



Lift Lines

== No. 77, May 2007 ==

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



Hi folks,

Our club needs you! Most of the work, for many years, has been done by the same few people. We are getting a bit weary, while at the same time, our club membership keeps growing. We need more people to get involved with the club, and actively participate in making things happen (from ski trips to parties, and more).

The best way to get started is to attend our monthly organizational meetings at the Round Table Pizza, on the first Tuesday of each month. See page 11 for details. Get to know us, see how things are done, and see how you could contribute. - Emilio



We want you!

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Note the color code.
Our club is blue.

2007 CALENDAR

Blue: Mountain High events

Red: NWSCC/FWSA events

Black: General events

May 1 (Tue) Mt. High Board mtg.

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

May 16 (Wed) NWSCC meeting

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

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

June 2 (Sat) Hike to Bayocean Spit

June 5 (Tue) Mt. High Board mtg.

**June 14 (Thu) Mt. High Pizza
Party & Club Elections**

June 20 (Wed) NWSCC meeting

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

July 16-20: MAC Ski Training Camp

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

2008

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

Feb. 20-24 Big Sky, MT trip

Mt. High

Come ski/board with us

Mt. High



Michael Johnson took this photo of Jean Groth a couple of weeks ago, at Timberline. He says "With all that yard work many are missing the blue bird days of spring skiing/boarding." Spring skiing is great! Plenty of sunshine, good snow, and no crowds.

Michael will be at Timberline again this weekend (May 12/13). He snowboards. Jean skis. If you want to connect, contact Michael at: silvareo@hotmail.com.

Man and Woman of the Year

In case you missed the announcement in the April issue, our club's Man and Woman of the year are Gary Stevenson and Linda McGavin. Both have been involved with the club for many, many years, and have served in various functions.



Linda McGavin is one of the original founders of the Plaza ski club, which - along with the EdgeSet club - formed the Mountain High Snowsport Club. She is the trip leader of one of our most popular events: the annual bus trip. She is also very active in the NW Ski Club Council, helps organize the annual Ski Fair, edits and produces the annual NW Skiers' Directory.



Gary Stevenson has been our club's President for the past 3 years, and has also been the President of the Plaza ski club for a number of years in the 90s. He is also our "golf guy", as well as "Gilligan" on our rafting trips. A tireless racer, he is most well known and loved as the fun announcer and entertainer at our PACRAT events.

More Memories of Recent Trips (Eden, Utah)

There's never enough room for all the interesting photos from our trips. But, here are a few you might want to see, just to round off this past winter season.



Kurt Krueger with a coffee-pot full of soup (grandma's penicillin). Many of us came down with some flu-like symptoms in Utah, but Kurt got it the worse! He missed most of the skiing, spent 3 days in bed, and then showed up at our spaghetti dinner with this pot.



Sheridan Lucas shows off a bottle of Polygamy Porter beer. A trip to Utah just wouldn't be complete without getting a sip of it. Besides, as the label says: "Why have only one?"

Leavenworth Bus Trip Joke

March 16-18, 2007. We covered this trip in the April issue, but only had room to quote one of the limericks. How come nobody asked about the winning joke? OK, here it is, as told by **Colin Gadler** (our winning stand up comedian):

SLIP OF THE TONGUE

Two men, sitting opposite each other on a train to Pittsburgh notice they both have a black eye.

“How did you get that black eye?” asks one of them.

“Oh, it was just a stupid slip of the tongue. I was purchasing a ticket to Pittsburgh at the station, and the lady behind the counter had huge breasts, so I accidentally asked for ‘a picket to Pittsbu^rgh’, and she punched me in the eye!”

Having told his story, the man expressed an interest in how the other guy got his black eye.

“Oh, it was just a slip of the tongue too,” says the man. “I was having breakfast with my wife this morning, and instead of saying ‘Please pass me the Wheaties’, I accidentally blurted out: ‘You ruined my life, you bitch!’”

