



Lift Lines

== No. 103, July 2009 ==

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



From the Prez

Thanks to all the many contributors to this issue, including Terry Swan, Debbi Kor, Brock Hannibal, Bruce Ellison, Colin Brandt, Kurt Krueger, and many other people working behind the scenes to make our club as dynamic as it is.

Also, thanks to the 60 people who have responded to our Trips Survey. See the results on pages 9 and 10.

We encourage everyone to get more involved with the club. Come to our planning meetings (see page 11). If you have an activity that would be fun for others, please bring it forward. We are an open board and look forward to your suggestions. Your Prez. *Gordy Lusk*

Mt. High Golf with us in June! - by Terry Swan



Golf courses will not firm up reservations under a week, so if anyone is interested in golfing but needs a later t-time because of work, it would be no problem to delay start times as long as I know in advance to make changes and notifications.

HERE IS THE SCHEDULE FOR JULY:

July 8th	King City	4:00 PM	9 holes
	\$14.00	Cart = \$10 for 2	
July 18th	Eagle Creek	9:30 AM	18 holes
	\$50.00 (includes brkfst, lunch, BBQ),	Cart = \$22	
July 23rd	Glendoveer East	4:00 PM	9 holes
	\$20.00	Cart = \$13 for 2	

Please contact **Terry Swan** seven days in advance of the day you want to play. Phone **503-729-3435** or swans761@juno.com. For more info, see our web site at: www.mthigh.org/Events.htm.

Mt. High Rafting



Aug. 20 - 22, 2009. Maupin.

Please sign up for the Rafting weekend by July 15th. We need to get a head count, to make reservations. See details on page 3. Then use the Dough Transmittal Form (page 11) to send in your deposit.

NWSCC Clubs 4 Play



July 26, 2009.

Colwood National Golf Course. This fun tournament is open to all members of all local ski clubs. Sign up now.

See details on page 3. Then contact Sandi Shaub to sign up.

In This Issue

Upcoming Events:	pp 1 - 4.
Ski Review (Stökli)	p. 4
Backcountry skiing: (Wy'East + Mt. Adams)	pp 5 - 8.
Trips Survey results:	pp 9-10.



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

2009 CALENDAR

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

- July 8 (Thur.):** Golf, King City, 4 pm
- July 12 (Sun.):** Summer Concert 6pm
- July 18 (Sat.):** Golf, Eagle Creek, 9:30
- July 18-19:** World Cup Dreams, US Ski Team Ski Clinics on Palmer
- July 18 (Sat.):** World Cup Dreams Cocktails, Dinner & Auction at the Multnomah Athletic Club
- July 23 (Thur.):** Golf, Glendoveer East, 4 pm
- July 24-26:** Summer Fun Nationals at Timberline.
- July 26 (Sun.):** Clubs 4-Play golf tournament, Colwood National, 11 am
- July 27 (Mon)** Mt. High planning meeting
- July 29 (Wed.):** Summer Concert, 6:30
- Aug. 7 (Fri.):** Summer Concert, at dusk
- Aug 16 (Sun.):** Mt. High Picnic.
- Aug 20-22:** Mt. High Rafting. Deschutes River, Maupin, OR.
- Sep. 25-27:** Yakima Valley Wine Tour

World Cup Dreams

Here's an opportunity for you to get some coaching from members of the US Ski Team on Palmer, up at Timberline, this July. These are World Cup skiers! Or, if you don't feel like racing with them, you can at least rub shoulders with them at the Multnomah Athletic Club dinner. Then apply what you've learned at the Summer Fun Nationals, just a week later. See below.



Ski Clinics



Here's an opportunity for you to get some coaching from members of the US Ski Team on Palmer, up at Timberline, this July.

Ski Clinics

Coached by members of the US National Alpine Ski Team

July 18 (Sat.) + July 19 (Sun.)

Timberline Ski Area, Mt. Hood, Palmer Glacier

- Lifts Open at 7:00 AM
- Clinics Include: Breakfast and lunch at Timberline and ski lift tickets.
- Maximum of 8-10 people per ski group
- Clinic Cost:

\$350/person for one day
\$600/person for two days

Spend a memorable weekend with National Ski Team members and support the World Cup Dreams Foundation.

REGISTER now at www.WorldCupDreams.org

For more information: info@worldcupdreams.org or phone 970-343-0872.

