.net, Linda McGavin, Trips@mthigh.org, and John Davis, hikedance@gmail.com.

Mt.High Trillium Lake & Still Creek bike ride 🚿

September 16. Saturday. 10 am.

A mountain bike ride along Still Creek Road in the downhill direction. From Government Camp, ride to Trillium Lake, then a bit uphill for almost a mile, and finally several miles of downhill cruising toward Rhododendron. We'll have lunch at the Still Creek Inn.

Nice long glide with very little uphill action. Perfect for beginner mountain bike riders.

Still Creek Road runs behind Multorpor and Ski Bowl ski areas. Strong legs not required.

9:30 - 9:45 am: Meet at at the **Still Creek Inn** in Rhododendron. Please park behind the restaurant. We will leave a few cars there (for later), and then transport everyone and all our bikes to Government Camp, for the start of the bike ride.

If you have a trailer, or a truck, or anything capable of hauling several bicycles from Rhododendron to Government Camp, ... please bring it.

10:00 am: We will leave from Govy and take mountain bike trail down to the Trillium Lake area and then over to Still Creek Road. A mountain bike is required mainly for wide tires to deal with some soft gravel, but otherwise it is a pleasant downhill ride.

1 pm: Lunch at the Still Creek Inn

Contact John Davis, <u>hikedance@gmail.com</u> and/ or Emilio Trampuz, <u>Emilio2000@earthlink.net</u>.

Mt.High

Highway Cleanup

Aug. 12 (Sat.). It's time for our Summer Cleanup of the 2 miles of Highway 26 we've adopted, from mile post 51 to 53, just west of Government Camp.

We'll meet at **10 am** in Skibowl's parking lot, and spend about 2 hours removing stuff people throw out along the highway. Let's see who will find the most interesting object! Bring some gloves. We will provide garbage bags and garbage pickers (Bring one if you have one).

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.

We need only about 12 people. Please don't come unannounced.

If you are planning to come please RSVP by contacting **Debbi Kor**, 503-314-7078 or <u>ijustwannarun1@</u> <u>comcast.net</u>



Upcoming Events

SNOWSPORT CLUB

Solar Eclipse coming to Oregon

August 21, 2017 (Monday). 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 - 45 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. Watch out for traffic!

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. Seeing 97% of totality is seeing very little.
- 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 the shadows of many objects such as trees will 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 Trips

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Mt.High

Weekend bus trip to Mt. Shasta & Mt. Ashland

Mt. Shasta+ Mt. Ashland

January 5 - 7, 2018 (Friday =- Sunday) - 2 days/ 2 nights.

2 nights / 2 days skiing.

Saturday at: Mt. Shasta Sunday at: Mt. Ashland

No need to pack and move every day. We'll stay in the same hotel both nights. The hotel has a hot tub and indoor swimming pool. It also has free Wi-Fi and free continental breakfast All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.

We'll start the trip on Friday at 2 pm and just ride the bus to Ashland.

Lodging: We'll stay at the **Stratford Inn**, near downtown Ashland. The hotel offers free Wi-Fi, a fitness room, an indoor hot tub and swimming pool. Each room has a coffee-maker, refrigerator/freezer, and a microwave.

On Saturday, we'll drive a little over an hour to Mt. Shasta ski area, offering 3 lifts on 3 separate hills.

On Sunday, we'll ski at nearby Mt. Ashland. We'll ski till 3 pm, and then ride the bus back home. We'll return to Portland around 9 pm on Sunday.

TENTATIVE, BALLPARK PRICES (Firm price will be announced soon: **Price:** Adults = \$330 per person

= \$330 per person
= \$310
= \$276
= \$250

Price includes all bus transportation, 2 nights lodging, and 2 lift tickets, and a dinner.

Also, the hotel offers a free continental breakfast including a "make your own bowl" yogurt breakfast bar, fruit juices, coffee, an assortment of teas, bagels, whole-wheat bread, cereal and oatmeal. There is also an in-house coffee shop.

