



Lift Lines

== No. 88, April 2008 ==

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



Hi folks,

Enjoy a few more days of spring skiing. Then hit the greens!

Check out some photos from the Mystery and the Heavenly trips on page 2. More photos can be seen on our web site, on the [Recent Photos](#) page.

Check out the new **Forums**. They allows you to connect directly with other members. See page 8 for details, and start exploring at: www.mthigh.org.

Think about nominating yourself (or someone else) for club President, Vice President, Social Activities director, etc. We need you!



PACRAT racers at Meadows, Sunday, March 9, 2008.

The Awards party is Friday, April 15.

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Mt. High

Come Ski With Us!

Mt. High



Remember the Warren Miller ticket to Mt. Hood Meadows? It's valid now (in April). Let's use it!

Any time you go skiing, we encourage you to stop at **McDonald's** in **Sandy** around **7:15 - 7:30 am**, and check to see if there's anyone else from our club there. Possible carpooling on the spot!

Here are some suggested days to go to the slopes:

April 13th - Mt. Hood Meadows (Use the Warren Miller ticket!)

April 20th - Timberline (Try skiing Palmer to Govt. Camp!)

April 27th - Toss a coin for this one! Maybe Meadows again?

On the slopes tune your 2-way radio to **channel 6-19**.

Mt. High

Come Golf with us!

Mt. High



Hello Mt. High Golfers,

Warmer days are coming, so it's time to hit the greens! Our plan is 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. Also, feel free to call Cal with any questions, at 503-805-8606, or e-mail Cal at baebaw@ccwebster.net. Here are the upcoming dates:

Apr. 17 (Thur.): Golf at Claremont, 9 holes, starting at 4:00 pm.

Apr. 20 (Sun.): Golf at Stone Creek, 18 holes, starting at 9:00 am.

Apr. 30 (Wed.): Golf at Sandelie, 9 holes, starting at 4:00 pm.

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

2007 CALENDAR

Blue: Mountain High events

Red: NWSCC / FWSA events

Black: General events

2008

Apr. 3 - 7: FWRA Championships

Apr. 11 (Fri): Rat Attack Awards party

Apr. 17 (Thur.): Golf at Claremont

Apr. 19 (Sat.): Kan-Da-Bear race

Apr. 20 (Sun.): Golf at Stone Creek

Apr. 30 (Wed.): Golf at Sandelie

May 10: Friends of the Forest: Ape Cave

June 5 - 8: FWSA Convention
(Bellevue, WA)

June 19 (Thur.): Pizza Party and Mt. High club Elections

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

Aug. 15 - 17: Rafting on Deschutes

2009

Jan. 24-31: FWSA Ski Week: Big Sky

Mystery Trip

March 14 - 16, 2008. By now, you probably already know the Mystery trip was to White Pass, Washington, where they now have a new express quad chairlift.. We stayed at the Cowliz River Lodge in Packwood, about 25 minutes away, and had two great days of skiing, including a couple of inches of fresh snow on the first day. About 36 people participated (including several new members). Some people, like Deirdre, skied ungroomed moguled black diamond runs for the first time ever! Some went into the trees, But mostly, we enjoyed easy, long cruisers.



Phil, Terry, Linda, Kurt, Chuck, Steve, Emilio, Wally, Bruce, Bill, Jack, Patty, Gareth, Deirdre, Marv



Synchronized skiing at White Pass (Deirdre, Elaine, Lisa, Chuck)

Synchronized skiing



Jan, Wally, Tom, Mary Lee, and Mike



Humanslalom: Lisa, Kurt, Chuck, Deirdre, Jim



Lisa R. and Elaine

Heavenly / Lake Tahoe

March 29 - April 3, 2008. This was a comfortable, intimate little group of only 11 people in 2 condos, right by the lake. We skied 2 days at Heavenly (where we saw a pond skimming contest), and then one day at Alpine Meadows, and one day at Sierra at Tahoe (where some of us ended up in jail -- see photo). According to Mark Twain, "To obtain the air that angels breathe, you must go to Tahoe." We'll sure do it again!



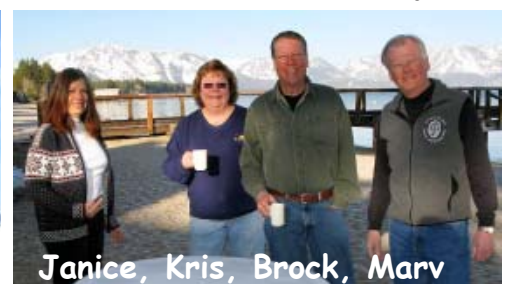
Harry & Lisa



Janice, Brock, Walt in jail



Marv & Janice



Janice, Kris, Brock, Marv

More photos will soon be posted at www.mthigh.org/PhotosRecent.htm.

