



# Lift Lines

== No. 66, June 2006 ==

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



Hi folks!

★ Mt. High is #1. See page 10. ★

It's summer! Time for hiking, biking and rafting! Also, time to plan for the next ski season. See our club Survey results on page 5, and a preliminary list of upcoming winter trips on page 8. New PACRAT dates are on page 9. Also read about the results of the Ski Oregon Challenge on p 6. - *Emilio*

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## Mt.High Hike to Hawk Mountain with Elisabeth Mt.High



**June 25  
Sunday, 8:30 am**

Let's go to Hawk Mountain!

Moderate 10,4 miles round-trip.

1,380 feet elevation gain.

When fire lookout towers dotted the summits of hundreds of Cascade peaks in the 1940s, only a few staffers had the luxury of sleeping in a separate ground level building. Even fewer of these rustic cabins remain today. The remote Rho Ridge Trail leads to Hawk Mt. rare lookout cabin and stunning, close-up view of **Mt. Jefferson**. The Ridge was named for the rhododendrons that bloom here in June.

This sounds so wonderful! Chuck and I tried to do this hike recently, found many obstacles, and got lost. There was snow and wildlife! It was too late to start the hike when we finally found the trailhead.

The drive to Graham Pass is outstanding, along the Clackamas River. I have a friend who did this hike years ago and will join us on the hike.

I really would like people to **RSVP**, so I could figure out the meeting place for the car-pool, in the West Linn - Oregon City area.

**What to bring:**

* Water	* Lunch
* Sunscreen, Hat	* Parking permit

**Call Elisabeth to RSVP:**

971-226-4545

503-524-5774

[lise518@comcast.net](mailto:lise518@comcast.net)

**Meet at:** Oregon City Home Depot (far right corner) @ 8:30 AM

**Directions:** I-205, take exit 12 to Estacada-26 miles on Hwy 224, to Ripplebrook (meet at Ranger Station). Happy Trails!-- *Elisabeth*



Feast after the hike!

Note the color code.  
Our club is blue.

## 2006 CALENDAR

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

**June 6 (Tue) Mt. High Board mtg.**  
**June 3 (Sat) Golden Rose Ski Classic**  
**June 8-11 FWSA Convention**  
**June 25 (Sun) Hike to Hawk Mt.**  
**July 6 (Thur.) Mt. High Board mtg.**  
**July 14-15 (Fri./Sat) - Rafting !!!**  
**July 29 (Sat) Clubs 4-Play Golf**

**Aug. 1 (Tue) Mt. High Board mtg.**  
**Aug. 12 (Sat) Mt. High Picnic !!!**

**Sept. 23 (Sat) Mt.Hood Heritage Day,  
Mt.Hood Museum, Govt.Camp**

## 2007

**Jan.27 - Feb.3 FWSA Ski Week,  
Steamboat, Colorado.**  
**Feb. 9-17 Utah: Powder Mt/Snowbasin**  
**Mar. 16-18: Bus trip: Mission Ridge &  
Stevens Pass**

Mt. High

Mt High Pizza Party & Elections

May 16, 2006 (Tuesday). It was informal and fun. Good pizza, good company! Mary Olhausen, President NWSCC was our guest. Jack Folliard announced interesting news regarding PACRAT racing (see separate article, page 9). We talked about upcoming trips, and distributed a survey about future trips.

All club officers were re-elected unanimously. Gary is our President, Terry the Vice-Prez, Kurt the Treasurer, and Sue the Secretary. More photos at [www.mthigh.org/PhotosRecent.htm](http://www.mthigh.org/PhotosRecent.htm).



Mary, Debbi, Randy, and Bob



Chuck and Jack



Gary, our Prez and MC

Mt. High

Hike to Gillette Lake (WA)

Mt. High

May 21, 2006. (Sunday) What a wonderful hike that was! Perfect hiking weather, partly sunny, slightly overcast, not too hot, not too cold. Warm enough for a dip in the lake! See more photos on our web site, [www.mthigh.org/PhotosRecent.htm](http://www.mthigh.org/PhotosRecent.htm).

We had a good turnout. Everyone who completed the whole hike was rewarded with a special treat prapered by Elisabeth: fresh fruit and champaign, which we enjoyed around a picnic table at the trailhead.

Most enjoyable hike! Don't miss the next one!