Space is limited by the size of the bus. Also, this trip is open to members of other clubs as well, so please sign up early!

To reserve your spot: Please send in a deposit check of \$100 per person, preferably by November 15, 2017.

Full payment due by **December 1, 2017.** No refunds after December 1, unless you can fill your spot. See our Mt. High <u>Trip Cancellation Policy</u> (on our web site, FORMS & DOCS page)

Please use the **Dough Transmittal form** on the Forms & Docs page on our web site. Make check payable to Mountain High Snowsport Club, and mail it to:

Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader Emilio Trampuz, 503-378-0171, Emilio 2000@earthlink.net



More ski trips info at: <u>www.mthigh.org/Trips.htm</u>.

Mt. High Trips

SNOWSPORT CLUB

Mt.High

Okanagan Adventure (BC, Canada)

Sun Peaks + Silver Star

NOTE: Passport required!



January 20 - 27, 2018 - 7 night trip.

We will stay ON MOUNTAIN at both resorts with easy access to all village amenities. Full trip price includes: roundtrip charter bus transportation, 7 nights lodging, 3 Silver Star lift tickets, 2 Sun Peaks lift tickets and several meals. FYI: Silver Star is part of the Powder Alliance and if you have the local fusion pass for Timberline/Skibowl you get three free passes to Silver Star. Fusion pricing is lower as it takes into account those three free lift tickets. In addition, you can customize your trip with an optional lodging upgrade (limited availability) or adjusting the number of lift tickets you want.

At **Sun Peaks**, we will stay in traditional hotel rooms at the **Sun Peaks Lodge** with TWO people per room. Rooms have QQ or K setup.

At **Silver Star**, we will stay in two bedroom condos at **Chilcoot Lodge** with FOUR people in each condo. Room #1 QQ, room #2 Q + twin bunks. Each unit has two bathrooms. There is a kitchen and a living room with a pullout sofa in each condo that will be shared by all four. There will also be a limited number of two bedroom condos at **Snowbird Lodge** in Silver Star resort for those that want to upgrade. Room #1 K, room #2 K or T/T and there is a pull out in the living room. The units also have three bathrooms and a PRIVATE HOT TUB on the deck. The Snowbird Lodge units are first come, first serve by request with deposit and I will only place pre-arranged groups in them. To upgrade to the Snowbird Lodge, please add \$100 to the trip price.

Silver Star is located about 12 miles from Vernon in the heart of the Okanagan region and is the 3rd largest in British Columbia. It offers both Nordic and downhill options. It is known for champagne powder and averages over 23 feet of snowfall each year. Silver Star has over 3200 acres of downhill skiing, 11 lifts and 132 runs with 15% easiest, 40% intermediate, 35% most difficult and 10% extreme. If you want to take a day off from skiing at Silver Star, there are tons of optional activities to enjoy including: fat biking, tubing, snowshoeing, ice skating and shopping. Check it all out at <u>www.Skisilverstar.com</u>.

Sun Peaks is located about 35 miles from Kamloops, British Columbia. It is the 2nd largest resort in British Columbia and averages over 20 feet of snowfall annually They boast 12 chairlifts and 2800 feet of vertical for downhill skiers and almost 25 miles of groomed and track-set trails with optional lift access via Morrisey express for Nordic skiers. They have over 4200 acres of terrain with 10% beginner, 58% intermediate and 32% expert. In addition, they offer optional snowmobiling, sleigh rides, ice skating, tubing and snowshoeing. Check it out at <u>www.Sunpeaksresort.com</u>.

We hope you join us for this exciting trip. Reserve your spot now with a 250.00 deposit!!!

October 15th 2017 is the cancel date for this trip. After October 15th, you will only receive a full refund if we can fill your spot. Full payment is due October 15th. See our Mt. High <u>Trip Cancellation Policy</u>.

Fusion resorts have not been finalized for 2017/18 but Silver Star is expected to continue in the alliance.

Prices:

Adult1099.00Senior1045.00Fusion899.00Senior fusion880.00Nordic810.00Non-skier770.00Upgrade to Snowbird Lodge at Silver Star: Add \$100.