Cocktails, Dinner & Auction

July 18 (Saturday)

An Evening with members of the US National Ski Team. Cocktails, dinner and an auction.

SPEND AN EVENING WITH NATIONAL SKI TEAM MEMBERS AND HELP SUPPORT THE WORLD CUP DREAMS FOUNDATION.

Event: Cocktails, Dinner & Auction

Place: Multnomah Athletic Club,
1849 SW Salmon, Portland, OR

Time: Doors Open at 5:00PM

Attire: Black Tie and Blue Jeans

Tickets: \$125/Adults; \$75/Youth (8-18)

Purchase tickets at: www.worldcupdreams.org

All proceeds benefit the WORLD CUP DREAMS FOUNDATION, a 501[c]3 non-profit organization created "by the athlete, for the athlete" to further the growth and development of the nation's best skiers by helping them to attain their skiing goals and dreams through financial assistance and supplementary programs.

For more information: info@worldcupdreams.org or phone 970-343-0872.

Summer Fun Nationals

July 24-26, 2009

This is a great opportunity to have fun racing at sunny Mt Hood while refreshing the muscle memory in your legs halfway between last season and next. Use it or lose it.

On the website is information regarding entry, schedule, camps, sponsors and more.

www.SummerFunNationals.com

It is time to get your entry mailed in. See website.



Mt. High Photos

See our whole past year on our RECENT PHOTOS page at:

www.mthigh.org/PhotosRecent.htm



NWSCC "Clubs 4 Play" Golf Tournament

July 26, 2009 (Sunday). The 10th annual multi-club golf tournament, organized by the NW Ski Club Council, will be held at the Colwood National Golf Course, 7313 NE Columbia Blvd., Portland, OR.

For **\$79.00** per person you get: 18 Holes + BBQ Burger Bar after round, prizes, goodie bag and favor

Tournament is a scramble format. 4-person teams. Get your foursome together to compete for the Perpetual Club Trophy. All players must be from the same club for this trophy. Tee time is 11:00 AM.

Deadline to sign up is Monday, July 13, 2009. Mail entry form and checks (made payable to NWSCC) to: NWSCC, PO Box 1915, Portland, OR 97207.

Questions: Sandi Shaub, 503-669-8599, or e-mail: sandi.shaub@comcast.net.

See flyer and signup sheet at: www.mthigh.org/Events.htm#Clubs_4-Play

Summer Concerts 🎵 🎵

Hey Everybody;

It's summertime, and time to enjoy the great Northwest evenings outdoors.

Anyone who would like to join their fellow Mt Highers, come on down, bring a picnic basket and enjoy the music on a warm summer evening.

Sunday, July 12th, from 6 p.m. to 7:30 p.m. at **Millennium Park** in Lake Oswego "Pearl Django".

Wednesday, July 29th, from 6:30 to 8:30 at **Foothills Park** in Lake Oswego will be the Patrick Lamb Band.

Friday, August 7th, Pioneer Square at dusk is Flicks on the Bricks. There's free popcorn and the classic movie "Jurassic Park".

Hope to see you at one of these fun events....

Debbi
Activities@mthigh.org

Mt.High Annual Picnic

August 16 (Sunday). Our annual picnic and bike ride at Sellwood Park.

9 am for bike ride;

11 am for picnic.

Location: Sellwood park, picnic area A.

There will be a bicycle ride just before the picnic. Start at parking lot by the river (by Sellwood bridge)

9 am -- Bike ride

11 am -- Picnic starts

12 (noon) - 1 pm -- Softball

The picnic is a potluck. We'll have hot dogs. Bring something else to share.

**Mt.High Deschutes River Raft Weekend** 🚣

Aug 20 - 22, 2009.

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

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

Use our Dough Transmittal form on page 11 to sign up by July 15. Cancelation 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... 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 = \$90.00 pp. (Non-members \$105.00) Use the Dough Transmittal form, page 11.

Yakima Valley Wine Tour

Yakima, WA; September 25, 26, 27

Contact Gordy @ 503-804-8363 or @ gordylusk@hotmail.com
or Sandi @ sandid@aol.com for your reservation;

Reservation and payment must be received by September 1st. (or don't show up)
CANCELTION DATE IS SEPTEMBER 1ST

Scene from
movie
"Sideways".
See it!