Alice, Lisa and Derby (the dog)



At the trailhead



The trail

## Mt. High

## Deschutes River Raft Weekend



Maupin OR

Trip Leader: Gordy Lusk

July 14 - 15

Contact: Gordy @ 503-804-8363 or @ [gordylusk@hotmail.com](mailto:gordylusk@hotmail.com) for your reservation.

Reservation and payment must be received by **July 1st.** (or don't show up)

**TRIP INCLUDES:**

**Camping:** Thursday, Friday and Saturday night in Maupin City Park...  
RV space available for \$20.00 a night. Camp sites 1,2, 7 - 12, near bathroom and office.

**Rafting:** (Row, Paddle or just ride) Friday and Saturday.

**Saturday night BBQ Dinner** in the park by "Lous Q".

All other food and drinks are your own responsibility.

**PRICE:**

Camp, raft, dinner = **\$85.00 pp**, (Non Members \$100.00)

Raft and dinner = **\$65.00 pp**, (Non Members \$80.00)

RV Spaces at \$20.00 a night extra.

Please use the Dough Transmittal Form in the back of the newsletter.

\* This is not a professionally guided trip. It is a club function for our members and their friends to have fun. We are all personally responsible for our own actions. Rafting can be dangerous. By registering for this event you and your guests will relinquish any and all claim of responsibility and claims of liability on all parties participating in this event, board members and Mountain High Snowsports Club...



## NWSCC

## NWSCC "Clubs 4-Play" Golf Tournament



**July 30 (Sunday).** This will be the 8th annual golf tournament. Several local ski clubs participate, with 4-person teams, 18 holes scramble.

**Location:** Oregon City Golf Course at Lone Oak (Bevercreek Rd.).

**Tee time:** 8:00 am

**Price:** Tournament, food, party and prizes: **\$49** per person.

Carts are available. Call the golf course at 503-518-2846.

Clubs will compete for the Perpetual Club Trophy. All players must be from the same club for this trophy. Deadline to sign up is July 5.

Specify **names** and **email addresses** of your team members. Make out a check to **NWSCC**, and mail it to **NWSCC**, PO Box 1915, Portland, OR 97207.

**Questions:** Marilyn Sigler at: 360-883-6937 or [Marski@teleport.com](mailto:Marski@teleport.com).

**Mt. High teams & individuals:**

Call **Gary Stevenson**, our club President and "golf guy", who will help coordinate and set up teams within our own club.



Gary

Mt. High

Mt. High Picnic

Mt. High

Aug. 12 (Sat.): Our annual Summer picnic.

Place: Sellwood Park, picnic area A (same as last year).

Time: 9:00 am for bike ride, meet at bike trail by the water, near park entrance.

11:00 am for picnic, north-west of the church, on the left side of the path (if you enter the park from the south, heading north).

Details: Lots of fun activities, like:

- \* **Bike ride** at 9:00 am (abt. 1 hour)
- \* **Softball game:** 12(noon) - 1pm;
- \* **Potluck** - Everyone bring a favorite dish (BBQ grills available at the park)
- \* **BYOB** Club provides only soft drinks.
- \* **BBQ** -Mt.High will provide hot dogs and hamburgers. Eat abt. **1:30 pm.**

What to bring: Food & drink, lawn chair, blanket, softball, catcher gloves, badminton game, horseshoes, tennis racket, swim suit, ...

Contact: Gary Stevenson, 503-257-6368.

Directions: Note: there are 2 parks, one on each side of the railroad tracks! For the bike ride, we'll meet at the Sellwood Riverfront park, on the bike path. Ask for Larry Bennett.

For the picnic, at 11 am, enter the Oaks Pioneer park from around SE Grand Ave. To get there, cross the Sellwood bridge and turn left on 6th Ave, then one more left on Spokane, and right on Grande Ave.



Newsletter options



If you receive the newsletter via email, you now have the option to either:

- A) Receive the complete PDF file**, as usual; or
- B) Receive just a short email containing a link** to the PDF file on our web site.

What's the difference? Not much. The download time is the same, since it is the same

PDF file. For those who have broadband (hi-speed) access, it doesn't make much difference. But, if you have a slow connection, the main question is: when do you want to wait for the file to download?

With **option A**, the wait is upfront, when your email is downloaded to your computer. When you get the email, you automatically get the attached newsletter.

With **option B**, you first get a short email, asking you to click on the link. The wait time will happen only if and when you click on that link. So far, only **9** people have requested this option (just the link).

