



Lift Lines

== No. 91, July 2008 ==

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



Hi folks,

Sign up for **golf** and **rafting** right now! See our new club leaders (p. 3). Check out the **videos** on our web site. See tentative **trips** schedule (p. 10). Also see the article on **neck injuries** (p. 8).

Mt. High

Golf !

Mt. High



We continue to play 9 holes twice a month during the week, and 18 holes once a month on a weekend.

If you want to play, please call **Cal Eddy** at least 7 days in advance. Cal's phone is 503-805-8606, or e-mail Cal at baebaw@ccwebster.net. The dates are:

July 9 (Wed): Golf - 9 holes at Eastmoreland, at 4:20 pm.

July 19 (Sun): Golf - 18 holes at Lewis River, at 10 am.

July 24 (Thur): Golf - 9 holes at Glendoveer, at 5 pm.

10th Annual "Clubs 4 Play" Golf Tournament

July 27 (Sun.) Oregon City Golf Course 20124 S. Beaver Creek Rd. Oregon City. 7:30 am start.

Four person, 18-holes scramble format. Food, party and prizes. Entry fee: \$50 per person.

Deadline to register: July 10.

Specify members' names and email addresses. Check to **NWSCC**, mailed to **NWSCC**, PO Box 1915, Portland, OR 97207.

Contact Cal for info at 503-805-8606 or baebaw@ccwebster.net

Mt. High

Picnic

Mt. High



August 10 (Sunday).

Our annual picnic has been moved to start at **noon**, a little later than usual, to avoid any potential conflicts with the Providence Bridge Pedal bike ride.

For the same reason, we will not have a bike ride of our own this time. See p. 2.

Mt. High

Rafting weekend !

Mt. High



Aug. 15-17.

Two days of rafting on the Deschutes River. We have reserved camping spots at Maupin City Park from Thursday thru Sunday.

Sign up now!

Details on page 2.

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

2008 CALENDAR

Blue: Mountain High events

Red: NWSCC/FWSA events

Black: General events

July 9 (Wed): Golf - 9 holes at Eastmoreland, 4:20pm.

July 19 (Sun): Golf - 18 holes: at Lewis River, 10 am.

July 24 (Thur): Golf - 9 holes at Glendoveer, 5 pm.

July 27 (Sun): Golf: "Clubs 4 Play"

Aug. 10 (Sun): Mt. High Picnic

Aug. 15 - 17: Rafting on Deschutes

Sep. 6-13: Cycle Oregon & Candlelighters "Ride-for-a-Child"

Sep. 20 (Sat): Mt. Hood Heritage day at Mt. Hood Museum, Govt. Camp

Oct. 25 (Sat): Warren Miller movie

Nov. 2: Pray for Snow Party at Charlie's, Government Camp.

Mt. High

Picnic

Mt. High

**August 10, (Sunday).**

12:00 (noon) - whenever

Place: **Sellwood Park**, Picnic area A

The picnic is in Sellwood Park, and we have the ball-park reserved for a game of softball from noon to 1:00 pm.

The optional bike ride which normally precedes the picnic will not happen this year, because of possible conflicts with the Providence Bridge Pedal 2008 bicycle event. For the same reason, to avoid any possible conflicts, we have moved the start of the picnic to noon.

Since the ball-field has already been reserved from 12:00 to 1:00 pm, we'll start off with some football, and then start the food around 1:00 pm.

12 (noon) - 1 pm -- Softball

1:00 pm -- Food will be served.

A variety of specialty gourmet sausages will be provided by the club, but it's mostly a potluck. So, bring something.

Directions: (Click here for a [map](#) on our web site.)

Immediately after crossing the Sellwood bridge (if coming from the west), turn left onto 6th Ave., and immediately start looking for parking spot. Enter the park on foot by following SE Grand Avenue (from the south), and follow the path for abt. 100 yards. Look for our picnic area on the left side of the path. Check the map above. "Not being able to find us" is not a valid excuse!!! Be there!



Mt. High

Deschutes River Raft Weekend

**Aug 15-17, 2008.**

This has become an annual tradition for our club. A weekend of rafting and frolicking in the sun on the Deschutes River at Maupin, Oregon. Starting at noon on Friday.

Contact Gordy: 503-804-8363 or GordyLusk@hotmail.com.