A Bowl on the Canada Ski Safari

December 2-6, 2006. There are as many stories as there were participants on this trip. We made an effort to travel together and share lodgings and ski together, but invariably we got separated, on the road and on the slopes, and everyone experienced something unique.

Here’s a photo sent in by **Sandra Busch**. She lost her good camera on this trip, and had to replace it with a disposable one, to record some special moments, such as this little side trip to “Toilet Bowl” at Sun Peaks.



Bob Voss, Sandra Busch, Alex Smith, JJ, and Ed Palmer

Dunking and Pond skimming at Mt. Hood Meadows - by Janet Siverts Smith



April 29 (Sunday). Five members of the “Frosted Flakes” team enjoyed the great weather and spring skiing at Meadows this Sunday. The star attraction for us was **Bruce Kuper** as he flew down and ACROSS the icy water at the "First Annual Mt. Hood Meadows Pond Skimming Championship".

This year's theme was "Sno Kona" because of the sponsor Kona Brewing. So all of the costumes had a Hawaiian or water theme. There were a few brave or some may call them stupid contestence

who wore nothing but Speedos!!! There were several variations of "Hula Girls" none of which were girls.

Then there was "King Kamehameha" aka **Bruce Kuper**. See http://en.wikipedia.org/wiki/Kamehameha_I He was successful on his first run and very popular with the crowd. Unlike the other costumed contestance, Bruce wore his costume all day skiing! On his second attempt to go down the hill and across the pond, he tried a death-defying run BACKWARDS. He did OK ... until he hit the water! Ouch! Splash! Brrrr! The costume got so heavy with water he had trouble getting out. But eventually he came over to the waiting crowd with a big smile on his face dripping wet and shivering.

Fortunately, Kurt Vetsch was able to catch some footage on Bruce's video camera. I am looking forward to seeing the end results. Unfortunately, Bruce didn't get the big prize because he didn't make it across the pond on his second try. But everyone loved his costume and he was a big hit with the crowd.



A Skier becomes Champion Ice Dancer

- by Bob Raemer -

Editor's note: Bob Raemer and Diane Adkin have been our club members for the past 5 years. They hosted the "Seafood Social" party last September. Did you know that Diane Adkin is Linda McGavin's sister? When she married Bob, little did she know he would become an ice dancing champion. Bob and his dancing partner, Marilu Campbell, won the gold medal in their category at the National Dancing Championship this year.

Marilu Campbell and I won the Silver division in Ice Dancing at the 2007 U.S. Adult Figure Skating Championships, a.k.a. "Adult Nationals". There are 7 divisions based on skill level. Silver is in the middle.

There are also mens singles, ladies singles, and pairs events. There were a little over 40 dance teams this year, and maybe 500 competitors in the other disciplines. Another division in dance is called Centennial, and each partner of the team has to be at least 50 years old. Minimum age for other divisions is 21.

With dance, many of the competitors know each other from social skating. There is a dance weekend (Fri-Sat-Sun) somewhere in the country about every other week for most of the year, plus weekly social skating sessions in many cities. I understand ballroom dancing includes similar activities. With ice dancing, the dances that are done are spelled out in the rule book, so everybody knows the steps, holds, timing, etc, and they progress around the rink in one direction. That's what allows skating socially with someone other than your regular partner, and what prevents collisions that are routine in floor dancing.

Diane and I have regularly been to 3 dance weekends a year (and 7 one year) for much of the last 20 years. I knew at least half of this year's competitors. There were also

4 other teams from Portland, which is very unusual for a city this size. As you might guess, it was a week-long party. The 5 Portland teams competed in 4 divisions and won 2 golds, 2 silvers, and 1 bronze. Very few are in it because of the medals, and just want to do a good job or a better job than last year. But there's no denying it was fun to bring home the hardware too.