If you wish to change, let **Emilio** know your preference.

Mt. High Wants You



Your club wants you! We know you have something to contribute.

It's simple. Just take your favorite activity (biking, swimming, playing cards, movies, theater... whatever), and invite other club members to join you.

Instead of having just one person in charge of all **social** activities in the club, lets split it up among many people!

One person could be in charge of just **TGIF** gatherings. Another could do **bicycle rides**, or **picnics**, or **parties**. We already have **bowling (Larry)** and **hiking (Elisabeth)**. But there's room for more fun activities.

We could use a few people willing to **host a club party** from time to time.

If you would like to organize some social activity, just let Emilio know, so we can put it in the newsletter.

Our **ski trips** are an exception. **Trips need to be approved by the Board**. Our membership is small and the winter calendar is pretty full, so we can't have too many trips at once.

Mt. High

## Ski Trips Survey

Mt. High

We asked you about your preferences, and here's what you told us about possible longer ski trips:

❖ **HOW LONG:** I generally prefer this many days:

- 3 days: **9** people
- 4 days: **16** people
- 5 days: **19** people
- 6 days: **8** people
- 7 days: **11** people
- 8 days: **6** people

If anyone selected a **range**, such as 4-5 days, a vote was added to both the 4-day and the 5-day option.

Looks like the majority prefers 4-5 days, or a full week (7 days).

❖ **LODGING:** I generally prefer to stay in:

- [a hotel]: **5** people
- [a condo]: **19** people
- [no preference]: **12** people
- [a hostel]: **2** people

Most prefer a condo. Few voted for a hotel. But many **don't really care** either way.

One person voted for a condo: "Because you can **cook!**" So, it looks like our members like to cook after a full day on the slopes! Of course, this may be cheaper, except for any uneaten food left behind or thrown away at the end of the trip.

❖ **LOCATION:** I prefer the following lodging location:

- [a] **On-mountain**, near or at the slopes, even if there are few eateries = **27** people
- [b] **In town**, within 30-45 min. from slopes, but close to restaurants and bars = **4** people
- [c] No preference. Either of the above is fine. = **6** people.

Interesting. It does appear that people care more about **skiing** than **eating out**.

❖ **HOW MUCH ON-SNOW TIME:** On a **5 day trip**, I want to ski this many days:

- 3 days: **11** people
- 4 days: **22** people
- 5 days: **12** people

So, **most** people like to skip **one** day of skiing. Those who prefer to ski all 5 days are just slightly more numerous than those who would skip 2 days of skiing. Nobody voted to skip more than 2 days.

❖ **ACTIVITIES:** On a 5 day trip, my preferred fun activities (not counting happy hour or dinner):

- [a] **Downhill skiing (or snowboarding)** is my main interest. = **34** (that's almost everyone)
- [b] I'd try **other outdoor activities** (X-country, ice-skating) 1-2 days cross-country skiing = **2** people.
- [c] I'd take the following number of days for **off-slope activities** such as shopping, sightseeing, visiting a spa
  - 1 days: **12** people
  - 2 days: **5** people
  - 3 days: **—**

This sounds reasonable. Some people would like to devote at least 1 day to something other than skiing.

❖ **SUGGESTIONS FOR FUTURE TRIPS:** For future trips, the following destinations were suggested:

- Utah: 9 people (Park City, Alta, Utah Interconnect)
- Sun Valley: 4 people
- Lake Tahoe: 4 people (Squaw)
- Big Sky: 2 people
- Jackson Hole 2 people (and Grand Targhee)
- Big White/Silver Star: 1 person
- Alta: 1 person
- Vail: 1 person
- Aspen: 1 person

- Alyeska: 1 person
- Copper Mt. 1 person
- Kirkwood: 1 person
- Whistler/Blackcomb 1 person
- Mammoth Mt. 1 person
- Bogus Basin: 1 person
- Mt. Bailey + Ashland: 1 person
- Heli Skiing (CMH) 1 person
- Areas with Night skiing: 1 person

❖ **UTAH TRIP** (Powder Mt./Snowbasin): Specifically for this next upcoming trip, **16** of you are interested, **5** are not sure. But many of you did not notice this question on the back side of the Survey sheet. Also, some of those 16 are responses given by one spouse speaking on behalf of the couple. So, the total number on this trip will be larger. For the shorter version of this trip, 9 people voted for **4 days**, and an equal number voted for **5 days**.