It's Mt. High Election Time!!



I WANT YOU

Can you spare a few hours during the year to help create the fun for next year? This is your chance to participate and make a difference. We will have club elections during our Pizza Party on June 19, 2008.

WHO - Nominate **YOURSELF** or **OTHER MEMBERS**

Ask your friends in the club if they are interested.

The only requirement is that the nominee must be an active member of the club in good standing for 1 year.

WHEN – Submit names by **JUNE 1, 2008**

HOW - Send nominations by email to **Elaine Bock** seawitchpdx@aol.com in the following format

- * Position for which the person / yourself is being nominated
- * Your name (if self-nominating) or of the person being nominated
- * If nominating someone other than yourself, your name

PRESIDENT: The President shall be the CEO of the Club, shall chair the Board of Directors, shall preside over BOD and business meetings, may appoint additional Directors, shall delegate duties to officers, directors and committees as necessary, attend monthly meetings. – **Estimated average time per month: 5 hours plus meeting**

VICE PRESIDENT: The Vice President shall perform the duties of the President in the absence or inability of the President to act, shall be the liaison between the President and committees, attend monthly meetings – **Estimated average time per month 2 hours plus meeting.**

TREASURER: The Treasurer shall have custody (on behalf and in the name of the Club) of all funds and all items of value that may come into Club's possession, keep complete records of funds, give financial reports at or before all regular Board meetings and at the annual meeting, be responsible for the management of all financial programs, make Club's billings, provide basic budget information, pick up club's mail at the P.O. Box., attend monthly meetings. – **Estimated average time per month: 5 hours plus meeting.**

SECRETARY: The Secretary shall take minutes, type and distribute these minutes at or before all Board Meetings except committee meetings. – **Estimated average time per month: 3 hours plus meeting.**

Estimated Average time – During the winter months, more time may be required than during the summer months.

Questions? Contact the Elections Committee

Elaine Bock – seawitchpdx@aol.com

Sue Snelling - optomistsue@comcast.net

Diane Zhitlovsky – dianezhi@hotmail.com



We want YOU!!!

NW SCC Man of the Year



Gary Stevenson is the President of the Mountain High club (and we DID nominate him last year!), but this year, he was nominated by the Skiyente Ski Club.

Gary has also been the master of ceremonies at PACRAT racing events for as long as we can remember.

NWSCC Woman of the Year



Sheri Parshall is the Vice-president of the Skiyente Ski Club. Also very active member of the NW Ski Club Council, and an organizer of the upcoming Far West Ski Association Convention.

Mt. High Man & Woman of the Year

Every year, we honor 2 people who have contributed to the club and to our sport. Some of the past honorees:

2008: Jack Folliard	Elaine Bock
2007: Gary Stevenson	Linda McGavin
2006: Gordon Lusk	Linda McGavin
2005: Terry White	Debbi Kor
2004: Emilio Trampuz	Debbi Kor
2003: Emilio Trampuz	Debbi Kor
2002: Emilio Trampuz	Debbi Kor

Our 2 nominees this year did not win at the NW Council level, but they are still our club's winners. The NWSCC winners will now "compete" for the Far West Man & Woman of the Year, at the FWSA Convention .

The Club Needs You

Please remember that on top of the few official club officers' positions that will be voted for, we also need many other volunteers to help in less official positions, which are no less important. Hey, even the newsletter editor is only an "unofficial" position!

We also need **you** to get involved with the club and contribute in any way you can. Come to our monthly planning meetings and help us run the club smoothly. Here are some needs:

- 1. Membership Benefits director.** Someone to update our benefits list, check to see if last year's offers are still valid, etc.
- 2. Entertainment coordinator.** Someone to plan for guest speakers, audio/video presentations and other suitable content for meetings / parties.
- 3. Social Activities director.** To plan and organize social functions, parties, TGIFs, bowling, movies, dinners. This could be divided among several people, each taking care of only one or two events. You could organize just one party per year, or a TGIF gathering, or a hike, a bike ride, a dinner outing, etc.

Club logo



You can order any of these items 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



Mt.High Pizza Party / Elections

June 19, 2008.

6:30 pm at the Round Table Pizza, 10070 SW Barbur Blvd., near Capitol Hwy. (by McDonald's).

