



# Lift Lines

== No. 84, December 2007 ==

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



Hi folks,

It's time to **renew** your membership, if you haven't done so already. Please use the [Membership Signup Form](#) when you send us your renewal.

Our club has a lot to offer, but you have to make use of it! Trips, parties, connecting with others via the Forum, or the Bulletin Board. Get on our general email list, or our mid-week skiers' list. Use the resources on our web site: the ski area listings, articles on gear, travel, etc., Check out latest photos, look up race results, and more. Start exploring at: [www.mthigh.org](http://www.mthigh.org).

## Come Ski With Us!



Any time you go skiing, especially on weekends, we encourage you to stop at **McDonald's** in **Sandy** around **7:00 - 7:15 am**, and check to see if there's anyone else from our club in the parking lot, waiting to connect with others and carpool to the mountain. On the slopes tune to **channel 6-19**.

## Road Trip: Canada Ski Safari

by *George Yun*



Yeah baby, what a fun road trip it is going to be. I am starting to get the Willies just thinking about that Canadian Ski Safari. Apparently all the early snows went farther up north. On the road again. Just can't wait to get on the road again. Goin' places that I've never been. Sking' hills that I may never see again, And I can't wait to get on the road again. ~ ~ ~ On the road again, Like a band of skibums we go down the highway, following the powder dumps wherever they may fall, and I just can't wait to get on the road again.

George, [boar2m@msn.com](mailto:boar2m@msn.com)

## Oregon Cancer Ski Out



**March 2-3:** Register your 5-person team now for this fun fundraiser for Cancer Research and hospice care. Two races are held, and only consistency counts; not speed. Team registration for 5 people is \$850. Contact **Russ Stanton**, [russki2day@yahoo.com](mailto:russki2day@yahoo.com) or **Dick Woolley** at

[RGWoolley@comcast.net](mailto:RGWoolley@comcast.net). Lots more information on our web site: [www.mthigh.org/Events.htm#Oregon Cancer Ski Out](http://www.mthigh.org/Events.htm#Oregon%20Cancer%20Ski%20Out)

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

## 2007 CALENDAR

- Blue:** Mountain High events  
**Red:** NWSC/FWSA events  
**Black:** Generalevents

**Dec. 7-12: Silver Star trip**

**Dec. 8-16: Canadian Ski Safari**

**Dec. 15-16: Turkey Slalom & GS**

## 2008

**Jan.13 (Sun) PACRAT race Timberline**

**Jan. 19-26 FWSA Ski Week Whistler**

**Jan.27 (Sun): PACRAT race Meadows**

**Feb. 1-11: Innsbruck, Austria trip**

**Feb. 2 (Sat) Chocolate Party**

**Feb. 6-10: Sun Valley Family trip**

**Feb. 10-16: Whistler cabin trip**

**Feb.16-18: Southern Oregon bus trip**

**Feb.17 (Sun): PACRAT race Ski Bowl**

**Mar.1-2: Cascade Lodge Weekend**

**Mar. 2-3: Oregon Cancer Ski Out**

**Mar. 9 (Sun): PACRAT race Meadows**

**Mar. 14-16: Mystery bus trip**

**Mar.23 (Sun) PACRAT race Timberline**

**Mar. 29 - Apr.3: Lake Tahoe trip**

**Apr. 3 - 7: FWRA Championships**

(Mammoth Mt.)



Debbi at the finish line

## Debbi Does New York!

**Nov.4 (Sunday)** Did Debbi seem a little winded at our Membership Party? Maybe that was because only 3 days earlier, she took part in the New York City Marathon, along with 39,000 other people. She completed the 26 miles in 5 hours and 9 minutes. Congratulations, Debbi! You can see more photos of Debbi at: [ingnycmarathonphotos.com](http://ingnycmarathonphotos.com). Her bib number was: 31809.



## Where are the Shirts? - by Emilio Trampuz



REI's  
Sportif Microfleece  
with pockets

A few years ago, I bought a great shirt for skiing from Land's End. It was made of microfleece, a wonderfully soft and breathable polyester material, perfect for our sport. On top of that, it has two zippered chest pockets. I usually carry a pen and a comb in one pocket, and my cell phone in the other.

It's time to replace this shirt, but nobody carries anything like it! Everybody sells tons of fleece sweatshirts and jackets, but no shirts. Instead of shirts, all you can find is something they don't

even call a shirt. It's simply called a base layer. To me, it looks more like underwear. I wear thermal underwear too, but I want a shirt on top of that, one that has pockets, and one that I can unbutton when I am hot.

I also want it to be colorful, but all I can find is dull earth tones, such as tan, olive, gray, black,... Hey, I am not dressing for a funeral! I am dressing for fun!