## Spring / Summer Skiing

Mt. Hood Meadows had its last day of operation on June 3. We had a lot of fun skiing throughout May! See photo.

Remember that **Timberline** is open all Summer, through Labor Day (Sept. 4)



Tom, David, and Bob at Mt. Hood Meadows in May. Linda & Bruce are just a blur in the background!



### Ski Oregon Challenge



The idea to challenge snowriders to visit all of Oregon's ski areas came from **Steve Coxen**, in cooperation with the **Northwest Ski Club Council** and the **Oregon Snowsport Industries Association**. See more at: [www.nwskiers.org](http://www.nwskiers.org).

The idea was widely advertised through local ski clubs and on the NWSCC and OSIA web sites, but few people actually completed the challenge by visiting all 11 ski areas. Having a season ski pass to just one resort was definitely a hindrance in this situation. For now, we know of 3 successful challengers, though others may surface in time.



1. **David Schor** did it on a **snowboard**, and was the first one to visit all the areas. He completed the task before the end of February. And this was his first full year of snowboarding!



2. **McCoy Smith** did it on **telemark skis** as well as **alpine skis**, and also purchased an item at every ski area! That's a Spout Springs hat he has on.



3. **Emilio Trampuz** did it on **mid-fat alpine skis**, and took lots of photos.

Let us know if you did at least 9 ski areas, and we'll add you to the list.

The adventure took us to places we had not visited before. Most of them were very pleasant surprises. The result is that we are now determined to go back and re-visit at least some of these places next year. Not only that, but, we hope some of the rest of you will join us!

Prizes will be awarded to these three at the June 21st NWSCC meeting, at the Round Table Pizza, 10070 SW Barbur Blvd. Portland.

Next year, there may be a similar **Ski Washington Challenge** as well!

Check out a detailed account describing all the ski areas and all 3 personal experiences there, in the Articles section of our web site, <http://www.mthigh.org/Articles.htm>.



**Can people find us on the web? Google - the worst**

This is an update of last year's article. We re-tested all the search engines, using the following search words: **Portland ski club**. We found that MSN has improved greatly, and we now rank among the top 3 or 4 results on every search engine except Google and AOL.

Google keeps changing the rules. For most of the past year, we were invisible on Google. After some tweaking of our web site, Google finally found us, but it moves us around all the time. During a 3 week period in May/June 2006, we were listed in position 19, 20, 21, or 25.

It's no good if we are buried under hundreds of other similar "finds". Ideally, we should be found in the top 10 results. Here's how our club was ranked by the various search engines (from best to worst):



SEARCH	WEB ADDRESS	Our club's Rank	COMMENT
Yahoo Y!Q	<a href="http://yq.search.yahoo.com">yq.search.yahoo.com</a>	3-4	Trips & Home page found
Yahoo	<a href="http://search.yahoo.com">search.yahoo.com</a>	3-4	Trips & Home page found
AltaVista	<a href="http://www.altavista.com">www.altavista.com</a>	3-4	Trips & Home page found
MSN	<a href="http://search.msn.com">search.msn.com</a>	3-4	Home & Trips page found
A9	<a href="http://A9.com">A9.com</a>	3-4	Home + Trips + some photos
AllTheWeb	<a href="http://AllTheWeb.com">AllTheWeb.com</a>	3-4	Trips & Home page found
Vivisimo	<a href="http://vivisimo.com">vivisimo.com</a>	5	Membership page found
Lycos	<a href="http://search.lycos.com">search.lycos.com</a>	6-7	Membership & home page
SearchSight	<a href="http://searchsight.com">searchsight.com</a>	9	Home page found + visual
AOL	<a href="http://search.aol.com">search.aol.com</a>	21	On page 2 of results
Google	<a href="http://www.google.com">www.google.com</a>	21	On page 3 (and changing)

**Google** is, unfortunately, the most popular search engine, probably because not many people are aware that its results have been sub-par during the last year, and especially bad since early Spring of 2006.

Is Google incompetent or is it doing this on purpose?

Google tightened its rules to stop those who were abusing internet searches, but in doing so, it went overboard and is now hurting innocent people like us.

Another explanation is that Google is now a public company, looking primarily for quick profit, and thus gives unfair advantage to those web sites who pay them for a better listing.

