



Lift Lines

== No. 76, April 2007 ==

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



Hi folks,

This issue wraps up the current ski season. See what you may have missed, and sign up for it (or something similar) next year.

The next issue will contain more info about next season's trips, but our [Trips](#) page on the web site already contains all the info you need to sign up for the Far West Ski Week at Whistler/Blackcomb (Jan. 19-26, 2008). The NWSCC will organize a bus from Portland. Number of spots is limited. Send in your \$100 deposit now. - *Emilio*

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Mt. High

Come ski with us

Mt. High



Linda, Tom, Bruce, David, Bob

Apr. 22 (Sun.) Meadows.

Remember that free voucher for Meadows from Warren Miller? Or maybe you have unused portions of a 10-time pass. Let's use it!

Come ski with us. Let's meet at McDonald's in Sandy (turn left at the 3rd light in Sandy) at **7:15 - 7:30 am**.

Carpooling may be arranged on the spot. On the slopes, set your radio to channel **6-19**.

More people might go on Saturday, but there's no guarantee anybody will stop in Sandy. On Sunday, at least Emilio will be there (in Sandy) for sure.

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

2007 CALENDAR

Blue: Mountain High events

Red: NWSCC/FWSA events

Black: General events

Apr. 13 (Fri.) PACRAT Rat Attack
(Awards dinner party)

Apr. 22 (Sun) Mt.High ski Meadows

Apr. 26 (Thu) NWSCC meeting

May 1 (Tue) Mt. High Board mtg.

May 5 (Sat.) Race & Ace, Bend, OR.

May 15 (Wed) NWSCC meeting

May 26 (Sat) Golden Rose race at
Timberline-CANCELLED

May 31 - June 3: FWSA Convention
in Santa Clara, CA

June (Thu) Mt. High Pizza Party &
Club Elections

July 13-14: Mt. High Rafting trip
Deschutes River

July 16-20: MAC Ski Training Camp

Aug. 11 (Sat) Mt. High Picnic at
Sellwood Park

2008

Jan. 19-26: FWSA Ski Week:
Whistler/Blackcomb



Race & Ace



May 5 (Sat.) Combine a ski race at Mt. Bachelor and 18-holes at Sunriver. Details on our web site [Events](#) page or at <http://raceandace.com>.

Man & Woman of the Year

Our club's Man & Woman of the Year are **Gary Stevenson** and **Linda McGavin**. They will now compete against people from other local clubs for the NW Man & Woman of the Year.

Wanted: Golf Organizer



Our club needs a devoted golfer to bring people to the greens. If you want to volunteer, contact **Gary Stevenson** or come to one of our monthly meetings. See page 11.

June Elections/July Rafting



We'll have club elections at a Pizza party in June. Wanna run for office?

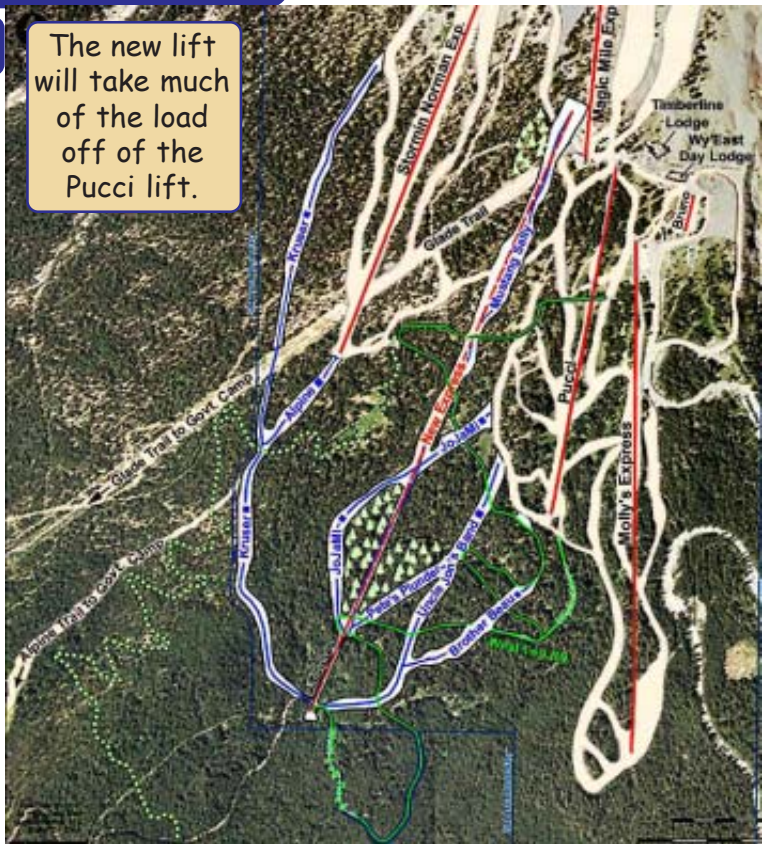
In July, we'll go rafting. See details on page 9.