Reservation & payment must be received by July 15. (or don't show up). Cancellation Date is August 1st.

Trip includes:

Camping: Thursday, Friday and Saturday night in Maupin City Park. Camp sites, near bathroom in main park. RV

space available for an additional \$20.00 a night.

Rafting: (Row, Paddle or just ride) Friday and Saturday. Starting at noon on Friday. We'll provide the rafts.

Saturday night diner: Chicken and ribs provided by Mt. High. For other times, bring your own food.

Camp, raft, dinner = \$85.00 pp. (Non-members \$100.00) To sign up, please use the Dough Transmittal form, page 11 or print the form from our web site. See the [Forms](#) page.



New Board

At the Pizza Party on June 19, 2008, we held club elections, and elected the following 4 people to the Board.



President:
Terry White



Vice-President:
Gordon Lusk



Secretary:
Diane Zhitlovsky



Treasurer:
Sandi Dykstra

In addition to the above, here are a few more of the more active members of our club. This is not a complete list. For more photos of our club leaders, see the Contacts page on our web site, www.mthigh.org/Contacts.htm.



Newsletter:
Emilio Trampuz



NWSCC Rep.:
Debbi Kor



Racing :
Bruce Ellison



Golf :
Cal Eddy



Membership:
Elaine Bock



Trips:
Linda McGavin



Trips:
Janice Jessen



Hikes:
Elisabeth Fontaine

Outgoing Board Members

A big Thanks to the three Board members who served the club for the past few years. During that time, the club has grown in a steady and healthy way, and is now stronger and better off than it was when they first stepped in.



ex-President:
Gary Stevenson



ex-Secretary:
Sue Bennett



ex-Treasurer:
Kurt Krueger

Mt. High Pizza Party

About 50 people attended the Pizza Party, June 19th. That's less than a quarter of the whole club, but it was perfect, because if any more people had come, it would have been hard to find a seat. The pizza was good, and they kept bringing in another batch every 15 minutes or so.



Elaine and Kristine

At least a couple of new faces showed up. Elaine, in her new role as Membership coordinator did her best to make them feel welcome.

Emilio showed a short 6-minute video summarizing new developments during the past season. Later, the longer, 20 minute video slide show about the Tahoe trip was a bit too long to hold everyone's interest.



Mary and Gary

A number of announcements were made. Mary Olhausen (outgoing President of the NWSCC) presented Gary Stevenson with a permanent

record of all the Council's Men of the Year, with his name added to it.



We rejoiced in the 3 awards our club received at the Far West Ski Assoc. Convention, June 5 - 8, for Outstanding club, best newsletter, and best web site in the AAA category

(clubs with 200 - 324 members).

Cal Eddy was congratulated on a very good golf program, and he promised us more (see page 1).

Gordy (who was elected vice-president) reminded us to register for the upcoming Rafting trip. Over 20 people are already signed up.

David, Fred, Sandi, Barbara, Terry, and Larry.



Gary Stevenson made a moving farewell speech, thanking all the other outgoing Board members (Kurt as Treasurer, and Sue as Secretary) for their contribution to the club. And finally, the newly elected Board was introduced. See page 3.

Oh, yeah! Did we say the pizza was excellent? Look, it's all gone! Just empty plates and lots of smiles!



And here's Debbi, holding our ballot box, where we counted both the election votes as well as the replies to the questionnaire about upcoming trip destinations.

Schweitzer Mountain won. See the next page for the results of that, as well as an earlier questionnaire from our bus trips.



TRIP DESTINATIONS POLL

At the Pizza Party, Debbi Kor distributed a questionnaire about possible future club trips. The 5 proposed destinations were rated as follows:

1. Big Mountain, MT	8 votes
2. Fernie/Kimberley BC	9 votes
3. Schweitzer Mt., ID	13 votes <=WINNER
4. Keystone, CO	9 votes
5. Jackson Hole, WY	9 votes

Future Ski Trip Preferences

Questionnaire from our bus trips, with Schweitzer Mt. options in mind.