Fortunately it is also possible to find our club indirectly, via some other web sites that list us, such as the [NWSCC](http://NWSCC) web site, or [SkiSite.com](http://SkiSite.com).

**Web site visits increase!**

The **Mt. High** web site was started in June 2004. Since then, its number of unique visits has steadily grown. Note: 10 people visiting the site 10 times each results in 100 unique visits.

The number of visits has been:

2004:	November:	517
	December:	579
2005:	January:	949
	February:	871
	March:	1011
	April:	1564
	May:	1061
	June:	1073
	July:	1183
	August:	1187
	September:	1419
	October:	2258
2006:	November:	2667
	December:	2111
	January:	2519
	February:	2115
	March:	3052
	April:	2203
May:	2165	

Since March 2005, we have gone steadily over **1000** visits, and since October 2005, we have had over **2000** visits per month.

The web site is obviously being used, and is fulfilling its purpose as a source of information for all our members, as well as an invitation for new members to find out about our club.

**Kansas City Ski Club**

If you think Google has unfairly singled out our club, try searching for a **Kansas ski club**.

Yahoo finds the Kansas City ski club, [www.kcskiclub.org](http://www.kcskiclub.org) at the top of the list, in position 1.

Google puts this club in position 37 (on page 4 of the results)!



2006/2007

## Winter Trips

A quick overview of upcoming trips. **Dates** are still tentative. **Prices** have not been established yet. More details will follow. But, you can already start planning your next winter.

### Ski Oregon & Washington

Let's re-visit some places like Warner Canyon, OR. Also, we might want to try visiting all of Washington's ski areas too!

### FWSA 2007 Ski Week

#### Steamboat, CO

Jan. 27 - Feb. 3, 2007.

The biggest trip of the year, with clubs from all far Western States participating.



Steamboat is home to Billy Kidd, former Olympian, who is now the Director of the Ski School at Steamboat.

**Price:** \$850 without air.

Price includes 7 nights lodging (dbl occ.), 5 days' lift tickets, Welcome party, Mountain Picnic, 3 races, Farewell Party, and much, much more. Initial deposit of \$100 being accepted now. See more info on page 10.

**Contact:** Rod Robinson, 1- 541-344-7170, [rdrobinson@aol.com](mailto:rdrobinson@aol.com)

### Warren Miller ski safari

**Nov. 23-26, 2006.** All those who go see the new Warren Miller movie (in October) usually get some free lift tickets. Last year, we got 4 tickets to Canadian ski areas. We carpooled there in early December, but Thanksgiving may be a better time if there is enough early snow. Destination? Wherever Warren Miller takes us!!!

Most probably: Canada!

This is one of our least expensive trips! 4 days for about \$200 - \$275 (for lodging and gas). The skiing is free. This is the cheapest trip of all!

### Mt. High Utah

#### Powder Mt. / Snowbasin

Feb. 9-14 or 16, 2007.

We'll stay in Eden, less than 15 mins. from **Powder Mt.**, and abt. 20 mins. from **Snowbasin**. Also, within 1 hour driving are Park City, Deer Valley and the Canyons. Less than 10 mins from Eden is **Wolf Mountain** with nightskiing!



A **4-5 day trip** with hotel lodging. Or, a **7-day trip** in a condo. Both options offered simultaneously, so we can all ski and party together.

We'll fly to Salt Lake City, and rent several large SUVs.

Emilio & Linda are working on this together. Emilio for the shorter trip, Linda for the longer one. Contacts:

**Emilio:** 1-503-378-0171 or [info@mthigh.org](mailto:info@mthigh.org).

**Linda:** 503-412-3531, or email: [Trips@mthigh.org](mailto:Trips@mthigh.org).

### NWSCC trips

These are multi-club trips organized by the **NW Ski Club Council**. Still being worked on.

There might be a trip to Big Sky in 2008, but we are still not sure about 2007.



The **Skiyente** (all female) ski club is organizing a trip to **Big Mountain**, Jan 40 - Feb. 4, 2007, and we are all invited to join in. Details are yet to be announced. For more info, contact: Colleen Walter, at [colleenski2002@yahoo.com](mailto:colleenski2002@yahoo.com).

### Mt. High "Say WA" bus trip

#### Mission Ridge Stevens Pass

March 16-18.

The bus trips are usually our club's best and most fun events. You don't have to miss any work days, as this is just a weekend.