Timberline's New Trails

March 5, 2007. (Monday) Timberline opened it's new terrain for one trial day to anyone with a lift ticket. The new "Jeff Flood Still Creek Basin" lift will be built this Summer, but the new trails were open for a preview. Uphill transportation was provided via snowcats.

The new trails add a lot of varied terrain, very long cruisers, some glades, & some unexpectedly steep runs!

The new lift will take much of the load off of the Pucci lift.



The new lift will be located about half way between the Pucci and the Stormin' Norman's lifts, and descend at least another 1000' feet below West Leg Road. The top station will be near the bottom of the Magic Mile lift.



Jeff Kohnstamm, Timberline's manager, explained how some of the trails got named.

JoJaMi is short for his 3 kids: Joe, Jack, and Mimi.

Uncle Jon's Band is named after **Jon Tullis**, Timberline's Director of Marketing and Public Relations.

Brother Beau is named after a 12 year old kid who died in this part of the forest some 20 years ago, when he got lost trying to ski to Government Camp.

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

Leavenworth Bus Trip Mission Ridge & Stevens Pass



March 16-18, 2007.

Except for a few injuries, it was a great weekend. We skied Mission Ridge and Stevens Pass, and stayed both nights in the charming Bavarian town of Leavenworth, WA.

See Jan & Barbara skiing in sync at

Mission Ridge. And who cut off Fred's head?



Bruce, Barbara, Fred, and Gary next to the wing of the World War II bomber that crashed here.

On the bus, we had a jokes contest, won by **Colin Gadler** (by popular vote). Also, it was St. Patrick's day, so we had a limerick contest. Many limericks were submitted. Our shy **Barbara Derkacht** had the winning entry, a bit too raunchy for print. **Tim Gadler's** limerick won 2nd place:



Patty & Gerry

There once was a boy from Mt. Hood
Who thought he skied pretty good
He twisted and turned
Like an aerial worm
Landing right-side up as he should



A steep place at Stevens Pass



Washington bus trip - continued

We had a perfectly sunny day at **Mission Ridge**. The views were fantastic. As usual on ushc trips, we tried a bit of human slalom, and explored the Bomber cliffs.

At **Stevens Pass**, it was a bit more cloudy. **Bruce Kuper** wore a helmet cam and showed us his fall and slide on the very steep face of 7th Heaven. Click here to see the [video](#), or visit our web site [videos page](#).



Human slalom is an old tradition!



The invasion of the forehead dots at dinner. Deirdre, Gareth, Phil, Jim.

On the very first run at Mission Ridge, **Edie Martinelli** collided with another skier. Her bindings did not release when she fell, which may have contributed to some damage to the ligaments and a crack in her tibia (the larger of the two bones under the knee). She took it like a champ, wincing when her leg was moved, but being composed enough to comment that it's such a pity this happened so early in the day, which otherwise promised to be such a nice, sunny day.

Back in Portland, the doctors reattached the broken piece of bone with a plate and 6 screws, and sent Edie home to lie flat on her back with her knee elevated for a week, after which she can gradually recover for the next 5 weeks. The good news is that there apparently was no ligament damage.



Edie, just before her collision.



Elaine, Mike, Lisa and Harry, at Stevens Pass.

Janice Jessen and **Tom Schuberg** got injured at Stevens Pass, by falling, sliding down, and hitting a stationary object (such as a rock or a tree). In both cases, wearing those plastic bags as raincoats (that the ski area distributed) contributed to the injury. See more about that on page 10, our Safety page.