Thankfully, I just found at least one source for such shirts. REI has one, but they are hiding it well. It's the perfect shirt for skiers, but you will NOT find it listed under Skiing shirts. Not even under Men's shirts. In fact, you might never find it by just browsing their web site. The shirt is too well hidden. You can find it if you enter the following search words on REI's web pages: "**Sportif Microfleece**". Its full name is Sportif Smoky Mountain Microfleece Shirt. It comes in a variety of plaid colors, but also in a Dark Brick Red, which is as bright as you'll find in these gloomy days! It's on sale for \$29.83.



My old shirt, bright red, with two zippered pockets,



Typical "base layer" shirt offered these days, with no pockets, dull colors, and stitching visible on the outside.





One of the new trails at Timberline

### New Trails & New Lift at Timberline

The new Jeff Flood express lift is already in operation, but it will be officially christened this Saturday, Dec. 8, in a short opening ceremony at 10:00 am.

The new lift effectively doubles (or triples?) the length of the average run at Timberline, and it will mostly replace the Pucci lift for most skiers. In fact, Pucci will be slowed down somewhat, to cater to beginners.

### Mt. Hood Meadows

If you want to buy an old yellow chair, email to: <mailto:tscully@skihood.com?subject=Yellow Chair WaitingList>



### Turkey Slalom & GS

**Dec. 15/16** (Sat./Sun.) Two races at Mt. Hood Meadows, sponsored by the **Schnee Vogeli** ski club, and everyone is invited.

Giant Slalom on Saturday, and Slalom on Sunday. These are PNSA/USSA sanctioned Masters Races.

For more information, contact:

**Jack Walker**, 503-807-3807, or [jack@walkerperformancegroup.com](mailto:jack@walkerperformancegroup.com) or Farzin Ghezeli, 503-358-5500, or [fraser@smlend.com](mailto:fraser@smlend.com).

**Note:** Temporary USSA memberships are available for \$25 per event.

See more info, including a flyer and the registration form, on our EVENTS page on the web site: <http://www.mthigh.org/Events.htm#Turkey Slalom & GS>



### 1st PACRAT Race

**Jan. 13** (Sunday) Our first race of the season is at Timberline. Meet your team captain in the day lodge, 8:30 - 9:00 am, to get your racing bib.

### Mt. High

### Chocolate Party

**WHAT:** Mt. High Snowsport Club's Annual Chocolate Party

**WHEN:** Saturday, February 2<sup>nd</sup>, 2008, starting at 7:00 pm.

**WHERE:** At the home of Cindy and Bruce Ellison  
147 SW Del Prado St., Lake Oswego, 97035.

Please RSVP to Cindy & Bruce: 503- 697-7892  
or email [Yuffiet@comcast.net](mailto:Yuffiet@comcast.net).



Join your fellow club members at the annual **Chocolate** party. Bring your favorite chocolate dessert and enter it in the contest for the **Most Chocolatey**; the **Most Creative**, and/or the **Most Decadent**. The judges will be fair in their selections from all of the entries (despite any rumors that they can be bribed) So, mark your calendar for this pre-Valentine event. Bring your favorite "Sweetie" and enjoy a night of decadence, fun and good cheer.

For info, contact Cindy & Bruce: 503-697-7892 or email [Yuffiet@comcast.net](mailto:Yuffiet@comcast.net).

Linda & Debbi



*Fine  
champagne*

*Fine  
desserts*

*Fine  
conversation*



## PACRAT News

### Pacific NW Area Clubs Recreational Alpine Teams



**Bruce Ellison**  
Mt. High Racing Director

Mountain High, the club that skis (and rides) now provides more than half of all the teams that participate in PACRAT Racing. PACRAT Racing is a recreational racing program on courses of 20 to 40 seconds long. We race on 5 Sundays each winter at Mt Hood ski areas. The afternoon after each race we have a dinner and drawing for prizes donated by our

sponsors. It's so much fun that there are folks who've been doing it for 20 years or more. At the same time it's very recreational. The courses are modified GS format and are skiable by most skiers. If you're interested in trying this out this winter please check out [www.mthigh.org/Racing.htm](http://www.mthigh.org/Racing.htm).

Each year some of our skiers go to the Far West Ski Racing Association **Championship races**. Last year's race was held in Bend. We caught this photo of David Marshall stealing one of the Giant Slalom Gates (actually the gate got snagged by his clothing):



This year Mt High will have a total of 12 PACRAT teams. That's 120 racers! It's two more teams than last year. **Mike Weber**, after a year's hiatus has returned with the **Rocket Dawgs**, and the **Infrarats** are undergoing binary fission to create a second team.