We leave Friday around 5 pm, and return Sunday night. Ski at:

1. **Mission Ridge**, with a new express lift installed last season. Ski by a World War II bomber that crashed on the mountain!
2. **Stevens Pass**, lots of tree skiing, front and back + cruisers!

Both nights, we'll stay in the charming town of Leavenworth

**Price:** Approx. \$250 for lodging and transportation, plus abt. \$65 for both lift tickets. This is based on about 30 people.

The price will go down by about \$3 for each additional 2 people above 30! Contact: [Linda McGavin](mailto:LindaMcGavin) or [Emilio Trampuz](mailto:EmilioTrampuz).





**PACRAT Racing Dates**



Alan, Phil and Doug at Ski Bowl

The PACRAT Board has announced tentative race dates for next season, and **for all future years!** The idea is to establish a fixed set of dates, so we will always know in advance when the races will be held, and thus plan our ski trips around it.

These dates still need to be approved by the ski areas, but here are the proposed standard dates:

Race	Weekend	Date	Place
1.	2nd Sunday in January	1-14-07	Timberline
2.	4th Sunday in January	1-28-07	Meadows
3.	3rd Sunday in February	2-18-07	Ski Bowl
4.	2nd Sunday in March	3-11-07	Meadows
<b>M.</b>	4th Sunday in March	2-25-07	Meadows
5.	1st Sunday in April	3-31-07	Bachelor
<b>R.</b>	2nd Friday in April	4-13-07	

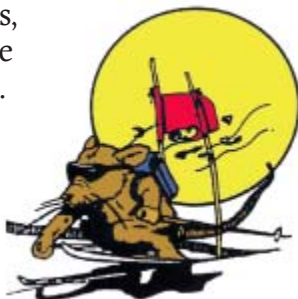
**M** = Makeup race (only if another one is cancelled).

**R** = Rat Attack (the Awards party)

**Exception:** The 5th race will exceptionally be held on **Saturday, March 31, 2007**, at Mt. Bachelor, because it will be combined with the Far West Championships. Most other years, the 5th race will be held on the 1st Sunday in April, at Mt. Hood Meadows.

The final and most accurate dates will always be posted on the PACRAT web site at:

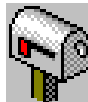
[www.pacrats.org](http://www.pacrats.org).



**News through the NWSCC e-Letter**

The **NW Ski Club Council** web site: [www.nwskiers.org](http://www.nwskiers.org)

Our club is affiliated with the **NWSCC**, so we are all members. Go to this web site to check out member benefits, trips info, Ski Oregon Challenge, and more.



Also, sign up for an **email group** for regular updates.

**Attention PACRAT racers!**

[Join NWskiers](#)

[Email Newsletter](#)

The separate PACRAT list-serve has recently been discontinued, because many PACRAT racers were not using it, and those who did sign up for it were also signed up for the NWSCC e-letter and were thus receiving duplicate emails.

PACRAT racers will continue receiving all **racing** info through their team captains, or through the PACRAT web site: [www.pacrats.org](http://www.pacrats.org). If you are interested in other local ski related news (other than racing), you should sign up for the NWSCC-eletter. Click on the mailbox above, and then scroll down to the bottom of the page, where you can enter your email address. Or, go to: [www.nwskiers.org](http://www.nwskiers.org).

**NWSCC Monthly Meeting**

**June 21** (Wed) 7:00pm. Come early to socialize!

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

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



At the June meeting, prizes will be awarded to those who have completed the Ski Oregon Challenge.

Here's David Schor with a souvenir T-shirt, with the Ski Oregon Challenge logo.

**FWSA Far West Convention FWSA**

**June 9-11, 2006.** The Far West Ski Association Convention will be held at the Wild Horse Pass Resort in **Phoenix, AZ**. Ski clubs from **OR, WA, ID, NV, CA, AZ, and NM**, will gather for a great weekend full of educational and fun activities.

There will be golf, tennis, shopping, hiking, and gambling. Also seminars, a silent auction, travel expo, and famous athletes will be present too. The FWSA Man & Woman of the Year judging will take place. Also, awards will be given to the best club newsletter, the best web site, and more. See the FWSA web site for more info: [www.fwsa.org](http://www.fwsa.org).