Please use the **Dough Transmittal form** on the Forms & Docs page on our web site. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208

Contact trip leaders:Karen Michels:skiklynn@gmail.comBill King:willie2k@ymail.com

More ski trips info at: <u>www.mthigh.org/Trips.htm</u>.

Mt. High Trips

SNOWSPORT CLUB

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Brundage Mt.+ Anthony Lakes

Brundage Mt. bus trip

Feb. 21 - 24, 2018 (Wednesday - Saturday) - 3 days/ 3 nights.

We will stay 2 nights in McCall, Idaho and one night in Baker City, OR.

Wednesday= Travel day. Ride the bus to McCall, Idaho.Thursday= Ski Brundage or go Snowcat skiing (optional).Friday= Ski Brundage.Saturday= Ski Anthony Lakes and then drive straight home.Return home by Saturday night.(PACRAT racers can then participate in the race on Sunday.)

Brundage Mt., ID is located just 8 miles from McCall, Idaho. It offers

some of the best snow in Idaho, a vertical of 1,921', and 1920 skiable acres, served by 5 lifts: 1 hi-speed quad, and 4 triples. It has 46 named trails, plus lots of glades

Brundage Mt. Snowcat Adventures offers an additional 18,000 acres accessible by snowcat. On our trip, you can sign up for an optional day of snowcat skiing on our first day (Thursday) for \$xxx.

Anthony Lakes, OR has the highest base elevation in Oregon, at 7,100', ensuring a high quality, dry snow. It offers 1,100 acres and 900 vertical feet. Good snow on good terrain keeps us returning to this ski area again and again.

Prices:

Mt.High

Adult full price
 Senior full price (65 to 74)
 Super-Senior full price (75 to 79)
 Nordic full price (regular & senior)
 Base Price without any lift tickets

= \$xxx = \$xxx = \$xxx

= \$xxx

= xxx

NOTE: Prices will be announced soon on our web site.

Price includes all bus transportation, 3 nights lodging, and 3 lift tickets.

To reserve your spot: Please send in a deposit check of **\$150** per person.

Full payment due by January 15, 2018. No refunds after January 15 unless you can fill your spot. See our Mt. High <u>Trip Cancellation Policy</u> (on our web site, FORMS & DOCS page).

Please use the **Dough Transmittal form** on the Forms & Docs page on our web site, or on the next to last page in our newsletter. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader Linda McGavin (trip leader) at 503-652-2840, Trips@mthigh.org



More ski trips info at: <u>www.mthigh.org/Trips.htm</u>.

Far West Trips

SNOWSPORT CLUB

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Scuba Diving trip to Roatan

7th annual dive trip with Randy Lew

September 23 - 30, 2017

Roatan: located between the islands of Útila and Guanaja, is the largest of Honduras' Bay Islands. The island was formerly known as Ruatan and Rattan. It is approximately 77 kilometers long, and less than 8 kilometers across.

Basic Land Package (Price per person, double occupancy)

- Dive Package: 5 days of 3-tank boat dives +1 night dive = \$899
- Non-Dive Package \$849
- Single Supplement \$759

Price Includes

- 7 nights at Mayan Princess Beach & Dive Resort in Deluxe Hotel Room– Double occupancy • Welcome party and farewell dinner
- All meals daily at one of the resort's 4 restaurants
- Alcoholic and non-alcoholic beverages

- 19% hotel taxes (tips not included)
- All onsite activities and use of facilities and equipment Complimentary WI-FI
- PADI 5 Star Instructor Development Dive Resort • Transportation from airport

Contact: Randy Lew, FWSA Dive Trip Leader, P.O. Box 9237, Truckee, CA 96162, 530-304-0802. Email: divetrips@fwsa.org

More Info: http://www.fwsa.org/Travel/Dive/2017-FWSA-Roatan/Roatan-Index.html

FWSA

Mini Ski Week - Alaska Iditarod + Mt. Alyeska

Alaska Iditarod + Ski & Snowboard Mt. Alyeska



February 25 - March 4, 2018 A trip to Alaska. Mt. Alyeska, 40 miles south of Anchorage, offers: Vertical = 2,500 feet Acreage = 1,610 acres 9 lifts: 2 high speed detachable quad, 2 fixed quads, 2 doubles, 2 magic carpets,

1 60-passenger Aerial Tram

Price: from \$1,130 to \$1,410 (Does not include Air or transportation from the airport.)