1. Would you go on a 3-day trip if it wasn't on the 3-day Presidents' Day weekend?

YES: 37 people -- **WOW! Surprising!**
 MAYBE: 9 people
 NO: 0 people

2. How important is it to you that we use as few working days as possible on a ski trip?

NOT IMPORTANT AT ALL: 26 people -- **WOW! Surprising!**
 NOT TOO MUCH: 7 people
 VERY IMPORTANT: 9 people -- **We hear you. We'll take as few work days as possible.**

3. A **Schweitzer Mountain** trip would be a perfect ski vacation, with ski-in/ski-out access in an on-mountain village. Lots of blue cruising terrain, but even more options for advanced powder skiers. But, it would be a bit more expensive. At group rates, it would cost approximately \$110 per day (for lodging and lift tickets). Transportation costs would be extra. **Would you be interested in such a trip?**

YES: 42 people
 MAYBE: 1 person **It's practically UNANIMOUS!!!**
 NO: 0 people

3. For a Schweitzer Mt. trip, would you prefer to:

a) FLY (even though more expensive) 20 people **THE BUS WINS, BUT WE'LL TRY TO PROVIDE A FLYING OPTION TOO.**
 b) GO BY BUS (abt. 7 or 8 hours drive) 28 people
 c) GO BY CAR (with possible optional carpooling): 2 people + 3 said it would be their 2nd choice.

4. If we fly to Spokane for a Schweitzer trip, and stay at Schweitzer (ski-in/ski out), would you prefer:

a) A 3- day trip 17 people
 b) A 4-day trip 23 people -- **4-DAY TRIP SEEMS TO BE PREFERRED**
 c) A 5-day trip 10 people

5. If we take a bus to Schweitzer Mt., would you prefer to:

a) Stay at Schweitzer for the whole trip 14 people. **MOST WANT ONE MORE SKI AREA.**
 b) Split our time between Schweitzer and another 1 or 2 ski areas ... 25 people.

6. If we take a bus AND combine ski areas, which would you prefer:

a) Schweitzer and 49 Degrees North 22 people -- **49° NORTH is FAVORED**
 b) Schweitzer and Silver Mountain 10 people
 c) Schweitzer, 49° North, and Silver Mt... 12 people -- **12 people want to do it all!**
 d) Do not combine anything. No bus. 1 person.

So, it seems the majority wants a trip to Schweitzer (It's unanimous). A 4-day trip is the best option. And most chose an extra day at **49 Degrees North** (22 people, plus 12 people who want to visit all 3 ski areas).

Three more comments were written in by hand, and we appreciate hearing it:

- a) Mary Lee wrote: "Thursday, Friday and the weekend would work the best."
 b) Patty & Gerry wrote: "We can't go in the middle part of February".
 c) Tom (probably Arnold) wrote: "We could leave late, and sleep on the bus. Thus save a night in a hotel."

NWSCC President: Sheri Parshall



Sheri Parshall has just been elected President of the NW Ski Club Council, taking Mary Olhausen's place at the helm.

Does Sheri look familiar? You might know her from any of the following activities:

1. **Vice-president** of the Skiyente Ski Club.
2. **Chief organizer** of the Far West Ski Association Convention in Bellevue, 2008.
3. **Far West Woman of the Year** (see last month's issue.)
4. **PACRAT racer** extraordinaire for many, many years.
5. **Mt. Hood Museum** volunteer and promoter.

Some of you may remember that Sheri was NWSCC President a few years ago, so - in a way - this is her second term.

Among her goals for the near future of the NWSCC, Sheri would like to get more people involved, get more clubs to participate in Council activities, bring more guest speakers, work on preserving the clubs' and Council's history, have more parties, and bring back the Bachelor Blitz (for Bachelor's 50th anniversary this coming season). Stay tuned for more info on that.



NWSCC Treasurer: David Schor



David Schor has been elected Treasurer of the NW Ski Club Council.

Does he look familiar? Or his name ring a bell? It should.

David was one of the few who managed to visit all of Oregon's ski areas when the

Council first ran the Ski Oregon Challenge. The following year, he was one of the few to enjoy all of Washington's slopes. And this year, he is the only one who has visited all of Idaho ski resorts! Wow!

And he did it just like any other regular person could, on weekends and holidays. You can easily visit 2 ski areas every weekend, and around Thanksgiving, Christmas, and Presidents' Day, you could do 3 ski areas each. Read all about David's adventures, and all about the ski resorts in the 3 States, in the article he wrote on our [ARTICLES](#) web page, or at: www.mthigh.org/Articles/NW-Ski-Challenge.pdf.