Diane and I were never interested in competing, but when Marilu asked me about it, it seemed like a good idea. Ladies outnumber men at least 2 to 1, so those of us with the black skates are in demand! In social dancing, you can get by with being on the beat and not leaning on your partner. LOL. For competing, you also have to look good from 150 feet away (to the judges and the audience), so that means paying attention to

details that aren't that important for social dancing. That is the big learning opportunity for me.

Marilu learned as a kid, which is a big advantage just as in skiing, then didn't skate for 25 years. She's a very good dancer, and an even better singles skater, and also coaches in the learn-to-skate program. This coming season we are going to compete in the Pre-Gold division - if I can keep up!!!

Among other things, Diane really got into the publicity. She learned how to write press releases as a part of the

political activities that she's involved in, so she put that skill to work here. That resulted in coverage on Oregon Public Radio and the Oregonian and the Columbian. One of the dancers is KATU Meteorologist **Julia Radlick**, and she and her partner got a bit of coverage there too, partly due to Diane keeping the station informed. See article from April 24, 2007:

<http://www.columbian.com/sports/localNews/04242007news131185.cfm>

Julia's blog: <http://adultnationals2007.blogspot.com>

Our ice dance group has a web site and the public part of the site has a section for the competitive teams, with both competition and practice photos. See:

<http://resource-database.com/pdxicedance/index.htm>. Click on "Competitive Teams" link at the very top of the page, then a thumbnail, then the "Gallery" link.

About half of the skaters are skiers, and we've talked about going skiing too.



Hike to Bayocean Spit with Elisabeth



**June 2
Saturday, 8:30 am**
Let's hike Bayocean Spit, near Tillamook. An easy 8 mile hike, no elevation gain, but with bird watching and hopefully some other wildlife.

As usual, Chuck and Elisabeth will thoroughly research this hike before we go.

Please **RSVP**, if you are planning to come, so we can plan a suitable gathering spot and possible carpooling.

What to bring: * Water * Lunch
* Sunscreen, Hat * Parking permit

Call Elisabeth to RSVP:

971-226-4545

503-524-5774

lise518@comcast.net

Wanted: Golf Organizer



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

Spring on the slopes



Michael Johnson - for the club that really snowboards!!!



Jean Groth

Mt. Hood Meadows is now open on weekends as long as there are at least 4000 visits per weekend. **Timberline** offers 2-for 1 lift tickets and 2-for-1 lunch at the Cascade Dining room every Tues., Wed. and Thurs.

Mt. High

Pizza Party & Club Elections

Mt. High



June 14, 2006 (Thursday).
6:30 - 9:30 pm.

Place: **Round Table Pizza**
10070 SW Barbur Blvd.
Portland, OR
(near Capitol Hwy.; by McDonald's)

Come join us at the quarterly pizza party!

Also, it's time for club elections. So, get ready to vote for your favorite people to run the club! We'll vote only on the Club's President, Vice-President, Treasurer and Secretary. Re-elect the current officers or throw the bums out!!! Volunteer, or send in your nominations to our club President, **Gary Stevenson**, 503-257-6368.

We'll also talk about upcoming activities, such as our Rafting trip. And there are already some news and ideas about upcoming ski trips for next season!

As usual, the club will treat you to some free pizza, and the soft drinks will be free. The company is good too. Bring some pictures of your past season to share with others!

Driving directions: The **Round Table Pizza** is near the corner of Capitol Hwy and Barbur Blvd. It's right by I-5. If you are driving south on I-5, take the Capitol Hwy exit. If you are coming from the south, driving northward on I-5, you need to take the Pacific Hwy. / Barbur Blvd. exit, which is almost a mile before, since there is no Capitol Hwy exit from that direction.