If you haven't been assigned to a team yet, contact us. There's still room on the 11th team and a couple of spots on other teams! If you want to race, contact me at: [Yuffiet@comcast.net](mailto:Yuffiet@comcast.net) or phone: 503-697-7892.

Come join the fun!

- Bruce, your Racing Director

## 2008 PACRAT Race Dates

Date	Location
Dec. 4	Mt. High teams signup deadline.
Dec. 12	Deadline to send all forms to Pacrats
Dec. 19 (Wed)	Team captains meeting -Round Table Pizza
January 13	Race 1: Timberline
January 27	Race 2: Mt. Hood Meadows
February 17	Race 3: Ski Bowl
March 10	Race 4: Mt. Hood Meadows
March 23	Race 5: Timberline
April 6	Make up race, if necessary
April 4-6	FWRA Championships, Mammoth Mt. (This great opportunity is optional.)
April 11 (Fri.)	Rat Attack.Awards Party
	Summer Fun RAT Party date and location TBA

## Deadlines

**Dec. 4** (Tuesday, our December Board meeting). -- Deadline for PACRAT signups (for our club) and for our team captains to send in their team lists to me, as we need some time to cross-check all the racing dues with our club's Treasurer.

**Dec. 12** (Wednesday) -- This is the official deadline to send in all the paperwork to Dale Parshall.

**Dec. 19** (Wednesday) -- Mandatory team captains' meeting, to pick up the racing bibs for their teams. Location: the **Round Table Pizza**, on Barbur Blvd., starting around 6:30 pm.

## New racers

Please know that it is not enough to just send in your racing fee and the two PACRAT forms. You also need to find a team to join. You can find a list of team captains and contact info on our web site [Racing](#) page.

If you have not yet been assigned to a team, or if you don't know who your team captain is, or you haven't signed up yet, but would still like to join a team, please contact [Bruce](#) as soon as possible.

Your team captain will pick up all your team's racing bibs on December 19. Some teams gather socially for a "bib decorating party". Feel free to color your bibs if you like (optional). Otherwise, your team captain will distribute the bibs on the morning of our first race at Timberline.





## Membership Cards

Please renew your membership by the end of the year. We'll soon be doing our annual cleanup.

Those on the Potential Members list, will be removed from the list, unless they join the club (except if you contacted us just recently).

Use the [Membership Signup Form](#), or the form on page 11,



Those who renewed or joined at the Ski Fair or the Membership

party already received their cards in person. If you want us to mail you your membership card, please send a self-addressed stamped envelope to: **Mountain High Snowsport Club**, PO Box 2182, Portland, OR 97208.

## The Club Needs You

Get more involved with the club. Come to our monthly planning meetings. Here are some needs:

1. **Membership Benefits director.** Someone to update our benefits list, Call on the organizations that have offered us discounts last year, and see if those are still valid this year. Maybe also find new "sponsors".

2. **Entertainment coordinator.** Someone to plan for guest speakers, audio/video presentations and other suitable content for meetings / parties.

3. **Social Activities director.** To plan and organize social functions, parties, TGIFs, bowling, movies, dinners. This could be divided among several people, each taking care of only one or two events.

## Mt. High Forum

Our club's forum has come alive this season! Our members use it in various ways:

- To make announcements;
- To ask questions;
- To find partners for the 4x4 pass;
- To discuss gear & other issues.

Join in the fun. Check it out by going to [www.mthigh.org](http://www.mthigh.org), and clicking on the [Forum](#) button. Or, just click on the word [Forum](#) here.

Make sure to also look at the posted replies by clicking on the link in the bottom right corner of each message that has replies. Or post your own reply!

The Forum is for pure text only. If you want to sell an item and have a photo, email it to us, and we'll post it on the [Bulletin Board](#).

## Club logo



You can order any of these items imprinted with our club's logo:

- \* **T-shirt** (\$10),
- \* **Short sleeve polo** (\$16),
- \* **Long-sleeve polo** (\$18),
- \* **80% cotton 1/4 zip sweatshirt** (\$25), soft & suaded, in Red, Yellow, Mediterranean Blue, Navy, or Athletic Heather (light gray). Sizes: S - 3XL.

- \* **R-Tek polyestes 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](mailto:info@mthigh.org).

Please print the Garment Order Form at: [www.mthigh.org/Documents/Order-Form-Ski.pdf](http://www.mthigh.org/Documents/Order-Form-Ski.pdf)



## Mt. High Wall Calendar

A slick, customized, new 15-month wall calendar (from Oct. 2007 -- December 2008) is now available on our web site. It has most of the main ski trips and PACRAT races already marked. It's totally free! Just download it from our web site (Calendar of Events page) and print it 2-sided.