This year, our club will be represented by:



**Linda McGavin  
and  
Debbi Kor.**

**FWSA Outstanding Club Competition FWSA****Tollakson Award**

Every year, the Far West Ski Association recognizes the most outstanding ski clubs. The clubs are divided into 4 categories, by size. Our club is in the AA category (from 150 - 199 members).

Our club, Mountain High, has entered the competition with a written essay, which also includes some photos (since a photo is worth a thousand words!).

You can see our entry, posted on our web site at:

<http://www.mthigh.org/Documents/Mt-High-Outstanding-Club-2006.pdf>.



Linda, Emilio and Debbi, with FWSA President, Mike Sanford, receiving the Far West Outstanding club award in 2005.

**Breaking News!**

Debbi Kor reports from the Far West Convention:

We did it again!

Mountain High took:

1st place for website;

1st place Outstanding Club;

2nd place for newsletter.

(We got beat out by Skiyente)

**FWSA FWSA Ski Week FWSA****Steamboat, CO**

**Jan 27 - Feb 3, 2007.**

The biggest ski party in the West is the annual Far West trip, involving dozens (if not

hundreds) of ski clubs throughout the Western States (OR, WA, ID, NV, CA, AZ, NM). See the FWSA web site: [www.fwsa.org](http://www.fwsa.org).

62 spots reserved for Northwest skiers.

The phrase "champagne powder snow" was coined at Steamboat. With 20 lifts serving 143 trails, 3,600 vertical feet, and nearly 3,000 skiable acres, Steamboat provides a variety of terrain for every level of skier. Steamboat's six peaks are filled with groomed cruisers, bumps, steep, open meadows and legendary tree skiing.

**The price** (yet to be finalized) of abt. **\$850** includes:

- \* FWSA lodging (double occupancy);
- \* FWSA amenity package (all kinds of goodies);
- \* Lodging at The Lodge at Steamboat, located just 200 yards from the gondola;

\* Welcome Party, Après Ski Party, Mountain Picnic, Farewell Awards Party;

\* 3 Races; and

\* 5 of 7 day Lift Tickets.

NOTE: Air & ground transportation is not included.

Plan now and reserve your spot by making a \$100 deposit! Deposits are fully refundable till June 30th.

**Payment Schedule:**

July 1st - \$250 due,

September 1st - \$350 due and

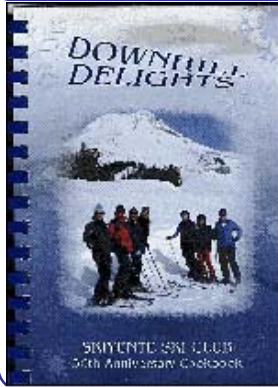
November 1st - remaining balance due.

**Trip cancellation policy:** Cancellation from July 1st until September 1st will result in a \$25 cancellation fee, cancellation between September 2nd and November 15th will result in a \$100 cancellation fee. NO REFUNDS after November 15th.

Please make your checks payable to: **Northwest Ski Club Council**, P.O. Box 1915, Portland OR 97207.

Contact **Rod Robinson** 541-344-7170, [rdrobinson@aol.com](mailto:rdrobinson@aol.com)

**Cookbook for Skiers!**



The Skiyente Ski Club has prepared a wonderful cookbook, based on their experiences in the kitchen and on the slopes. When you are skiing you need to eat properly!

The book is called Downhill Delights. It costs \$10, plus \$2 for shipping. Send your name, address, phone number and a check for \$12 payable to **Skiyente Ski Club**. Mail it to: Skiyente Ski Club, PO Box 56342, Portland, OR 97238. Contact **Louise DuFresne**, [skiarad@aol.com](mailto:skiarad@aol.com).

You can also find the book at **Valian's ski shop** in Govy.

**Mountain High Meeting**

Normally first Tuesday of the month. This July is an exception.

**July 6 (Thur.):** Open to all who want to get more involved with the club. An organizational meeting to plan future events. Gather at 6:30pm. Start at 7pm.

Location: **Round Table Pizza**, 10070 SW Barbur Blvd., Portland, near corner of Capitol Hwy.