Far West Ski Association Convention

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



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

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

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

Convention Highlights

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

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

Celebrity Guest Speakers

Educational Breakout Sessions

Saturday Awards Luncheon

Saturday Awards Banquet & Dinner Dance

Travel Expo, FWSA General Meetings & Elections

Sunday Eye Opener Party

Optional Activities

Thursday Night: Pub Crawl

Friday: Golf, Kayaking, or Wineries Tour

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

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

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

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

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

Mt.High

2007 Mt. High Rafting



DESCHUTES RIVER

RAFT WEEKEND

Trip Leader: **Gordy Lusk**

Maupin OR; July 13 – 14

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

for your reservation.

Reservation and payment must be received by July 1st

(or don't show up)

CANCELATION DATE IS JULY 6TH

TRIP INCLUDES;

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

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

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

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

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

Saturday night Potluck diner:

Chicken and ribs provided by Mt. High.

You need to bring to Saturday night dinner:

If your last name begins with the letter:

A-H: bring HDO's or veggies,

I-P: bring salad,

Q-Z: bring dessert.

All other food and drinks are your own responsibility

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

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

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

Welcome New Members



A warm welcome to new members who have joined us recently.

Whitt Ross

WELCOME TO THE CLUB!

Mystery Object



The answer is on page 8.

This photo was taken during one of our recent ski trips. Can you guess what this is? It has not been digitally altered in any way.

Mt. High goes National



The National Ski Club Newsletter has mentioned some of our club's activities in the past, but in their latest issue they published an article describing our Ski Safaris to Canada.



Mt. High Letters

Q How can we post photos and/or videos on our club's web site? *There was something about it in the previous newsletter, but I accidentally deleted it from my inbox.*

A You can always find previous issues of our newsletter on our web site. Just go to [Newsletters](#). But, if it's an older issue, it might be difficult to find, unless you remember the exact issue you need.

So, we are keeping some articles of more lasting importance in our [Articles](#) section, where they are much easier to find, by topic. In this case, it is under the Technology heading, article on "How to Prepare/Post Photos & Videos". Go directly to that article at:

<http://www.mthigh.org/Articles/Posting-Photos.pdf>



Newsletter & Email Options

By now, everyone knows about the newsletter and email options. But, do you ever wonder what other club members have chosen as their preference? Here's a quick summary, showing the totals:

NEWSLETTER Number of people

- | | |
|--|-----|
| A. Receive complete PDF file as attachment: | 201 |
| B. Receive only a link to the PDF file: | 31 |
| C. No newsletter. Will find it on the web site | 2 |

EMAIL UPDATES

- | | |
|---|-----|
| A. Receive all ski-related news: | 163 |
| B. Receive only club-related news: | 12 |
| C. No emails at all. Will check the web site: | 7 |

To change your preferences, simply contact **Emilio**, info@mthigh.org.

These numbers don't include "**Potential members**" (of which there are 21 right now). Potential members are those who have expressed interest in our club and are temporarily kept informed and are invited to attend our club's activities. It is our hope that, after a few months, they will decide if they want to join the club or not. If they don't join, they are eventually removed from the list.

Also, the numbers don't add up to equal the number of **club members**, for a variety of reasons. Some couples use only one email address. On the other hand, some individuals have requested the newsletter to be sent to both their home and work email addresses. Also, among the newsletter recipients, we also count some "friends of the club", other local club members, NWSCC officers, other newsletter editors (with whom we exchange newsletters), etc.

Some club members don't have an email address. They are missing out on a lot of last-minute updates and announcements that never make it into the newsletter..

If you have access to a computer (at work, at an internet cafe, public library, or at a friend's place) it is quite easy to set up a **free** email account. If you need help with that, contact **Emilio** at 1-503-378-0171.

New Fuel Efficient Cars



Several new economical cars with great gas mileage are or will soon be available in the United States. Some are mainly commuter cars, but some can easily take you to the slopes as well.



Xebra has 3 wheels, 4 doors, and can take 4 people.

This is an all electric car, using lead/acid batteries. Range is only about 40 miles on one charge, and it has a top speed of about 40 mph, so it cannot be taken on the freeway. The big advantage is that the electricity it uses costs only 1 cent per mile.