Mt. Bachelor Weekend / Far West Races



Phil Mant

March 31 - April 1 What a great weekend in Bend! Lots of fun skiing, racing, and partying.

A total of 161 racers participated in the Far West Championships. 47 of them were PACRAT racers, who performed very well against racers from other western States. Among 11 racing leagues, PACRATS scored the 2nd highest number of points in slalom, and 1st place in GS and the overall combined points.

Official race results and some photos are posted at: <http://www.fwra.com/Results/FWRA%20Championships.htm>

Mt. Bachelor "Cloud 9" photos of slalom race: <http://www.photorelect.com/scripts/prsm.dll?eventthumbs?event=038L00SO>



Emilio Trampuz



Gary Stevenson



Roman Chamine



Phil Mant



Uncle Gordy (Spyderman) with Andrew Parshall and Colin Anderson

PACRAT "Rat Attack" Party



April 13 (Friday). The Awards dinner party was held at the Greek Cuisina, complete with Greek circle dancing, belly-dancing, an ouzo drinking contest, plate smashing, and dressing up like pirates. Arrrrgh!

The top 4 teams were all from our Mt. High club:

1. **Rattitudes** (captain: **Chris Wiley**): 205 points
2. **Psychothermia** (captain **Gary Gunderson**) 192 pts.
3. **Drooling Moose Rats** (capt. **Elaine Bock**) 180 pts.
4. **Avalanche Express** (capt. **Gary Gunderson**) 163 pts.

See results on our [Race Results](#) web page & on the official PACRAT web site: www.pacrats.org. Also, more photos within the next few days on our [Recent Photos](#) page. To join a team next season, contact one of our team captains. See [Racing](#) page.



1st place: Rattitudes team led by Chris Wiley



Mt. High Letters

Q Where/how does one post photos and/or videos of our club's activities? -Bruce Kuper

A There are two ways of doing this. Either way, you have to contact our webmaster at: webmaster@mthigh.org. Emails to this address are currently automatically redirected to Emilio, but may be directed to anyone else who might become our webmaster in the future. Chose one of these:

METHOD 1: Post it yourself.

Post your photos/videos/articles, anywhere on the web, on any web site of your own, or a blog, or photo service, ... and just let us know the URL address. We'll then add that link to our web site, so people can simply click on it and go directly there.

With this method, you have all the control. You can make it all look any way you want. For us, it's a lot less work, as we only have to link to your site.

The one negative aspect of this method is that different people will do things differently, so it won't all look very uniform to someone visiting our web site.

Examples of this method:

1. David Schor's blog about Washington ski areas. See links to it on our Events, Trips, and Blogs pages.
2. Bruce Kuper's fall video at Steven's Pass. See links on the Events and Videos pages.

METHOD 2: Send us your photos/videos.

Send us the raw materials (photos, videos, articles), and we'll post them on the web site.

This method gives us the most control, and makes everything look uniform (meaning that all the photos can be placed in the same way, regardless of who the photographer is), but it has a couple of weaknesses:

- a) It is VERY time-consuming for us, so it could take a long time before we get around to posting these.
- b) At least 2 (or 3) versions of at least the best photos are needed. Creating these versions is even more time-consuming, and we would be eternally grateful if you could produce these yourself. The versions are different mainly in size (resolution). To get the smallest sizes, we usually crop the image first, to get rid of everything that is non-essential, and then shrink the final result to the desired size (so that what remains of the photo will still be visible - even at the smallest size).

Here are the 3 main resolutions that we usually need, and the explanation for each:



Photo / Video requirements

1. **Original photo** (2 or 4 Megapixels). We post ALL the originals in the Albums on the Snapfish.com site, so people can order copies, prints or gift items.

2. **Medium size:** (abt. 950 x 724 pixels) - for the newsletter. The original size is too big if we have many photos to insert into the newsletter.

3. **Small size:** (300 x 225 pixels) - for our web site. This size allows us to put two photos side by side. See our "Recent Photos" page for examples. Ideally, we'd like to put only about a dozen photos from any single event onto this page. Everything else goes directly to the Photo Albums on Snapfish.com.