Two sizes are available: Tabloid and Letter size. Get it here: <http://www.mthigh.org/Events.htm>

If you'd rather not do it yourself, [Emilio](#) will print the Calendar for you, for a small fee, just to cover the expenses. Just call 1-503-378-0171 and tell him which size and how many copies.

1. Tabloid (11 x17) needs wide printer. Cost: \$8.00
  2. Letter (8.5 x 11" when unfolded). Cost: \$4.00.
- If you want it mailed to you, please add \$1.50 for postage. Send to Emilio Trampuz, 4742 Liberty Rd. S., #296, Salem, OR 97302.

## Oregon Cancer Ski Out - March 2 & 3, 2008

### Background

The Oregon Cancer Ski Out was started in 1988 by **Larry Chadwick** and a small group of people who were saddened and frustrated by the loss of family and friends to cancer. Determined to provide a meaningful way to bring people together from all walks of life in the fight against cancer, they started the Oregon Cancer Ski Out on a shoestring and a hope. They knew it had to be meaningful, affordable and above all, it had to be fun...serious fun!

The first year netted \$600 – not much, but enough to keep the spirit alive. Last year (2007) the Oregon Cancer Ski Out gave \$40,000 to our beneficiaries. A big “thank you” to all of you who participated last year! Thanks to our generous sponsors and dedicated race participants, guests and volunteers, over \$515,000 as been raised for beneficiaries in the past 20 years.



Today over 250 people head up to Mt. Hood Meadows each year to raise funds to support cancer research and education programs.

### The Beneficiaries

**Willamette Falls Hospice & Hospice of the Gorge:** Providing compassionate home care and family support for terminally ill patients.

**OHSU Cancer Institute:** researching causes and cures for cancer

**Candlelighters:** supporting programs for children with cancer and their families.

### Get INVOLVED!

- Enter a TEAM. Find 4 other friends and put together a team. You'll never know how much fun fundraising can be until you give Cancer Ski Out a try.
- Become a Corporate Sponsor. Your corporate dollars will be put to work directly supporting OCSO beneficiaries, not underwriting the event.
- Volunteer. Volunteers needed for one or both days.
- Call the Ski Out office for detailed info: 971-221-5872

### What is the Oregon Cancer Ski Out

- This is a two (2) day race based on consistency, not speed.

- We have teams of five (5) members. The teams can be made up of men, women and children. They can either ski or snowboard.

- This “racing” event is unusual because it is consistency which matters, not overall speed. The winning team is the one with the closest handicapped team times (with all team members' times added) between Sunday's and Monday's races. It doesn't matter how slow or fast each racer is, as long as their times are consistent. Last year's winning team had only 1 second difference in the team times between the 2 days!!

- The top ten (10) teams will be awarded prizes donated by Joe's Sports and More Store.

### Event Schedule

**Saturday March 1st :** Coaches Challenge golf tourney (check the website for information)

**Sunday, March 2 – Mt Hood Meadows – Finish Line**

8:30 am Registration & breakfast

10:00 am Racing begins

**Cowboy Up Party – Best West-**

**ern Hood River Inn:**

5:00 pm Hospitality room at the Hood River Inn

6:30 pm Dinner – Columbia Room

11:00 pm Casino Prize Drawing

**Monday, March 3 - Mt Hood Meadows – Finish Line**

8:30 – 9:30 am Breakfast

9:30 am Racing begins

3:00 pm Team awards

### Registration – Online or by Mail

Register your 5-Member Team for the Oregon Cancer Ski Out Today! Registration is limited to only 34 teams. (A \$170 non-refundable deposit is required to hold your team's place)

Go to [www.cancerskiout.org](http://www.cancerskiout.org) for full event details and to register on-line and pay by credit card.

Or, complete the registration form and return by mail.

Checks made payable to: Oregon Cancer Ski Out

Mail to: Oregon Cancer Ski Out

PO Box 1484

Wilsonville, OR 97070

Registration fee include: two breakfasts and lunches, Cowboy Up for Cancer Dinner Party, Dance & Casino, two day lift tickets, participant gifts and race fees for all five team members.

Early Registration: \$850.00 (by Dec. 15, 2007)

Late Registration: \$1,000.00 (after Dec. 15, 2007)



## Winter Trips

May trips are filling up fast. Don't wait too long to make up your mind. Trips are limited by the number of people we can fit on a plane or on a bus. For all Mt. High trips, please use the [Dough Transmittal Form](#) on page 11.



*If you travel to Canada or Europe, you will need a passport. See:*

[www.mthigh.org/Articles/Passports.htm](http://www.mthigh.org/Articles/Passports.htm)

The following pages are trip summaries. More info on our web site: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm).