David is a **Mountain High** member, and he might be racing with us for the first time this season. Enough sightseeing. Let's run some gates for a change!



Our New Membership Coordinator



Elaine Bock is our new membership coordinator. This position is new in more ways than one. We haven't really had anyone in charge of membership, or specifically of new members.

Elaine's goal is to make new members feel welcome in the club. She wants to introduce them to other club members, and make sure nobody gets forgotten or "slips through the cracks".

Elaine will invite people to come ski with us, to race with us, to join us at parties, and generally try to get everyone included and involved.

If you know of a new person who might be interested in joining our club, or at least getting to know us, let Elaine know. Contact her at: SeawitchPdx@aol.com or 503-245-7009.

Ski with a Ranger!



By **Sean Medlock, Zigzag Ranger District.**

A new program is being planned for this summer by the Interpretive/Conservation

Education Staff here at the Ranger Station. This "**Ski with a Ranger**" Program is more or less an interpretive ski run offered several times daily on the weekends at Timberline.

Similar programs have been incredibly successful at places like Alta, Aspen, Heavenly, Jackson Hole, Keystone, and Breckenridge, to name a few, and Mt. Hood seems to have an incredible opportunity to join these resorts in educating people.

Being at the epicenter of the summer skiing and snowboarding world, Timberline is the perfect place to give informative seminars on the mountain about the its volcanic, glacial, historical, and natural history.

I'm looking for several interested volunteers to become instructors for the summer. The instructors would need to fill out a U.S. Forest Service volunteer agreement and thus become Forest Service Volunteers or "Rangers".

The great part about this program is that each instructor will have a lot of freedom to design and run their own lesson plan, though an interpretive lesson plan has already been created and can be issued to the instructor if needed. One topic the program will emphasize is the Forest Service's concern about climate change and the future of the winter sports community.

Please have any interested Mountain High club members contact me at the e-mail address or telephone number provided below. Thank you very much and we'll see you on the slopes!!!

Sean Medlock
Zigzag Ranger District
smedlock@purdue.edu
(503) 622-3191 x 610

Warren Miller: "Children of Winter"



Warren Miller's new film, **Children of Winter**, will kick off the winter sports season for the 59th year!

Presented in striking High-Definition and narrated by skiing icon Jonny Moseley, Warren Miller's **Children of Winter** showcases incredible cinematography that will get you craving deep powder, fresh lines, and outrageous adventure!

This year's film takes you on a daring escape to electrifying global destinations, including Japan, Austria, Sun Valley, Iceland, Alaska and more!

Warren Miller film premiers are an experience, a celebration, and a phenomenon not to be missed! The World Tour starts October 22nd and tickets go on sale in September 2008! Check out www.WarrenMiller.com for tour dates, ticketing info, videos and more!

Remember, this movie is our takeoff point for the Canada Ski Safari. We'll buy discounted group tickets. We'll have a club dinner before the movie.

Warren Miller: How to get involved



Warren Miller could use your help to promote the movie. Remember that the movie usually stays in town only 2 or 3 days, so it's easy to miss. Here's how you can get involved:

❖ **Warren Miller's Street Team!** Contact marketing@warrenmiller.com, and help spread the word about Warren Miller films in your city!

❖ **Host a Screening of a Warren Miller Film!** Contact ips@warrenmiller.com to setup your own Warren Miller Event, and raise money for your ski club!

❖ **Cheap Tickets!** Contact marketing@warrenmiller.com for information on Group Ticket discounts.

❖ **Warren Miller Gear!** To purchase DVDs, exclusive apparel, and more, go to warrenmillergear.com.

Head vs. Neck Injuries

by Emilio Trampuz

If you were involved in an accident, which do you think might be easier to bear: a head or a neck injury?

If you chose the neck as being less important or less severe than a head injury, think again. Neck injuries can be devastating. Here's an example.



On April 1, 2007, **Tyler Ecklund**, a young 14-year old snowboarder from Bend, Oregon had just completed his practice run at Northstar-at-Tahoe and was coasting toward the lift on almost flat terrain, when the toe side of his board caught an edge and his upper body slammed hard against the ground. He couldn't move and

he couldn't breathe. He passed out. Fortunately, rescuers were quickly on the scene.