Videos

For videos, just compress it to a small, manageable size, hopefully not much more than about 200 MB (for a half-hour video), maybe in a **WMV** file format. Again, it would be ideal to provide **two** file sizes, so that even those with the slowest connection can see the video. See the existing videos on our web site. A good example is the PACRAT video, which is 23 minutes long. The two version are:

- **Medium size:** (320x240, 30 fps, 132 MB)
- **Small size:** (160x120, 15 fps, 3 MB)

Remember you can always post your short videos on YouTube and simply provide us a link to it.

If you send us photos and/or videos like the ones mentioned above, we will gladly add it to our web site, and/or to the Snapfish.com site.

If you are sending us only a link, or only a few photos, feel free to email it. Otherwise, if the files are big, or there are lots of them, put it on a CD or DVD, and mail it to us. Contact the webmaster first to find out the best address to mail it to. Currently, Emilio's address appears on the last page of every issue of "Lift Lines".



NOTE: We usually try to give credit to the photographer, by mentioning him/her in the introductory article.

Another method of identifying the photographer is that his/her name might appear in the first few letters of the file name. For example, photos from Linda and Bruce McGavin (eg. From the Washington bus trip) start with the letters **McG**. It would be a big help if you named your own photos that way before sending them.

Ski Oregon / Washington Challenge

Winter 2006/2007.

NWSCC



The winter season is nearing its end. So hurry and complete one of these two challenges.

Ski 10 of 14 ski Washington ski areas. or visit 9 of 11 Oregon ski areas.

Then submit your lift tickets (or receipts) to NWSCC, PO Box 1915, Portland OR 97207.

More info on our web site, and the NWskiers.com web site. Contact Steve Coxen, 503-679-9022, email: sacoxen@aol.com.



Emilio at 49° North



See more info abt. Washington's ski areas in David Schor's blog at: <http://skiwashington.blogspot.com> and Emilio's article: www.mthigh.org/Articles/Ski-Washington-Challenge-diary.pdf

In the News

GI Joe's has dropped the GI from its name. From now on, the store will be known simply as **Joe's**.

Bergfreunde Ski Club is going **digital**. From now on, they will distribute their newsletter electronically, just like Mountain High has been doing since January 2001 (almost 6 and a half years). But, the Bergfreunde club is going even further, by implementing an online database, so their members can sign up for trips online, and even make credit card payments on their web site. Pretty impressive!

Save a tree. It takes 17 trees to make a ton of newsprint paper, and the US consumes 10,600,000 tons of it per year. That's 180,000,000 trees (180 million). You can help lower that figure by using less paper. Read Lift Lines on you PC, and print only the one or two pages you really need printed (like a map to our next event). But save the file on your PC, or forward it to a friend.

Whistler/Blackcomb Peak-to-Peak Gondola

Whistler/Blackcomb will install a peak to peak gondola, connecting the Rendezvous lodge (on Blackcomb) to the Roundhouse lodge (on Whistler) by Dec. 2008.

Ride duration = 11 minutes

Capacity: 28 cabins. Each can carry 24 sitting passengers + 4 standing. That's 2050 people per hour each way.

Distance covered = 2.73 miles (4.4 km), which is 3.5 times the span of the Golden Gate bridge.

Maximum height = 1,361 feet (415 meters), 4 times the height of the Statue of Liberty.

Construction will begin in May 2007. Completion and opening is scheduled for December 2008.

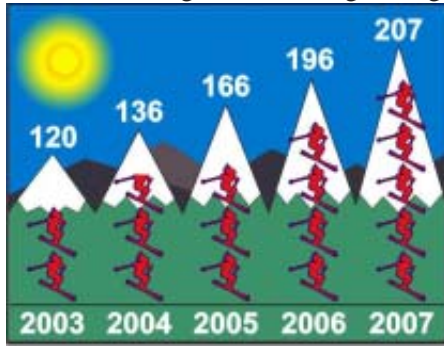
See photos, videos, and much more detail at:

<http://www1.whistlerblackcomb.com/p2pg/home.html>



Membership Chart

We are growing, slow and steady. Still nowhere near the 300 member club we were decades ago, but we are growing.



How old is our club?

Our ski club started as 2 separate clubs: **Plaza** ski club (founded in 1975) and **EdgeSet** ski club (whose exact birth date has been lost to history, but it was in the early 70s).