## Unusual Weather

This year, we have already witnessed several strange weather developments. Two things stand out:

1. **Temperature fluctuations.** After a warm Fall, it suddenly turned cold, and we received lots of early snow. Then it got warmer very quickly and we were hit by the Pineapple Express, with lots of rain. Now it's turning cold again.

2. **Snow bypassing the usual spots.** Some ski areas known for their snow accumulation have been bypassed so far. Big White normally gets more snow than Silver Star, but this year it was the opposite.

Even more strange is that Red Mountain got only 18 inches of snow so far! This is especially strange as the ski areas around Red received a lot more snow. 49 Degrees North, Schweitzer, Kimberley, Panorama, all have 2 - 4 feet of snow already.

What is going on? Could these wild fluctuations and unusual patterns be a sign of global warming?



## Canadian Ski Safari: Columbia River valley

Dec. 8-16, 2007.

There are many ways you can do this on your own:

- the **classic 5-day trip** around Canada, which we already did for the past 4 years in a row.
- the **new 8or 9-day trip** that includes more ski areas, like Revelstoke Mt. , Kicking Horse, Fernie, etc.

Also, you can do this in early December or in April, when the Warren Miller coupons kick in. See the ARTICLES page (and then look for Canadian Ski Safari) at: <http://www.mthigh.org/Articles.htm>.

This year, the weather has played havoc with our itinerary, and we have had to modify it several times. That's the beauty of a road trip. You can change your route at any time, since you are not bound by any fixed schedule or any reservations. Just drive and ski! And follow the snow!

The latest plan is as follows:

Day 1: Sat.: **Timberline.** For the opening of the new lift.

Day 2: Sun.: **Silver Mountain (ID) or Schweitzer Mt.**

Day 3: Mon: **Fernie**

Day 4: Tue: **Panorama**

Day 5: Wed: **Sunshine Village**

Day 6: Thu.: **Sunshine Village or Lake Louise**

Day 7: Fri: **Kicking Horse**

Day 8: Sat.: **Kimberley**

Day 9: Sun: **Schweitzer Mt. or Silver Mountain (ID).**

Let the adventure begin! Contact Emilio. If you can't do it now, remember the Warren Miller coupons are valid again after March 25, 2008. Bruce and Linda might go up in April. Maybe a few others too.



**FWSA Far West Ski Week: Whistler/Blackcomb**

**Jan. 19 - 26, 2008.** 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.

**Whistler/Blackcomb** is a perfect winter vacation: two side-by-side mountains rising from a picturesque pedestrian village. Experience in 2008 what the world will discover in 2010 at the Winter Olympic Games! Whistler/Blackcomb is unchallenged in sheer size, variety of terrain, choice of on-mountain and après ski activities. 13 bowls, 3 glaciers, and more than 200 marked trails, secluded

tree skiing and groomed-to-perfection alpine runs.

Whistler's après scene is legendary. Pubs, clubs, cinemas, shops, art galleries, hot tubs, and more.

- \* Lodging (dble occupancy);
- \* Welcome Party,
- \* Après Ski Party,
- \* 6-day lift ticket,
- \* Mountain Picnic,
- \* 3 Races (optional);
- \* Council Night Event,
- \* Farewell Party-

**Price:** Without transportation:

\$1049 for lodging in condos or

\$1109 for luxury hotel (but all spots already filled in the hotel).

Bus transportation from Eugene and Portland will be arranged and is encouraged. Parking at Whistler is \$7-15 per night, even at condos. Call or e-mail for bus details. Seats on bus limited to first 50 sign-ups.

**Flight from Portland:** \$355 (From Eugene: \$433)

**Bus transportation from Portland:** \$120 - \$135 p.p.  
(22 person minimum)

**UPDATE: There will be no bus, because not enough people signed up for it. People will either drive or fly.**

**This trip is practically full. There may be room for more people if someone cancels. If you want to join the trip, a \$100 check will place you next in line on the waiting list. Any cancellations from the trip will be replaced from the waiting list, in the order that checks and sign-up forms are received. Your check will be returned if a spot does not open up.**

**Payment Schedule:** \$800 due now,  
: Remaining balance due November 1st.

**Trip cancellation policy:** Cancellation before June 30th is fully refundable. Cancellation from July 5th until September 5th 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.

Click here for the [Flyer and Signup Sheet](#).

Original deposit was \$100. Now it's up to \$800. Make check payable to: **Northwest Ski Club Council**, P.O. Box 1915, Portland OR 97207.

Contact: **Barbara Bousum**, 503/224-3584, [BBousum@gmail.com](mailto:BBousum@gmail.com).

*Much more info on these and other trips on our web site: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm).*

**NWSCC Sun Valley**

**February 6-10, 2008.**

A family trip to **Sun Valley**, organized by the Skiyente Ski Club.