**Mountain High snowsport club contacts:**

General information: [info@MtHigh.org](mailto:info@MtHigh.org)

- President:** Gary Stevenson, H: 503-257-6368,
- Vice-President:** Terry White, H: 503-297-1427, W: 503-296-6075, [TWhite223@msn.com](mailto:TWhite223@msn.com)
- Secretary:** Sue Bennett, H: 503-774-8747, [OptomistSue@comcast.net](mailto:OptomistSue@comcast.net)
- Treasurer:** Kurt Krueger, H: 503-625-1492, [telek2@att.net](mailto:telek2@att.net)
- Race Director:** Gordy Lusk, H: 503-804-8363, [GordySki@comcast.net](mailto:GordySki@comcast.net)
- Newsletter Editor:** Emilio Trampuz, H/W: 1-503-378-0171, [info@mthigh.org](mailto:info@mthigh.org)
- Activities Director:** Jaxine Harris, H: 503-692-9719, [JaxineAH@msn.com](mailto:JaxineAH@msn.com)
- NWSCC Rep:** Debbi Kor-Lew, H: 503-682-1563, W: 988-5321 x 225, [ijustwannarun@aol.com](mailto:ijustwannarun@aol.com)
- Trip Directors:** Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, [HappyHairdresser@msn.com](mailto:HappyHairdresser@msn.com)  
Linda McGavin, H: 503-652-2840, W: 503-412-3531, [Trips3x@mthigh.org](mailto:Trips3x@mthigh.org)  
Larry Bennett, H: 503-760-2360, [BENNETT896@aol.com](mailto:BENNETT896@aol.com)

**DOUGH TRANSMITTAL FORM**

For all Mt. High trips, make check payable to: "Mountain High Snowsport Club"

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

Name(s): \_\_\_\_\_

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

Phone (Hm): \_\_\_\_\_ Phone (Wrk): \_\_\_\_\_

Email (Hm): \_\_\_\_\_ Email (Wrk): \_\_\_\_\_

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

Details  
Deposit? Paid in full?

- Membership Dues (for 2006/2007):** Single (\$25) couple (\$40) \$ \_\_\_\_\_
- PACRAT Racing** Total: \$85 Team name: \_\_\_\_\_ \$ \_\_\_\_\_
- Rafting** (July. 14-15, 2006) With camping: \$85 No camping: \$65 \$ \_\_\_\_\_
- Rafting + RV** Additional (optional) RV fee \$20 per night \$ \_\_\_\_\_
- Other:** \_\_\_\_\_ \$ \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

**Club membership = 198    Newsletter Distribution**

The June issue is posted on our web site, and also:

238 copies via email

33 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](mailto:info@mthigh.org).**

**Man & Woman of the Year**

**Linda McGavin** and **Gordon Lusk** remain our club's choice for Man & Woman of the Year. But, on the NW Ski Club Council level, among all the ski clubs, the winners for the title of NW Man & Woman of the Year are: **Dale Parshall** (Schnee Vogeli club) and **Colleen Walter** (Skiyente club).



Dale



Colleen

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

**NOTE: Check the club's web site for updates. See [www.mthigh.org](http://www.mthigh.org).**

**Bike Rides**

- by *Janet Siverts-Smith* -

Come join me. Here are some organized rides that I have done in the past and I'm considering doing a few this year:

**June 17** (Sat.) - Watermelon Ride

[www.salembicycleclub.org/majrides/majrides.html](http://www.salembicycleclub.org/majrides/majrides.html)

**June 24** (Sat.) - Tour de Blast: [www.tourdeblast.com](http://www.tourdeblast.com)

**July 15-16** (Sat/Sun.) - Seattle-To-Portland

<http://cascade.org/EandR/stp/index.cfm>

**July 22-23** (Sat/Sun.) - CYOR the Weekend Ride

[www.cycleoregon.com/default\\_weekend.htm](http://www.cycleoregon.com/default_weekend.htm)

**July 30** (Sun.) - LiveStrong Ride

<http://www.livestrongchallenge.org/>

**August 13** (Sun.) - Providence Bridge Pedal

[www.providence.org/oregon/events/bridge\\_pedal](http://www.providence.org/oregon/events/bridge_pedal)

**September 9-17** (Sat/Sun.) - CYOR the Week Ride

[http://www.cycleoregon.com/default\\_week.htm](http://www.cycleoregon.com/default_week.htm)

**September 24** (Sun.) - Peach of a Century

[www.salembicycleclub.org/majrides/majrides.html](http://www.salembicycleclub.org/majrides/majrides.html)

I don't like fund raiser rides and I'm only volunteering for the *LiveStrong Ride*. Contact me at: [jsivertssmith@fs.fed.us](mailto:jsivertssmith@fs.fed.us)