Prices start at just over \$10,000. Already available at [ZAP cars](http://ZAPcars.com) or in Salem: www.electricwheelsinc.com



Obvio 828 is a tri-brid car that can run on gas, or ethanol, or any mixture of the two, or on natural gas. Gas mileage is 30 in the city and 40 on the highway.

Maximum speed is over 100 mph. Range of over 400 miles. Designed in Brazil, inspired by the Copacabana beach. Very popular there; runs on sugar-cane ethanol.

One bench seat for 3 people (driver + 2 passengers) sitting side by side. Price from \$14,000. Summer 2007.

An all-electric version, **Obvio O12** will be introduced later, with a range of 200-240 miles, and charging times of 30 minutes for each 20-50 miles. Price: \$59,000.



Smart Car - "Fortwo" an economical gas or diesel car for 2 people. Average gas consumption 45-50 mpg. Diesel version gets 60 mpg. Very safe and strong

tridion steel passenger safety frame. Made by Mercedes. Has been selling in Europe since 1998. Diesel version sold in Canada since 2004. Gas version is sold in the US already, for \$27,000 (at [Carr dealerships](http://Carrdealerships.com) and at Oswego Luxury, www.oswegoluxury.com).

An improved gas version is coming in the 1st quarter of 2008. It will have a more powerful engine and 6" more of cargo room, and for a price of about \$14,000.

Ski Oregon / Washington Challenge



Just a reminder. If you have visited at least **10** of **14** ski Washington ski areas, or **9** of **11** Oregon ski areas, 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.com web site. Contact **Steve Coxen**, 503-679-9022, email: sacoxen@aol.com.

See more info abt. Washington's ski areas in David Schor's blog at:

<http://skiwashington.blogspot.com> and Emilio's article: www.mthigh.org/Articles/Ski-Washington-Challenge-diary.pdf

Mystery object on p.7: The photo by Deirdre Lawrence (who credits Gareth Price for the idea) is a closeup of a bottle of wine, as seen from the top looking in.

MAC Ski Training Camps at Timberline

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

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

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

The new, improved, 2008 Smart car will be better and cheaper than the one currently available. It will have coffee cup holders (missing in the current version). It will have a 3 cylinder, 1 liter engine, automatic transmission (with manual over-ride), 4 air-bags, a top speed electronically limited to 90 mph, and a range of around 400 miles on a single tank.

The current version is 8.2" long. The new one will be 6 inches longer (for more cargo room).

The Smart Fortwo is roomier than expected, even for tall, long-legged people. Also, ski racks (attachable to the back of the car) are available.

You can reserve a 2008 Smart car now, for only \$99 (fully refundable, if you change your mind). See: www.smartusa.com. The waiting list is growing.

The Smart cars are safer than expected too. See crash test results of a Smart car and a Mercedes E-Class car: www.canadiandriver.com/articles/jk/040908.htm.

Winter 2007/2008

Here's a quick preview of just some of the fun trips and activities we are planning for next season. Some of this is already on our web site in greater detail. Start planning.

December 2007

Canada Ski Safari. New & improved. We've done the standard loop, going up I-5 and down Hwy. 97, visiting 4 Canadian ski areas several years in a row now. Feel free to do the same well documented trip (see [Articles](#) page). But, let's try something new, bigger, & better this year. Ask Emilio, info@mthigh.org Let's go up Hwy. 97 and down Hwy. 95. The 2 major new attractions are:

- a) **Revelstoke Mt.** This new resort is building 2 new lifts for this season and will some day offer the highest vertical in North America.
- b) **Kicking Horse** - where you can ski 4,000 vertical feet every 30 mins. Other areas we can visit on this route are: **Big White, Silver Star, Panorama, Kimberley, Fernie, Schweitzer Mt.**, and more. That's at least 8. Can we afford that many?