This will be a driving trip, open to everyone, including skiers under 21, so this is a great trip to bring your kids and grandchildren on.

**Price:** \$488 - \$688, depending on type of lodging. Send \$100 deposit to Skiyente Ski Club, P.O. Box 56342, Portland OR 97238.

Contact: **Colleen Walter**,  
[colleenski2002@yahoo.com](mailto:colleenski2002@yahoo.com)  
or **Sheri Parshall** at:  
[cougskier@aol.com](mailto:cougskier@aol.com).

**Mt. High Whistler cabin**

**February 10-16, 2008.**



6 nights lodging / 5 days skiing,

Carpooling.

Cost = \$235 includes lodging, daily breakfast, lunch & dinner. Everyone


is encouraged to cook a dinner.

Lodging in a cabin 5 minutes north of Whistler village. Shuttle bus to the lifts every 20 minutes.

Discounted tickets are additional at \$65 Canadian (the best internet price next year will be over \$67)

There will be a pre-trip meeting in January. **This trip is full! Waiting list only.** Contact **Bill Leeper**: 503-639-2603.



**Mt. High Sunny South Oregon bus trip** 

**February 15-18, 2008.**

A fun 3-day/3night trip over Presidents' Day weekend, where you can really get to know other club members, both on the bus and on the slopes. Our bus trips are among

the most fun and the least expensive trips. We'll leave Friday around 5 pm.

Saturday: **Warner Canyon**, then go to Shasta City.

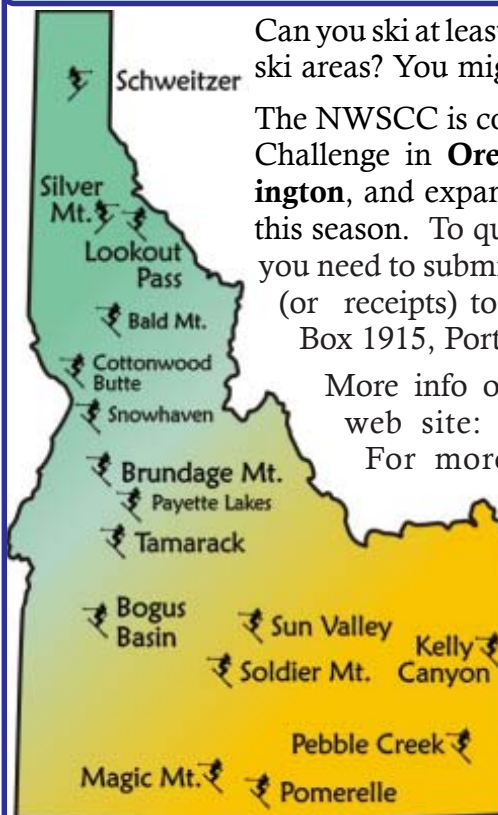
Saturday: Ski **Mt. Shasta**, then go to Ashland.

Sunday: Ski **Mt. Ashland**, then drive home.

**Price: \$250** (lodging & transportation, and continental breakfasts), plus approx. \$90 for all 3 lift tickets Trip price is based on 30 people. For each additional 2 people, the price for everyone will go down by \$4 .

**Contact:** [Linda McGavin](#) or [Emilio Trampuz](#).

**Reservations:** Send a \$100 deposit made out to Mt. High Snowsport Club, and mail it to PO Box 2182, Portland, OR 97208. Use [Dough Transmittal Form](#).

**Mt. High NW Ski Challenge (Idaho)**

Can you ski at least 12 of Idaho's 16 ski areas? You might win a prize.

The NWSCC is continuing the Ski Challenge in **Oregon** and **Washington**, and expanding it to **Idaho** this season. To qualify for a prize, you need to submit your lift tickets (or receipts) to: NWSCC, PO Box 1915, Portland OR 97207.

More info on our Council's web site: [NWskiers.org](http://NWskiers.org).

For more info, contact **Steve Coxen**, 503-679-9022, or by email to: [sacoxen@aol.com](mailto:sacoxen@aol.com).

See the [Articles](#) page on the Mt. High web site for last year adventures.

**Mt. High Mystery trip** 

**March 14-16, 2008.**

A fun 2-day/2night bus trip to a mystery location. Bring some mystery food to share on the bus! We'll leave Friday around 5 pm, and get back Sunday, abt. 8 pm.

**Skiing:** Lots of variety, long meandering cruisers, scary steeps, and easy tree skiing.

**Lodging:** We'll stay in one charming place both nights. Continental breakfast included.

There are other eateries nearby too.