Trip limited to the
first 20 people

MT. HIGH MEMBERS \$225.00,

NON MEMBERS \$240.00

TRIP INCLUDES:

We will leave Portland on a luxury motor limo provided by *LMI Limousines Inc.* Friday afternoon around 4:30 to arrive in Yakima at 8:00. For the trip up, you will need to bring a bottle of Washington Red wine in a paper bag for the BLIND JUDGING and prizes for the winners and an hors d'oeuvre or snack to share with others. Mt. High will furnish soft drinks water and some snacks. We will be staying 2 nights at the Quality Inn in Zillah, WA (heart of the wine area). Price is based on double occupancy (call for other arrangements or for a smoking room).

Saturday we will start our tasting at Bonair Winery and go from there to 4 or 5 other exciting wineries throughout the day. Saturday night there are restaurants nearby or we could arrange a potluck. Sunday we will visit more wineries for tasting and be back in Portland around 4:00.

This is a great area for those who enjoy quality wines at a great price, camaraderie with old and new friends. The wineries we visited had exceptional quality for the dollar. Join us for a fun weekend...

**Review: Stöckli Laser SC skis - by Brock Hannibal**

Fuxi Racing graciously allowed me to try out a pair of their premium racing skis. Stöckli skis are made in Switzerland. Fuxi Racing currently has two locations in Government Camp, one above the Ratskellar and the other in Huckleberry Inn. Skis and tuning are available at the Huckleberry location. Stöckli has a website: <http://www.stoeckli.ch>

Skis tested:

- **Laser SC 177 cm.** (available in 156, 163, 170)
- Side Cut: 114-63-95
- Radius: 16.1 (in this length, shorter as lengths decrease)
- Construction: synthetic core sandwich system
- Base: graphite
- Bindings: Atomic Racing
- Tuning by Eddie Liebowitz, Fuxi Racing, Govmt. Camp

Skier: • Name: Brock Hannibal

- Skier Level: guessing about Advanced Intermediate
- PACRAT Racing Level: probably about Novice
- Boots: Rossignol Zenith Series 3 in 110 flex

Conditions:

- Summer: Palmer and Magic Mile lifts at Timberline
- Early Morning: hard-packed icy groom
- Late Morning: softening chopped-up groom

Impressions: These skis seemed very well made giving the impression of the highest quality materials and finish. Their radius is a little smaller than Giant Slalom skis which might be about right for PACRAT racing. These skis seemed tremendously well-damped and forgiving for such a high-performance ski. They scared the heck out of me because they were so much faster than I expected. As soon as I got used to them I found their edge grip on the hard frozen groom to be fabulous and they soaked up small bumps and ruts so well I was able to ski very fast without putting up with tooth rattling vibration. The skis did not require a lot of effort but rewarded aggressive turning with a really nice smooth feel. The nice tune by Eddie Liebowitz was probably responsible for some portion of this smooth yet powerful feel. They continued to perform quite well as the snow softened. They weren't great in the soft slush later in the day, but what ski is? All in all I'd say they would make a great choice for an adult amateur racer or a recreational skier that wants to improve their on-piste performance.



Climbing and Skiing Wy'East Face

- by Bruce Ellison-



Thanks to Violet and Emilio for the excellent article on Backcountry Skiing. Inspired by that article, on June 18th I invited my brother from Utah to climb Wy'East Face. That seemingly distant slope on the East side of Mt Hood is actually quite skiable this time of year. We left Portland at 4:30 AM and after stopping at Joe's Donuts for a carbo-load were skinning up the mountain at 6:30.

The most important tool for this kind of skiing is a **fit body**. This was my 5th climb of the year and the first one where I felt strong. By drinking a liter of water prior to climbing and carrying and consuming two more liters during the day we were adequately hydrated. We also had a big lunch, power bars, and Gu (sugar and salt packs). I still was tired at the top.

Unlike mountaineering, you don't want to be on top of the mountain at first light. The snow has to have time to thaw to corn (but not to mashed potatoes). This time of year, after a clear night when the snow has frozen, it's usually best to top out between 11:00AM



Resting prior to tackling Wy'East Face, brother Les has been climbing all over the world from Nanga Parbat to Mount Asgard. Mt Hood was his first volcano.



Wy'East Face is to the right of the White River Glacier. The top of the snowfield is at about 10,500 feet.

and 1:00PM. With a couple of rest stops we climb at a rate of around 900 feet per hour, faster on the firm lower slopes and slower on the rock scree and steep upper sections where high altitude and kicking steps slows the pace.