If you travel to Canada, you will need a passport. See: www.mthigh.org/Articles/Passports.htm

January 2008

Far West Ski Week. Jan. 19-26. Seven days at Whistler/Blackcomb, with 3 races and several parties included. A bus trip will be organized for NW skiers. Price not yet fixed. Probably abt. \$1,000. Contact Barbara Bousum, bbousum@gmail.com

February 2008

Mystery trip. Feb. 2-3 (tentative) A Mountain High bus trip, but a "mystery". Under \$200 per person. Contact [Linda](#) or [Emilio](#).

Big Sky/Moonlight Basin Feb. 20-24. (Wednesday - Sunday) A Mt. High trip to Montana, with 2 large ski areas side by side. Contact Debbi Kor-Lew at: ijustwannarun@aol.com

March 2008

Mt. High bus trip. This will be our main Mountain High bus trip, but 3 days long (Friday - Sunday). We'll visit **Mt. Ashland, Mt. Shasta, and Warner Canyon.** Around \$300 per person. Contact [Linda](#) or [Emilio](#).

April 2008

Far West Championships at Mammoth Mountain, CA. As usual, there will be a slalom and a giant slalom race, but recreational skiers are also welcome. We'll organize this trip to either carpool or fly there. Contact [Gordy](#) or [Dale Parshall](#).

Summary

Our schedule is already pretty full, and these are not even all of our plans. Remember that we'll also have 5 [PACRAT races](#) throughout the season. On top of that, we might also have some of the following:

1. A **Family trip** (especially tailored for those with kids), organized by the Skiyente club. Date & location still unknown.
2. A **Big White** trip is a possibility. Would anyone be interested in a 5 nights / 4 days trip for \$579. Or perhaps 7 nights/6 days for \$765. This includes the airline ticket, lift tickets, and lodging. Can we squeeze it into our busy calendar? Who might be interested? Let Emilio know. 503-378-0171 or info@mthigh.org.

Club logo or Ski Oregon logo or Ski Washington Challenge logo



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

3XL. This is mainly cotton, for comfort.

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

Also available:

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

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

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

Please print the Garment Order Form at:

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

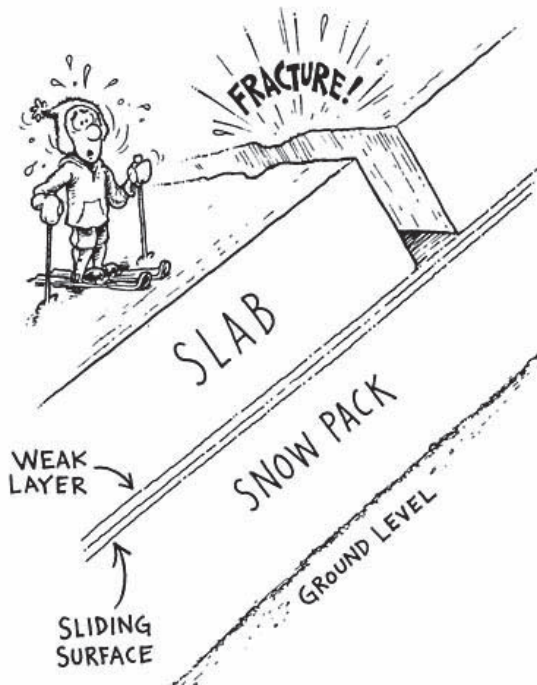


Safety

Avalanche Dangers - by Emilio Trampuz

Safety

Avalanches seem like a remote possibility to many of us. We think it happens to other people in far away places. But, there have been fatal avalanches on Mount Hood, and at many ski areas we visit often. Also, during the one week we spent at Val d'Isere (France), there were at least 2 deaths from avalanches.



An avalanche usually happens after a fresh “dump” of new snow, just the conditions many of us love for powder skiing. Under certain conditions, the slope just cannot hold the new snow any more, and it suddenly slides down the hill at terrifying speed. If you get buried, you might have only 15 - 30 minutes before you suffocate.