**Bus ride:** Fun and games, prizes, jokes, etc.

**Price:** Approximately **\$200** (lodging & transportation, plus approx. \$70 for 2 lift tickets. Trip price is based on 30 people. For each additional 2 people, the price for everyone will go down by \$4 .

**Contact:** [Linda McGavin](#) or [Emilio Trampuz](#).

**Reservations:** Send a \$100 deposit made out to Mt. High Snowsport Club, and mail it to PO Box 2182, Portland, OR 97208. Use [Dough Transmittal Form](#).

**Mt. High Lake Tahoe / Heavenly**  

**Mar. 29 - Apr.3, 2008** A 5-day trip (Saturday - Thursday).

**Skiing:** Heavenly is our main destination, with 4,800 acres and 3,500 vertical feet, and slopes in both California and Nevada. But, we'll visit other places too.

**Lodging:** Lakeland village condos, 1-4 bedrooms, full kitchen, hot tub, heated pool, sauna, free shuttles, 1 mile to the lifts.

**Fly to Reno (on your own)**, or drive, or rent a car.. Janice can help you carpool with others. (You can link this trip with the Far West Championships at Mammoth. **Gordy** will have a bus for us from Reno to Mammoth and back.)

**Price: \$400** includes:

- \* 5 nights lodging, in shared condo.
- \* 2 of 3 days lift ticket to Heavenly
- \* Wine & cheese welcome party, \* Breakfast
- \* Shuttle around town and to Heavenly gondola or tram.

Contact **Janice Jessen**: [jessen@iinet.com](mailto:jessen@iinet.com)

Send \$100 deposit. Use [Dough Transmittal form](#), p.11.

**FWSA Mammoth Mt.: Far West Championships**   

**April 3 - 6, 2008.** Our PACRAT racers can participate in the usual Slalom and GS races, for an additional \$45 fee. But, even without racing, Mammoth Mountain deserves to be visited !



This trip will be coordinated with the Lake Tahoe trip (see page 9).

Each trip is independent, but if you are already as far south as Lake Tahoe, might as well go a bit further south and visit Mammoth Mt.

Gordy will organize a **bus** from Reno airport (for both people flying in just for this event, as well as for those extending their trip after the Lake Tahoe trip. Contact **Gordon Lusk**: [GordyLusk@hotmail.com](mailto:GordyLusk@hotmail.com).

Make your own room reservations before March 5, 2008 for special group rates at The Village at Mammoth, Juniper Springs Resort, and the Mammoth Mountain Inn. For reservations, call **1-800-626-6684**, and mention group rates for **Far West**.

You can also book online at: [www.mammothmountain.com](http://www.mammothmountain.com). Use group ID: 2725, Password: 370004430, Password: Far West.

**Bergfreunde Innsbruck - Austria Sampler trip**   

**Feb. 1 - 11, 2008.** All NWSCC club members are invited to join the Bergfreunde ski club on this trip to Innsbruck, the capital of the Tyrol region. Cobble-stone streets, castles, palaces, museums. Ideal sightseeing vacation, with optional downhill or cross-country skiing.

There are seven ski areas around Innsbruck, with free bus transfers included. A total of 63 lifts. Also 12 nearby cross-country ski areas with 110 miles of prepared trails.

Accommodations at the 4-star Hotel Maximillian, near the Old Town of Innsbruck.

Price of **\$1,424** includes the following:

- \* Round trip airfare from Portland, on Lufthansa.
- \* Private group bus transfers from airport to htoel.
- \* 9 nights lodging in 4-star Hotel Maximillian, in Innsbruck.
- \* Breakfast daily, plus 2 dinners, one of which is a Tyrolean mountain hut party night.
- \* Club Innsbruck Card: free bus to ski areas; ski pass discounts.
- \* Escorted from Portland by Bob Burns.

Trip Capt. - **Bob Burns** at **503-524-5261** or [bob@inkjetman.com](mailto:bob@inkjetman.com) (put Innsbruck in the subject line)

**FWSA Les Trois Vallees** 

**March 7 - 15, 2008.**

This is a Far West trip to France, to the 3 Valleys: "**Les Trois Vallees**", offering 200 lifts, and 540 sq. miles of terrain.

Optional Aix-en-Provence (3 nights) and Paris (4 nights) post-trip, extends it to March 21.



Basic Ski Week package **\$1390** pp double occupancy, which includes:

- \* Round-trip Air-France non-stop flight from Seattle, SFO or LAX.
- \* 7 nights lodging at the ski-in/ski-out 3-star Hotel Montana - Breakfast and dinner daily;
- \* Hotel features sauna, fitness gym and indoor pool.
- \* All European air and ground to & from hotels and airports. All local city taxes, resort fees and all other known fees in all hotels.

This is an incredible deal you don't want to miss!