Everybody is invited! Come meet other club members, check out what's new.

Included:

- * Slide show / video of some recent ski trips.
- * Socialize, mingle with other club members.
- * The pizza is free (on the club), but buy your own drink.
- * Participate in electing our new President and other club officers. So far, we have the following candidates:

President:	Terry White
Vice-President:	Gordy Lusk
Secretary:	Diane Zhitlovsky
Treasurer:	Sandi Dykstra

See page 3 for more information.

Mt.High Membership Director

Elaine Bock has volunteered to be our Membership Director. We have not formally had a position like this in the club so far. Elaine pretty much created it, and has some new ideas.

The goal is to welcome new members to the club, provide a contact person for new members, guide them through the initial period, introduce them to other club members, show them around, invite them to parties and ski outings, make them feel part of the family.

Thanks, Elaine, for offering this great service to the club. No wonder we elected you our Woman of the Year!

Mt.High New Secretary

Diane Zhitlovsky is running for Secretary, but she is in fact already our acting Secretary!

Since Sue Snelling expressed a desire to lessen her involvement with the club, in part because her work schedule prevents her from attending many of our monthly meetings, Diane offered to step in, and has already acted as our club Secretary, keeping the Minutes at our past two meetings.

So far, we are pretty ecstatic about Diane. She brought her trusty laptop to the meetings and showed us she is all business. Her Minutes are well organized, highly readable, and very helpful to your Newsletter editor and other club officers, to ensure that nothing gets overlooked. Diane provides everyone an highlighted "**Action**" item, so they don't forget what they need to do before our next meeting.

She is a very promising candidate for our next Woman of the Year!

Mt.High The club that Really Skis!

Bill Maltby who lives in Nine Mile Falls, near Spokane, WA, is one of our most distant club members. He joined us on the trip to Val d'Isere (France) in 2006, and this year, he joined us on the Mystery (White Pass) trip.

After the trip, he wrote us the following message:

Linda and Emilio,

Thanks again for letting me join the Mt. High trip to White Pass. I really enjoy going on trips with the Mt. High group. Everyone is friendly. And best of all, they actually ski. Seems like many groups do two runs and head for the bar.

Hope to see you again on a trip.

Bill Maltby

Thanks, Bill, we hope yo see you too! And, yes, it's our emphasis on skiing that makes our club special!



The "New people - Fresh blood" campaign is under way!!!!

Far West Convention - June 5 - 8, 2008

Volunteers and participants are needed for the **FWSA Convention**, coming up in Bellevue, WA, **June 5 - 8, 2008**. The Convention is being hosted by our very own NW Ski Club Council. Let's all help!

Remember we are all part of larger organization. Yes, we are part of the **NW Ski Club Council**, ... but also of the **Far West Ski Association**, which encompasses eleven Councils in Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Washington and Utah.

FWSA represents all our local ski clubs, and organizes at least 3 trips every year:

- 1) the FWSA Ski Week (at Whistler this winter; Big Sky next year);
- 2) the FWSA International Ski Week (usually in Europe);
- 3) an International Summer trip (like a trip to China last year, or the Alaska Cruise this year).

FWSA also organizes a number of **club competitions** — for best Newsletter, best Web site, Outstanding club, Safety person of the year, Man and Woman of the year, etc. Awards are given at the annual Convention in June.

A big part of the Convention is a **Travel Symposium**, where club members can meet with dozens of Ski

Industry representatives and plan future ski trips.

There is also a **fun** component, in the form of a Pub crawl, Golf and Tennis tournaments, kayaking, etc.

A number of **ski celebrities** are usually present. In the past, we had several of Olympic ski champions, some extreme skiers, some founders of famous ski areas, the initiator/founder of the Oregon Cancer Ski Out (Larry Chadwick), and more. There are some rumors that we might see Warren Miller this year, or the Mahre brothers, or the people who make K2 skis.

So, be part of history, and come attend the Convention in Bellevue, WA. Each year, a different Ski Club Council undertakes the responsibility for organizing the Convention, and this year it is the NW Ski Club Council's turn. That's all of us, NW people!

Volunteers are needed to help with a variety of events during the 3-day

Convention. Please see the attached Excel spreadsheet for specific needs. To volunteer, contact **Diane Hicks** at: diane.hicks@horizonair.com.

See more info about the Convention at: <http://www.fwsa.org/page/page/689570.htm>

To register for the Convention as our club's delegate, please send in your registration fee (**\$135**) to Mountain High, using our Dough Transmittal Form, by April 30.



