



Lift Lines

== No. 89, May 2008 ==

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



Hi folks,

Our whole past year can be seen on the web, 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.

Also see lot of skis for sale in our [Bulletin Board](#). See page 12.

Mt. High

Hike with us!

Mt. High



May 10 (Saturday).
 We'll hike the Hillsdale to Healy Heights loop.

4 miles with a 500 foot elevation gain.

Meet at 10:30 am at Barbur Transit Ctr.

Details on page 5.

Mt. High

Golf with us!

Mt. High



Remember, 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. Cal's phone is 503-805-8606, or e-mail Cal at baebaw@ccwebster.net. The dates are:

May 8 (Thur.): Golf at Sandelie, 9 holes, starting at 5:00 pm.

May 18 (Sun): Golf at Mt. View in Boring, 18 holes, starting at 9:00 am.

May 21 (Wed): Golf at Colwood National, 9 holes, starting at 5:00 pm.

Mt. High

Raft with us!

Mt. High



Aug. 15-17.

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

Sign up now!

Details on page 5.

We Want You!



June 19 (Thursday) is our famous quartely pizza party, plus club elections. Put it on your calendar.

But we need you even before that. Get more involved with the club. Share your passion. Run for office. Or just organize a party or some fun activity. See page 3.

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

2008 CALENDAR

Blue: Mountain High events

Red: NWSCC/FWSA events

Black: General events

May 8 (Thur): Golf - 9 holes at Sandelie

May 10 (Sat): Hike to Healy Heights

May 18 (Sun): Golf - 18 holes: Mt. View in Boring

May 21 (Wed): Golf - 9 holes at Colwood National

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. 10 (Sun): Mt. High Picnic

Aug. 15 - 17: Rafting on Deschutes

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

Rat Attack party

April 11, 2008. The annual PACRAT awards party was held at the Refectory in Gresham.

There were trophies for the best teams, the King and Queen Rat were crowned, and a racing bib decorating competition was held. There was dancing, and the food was excellent.

See more photos on the PACRAT page (page 9).



Frosted Flakes: Kurt, Jan and Julie (and Gary behind them)

Fright Trees at Meadows

April 20, 2008. This hidden wooded area has been officially named "Fright Trees" and marked with a sign only this year. But, Bruce & Linda McGavin, Steve Shaw, Debbie Thomas, and a few others, have discovered it years ago, and nicknamed it the "Great Discovery". Emilio discovered it this year, after skiing at Mt. Hood Meadows for about 20 years!

Can you find this place? Can you ski it?



Emilio says: "It's hard to find, but not so hard to ski."

Spring skiing at Timberline

April 27, 2008. In spring, you can ski from the top of the Palmer chair to the bottom of the new Jeff Flood express, for a total of 3,500 vertical feet.

Deirdre and Gareth enjoyed the long top to bottom run, but later in the day, the snow got very sticky.

Timberline will be open for skiing all summer, till Labor Day (September 1, 2008).



Deirdre and Gareth skiing on the Palmer snowfield.

Kona pond skimming at Meadows

April 26, 2008. Both Mt. Hood Meadows and Ski Bowl have issued a challenge to us. They will remain open on weekends throughout May, as long as people keep coming.

On April 26, Mt. Hood Meadows held a pond skimming contest. Bruce Kuper successfully crossed the pond twice, dressed as Hawaii's King Kamehameha. Congratulations, Bruce!



Bruce Kuper as King Kamehameha on his 2nd crossing

See more photos 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 - optimistsue@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 The club that Really Skis!

Last month we quoted a letter from **Bill Maltby**, who praised our club for actually skiing during our trip to White Pass.

"The club that really skis!" has been the unofficial motto of our club for at least 10 years. Or more? Who's counting when we are having fun? Anyway, it is time to make it official.

Terry White got the idea that perhaps we should copyright the phrase before some other club grabs it and maybe tries to stop us from using it. "It's a defensive move," says Terry. Just in case.

So, we are in the process of doing just that. The paperwork has already been submitted.

Mt. High Hike to Healy Heights

May 10, 2008
(Saturday)

HILLSDALE
TO HEALY
HEIGHTS
LOOP

Distance: 4 miles

Elevation: 530ft at the starting point; 1030ft at Healy Heights, near the Stonehenge radio tower.

This hill walk up the Southern end of Council Crest is big, a big gain in elevation, big mileage, homes with big prices, and at the top, a big, big sky. We will walk uphill through the Hillsdale, Hessler Hills, and Healy Heights neighborhoods.

Meet us at the Barbur Transit Center 10:30AM so that we can arrange carpooling. Happy Trails!

Elisabeth, Lise518@msn.com

Cell: 971-226-4545, Home: 503-524-5774

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. Enjoy some "Maui Zau" pizza!

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

Trip includes:

Camping: Thursday, Friday and Saturday night in Maupin City Park. Camp sites, near bathroom in main park. RV space available for an additional \$20.00 a night.