It turns out that Tyler broke his C-3 vertebra, which almost severed his spinal column. As a result he cannot move his arms or legs, and he can't even breathe without the aid of a ventilator.

His head is just fine, but his neck is obviously severely injured. Could anything have been done to prevent or minimize the seriousness of this accident?

He was wearing a helmet. Which protected his head. But it might have aggravated his neck injury.

Think about it. The helmet adds extra leverage. The thicker and bulkier the helmet, the more it will protect your head, but the more dangerous it will be for your neck, because with every additional inch of leverage, the bending forces on your neck get magnified.

Archimedes said: "Give me a lever long enough, and a place to stand on, and I will move the Earth." That's how great the power of a lever is.

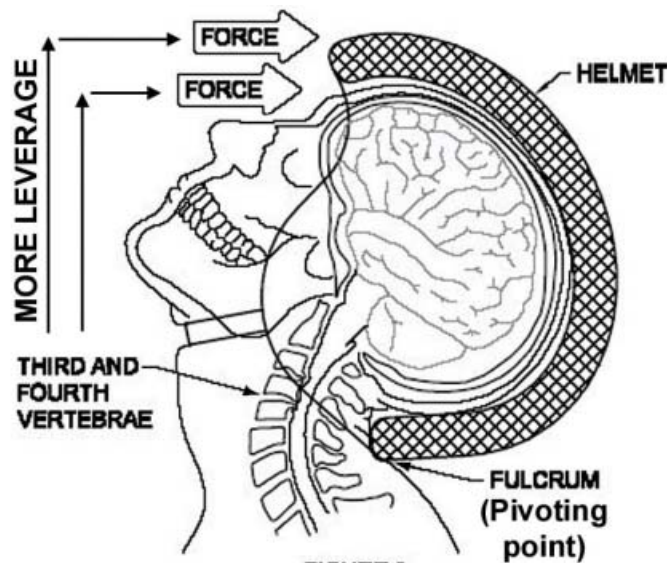
If someone was pushing your head back, would he be more effective if he grabbed your forehead and pulled it back, or would the effect be greater if you were wearing a helmet, and - for dramatic effect - had a foot-

long spike jutting out from the top of the helmet - and the person pulled on that long spike? Obviously, there would be more leverage when pulling the spike. That's the power of a lever.

In practice, there is no spike on the helmet. But even the inch or so of the helmet's thickness can act as a lever.

Well, that's what common sense tell us. But, scientific studies have been done too. For example, **Jonathan P. Goldstein**, Ph.D., of Bowdoin College, Brunswick, Maine, studied the severities of neck and head injuries as related to wearing helmets, and concluded that:

- Head injuries** are reduced by wearing a helmet.
- Neck injuries** can be exacerbated in their severity by the use of helmets, past a critical impact velocity to the helmet of about 13 mph.
- A tradeoff** between head and neck injuries confronts a potential helmet user.



There are numerous examples of accidents where even head injuries cannot be prevented at higher speeds, because a helmet can't prevent your brain from slamming into the inside of the skull, causing a concussion.

But neck injuries can be just as devastating as a head injury, and under some circumstances the added bulk of the helmet can actually aggravate a neck injury.

We will never know what would have happened if Tyler had not been wearing a helmet. But one can't help wondering if maybe, just maybe, he might have ended with a concussion instead of a broken neck.

As we all know, skiing can be a dangerous activity, and there is always some risk. But life is never simple, and one has to weigh one type of risk against another.

If you are moved by Tyler's story, you can find out more about it, and donate to him and his family (since they have no medical insurance). Click on the "Donate" box in the lower right corner at:

<http://www.sparrowclubs.org/SparrowSearch/Sparrow/default.aspx?id=1402>

Emilio became Honorary Ski Kats member

Henry Bendinelli, President of the Mt. Hood Ski Kats club bestowed the honorary title on **Emilio Trampuz**.



Henry and Emilio have cooperated on a number of projects over the past few years, including a letter-writing campaign on behalf of Timberline, investigating the snow-park permit fees, and jointly organizing some ski and bicycle outings. By the way, Henry is now 83 years old, and still pedals and skis regularly!



Deirdre & Jim got married

Deirdre and **Jim** tied the knot on June 14, 2008. A fairy-tale wedding for a fairy-tale couple! Congratulations and best wishes!