Mountain High entry in Outstanding Club Competition



Our Mountain High club has entered the "Outstanding Club" competition.

This year, the entries have to be presented in the form of **3-ring binders** containing short presentations of our various activities (On the snow activities, Promoting the sport of skiing, Charity events - such as the Oregon Cancer Ski Out, Social activities, etc.)

It would be great if **every member of our club submitted a page**, illustrating some fun aspect of our club, some activity in which you participated, etc. Preferably, include at least one photo. Or a collage of photos. Personalize it

with your own photo. Let's show them this club has a lot of active members! Think about it. Send all entries to Emilio Trampuz, Emilio2000@earthlink.net. Or mail your contribution to Emilio Trampuz, 4742 Liberty Rd. S., #296, Salem OR 97402.

Let's win that Outstanding Club title!

Mt. High

Golf



Hello Mt. High Golfers,

Our plan is 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. Any questions feel free to call **Cal**:

Phone 503-805-8606 or
Email: baebaw@ccwebster.net.

The **April** dates are:

Apr. 17 (Thur.): 9 holes at Claremont, starting at 4 pm

Apr. 20 (Sun.): 18 holes at Stone Creek, starting at 9:00 am.

Apr. 30 (Wed.): 9 holes at Sandelie, starting at 4:00 pm.

Kan-da-Beer

April 19, 2008. (Saturday)

Fun Race down Glade Trail, sponsored by the Schnee Vogeli Ski Club.

SVSC would like to invite all Mt. High members to join them for this fun day of skiing, partying, and general fun with your Mountain Buddies. Come alone and meet new friends, or come as your "Pac-Rat" team and show us what-you-got. Any questions contact any SVSC guy or Gordy: gordylusk@hotmail.com.

\$10.- Donation to SVSC for the race, and BBQ.

A salad, HDO, or desert will be gratefully appreciated.

A portion of the donation will go to the Ht. Hood Ski Patrol...

To participate:

- Bring 3, 12-oz. Cans of the beverage of your choice...
- Meet at the gate to the Glade trail (out of bounds) near the bottom of the Stormin Norman lift at Timberline at 11:00 AM... Or stay tuned for transportation from Govie. "Provided by SVSC"
- We will stager the start down the Glade Trail with participants leaving every 30 seconds...
- To start you will open and drink one of your beverages, start down the trail, Half way down you will stop at a designated spot and drink your second beverage, At the finish line (3+ miles down the Glade Trail) you will drink your 3rd beverage and your time will be registered...
- After all participants have finished we will go to Lous-Q (behind the old General Store for a BBQ... and "PARTY-ONNNNNN"

Mt. High 2008 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, OR.

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

Reservation and payment must be received by July 15st. (or don't show up)

Cancelation Date is August 1st.

Trip includes:

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

RV space available for an additional \$20.00 a night.

Camp sites, near bathroom in main park.

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

We'll provide the rafts.

Saturday night diner: Chicken and ribs provided by Mt. High.

Camp, raft, dinner = \$85.00 pp. (Non Members \$100.00)

Thanks from Oregon Cancer Ski Out



March 20, 2008

Dear Mt. High Ski Club Members and PACRAT Members:

On behalf of the Board of Directors of Oregon Cancer Ski Out, I want to extend our sincere thanks for your participation in our 20th Annual Ski out. It is only because of your faithfulness to the mission of the Ski Out that we continue after 20 years.

Thanks again for your support, which allows us to donate to the OSHU Cancer Center, Willamette Falls Hospice and Hospice of the Gorge together with Candlelighters. It is our expectation that this years donations will exceed any year to date and bring our total giving close to \$560,000 overall.

Mt High and PACRATS by far had most teams and participatants.

Thanks again. We are all looking forward to seeing all of you back next year.

With Best regards,
R. G. Woolley, Director
Secretary/Treasurer, OCSO
rgwoolley@comcast.net

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.

Our Forums / Email Groups



For example, ask if anyone wants to go skiing next weekend. Or carpool? Or tell people about that pair of skis you want to sell. Or ask people how best to wax your skis.

And you don't have to keep visiting the Forum to see if anyone has replied. The reply will arrive in your email Inbox. Magic!

But, for this to work, you must first join the Group.

HOW TO JOIN THE GROUP:

1. Click on one of the two new "Forum" buttons on our web site.
2. Click on "Join this group" (in the right-most column).
3. Enter your name, email address, and a password. Set your preferences. Done! Start using the group.