My brother and I hadn't seen each other for awhile and skinning up the lower sections

gave us an opportunity to catch up on our family life. Our family has been skiing together for 53 years. A Salt Lake denizen, Leslie did lot of ski touring in Utah this winter. His daughter graduated from Portland State last week. His son Zach is a river rafting guide in Missoula. Our 83 year old father is still skiing in the Salt Lake City area. In spite of breaking 15 bones last year and a nasty bout of pneumonia, our father skied 19 times last year. I brought Leslie up to date on the Portland

Ellison happenings and how much Cindy and I like Portland. And we discussed the great two days of surfing we had at Pacific City earlier in the week. Then it hit us. The Fluid Trifecta...Ski, Raft, Surf in one day. Hmmmmm...

After skinning up to 8000 feet we climbed the next 1500 on a mixture of rock scree

and snowfields to the intersection of Superbowl and Wy'East Face.

Above us we saw a couple of climbers on the face. As we were about 500 feet from the top they skied to us and we chatted a bit, took a couple of pictures and exchanged emails.

After reaching the top of the slope at 10,500ft (we opted out of climbing across the ridge to the top of the mountain) we had lunch and enjoyed the view.



Ski touring is a great opportunity for one-on-one conversations about everything. We reminisced about surfing earlier in the week at Pacific City. Brother Les shown here. The idea of a Fluid Trifecta... ski, raft, surf is born.

The best thing about climbing up 5000 feet is skiing down 5000 feet, especially when the conditions are good.

On this day the snow was crystalline, slippery, and soft at the same time. It was skiable from top to bottom.

At 9000 feet in Superbowl there were lots of rocks on the slope but they were avoidable. Then it was smooth sailing into Heather Canyon.

- Bruce Ellison



Skiing down Superbowl on perfect corn snow



Alex and Teresa Laudon on Wy'East Face about 500 feet from the top on the way down.

Les and Bruce Ellison on the way up Wy'East Face.



Mt. Adams climb, skin and ski

- by Colin Brandt -



It was about five years ago or so, when the seed was first planted.

A ski buddy of mine (well snowboarder) said he had done it and would I be interested. I was not ready at the time, but it sure got me thinking.

The next couple of years I rented randonneé equipment in the spring and skinned up from Mt. Hood Meadows parking lot to somewhere between the Super bowl and the Wy'east. Then skiing down into Heather canyon, and taking the lift out. The following year, I bought the basics: randonneé skis, bindings, boots and skins. And have been skinning up Vista ridge or on up to the top of Cascade, early before the lifts open, about six times a season. And in the Spring, above Cascade and Palmer lifts as high up as the top of the Hog's Back at Timberline.



Moniquea Degan and Colin Brandt on Mt. Adams

Also in that time I've been buying other related equipment: a backpack, telescopic poles, avalanche beeper, crampons, ice-ax, light weight tent and sleeping bag.

So this spring it finally came together! I put it out on Mountain High's newly formed backcountry list. I got a few nibbles but in the end just one taker: Moniquea, a gutsy woman and friend that will definitely take on a challenge. Being my first time going to Mt. Adams I was thankful to have a partner. To research the trip I mostly used the U.S. Forest Service web site, which I would highly recommend, it had all the key info and related links.

So Friday, June 26th, we head out of Portland mid-morning, with Moniquea navigating. We found the ranger station, bought our climbing permit with no problem. Then it's up to the trail head #183, the start of the south climb route.

Sort out our gear. This is the main stuff I brought. Randonnée skis, boots, poles, crampons, backpack, sleeping bag, ice-ax (which was the one main pieces of equipment that I really did not need on this climb), and of course plenty of food and water.

I'd say there's three basic strategies to climb Adams.

1. Start at the trail head, up and back in one day (10 to 14 Hrs round trip).
2. Climb/skin up to the lunch counter, a large fairly flat area (about 5 hrs.), camp out and summit the next day. Or what we did:
3. Hike up to where the tree line thins out, (about a 1 to 1 1/2 Hrs.) camp out and up the next day.



We had ideal weather condition,so there was a whole lot of people employing all three strategies and everything in between. We started out skinning up together at around 4:45 AM.and about 6,000' elevation. Leaving our tents and sleeping bags to be packed out on the way down.