So, how long has it been since **Plaza** and **Edgeset** clubs merged to form **Mountain High**? We had the first joint elections in November 2000, and we started the new newsletter "**Lift Lines**" in January 2001. So, just look up any issue of "**Lift Lines**" and the issue number will tell you how many months it has been since the merger. 76 months so far.

Mt. High Our Members (by Marital Status & Residence)

We have 207 members. We'd have even more if everyone had renewed their membership, but a lot of people just disappeared.

Marital Status: 107 members are married.
100 members are single

Residence: Our members live in the following towns:

Portland: 58

West side:

Beaverton: 13
Aloha: 5
Hillsboro: 5
Lake Oswego: 18
Tigard: 11
Tualatin: 3
Sherwood: 2
Wilsonville: 2

East side:

Milwaukie: 4
Clackamas: 2
West Linn: 7
Gladstone: 2
BeaverCreek: 1
Oregon City: 6
Canby: 2
Happy Valley: 3
Gresham: 9
Fairview: 2
Troutdale: 1
Boring: 1
Molalla: 2

Washington:

Vancouver: 22
Camas: 3
Washougal: 1
Ridgefield: 2
Stevenson: 2
Nine Mile Falls: 1

Idaho:

Bosie: 1

Note that some of the 58 members classified under "Portland" may actually be living in one of the suburbs on either side. This survey was done by town name, not by zip code.

We used to have more members in Bend, but some of them did not renew this year. Also, we used to have a guy as far north as Yakima, WA, who joined us on Mt. Hood mainly to race.

Some of the "single" people might not be single for long. We might have some weddings within the next few months! Stay tuned.

Club logo or Ski Oregon logo or Ski Washington Challenge logo



You can order a sueded finish 1/4 zip sweatshirt with the club's logo on it, for only \$25. It is made of 80/20 cotton/poly 9 oz. fabric, with an open bottom hem, an inner rib knit collar and cuffs, set-in sleeves and an antique finish metal zipper. Available in Red, Yellow, Mediterranean Blue, Navy, or Athletic Heather (light gray). Sizes: S - 3XL. This is mainly cotton, for comfort.

If you want a similar garment to wear while skiing, go for the more high-tech breathable R-tek polyester sweatshirt for \$30.

Also available:

- * T-shirt (\$10),
- * Short sleeve polo (\$16),
- * Long-sleeve polo (\$18),
- * 100% cotton 1/4 zip sweatshirt (\$25),
- * R-Tek polyester 1/4 zip fleece (\$30).



Most are available in yellow, royal blue, red, navy, and black. Ask about other colors. Choice of pocket-sized logo, or full-chest size (printed on front or back).

To order, call Emilio at 1-503-378-0171 or email: info@mthigh.org.

Please print the Garment Order Form at:

www.mthigh.org/Documents/Order-Form-Ski.pdf

Far West Ski Association Convention

May 31 - June 3 at the Hyatt Regency Santa Clara, 5101 Great America Pkwy., Santa Clara, CA 95054. 1-408-200-1234. 15 mins. from San Jose airport.



This annual event is a unique opportunity for club representatives to meet with other clubs and with representatives of the ski industry. This year, it is hosted by the Bay Area Snow Sports Council.

Our club will probably be represented by Linda McGavin, Debbi Kor-Lew and Emilio Trampuz. Anybody else wants to come?

Hotel reservations: \$129 per night double occupancy before May 9, 2007. Call 1-800-233-1234 and say you are with the Far West Ski Association. Or reserve online at www.hyatt.com with code g-fwsa.

Convention Highlights

Friday Night Silent Auction & Dance, with GREAT DEALS on over \$100,000 in Ski Trips, Hosted drink, FREE Admission to Silent Auction & Dance, Friday, June 1, 7 - 11 pm. Public is welcome.

Friday night Local Ski Club no host Happy Hour 5-7 pm

Celebrity Guest Speakers

Educational Breakout Sessions

Saturday Awards Luncheon

Saturday Awards Banquet & Dinner Dance

Travel Expo, FWSA General Meetings & Elections

Sunday Eye Opener Party

Optional Activities

Thursday Night: Pub Crawl

Friday: Golf, Kayaking, or Wineries Tour

Nearby attractions: Paramaount's Great America amusement park, Intel Museum, Winchester Mystery House, Monterey Aquarium, Santa Cruz Boardwalk.