The new forums have many neat features, such as being able to post photos. Also, we can set our own preferences on how to receive emails from the group.

- a) Each email individually, or:
- b) As a daily digest, one per day, or
- c) No email at all. Just read the messages on the web site. But, then you will not be notified when new messages arrive.

USING THE GROUP

You can send messages in 2 ways:

1. Post messages **online**, in the Forum on the "discussions" page. Click on the "New post" button. Or "reply" to an existing message.
2. Send an **email** to the whole group MtHigh@googlegroups.com or MtHigh-midweek@googlegroups.com

Check out our Forums /Google Groups on our web site. We have two Google Groups, or two forums (one for all members, and one for mid-week skiers). Feel free to join one or both. To make the most of it, don't just browse, but join the group.

It's a whole new way to communicate. No longer do you need to ask Emilio to forward some message to all club members. Now you can send a message to the Group, and everyone will receive it.

Safety

Turning around obstacles = Fun on the slopes

Safety

The idea is to ask and encourage resorts to make the slopes **safer** and **more fun** by providing more opportunities for us to practice **controlled turning**, by simply setting up a variety of **fun obstacles** on the slopes. This could be done in any number of ways (trees, cones, whisker gates, etc.)

It is great to see that more and more ski areas are implementing such ideas. Here are some recently witnessed examples:



Orange Cones

We saw them at **Alpine Meadows** in April 2008. Someone had set up a fun course and it was open to everyone. We had such a blast running the gates that we forgot to take pictures, so we are using this photo from Warner Canyon instead.

At **Warner Canyon** (Oregon), we set up the cones ourselves (after obtaining permission from the ski area), so that one doesn't quite count. But the one at **Alpine Meadows** (at Tahoe) was set up without any input from us.



Trees

Heavenly at Tahoe announced three new trails with trees for this 2007/2008 season. The three are set up for different skill levels.

The Pines (pictured) is the easiest. It's a groomed run with some trees as "islands".

The Bohemian Grove is supposed to be a more advanced version of the same, with more trees.

Finally, the Nevada Woods is a typical forest, with ungroomed snow, but with thinned out trees.

This is very commendable, but we couldn't find the Bohemian Grove. It seems to be a seamless part of Nevada Woods. Maybe the announcement was premature.



Fun trails

At **Sierra at Tahoe**, we enjoyed a visit to a "mining town" on the slopes, complete with a tunnel you could ski through, a saloon, and a jail. It's fun, people stop, take pictures, spending more time on the slopes and less in the lift line.

Similar fun stuff was seen at **Vail** and **Beaver Creek** a few years ago, and also at **Buttermilk** and **Snowmass** this year. These "fun trails" are usually hidden in the trees between marked trails, but are often not marked themselves on the trail map, because they are temporary. Many skiers miss them completely because they ski too fast right past the entrances to these fun trails. Seek them out at your ski area!

For more ideas, and the whole vision of safer skiing in the 21st century, see our web site at:

www.mthigh.org/Vision.htm.

PACRAT News

Louis Kovacs



How is your handicap calculated?

In your race results, next to your time, you will see a number from 1 to 100. This is your handicap. Watch your handicap change from race to race. The smaller the number, the better you are getting.

Your **handicap** shows how much you lag behind the best possible time on any given course. If your handicap is 25, you are 25% slower than the best time.

$$\text{Handicap} = \frac{\text{Your time} - \text{Best time}}{\text{Best time}} * 100$$

The **best time** is a hypothetical racer with a handicap of zero. It is calculated from the average of the tightest cluster of pacesetters with known handicaps.

$$\text{Best time} = \frac{\text{Pacesetter's time}}{(1 + \text{Pacesetter handicap}/100)}$$

This handicap system provides a measure of your results regardless of snow conditions or length of



2008 PACRAT Race Results

Of the 20 teams participating in PACRAT racing, 13 are from our Mountain High club.

The final results will not be revealed until our Rat Attack Awards Part, but after the 4th race, there were 3 Mountain High teams in the top 3 spots: **Mt. Hoodlums, Rocket Dawgs, and Mixed Nuts**, ... and **Vertigo Madness** is only a few points behind, in 5th place. All these teams have a very good chance of placing at the very top after the final results are computed. Stay tuned!



course, because varying conditions affect everyone equally. Sticky snow will slow down even the pacesetter, against whom your results are measured. As you improve, your handicap will gradually go down.

Remember to bring your **race bib** to the après ski party, and the Rat Attack. It's your ID, proving you are a racer.