Before long, the terrain gets steep so we switched to crampons. Altogether, about five equipment changes on the way up. We split up fairly early on due to different goals, fitness levels and experience,but were able to stay in contact with radios. For me I was able to make it up to Pikers Peak (the false summit) at 11,700' by 11:30 AM. The real summit is another 600'.

Dead tired and extremely happy I took a rest, ate lunch enjoyed the views of Mt. St. Helens and Mt Hood. Then skied down the face of Pikers peak to met back up with Moniquea. Next, the two of us skied and hiked back to the trail head together, where a cooler with still cold beer was waiting.

For my self the trip was a total success. I achieved all my goals. Learned my way around, made it up to Pikers Peak and skied back down. I'm so looking forward to going back next spring. A little wiser,lighter and fitter. Also looking forward to other backcountry trips with other Mt. High backcountry skiers.



Colin Brandt, tired, but happy to have earned his turns.

Trips Survey Results

A total of **60 people** responded to our Trips survey.

22 racers + 37 non-racers

47 have ben on our trips + 13 have not yet.

Here are the results. Not everyone replied to every question, so the totals don't always add up to 60.

FOR THE WEEKEND BUS TRIP:

33 people want a 3-day bus trip. *Interestingly, more want 3-day weekend.*
25 people want a 2-day bus trip.

31 people want to visit 2 separate ski areas on the trip.

25 people want to stay put in one ski area.

Interesting: majority prefers variety.

37 people said that organizing a ski race isn't an enticement.

19 people said that organising a ski race IS an enticement.

27 people don't care about a race course.

17 people would take the opportunity to run some gates.

30 people said they would be willing to pay an extra \$5 -

\$10 to set up a race course!!! *Surprising willingness!*

24 people said they wouldn't want to pay anything extra for a race course.

The top preferred destinations for a bus trip are:

1. Mt. Bachelor 32 votes (29.1%)

2. Crystal Mt. 18 votes (16.4%)

3. Mt.Hood Meadows 15 votes (13.6%) *Meadows? Some didn't understand we were asking about bus trips.*

4. Schweitzer Mt. 8 votes (7.3%)

5. Anthony Lakes 7 votes (6.4%)

6. Sun Valley 6 votes (5.5%)

7. Stevens Pass 5 votes (4.5%)



FOR THE TRAIN TRIP:

32 prefer a train trip to Colorado (Aspen).

22 prefer a train trip to Whitefish (Montana).

Colorado is attractive. Unfortunately, the train takes 48 hours one way, and is more expensive than to Montana.

FOR THE TAHOE TRIP:

18 people said they prefer a 5 day trip.

12 people said they prefer a 4 day trip.

6 people said they prefer a 6 day trip.

4 people said they prefer a 7 day trip.

2 people said they prefer a 3 day trip.

The graph is a nice bell-shaped curve. 5 days is optimal.

The following ski areas around Tahoe got the most votes:

1. Heavenly 26 votes (23.0%)

2. Squaw 21 votes (19.4%)

3. Kirkwood 17 votes (18.6%)

4. Alpine Meadows 16 votes (14.2%)

5. Northstar 11 votes (11.8%)

6. Homewood 4 votes (4.3%)

7. Sierra-at-Tahoe 4 votes (4.3%)

FOR THE FERNIE TRIP:

30 said they would prefer to FLY to Fernie for a shorter (4-5) day trip.

17 people said they would prefer the BUS to Fernie for a total of 6 or 7 days.

When asked about what other ski areas they would like to visit along the way,

22 people said they don't really have a preference.

15 people said they do have a preference.

Here's how the preferred ski areas on the way to Fernie stacked up:

1. Schweitzer Mt. 13 votes (39%)

2. Silver Mt. 7 votes (22%)

3. 49 Degrees N. 7 votes (22%)

4. Red Mountain 5 votes (15%)

5. Bluewood 1 vote (3%)

6. Mt. Spokane 0 votes (0%)

So, **Silver Mt.** and **49 Degrees North** got the exact same number of votes, sharing 2nd place, after **Schweitzer**.