For complete FWSA convention info, go to: www.fwsa.org and select **Convention**.

Delegate questions: Linda Indreboe: 1-408-248--8426 or public_affairs@skibac.org.

Info for Northwest ski clubs: contact Mary Olhausen 360-892-1814, omary52@comcast.net.

For our own Mt. High club, contact Debbi Kor-Lew at 503-988-5138, ijustwannarun@aol.com.

Mt. High 2007 Mt. High Rafting



DESCHUTES RIVER

RAFT WEEKEND

Trip Leader: **Gordy Lusk**

Maupin OR; July 13 - 14

Contact Gordy @ 503-804-8363 or @ gordylusk@hotmail.com for your reservation.

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

CANCELTION DATE IS JULY 6TH

TRIP INCLUDES;

Camping: Thursday, Friday and Saturday night in Maupin City Park...

RV space available for an additional \$20 a night. Camp sites, near bathroom in main park.

Rafting: (Row, Paddle or just ride) Friday & Saturday

FRIDAY - We'll meet at the park at noon and shuttle up river to Harpin Flat, raft 18 miles to Sandy Beach.

SATURDAY - We will raft from the park to Sandy beach in the morning, shuttle back to the park for lunch and then shuttle up to Harpin Flat and raft the upper section in the afternoon.

Saturday night Potluck diner:

Chicken and ribs provided by Mt. High.

You need to bring to Saturday night dinner:

If your last name begins with the letter:

A-H: bring HDO's or veggies,

I-P: bring salad,

Q-Z: bring dessert.

All other food and drinks are your own responsibility

Camp, raft, dinner = \$75 pp. (Non Members \$100)

Raft and dinner = \$50 pp. (Non Members \$75)

* 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 Snowsport Club*.



Fortunately, Tracy did not fall, so she didn't experience the "joy" of uncontrolled sliding.

Did you know that plastic bags can be dangerous?

We became aware of the danger during our recent trip to Stevens Pass. Early in the morning, the mountain greeted us with a slight drizzle. So, the ski area staff helpfully distributed those plastic bag overalls that can give you a couple of hours of skiing in the rain before you get soaked anyway. Many ski areas do this. In fact, they even proudly print the ski area's name on the plastic. Little do they know they could get sued for endangering their guests.

Several of our members wore those bags and did not remove them even when the rain stopped after only a few minutes.

As it turns out, 2 or 3 injuries that happened were largely attributed to wearing these plastic bags. We are mostly all good skiers, and we don't fall much, but even the best can make a mistake at times.

The problem is, the plastic bags are so slick, that if you fall, you are in for an uncontrolled slide. If there are trees or rocks below you, along the fall line, you will probably hit them. As did some of our unfortunate club members. **Janice Jessen** (who was taken to a nearby hospital for a check up) later said:

"I know that the plastic bag contributed to my fall. I couldn't stop spinning and finally log-rolling. My fall ended by crashing into two or three trees. I am very internally bruised. I feel like I had internal surgery. I am very sore and have to take lots of ibuprofen. I think I am extremely fortunate not to have broken anything."

So, think twice before donning one of these slick contraptions that can transform you from a skier to a skelton or luge participant in a second.

Building up on the idea safer for skiing in the 21st century, started in the July/August 2005 issue of "Lift Lines", resorts could make the slopes **safer** by providing more opportunities for us to practice **controlled turning**, by simply setting up a variety of **fun obstacles** on the slopes. This would not only make the slopes more **fun**, but would also **slow traffic down**, make the slopes **safer**, and lift lines **shorter**.

Urge ski areas to implement this idea. Here's just one of the ways:



Set up some training gates!

Why are all training gates always reserved for a group or racers or a club? Why not open some to the general public? Ski areas should give us an opportunity to practice **controlled turning**.

Why not create "terrain parks" devoted to **turning** instead of jumping?

For more ideas, and the whole vision, see our web site at: www.mthigh.org/Vision.htm.



Change in Membership rules

At our latest Board meeting, it has been decided that our membership season will run from October 1 - September 30, to coincide with the membership year that both FWSA and the NWSCC use. In fact, your membership card says it expires on September 30th.

It was also decided that new members who wish to join the club after April 30 (after the end of the season), and before Sept. 30, will be asked to pay a lower membership fee of only \$10 for the remaining part of the membership year.