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

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

Camp, raft, dinner = \$85.00 pp. (Non-members \$100.00) Use the Dough Transmittal form, page 11.

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!

Secret Stash at Timberline

There's a place at Timberline I really enjoy skiing. It's a place off the beaten track. In fact, it is slightly out of bounds. See the photo.



Zig-Zag canyon & Mississippi Head

Is that really Timberline?!?! Yes, it is. Not many people know how different the terrain can be up there. Those cliffs are called Mississippi Head, and they tower above Zig Zag canyon. You can admire them from where I am standing, but you'd better not ski down to them, because then it becomes extremely difficult to return to Timberline. You can briefly enter into the beginning of Zig Zag canyon, higher up than where I am standing in the photo, make a few turns, and then you must exit to the left (back toward the lifts) before going down too far!

This is located west of the Palmer chair. To get there, all you have to do is take the earliest opportunity to go under the Palmer lift (after getting off at the top) and proceed to traverse westward - toward Portland, and toward Illumination Rock. If you find yourself right underneath Illumination Rock, you've gone a bit too far. But, traverse far enough for the Palmer lift to disappear below the horizon behind you. Then ski cautiously down, because the terrain changes abruptly.

After only about a dozen turns (or less), the start of the Zig Zag canyon comes up suddenly, and the western half of that bowl is extremely steep, which you wouldn't expect at Timberline. So, don't go there in foggy weather. Even on sunny days, the sudden increase in steepness can be very surprising.

The entry into the canyon is much easier from the eastern side. But, if it still looks too steep, no worries. You don't have to go into the canyon at all. Simply ski

along the very smooth and mellow top (along the left side of the canyon, looking down). The terrain there is actually less steep than the main run under the Palmer chair. So, you can simply go sightseeing, traversing just to the edge of the canyon to take a look and admire the sudden change in scenery, but then take just a dozen turns alongside the canyon before heading diagonally back toward the base of the Palmer lift.

On the way back, you might run into the beginning of a smaller, appropriately called: Little Zig Zag canyon. It's easy to either go around it or ski in and out of it, traversing across it. Don't go too far down!

Everything described here is slightly out of bounds, but there is a trick that makes it perfectly legal to venture there (though at your own risk, of course). The trick is to simply stop at the Timberline day lodge, and register as a climber in the little room at the very entrance to the lodge. Just remember to sign out at the end of the day, or there might be a search party looking for you.

It's perfectly safe if you know what you doing and if you turn back soon enough. Last Sunday, I spent most of the day in that area, taking about 9 or 10 runs there. It's not often that the snow is so good and skiable. So, if you encounter good snow, try it, if you wish.



Top of Zig-Zag canyon

Here's another look at the start of Zig Zag Canyon.

This photo was shot higher than the previous one. This photo was taken right after I just got past the relatively steep entry point. From here, you should take no more than another 2 or 3 turns before exiting to the left. By the way, that's Ski Bowl in the background.

A Forum Sneek Peek



What are people talking about in our Forum?

Here's an abbreviated example. See the rest on our web site.

George: Check out some of my phat-skis for sale. Ladies, did you know that wider skis make butt looks smaller? ...not that there is anything wrong with big butts. Woof!

(Side discussion about big butts skipped here.)

Mary: I am interested in buying. Any advice about the K2 Public Enemy skis that Jeff & Brenda are selling (on our Bulletin Board)?

George: Yeah, the K2 PE twin-tip skis are actually good all-mountain performers although they are marketed as park skis. ...

Mary: I purchased the PE skis for my boy and we're leaving for Timberline in a few minutes. He LOVES the designs on the skis. I also ordered the Rossignols as you recommended - You're the best! You should have an advice column!

Emilio: You went to Timberline? I was there too! Check out this photo of the cliffs I took there.

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.



Join our Forum / Email Group



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.

The winning teams



April 11 (Fri.) At the end of the racing season, the top two teams had the exact same number of points: **Ruttin' Rats** (a Schnee Vogeli team) and the **Drunken Losers** (the FreeRiders club, with 3 Mountain High members on it, if that's any consolation!!!).

The best placed Mountain High team, the **Rocket Dawgs**, was in third place. After a couple of years off, **Mike Weber** is back, and he led his team to victory.



Rocket Dawgs

This year's Rat Queen and Rat King (the two individuals who improved the most during the season) were **Lori Middleton** (Mixed Nuts, Mt. High) and **Ryan Brown** (Ragner's Rangers, Cascade Ski Club). Since Ryan wasn't there that evening, Rich Rizk picked up his crown and trophie.

See our web site for the detailed results on the Race Results page.

Also, see more Rat Attack photos on the Recent Photos page.