COMPLETE SURVEY REPORT

The above is only a summary. You can check out the complete results of the survey posted on our web site at: www.mthigh.org/Documents/SurveyGizmo%20Report%20graphical..pdf

WHAT PEOPLE ARE SAYING:

A very interesting part of the survey was the additional free-form notes at the end of the survey, where people expressed their opinions in plain English. For example, here's just a few:

1. "Prefer NOT to do a trip on President's (or MLK) weekend. 3 day on another weekend would be just fine."
2. "Is a three day trip over a regular weekend out of the question? Isn't it worth a day off work to miss the crowds?"
3. "3-day bus trip .. avoid holiday crowds Train trip to either place."
4. "What about some 2 or 3 day trips during the week? Anthony lakes or Crystal, Bachelor etc. It's too crowded and expensive to ski these places during the weekend."
5. "I think we should do a couple of weekend bus trips, maybe one 2 day and one 3 day."
6. "It is hard for us working folk to get more than a couple week days off from work, so the longer trips are usually not doable for us. I'd like to ski Mt Baker someday. Maybe help organize a bus trip if we could find decent lodging."
7. "I would love to go on all of these trips, but the calculation will ultimately be financial. Ski safari and other "independent" trips, and also weekend bus trips, appeal for this reason. I like the idea of a race as part of a trip. It's good to have a group activity on and/or off the mountain to keep the group engaged."
8. "We've primarily done the Far West trips. I'm into quality skiing, not cheap skiing. Would rather pay for the better conditions, than go when the lift tickets are free, but the skiing might be marginal."
9. "Although I am still working full-time, I can still take a few trips during the ski season. However, I do not want to take too many weekends away because they are precious family time for me. Kids are busy with school work during the weekdays and so I prefer to take trips that do not eat into weekend family times. Consequently I seldom go on Mt. High trips although there are many that I would love to take."
10. "Thanks for being flexible and letting us drive/fly on our own and bring the kids!"
11. "You guys do a fantastic job and I LOVED my trips thus far with the club. I trust you will plan a fantastic time and I am game. Thank you for your efforts!!!"

**Mailbox**

Q Someone told me that Tamarack is no longer open! Is that true?

A Yes, it's true. Tamarack has closed on March 4, 2009 due to financial difficulties. They actually went into Chapter 11 bankruptcy on February 20, 2008. They stayed open for another year, but the operating losses were too great to sustain any longer, so the resort closed before the end of the 2008/2009 season.

Alfredo Miguel Afif, one of two major backers of the resort is an alleged felon in Mexico and remains at large.

There may be more to the story than we know, but it seems the resort developers had aimed too high, wanting to be the next Deer Valley, complete with expensive lodgings. Millions were invested, but not enough rich clientele showed up.

Tamarack had opened in December 2004. Our club organized a trip to Tamarack and Brundage Mt. in February 2006.

The future of Tamarack is uncertain. Bank of America has threatened to remove 2 chairlifts because the ski area was behind in payments. On the other hand, a live ski area may be worth more than the assets that can be sold.

Hopefully, someone else will take over and continue operations, even if on a smaller scale.



Club membership = 283 Newsletter Distribution

The July 2009 issue is posted on our web site, and also:
369 copies sent via email (as PDF files)
30 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.

Bus trips / Mt. High song



*"Jim takes a pee break ... now we gonna be late! ...
 We're born to ski Schweitzer!"*

That's just part of the lyrics we composed on the Schweitzer trip. See 2-minute video on our web site:
www.mthigh.org/Videos.htm.

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

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

Preview of Trips for next winter (2010)

Based in part on the trips survey (page 9-10) and other factors, here's how the next winter season is beginning to shape up. The dates are still very tentative, but this is approximately what we are shooting for:

JANUARY

1. **Mystery bus trip.** Encouraged by the Survey, we'll shoot for a 3-day weekend, probably Jan. 14-17.
2. **Whistler cabin trip**, Jan. 24-30.
3. **FWSA Ski Week in Keystone, CO.** Jan 30-Feb.6.

FEBRUARY

1. **Train trip to Whitefish, MT** (Aspen is too far for a train trip - abt. 48 hours)
2. **FWSA International Week in Cortina, Italy**, Feb. 27 - March 7

MARCH

1. **Fernie/Kimberley trip.** 4 days/5 nights if you fly, or 7 days/7 nights by bus. Around March 13-20.
2. **Heavenly/Tahoe trip**, 5 days, probably around March 27 - 31.

APRIL

1. **Canada Ski Safari**, visiting 4 - 6 resorts, April 2 - 7.
2. **Far West Championships, Mammoth**, Apr.8-11.
3. **NWSCC Spring Fling, Mt. Bachelor**, Apr.16-18.