Deirdre & Jim with funny best man Gareth

More photos will soon be posted on our web site at www.mthigh.org/PhotosRecent.htm.

Mt. High

Club photos

You can see our club's whole recent past (the last 3 or 4 years) on the [Recent Photos](#) web pages. Later this year, we will move the past year's photos to a "2008" page, and clear the "Recent Photos" page to make room for new 2009 photos.

But, even more photos are available in our Snapfish Albums. Over 3000 photos taken in the past 3 years are posted on the **Snapfish** web site, where you can order your own prints for only **12 cents** a print. Best place to start browsing is on our own **Photo Albums** page: www.mthigh.org/PhotoAlbums.htm.

To enter Snapfish, you have to login with an email address and a password. You can register yourself, or - if you wish to remain anonymous, use this:

Email: photos@mthigh.org
Password: **photos**

At some point, we switched from using Emilio's address when posting photos, to using the Mt. High email address. So, to see all the past photos, you need to switch between watching "Our" albums and "Our Friend's" albums.

Club logo



You can order any kind of shirt imprinted with our club's logo, or the Ski Oregon 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).

Order from Emilio 1-503-378-0171, info@mthigh.org.

Please print the Garment Order Form at:

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

MOUNTAIN HIGH
SNOWSPORT CLUB
"The club that really skis"

Ski Oregon
Challenge



Mailbox: Volunteer judges

Q Diane Zhitlovsky was listed among the volunteers who contributed to the success of the FWSA Convention. But, she didn't go to the Convention. Just curious. Are there ways of contributing without attending a Convention directly?

A Diane was one of the judges for the Newsletter and Website competitions. In order for our club to participate in the competition and be judged, we also need to provide some of the judges. The judges do their work from the comfort of their home, and they submit their results to a coordinator at the FWSA several weeks before the Convention.

You too can volunteer to become a judge. We'll need some judges again this coming year. Contact Emilio.

Videos



Harry & Lisa at Heavenly

Several new videos are now available on our web site's [Videos](#) page. Just click on a video and enjoy:

1. [Emilio is a Screamer.](#)
2. [Lake Tahoe trip.](#)
3. [FWSA Convention.](#)
4. [2008 News.](#)

Candlelighters' Ride-for-a-Child

...because kids can't fight cancer alone!



Candlelighters™

For Children With Cancer

Helping Families in

Oregon and SW Washington

"It is better to light one candle than to curse the darkness"

Each year, many Mountain High members participate in the Candlelighters' cycling fundraiser, Ride-for-a-Child, in the week long Cycle Oregon, Sept. 6-13, 2008

Candlelighters is an organization that serves families and children in Oregon and Southwest Washington that are impacted by childhood cancer.

If you'd like to participate, see the [rider information packet](#) about the Candlelighters and the Ride-for-a-Child team on the Mt. High [EVENTS](#) page.

For further info, please contact

Dick Hartung

Candlelighters RFAC committee

dhartung@lhlhomes.com or 503-348-3000.



Upcoming Ski Trips



We are still hammering out the trip details, but some of our members are already asking what is being planned and when.

So, here's a very brief overview of the planned winter trips. We will have more details next month.

None of this is written in stone yet, and some things could change, but the following is the most likely scenario.

See contact info on page 11.

Canada Ski Safari (Nov. 29 - Dec.7) or (Dec. 6-14) depending on snow conditions and whether the participants value Thanksgiving or the Bachelor Blitz more. A 5, 7, or 8-day road trip. Usually our cheapest trip. Contact Emilio Trampuz.

Bachelor Blitz. Dec. 12-14. A big party at Mt. Bachelor. Several NW ski clubs will participate. Organized by the NWSCC.

FWSA Ski Week at Big Sky (MT). Jan. 24-31. Ski clubs from all over the West. Ski-in/ski-out. Racing, parties. Contact: Barbara Bousum, 503/224-3584, BBousum@gmail.com.

Schweitzer Mt. (ID) Probably some time in February. Ski-in/ski-out. Great cruising and great powder. Also a day visit to **49° North**. Contact: Debbi Kor and/or Emilio Trampuz.

Crystal Mt. (WA) Bus trip. Probably some time in March. We'll try to visit at a time when we can get the best deal. This is usually a very inexpensive trip. Contact Linda McGavin.