Included: 7 nights lodging at Hotel Alyeska (ski-in/ski-out) and at Hotel Captain Cook in Anchorage, plus: ~ Welcome Party

- ~ Farewell Dinner Party
- ~ Lift Tickets
- ~ The Northern Lights
- ~ Iditarod Events
- ~ Fur Rendezvous

Contact: Gloria Raminha garski2011@gmail.com Trip Leader 12707 Windy Ridge Dr., Bakersfield, CA 93312 661-800-8229 [C] 661-829-5996 [H/F]

Trip details: http://www.fwsa.org/Travel/NAski/2018-FWSA-Alaska/2018-FWSA-Alaska.html

More ski trips info at: www.mthigh.org/Trips.htm.



FWSA

FWSA

Far West Trips

SNOWSPORT CLUB

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FWSA Ski Week in Banff, Alberta, Canada

Lake Louise + Sunshine Village + Mt. Norquay



February 3 - 10, 2018 Annual ski week organized by the Far West Ski Association.

Join us for a week of skiing and partying in beautiful Banff, skiing Lake Louise, Sunshine, and Norquay on one lift ticket. Reserve your spot by making a \$150 deposit now! Your deposit is fully refundable until June 30, 2017. Payment schedule to be announced. Lodging preferences will be granted by date of received deposit & sign-up sheet.

Lodging will be in two adjacent hotels. Your choice:

Banff Park Lodge (restaurant on premises) Well-located property close to shopping, restaurants, ski buses, and activities

3 rooms with 1 King bed 9 rooms with 2 Queen beds Package Price: \$979 per person (without parking) Fee to park \$10.50 - \$15.75/night

Bow View Lodge located just behind the Banff Park Lodge, sharing amenities with the Banff Park Lodge.

Available rooms are:

2 rooms with 1 Queen + 1 Twin beds 2 rooms with 2 double beds Package Price: \$879 per person Free outdoor parking

Lodging and Amenities Package per person includes: 7 nights lodging (double occupancy per bedroom) Welcome Party at Banff Park Lodge Mountain Tour NWSCC Council Night Dinner at Balkan Restaurant Mountain Picnic at Lake Louise (for skiers & riders) Racing Banquet with Dancing at Banff Springs hotel

Après Ski Party & Race Awards at Banff Park Lodge

Not included: Price does NOT include lift tickets, nor air or ground transportation. You are free to make your own transportation arrangements, using frequent flyer programs.

Lift Tickets cost:

- 5 day = \$292, 6 day = \$3451. Adults:
- 2. Seniors (65+): 5-day = \$263, 6-day = \$310

3. Mountain Collective Pass valid for 2 days each at Sunshine Village and Lake Louise, plus at several other resorts (but not at Mt. Norquay), costs \$429.

More info: http://www.fwsa.org/Travel/NAski/naski.html Questions? Contact travel@nwskiers.org

How to Sign Up

- 1. Print and fill out the <u>sign up form</u>. It is on page 3 of the PDF file.
- 2. Make your check payable to: Northwest Ski Club Council.
- 3. Mail should be addressed to: NWSCC | Banff Trip

Box 438, 5331 SW Macadam Ave., Suite 258 Portland, OR 97239





SNOWSPORT CLUB

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** 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

Contacts / Club info

SNOWSPORT CLUB

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Man & 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.