Not Included: Int'l Departure taxes and fuel surcharge - around \$270.

Post extension trip \$895 (optional).

For more details go to: [http://www.fwsa.wbees.com/f/2008 European Ski Week.pdf](http://www.fwsa.wbees.com/f/2008%20European%20Ski%20Week.pdf)

Deposit: \$200 to Far West Ski Association, c/o Norm Azevedo, 901 Sousa Dr., Walnut Creek, CA 94597-2922.

Contact Norm at 1-925-944-9816 or [fwsatravel@sbcglobal.net](mailto:fwsatravel@sbcglobal.net).



**Mid-week skiers!**



**George Yun** has been doing a great job so far this season. He empowered everyone on the mid-week skiers' list, encouraging them not only to wait for his invitation, but to actively contact each other whenever they feel like going skiing. A wonderful email dialog has developed so far. To get on this list, simply email George at: [boar2m@msn.com](mailto:boar2m@msn.com).

**Mountain High Meeting**

Usually 1st Tuesday of the month.  
**Jan. 8 (Tue.):** 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., near Capitol Hwy.

**Mountain High snowsport club contacts:**

- President:** Gary Stevenson, H: 503-257-6368,
- Vice-President:** Terry White, H: 503-781-4558,
- Secretary:** Sue Snelling, H: 503-774-8747,
- Treasurer:** Kurt Krueger, H: 503-625-1492,
- Race Director:** Bruce Ellison, H: 503-697-7892,
- Newsletter Editor:** Emilio Trampuz, H: 1-503-378-0171,
- Activities Director:** Jaxine Harris, H: 503-692-9719,
- Golf:** Cal Eddy, H: 503-631-3115,
- Mid-week skiing:** George Yun H: 503-697-3055,
- NWSCC Rep:** Debbi Kor-Lew, H: 503-682-1563,
- Trip Directors:** Linda McGavin, H: 503-652-2840,  
 Janice Jessen, H: 503-636-0687,

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

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

- [TWhite223@msn.com](mailto:TWhite223@msn.com)
- [OptomistSue@comcast.net](mailto:OptomistSue@comcast.net)
- [telek2@att.net](mailto:telek2@att.net)
- [Yuffiet@comcast.net](mailto:Yuffiet@comcast.net)
- [info@mthigh.org](mailto:info@mthigh.org)
- [JaxineAH@msn.com](mailto:JaxineAH@msn.com)
- W: 503-805-8606, [baebaw@ccwebster.net](mailto:baebaw@ccwebster.net)
- [boar2m@msn.com](mailto:boar2m@msn.com)
- W: 503-988-5138, [ijustwannarun@aol.com](mailto:ijustwannarun@aol.com)
- [Trips@mthigh.org](mailto:Trips@mthigh.org)
- [jessen@iinet.com](mailto:jessen@iinet.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?

**Membership Dues** (Oct. 1, 2007 - Sep. 2008): Single (\$25); couple (\$40) \$ \_\_\_\_\_

**PACRAT Racing 2007/08** Total: \$85 Team name: \_\_\_\_\_ \$ \_\_\_\_\_

**Sternwheeler cruise** (September 30, 2007) \$ \_\_\_\_\_

**Southern Oregon bus trip** (Feb. 15-18, 2008) Total \$250. Deposit \$100 \$ \_\_\_\_\_

**Mystery bus trip** (Mar. 14-16, 2008) Total \$200. Deposit \$100 \$ \_\_\_\_\_

**Lake Tahoe trip** (Mar. 29- Apr. 3, 2008) Total \$400. Deposit \$100 \$ \_\_\_\_\_

**Other:** \_\_\_\_\_ \$ \_\_\_\_\_

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

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

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

## Tips for Holiday Eating

If you read our Forum messages from time to time, maybe you saw this entry from George Yun, with tips for holiday eating. Thanks George!

1. **Avoid carrot sticks.** Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.

2. **Drink as much eggnog as you can.** And quickly. Like in single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-aholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!

3. **If something comes with gravy, use it.** That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.

4. **Always ask if the mashed potatoes** are made with skim or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.

5. **Do not have a snack** before going to a party in an effort to control your eating. The whole point of going

to a Christmas party is to eat other people's food for free. Lots of it. Hello?

6. **Under no circumstances should you exercise** between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.

7. **If you come across something really good** at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.

8. **Same for pies.** Apple. Pumpkin. Mincemeat. Have a slice of each. Always have three. When else do you get to have more than one dessert? Labor Day?

9. **Did someone mention fruitcake?** Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.

10. **One final tip:** If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread tips; start over, but hurry, January is just around the corner.

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

**This could be your last issue,  
if you have not renewed your  
membership by the end of the year.**