Heavenly / Lake Tahoe. March 28 - April 2, 2009. A 5-day trip. Lodging at Lakeland Village condos, right next to the lake, with free shuttles around South Lake Tahoe and to Heavenly. 2 days at Heavenly and 2-3 days at other ski areas. Contact Janice Jessen.

FWRA Championships at Northstar-at-Tahoe (CA). April 3 -5. Racing (Slalom and GS), or just come for the skiing. You can link this with our Heavenly trip.

Newsletter Options

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

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

The download time is the same, since it is the same PDF file. With **option A**, the wait is up front, when your email is dowloaded to your computer.

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 clik on that link.

If you wish to switch, let [Emilio](#) know your preference.

Mountain High Meeting

Usually 1st Tuesday of the month.

Aug. 5 (Tue.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events.

Gather at **6:00 pm**. Start at **6:30 pm**.

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

Mountain High snowsport club contacts:

President:	Terry White,	H: 503-781-4558,	TWhite223@msn.com
Vice-President:	Gordon Lusk,	H: 503-804-8363,	GordyLusk@hotmail.com
Secretary:	Diane Zhitlovsky,	H: 503-244-3392,	Dianezhi@hotmail.com
Treasurer:	Sandi Dykstra,	H: 503-629-0177,	sandid@aol.com
Membership Director:	Elaine Bock,	H: 503-245-7009,	SeawitchPdx@aol.com
Race Director:	Bruce Ellison,	H: 503-697-7892,	Yuffiet@comcast.net
Newsletter Editor:	Emilio Trampuz,	H: 1-503-378-0171,	info@mthigh.org
Social Activities:	Jaxine Harris,	H: 503-692-9719,	JaxineAH@msn.com
Golf:	Cal Eddy,	H: 503-631-3115,	W: 503-805-8606, baebaw@ccwebster.net
Mid-week skiing:	George Yun	H: 503-697-3055,	boar2m@msn.com
NWSCC Rep:	Debbi Kor,	H: 503-682-1563,	W: 503-988-5138, ijustwannarun@aol.com
Trip Directors:	Linda McGavin,	H: 503-652-2840,	Trips@mthigh.org
	Janice Jessen,	H: 503-636-0687,	jessen@iinet.com

General info:
info@mthigh.org
 Web site:
www.mthigh.org



DOUGH TRANSMITTAL FORM

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

PLEASE PRINT CLEARLY: New membership Renewal

Name(s): _____

Address: _____

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

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

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, FWASA, ski areas, trips...): yes no
 - Is it OK to share your email address with other club members? Yes No

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.

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

- Summer Membership** (May. 1 — Sept. 30, 2008): Total: \$10 per person \$ _____
- Rafting** (Aug. 16-17, 2008) Members: \$85. Non-members: \$100. \$ _____
- Annual Membership** (Oct. 1, 2008 - Sept. 2009): Single (\$25); couple (\$40) \$ _____
- PACRAT Racing (2008/09)** Total: \$85 Team name: _____ \$ _____
- Other:** _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

Club membership = 222 Newsletter Distribution

The July 2008 issue is posted on our web site, and also:
266 copies sent via email (as PDF files)
23 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.

Friends of the Forest 2008 Events

October 4, 2008: Mt. Hood Meadows.

Skiers and nature lovers will join forces to harvest native seed to be used to restore native plants on the slopes. Help keep our forests clean and healthy. Add new trails, remove litter, plant new trees. Our members Greg and Violet Anderson have participated in previous events, and will do so again this year.

Included are give-aways and a nice lunch. More info at: www.friendsoftheforest.org/news/news-68.html.

FWSA Ski Week 2009

Next winter, **Jan 24 - 31, 2009**, the Far West Ski Week will be at **Big Sky**, Montana. For info, contact: **Barbara Bousum**, 503/224-3584, BBousum@gmail.com.

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

Time changes!

Please note the following time changes:

Monthly meetings: Every first Tuesday (See page 11). Moved half an hour earlier, from now on.

Socialize: 6:00 pm
Formal meeting: 6:30 pm



Picnic. The picnic at Sellwood Park, Aug. 10, will start around noon this year, and we'll skip the bike ride, because of possible conflicts with the Bridge Pedal event.

See page 2. **12 (noon) - 1 pm -- Softball**
1 pm -- Food will be served