Avalanches most often (but not exclusively) happen at slope angles between 35° and 45°, which is the equivalent of black and double-black diamond terrain, precisely where powder skiers go. Terrain that is less steep is less likely to slide, and terrain that is too steep usually doesn't hold enough snow.

A “slab” avalanche (illustrated here) happens when there is a weak layer of snow that hasn't bonded well with the snow pack. It could be a thin layer of light powdery snow, which is then covered by another foot of two of denser and wetter snow. At some point, that whole new layer of snow collapses and slides downhill under its own weight, because it hasn't had a chance to bond with the deeper layers.

That's why avalanches often happen after a rapid series of snowfalls, with snow of varying consistency, over a relatively short period of

time. It could take up to 2 weeks after the storm for all that new snow to settle and bond and become safer.

Avalanches are unpredictable, so play it safe. If in doubt about a particular slope, avoid it.

Avalanche safety is a complex topic. Educate yourself. A good place to start is www.avalanche.org. Or take a course with the American Avalanche Association: www.americanavalancheassociation.org/education.html.

Safety

Turning Skills -- Safer Skiing in the 21st Century

Safety

Here's another idea safer for skiing in the 21st century. It's part of an effort started in the July/August 2005 issue of Lift Lines #55-56. Ski areas could make the slopes **safer** by providing more opportunities for us to practice **controlled turning**, by simply setting up a variety of **fun obstacles** on the slopes. This would not only make the slopes more **fun**, but would also **slow traffic down**, make the slopes **safer**, and lift lines **shorter**. Urge ski areas to implement this idea. Here's just one of the ways:



Set up a terrain park for turning!

Instead of jumps, give us something to turn around. Traffic cones, scattered all over the slope is just one inexpensive way to do that.

Just 30 cones were enough to create this fun little maze! Different people choose different paths, thus delaying the formation of ruts.

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



Summer membership (for new members only)

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

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

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

Mountain High Meeting

First Tuesday of the month.

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

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

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

Mountain High snowsport club contacts:

General information: info@MtHigh.org

Web site: www.mthigh.org

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

DOUGH TRANSMITTAL FORM

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

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

PLEASE PRINT CLEARLY: New membership Renewal

Name(s): _____

Address: _____

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

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

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

- Email Preferences:**
- Newsletter (once a month): yes, link only yes, complete file no
 - No changes -Club news & events (between newsletters): yes no
 - (same as last year) -Other ski news (NWSCC, FWSA, ski areas, trips...): yes no

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

Summer Membership (May 1 - Sept. 30) Total \$10 per person \$ _____

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

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

Rafting (July 13-14, 2007) with camping: \$75 without camping: \$50 \$ _____

For RV space: add \$20. Each non-member add: \$25 \$ _____

Other: _____ \$ _____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

Club membership = 208 Newsletter Distribution

The May 2007 issue is posted on our web site, and also:
257 copies sent via email
25 paper printed copies sent via US Mail.
Copies are sent to potential members, other clubs, etc..
Please help us minimize the cost of mailing paper copies.
Send your email address to: info@mthigh.org.

Mt. High Mt. High Annual Picnic

DATE: Saturday, August 11th 2007
TIME: 8am - 9pm
WHERE: Sellwood park
PICNIC AREA - A (as before- the big one)
BALLPARK FIELD # 2 (as before - close to the picnic area)
BALLPARK TIME: 1 - 2 pm
CONTACT: Jaxine Harris, 503-692-9719,
JaxineAH@msn.com

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

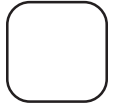
Surprise Birthday Cake for Emilio

May 1, 2007. At our latest monthly meeting, the Board surprised Emilio with a wonderfully yummy birthday cake, which read: "Happy Birthday Emilio, Our Fabulous Ambassador & Friend."

What a lovely bunch of people!



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



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