Read more about PACRAT racing on our web site: www.mthigh.org/Racing.htm.

For any questions, contact our Racing Director at: Yuffiet@comcast.net or phone: 503-697-7892.

Rat Attack Awards Party

April 11 (Fri.) The final results will be announced at the awards dinner and party at

The Refectory

1618 NE 122nd Ave.

Portland. Phone: (503) 255-8545.

This is near Halsey St. Dinner is free for PACRAT racers, and \$28 for guests. The top teams will receive trophies. A Rat King & Rat Queen will be announced.

We need a head-count. Let your team captain know if you will attend, and if you are bringing any guests.

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 change, let **Emilio** know your preference.

Mountain High Meeting

Usually 1st Tuesday of the month.

May 6 (Tue.): Open to all who want to get more involved with the club. This is an organizational meeting to plan future events.

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

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

Mountain High snowsport club contacts:

- President:** Gary Stevenson, H: 503-257-6368,
- Vice-President:** Terry White, H: 503-781-4558,
- Acting Secretary:** Diane Zhitlovsky, H: 503-244-3392,
- Former Secretary:** Sue Snelling, H: 503-774-8747,
- Treasurer:** Kurt Krueger, H: 503-625-1492,
- Membership Director:** Elaine Bock, H: 503-245-7009,
- Race Director:** Bruce Ellison, H: 503-697-7892,
- Newsletter Editor:** Emilio Trampuz, H: 1-503-378-0171,
- Activities Director:** Jaxine Harris, H: 503-692-9719,
- Golf:** Cal Eddy, H: 503-631-3115,
- Mid-week skiing:** George Yun H: 503-697-3055,
- NWSCC Rep:** Debbi Kor, H: 503-682-1563,
- Trip Directors:** Linda McGavin, H: 503-652-2840,
Janice Jessen, H: 503-636-0687,

General information: info@mthigh.org

Web site: www.mthigh.org

- TWhite223@msn.com
- Dianezhi@hotmail.com
- OptomistSue@comcast.net
- telek2@att.net
- SeawitchPdx@aol.com
- Yuffiet@comcast.net
- info@mthigh.org
- JaxineAH@msn.com
- W: 503-805-8606, baebaw@ccwebster.net
- boar2m@msn.com
- W: 503-988-5138, ijustwannarun@aol.com
- Trips@mthigh.org
- jessen@iinet.com

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 (same as last year) - Club news & events (between newsletters): yes no
 - Other ski news (NWSCC, FWSA, 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?Paidinfull?

- Summer Membership** (May. 1 — Sept. 30, 2008): Total: \$10 per person \$ _____
- FWSA Convention registration** (June 5-8,2008) Total \$135. \$ _____
- 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 = 216 Newsletter Distribution

The April, 2008 issue is posted on our web site, and also:
 266 copies sent via email (as PDF files)
 28 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

Help keep our forests clean and healthy. Add new trails, remove litter, plant new trees. Our members Greg and Violet Anderson and their kids have participated in previous events, and will do so again this year.

This years' planned events are:

May 10, 2008: Ape Caves Mt. St. Helens

Spruce up the longest continuous lava tube in the US.

June 7, 2008: Multnomah Falls - the Columbia Gorge.

Volunteers will repair trails.

October 4, 2008: Mt. Hood Meadows.

Skiers and nature lovers will join forces to harvest native seed which will later be used to restore native plants on the slopes.

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

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

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

Mt. High Forums

Our two new Forums on the web site are actually Google Groups. You need to join each one of them individually, to be notified when messages appear in that group. See page 8. If you haven't done that yet, you are missing out on all kinds of messages. Here are some examples:

Skiing Mt. Bachelor this weekend?

Join Shelly and Troy, who will be skiing at Mt. Bachelor.

Photoshoot Casting

Make some money posing for ski photos. Just an hour and a half needed.

Ski Chalet in Government Camp

Only \$25 a night (in March, April, and May. Call Jeff or Brenda Ackerson, 503.272.0ALL or 503.929.1496.

Joke about Mid-Life Crisis

What did the wife say to her husband of 42 years, when he started hankering for a hot19-year old gal? Read it in the Forum.

On top of that, people are using the Forum to post their skiing plans, to ask for capooling, to ask if anyone else is going to Meadows, or Bachelor the next weekend, etc.

So, check out both the All-Club and the Mid-week skiers Forums, and click on "Join this Group" to become a part of it and be notified when there is a new message. See p.8.