July 31 (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:

	in o an can i ngn o				
	President:	Debbi Kor	H: 503-314-7078,	President@mthigh.org	General info:
	Vice-President:	Bill King	H: 614-371-4762	willie2k@ymail.com	
	Secretary:	Debbie Geiger	H: 971-716-9949,	pdxdebbie@gmail.com	info@mthigh.org
	Treasurer:	Nancy Pratt	H: 503-593-9427,	Treasurer@mthigh.org	
	Past President:	Kurt Krueger	H: 503-625-1492,	PastPresident@mthigh.org	Web site:
	Membership Director	: Karen Michels	H: 503-984-9210,	skiklynn@gmail.com	www.mthigh.org
	Racing Director:	Alan Bean	H: 503-849-8009,	Racing@mthigh.org	
	Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,	newsletter@mthigh.org	
Social Activities: Debbi Kor		H: 503-314-7078,	ijustwannarun1@comcast.n	<u>et</u>	
	Trips Director:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org	
	Bike rides:	Jackie Bonillo	H: 503-663-3359,	jbon1960@comcast.net	
	Mid-week skiing:	Ken Brundidge	H: 503-720-0620,	KenBrundidge@comcast.ne	<u>t</u>

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Checkmark all desired options.

DOUGH TRANSMITTAL FORM

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

PLEASE PRINT CLEARLY:	onsible for my own safety and conduct. I hereby agree to be					
Name(s):	inclu (מסן/MM) inclu	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 cap-				
Address:	tains injur	, and any other Club representatives) from liability for personal y, property damage, or any other liability of any kind connected				
Phone (Hm):	Phone (Wk): to ind	my participation in any club-related activity.Furthermore, l agree demnify and hold the Club and any of their agents harmless from and all liabilities of any kind which may be incurred or asserted				
Email (Hm):	is the Club or any of their agents in any way relating to my igence or willful misconduct connected with my participation e club's activities.					
Email Preferences: [] No changes (same as last year)	 Newsletter (once a month): [] yes, link only [] yes, con Club news & events (between newsletters): [] yes [Other ski news (NWSCC, FWSA, ski areas, trips): [] yes [Is it OK to share your email address with other club member] no] no				
Please take my money, and apply it toward the following Ski Club fun stuff: <u>Deposit? Paid in full?</u>						
🛛 Annual Membe						
PACRAT Racing						
🖵 Mt. Shasta trip (Ja	\$					
🖵 Okanagan Adver	\$					
Snowbird Lodge	e upgrade Add \$100.	\$				
🖵 Brundage Mt. trip) (Feb. 21-24, 2018). Deposit = \$150. Total = TBA.	\$				
Other:		\$				
	Т	otal: \$				
Comments (For whom	n 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

Salem, OR 97302 4742 Liberty Rd. S., #296 Mountain High Newsletter editor zuqmenT oilim3

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



Challenge 2017.pdf Winners will be announced at the start of the following winter season.

Ride Challenge, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

The official <u>entry form</u> is on the <u>NWSCC web site</u> and also at: www.mthigh.org/Trips/NWSCC-Ski-

Mail them to the Northwest Ski Club Council, Ski &

ington, Hawaii, as well as our commercial member resorts in British Columbia, Colorado, Idaho and Wyoming - as shown on the <u>entry form</u>.

Just mail your lift tickets or receipts as proof. Ski areas that count are all those in Oregon, Wash-

2016-2017 ski season, you are be eligible to win a prize.

2016/2017 Ski & Ride Challenge LAST REMINDER: Send in your entry! If you have visited any 7 or more resorts during the

The June-July 2017 issue is posted on our web site. Also:

Copies are also sent to potential members, other clubs,

16 paper printed copies sent via US Mail.

258 copies sent via email (as PDF files)

Newsletter Distribution

Our Club's History

Go to www.mthigh.org and click on the PHOTOS button in the main menu. You will be able to see there almost everything the club has done over the past 12 years or more.

Our PHOTOS page con-

tains a record of what our

club has done during the

past season, as well as

in the past several years. Check it out!

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

Mt.High

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Club membership = 250

the National Ski Club Newsletter, etc.

Lift Lines 198-199, June-July 2017