Everyone will be expected to renew their membership after October 1.

Mountain High Meeting

First Tuesday of the month.

May 1 (Tues.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events.

Gather at 6:30 pm. Start at 7 pm.

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

Mountain High snowsport club contacts:

General information: info@MtHigh.org

Web site: www.mthigh.org

- President: Gary Stevenson, H: 503-257-6368,
Vice-President: Terry White, H: 503-781-4558, W: 503-296-6075, TWhite223@msn.com
Secretary: Sue Snelling, H: 503-774-8747, OptomistSue@comcast.net
Treasurer: Kurt Krueger, H: 503-625-1492, telek2@att.net
Race Director: Bruce Ellison, H: 503-697-7892, Yuffiet@comcast.net
Newsletter Editor: Emilio Trampuz, H/W: 1-503-378-0171, info@mthigh.org
Activities Director: Jaxine Harris, H: 503-692-9719, JaxineAH@msn.com
NWSCC Rep: Debbi Kor-Lew, H: 503-682-1563, W: 503-988-5138, ijustwannarun@aol.com
Trip Directors: Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.com
Linda McGavin, H: 503-652-2840, W: 503-412-3531, Trips@mthigh.org
Larry Bennett, H: 503-760-2360, BENNETT896@aol.com

DOUGH TRANSMITTAL FORM

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

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

PLEASE PRINT CLEARLY: [] New membership [] Renewal

Name(s): _____

Address: _____

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

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

Whereas the Mountain High Snowsport Club ("Club") is an organization of fun loving ADULTS whose events are organized by members who volunteer their efforts for the enjoyment of their fellow members and friends, please remember when I participate in Club events I do so at my own risk. Sporting activities, indeed, any activity, includes inherent risks. I will evaluate my own abilities and responsibilities and join in the Club fun as a responsible and considerate adult. I will not hold the Club or any Club officer liable for the consequences of my decisions and my behavior. The bottom line is, stuff just happens sometimes and the club volunteers are not to be blamed for helping us have fun. Besides, the Club has no assets, except for a leftover banner, some balloons, or a couple of empty beer bottles with the Club's name on them.

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

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

- Summer Membership (May 1 - Sept. 30) Total \$10 per person \$ _____
Membership Dues (Oct. 1, 2007 - Sep. 2008): Single (\$25); couple (\$40) \$ _____
PACRAT Racing 2007/08 Total: \$85 Team name: _____ \$ _____
Rafting (July 13-14, 2007) with camping: \$75 without camping: \$50 \$ _____
For RV space: add \$20. Each non-member add: \$25 \$ _____
Other: _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

Club membership = 207 Newsletter Distribution

The April issue is posted on our web site, and also:
 256 copies sent via email
 25 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.

Free Basic Life Support Instructor Training

If you are certified in Basic Life Support, you can get some free instructor training. See details at:
<http://www.mthigh.org/Events/FREE%20BLS%20Instructor%20Training.pdf>

MAC Ski Training Camps at Timberline

July 16-20, 2007. Multnomah Athletic Club is organizing a series of summer training camps for kids and juniors, but also one for adults, in July. It will focus on Slalom and GS training. It runs for 5 days at a cost of \$500 (no lodging).

You must register at least 7 days in advance. No drop-ins. Questions? Contact Head Coach **Jesse Scroggins:** Hm. 541-352-5515 Cell. 541-806-5515 or jesses@hoodriverelectric.net.

Details on our Events page, www.mthigh.org.

Mt. High Mt. High Annual Picnic

DATE: Saturday, August 11th 2007

TIME: 8am - 9pm

WHERE: Sellwood park

PICNIC AREA - A (as before- the big one)

BALLPARK FIELD # 2 (as before - close to the picnic area)

BALLPARK TIME: 1 - 2 pm

CONTACT: Jaxine Harris, 503-692-9719,
JaxineAH@msn.com

There will probably be a bicycle ride just before the picnic. Other details will follow.



Doug Pilcher (Mt. Hoodlums team) had a heart valve replaced on April 12, 2007. He was discharged from the hospital just a few days later. He needs some rest, but sounds great on the phone. He says his heart as a whole is in good shape. It was just a valve job! Sort of like a "tune up". Soon, he'll be as good as new.

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

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