2008 PACRAT Race Results

Pl	Team Name (bib #)	Club Name	Pts
1	Drunken Losers (160-169)	Free Riders	214
1	Ruttin' Rats (60-69)	Schnee Vogeli	214
3	Rocket Dawgs (100-109)	Mt. High	208
4	Rat Chic (40-45)	Skiyente	195
5	Mixed Nuts (120-129)	Mt. High	184
6	Veritigo Madness (200-209)	Mt. High	183
7	Mt. Hoodlums (140-149)	Mt. High	178
8	Rut Riders (180-189)	Mt. High	175
9	Ragnar's Riders (170-179)	Cascade Ski	169
10	Frosted Flakes (80-89)	Mt. High	165
11	Psycothermia (150-159)	Mt. High	161
12	Racy Brats (30-39)	Skiyente	157
13	Drooling Moose Rats (110-119)	Mt. High	145
13	Schussing Shysters (70-79)	Mt. High	145
15	Tasmanian Ski Devils (130-139)	Bergfreunde	142
16	Rattitudes (10-19)	Mt. High	141
17	Vertical Chaos (50-59)	PDX Ski Club	136
18	Avalanche Express (90-97)	Mt. High	130
19	Rats R Us (120-129)	Mt. High	103
20	InfraRats (190-199)	Mt. High	102

Overall, Dale Prshall was the fastest male racer, and Pam Loehner was the fastest female racer.

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

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



Lori

Rich

- Emilio Trampuz -

Safety doesn't have to be boring. We can be safer, while still having lots of fun in a variety of ways. But, safety consists of much more than just wearing a helmet. To see the broader picture, consider the six aspects of safety illustrated in this "safety hexagon". Skills, Transportation, Rules of conduct, Equipment, Snow, and Terrain,

Skills

"Don't crash and burn; Learn to turn."

This is the ability to execute a controlled turn, and to use our edges to control the shape of our turns as well as to check our speed. The number of people on the slopes with poor turning skills is staggering.

Keep practicing your edge control. Your edges are both your steering and your brakes. Learn to use them.

If you think you are already good enough, try to synchronize your turns with someone else, and see how good you really are.

Equipment

"Protect your noggin when you go toboggin'."

Bindings should be set properly, preferably by a professional. But you have some input too. You can ask for a lower setting (for easier release) if you tell the technician that you are an intermediate skier, instead of advanced, or that you prefer to ski less aggressively. It's your call whether you prefer the risk of a premature release or the risk of no release at all.

Helmets

Helmets can protect you in a collision, but remember to ski with your head, not with your helmet. Use good judgement and common sense to avoid potentially dangerous situations. Don't ski beyond your comfort level.

Transportation

"4-wheel drive for uphill action - ABS for downhill traction"

4-wheel drive will help you go up the hill, but it will not help you on an icy downhill.

Use chains. Practice using your ABS brakes. When your car fish-tails, learn how to straighten it by counter-steering into the skid.



Snow

"Know your snow!"

Learn how to ski in different types of snow. Ski more gingerly and defensively on ice; but turn more aggressively in deep powder and crud.

If you venture into ungroomed areas, or even out of bounds, use extra caution and make sure you can always see where you are going.

For out-of-bounds, educate yourself about **avalanche** danger and how to avoid it or minimize it. Also, carry proper equipment (avalanche beacon, probe, shovel, compass, etc.).

Rules

"It's up to you to eskew"

Observe the Code of Responsibility. It's your responsibility to avoid others.

1. Always stay in control.
2. Those ahead of you have the right of way.
3. Stop in a safe, visible place.
4. When starting downhill, look uphill and yield.
5. Use safety devices to prevent runaway equipment.
6. Observe signs, warnings, and closed trails.
7. Know how to use lifts safely.

Terrain

"Don't be a dope; adjust to the slope."
"Never ski what you can't see."

Terrain parks, Race courses. Always inspect the course, especially any jumps, and areas of low visibility before you go in.

Trees. Don't look at the trees. Concentrate on the spaces between them. Your body will follow your eyes. If you don't know what's behind a tree, slow down or stop.

Steep slopes.

Always be perpendicular to the ground. The steeper the slopes, the more you need to remind yourself to get your body forward and not sit back.

Maps. Always carry a trail map and study it on the chairlift. Know where you are going.

For more details, see our web site's Safety page: www.mthigh.org/Safety.htm.

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.

June 3 (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
 - Club news & events (between newsletters): yes no
 - (same as last year) - 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? Paid in full?

- 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 = 219 Newsletter Distribution

The May 2008 issue is posted on our web site, and also:

266 copies sent via email (as PDF files)

23 paper printed copies sent via US Mail.

Copies are sent to potential members, other clubs, etc..

Please help us minimize the cost of mailing paper copies.

Send your email address to: info@mthigh.org.

Friends of the Forest 2008 Events

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 Picnic

Aug. 10 (Sunday)

Our annual picnic and bike ride. The picnic is in Sellwood Park, and the bike ride happens an hour earlier and we go up the Willamette River to the Steel bridge, and then back down to Sellwood along the other side.

9 am -- Bike ride

10 am -- Picnic starts

12 (noon) - 1 pm -- Softball

Some food (mainly suasages) will be provided by the club, but it's mostly a potluck. So, bring something.

**Mt. High Bulletin Board**

Lots of skis are on sale right now!

George Yun is selling a lot of his favorite skis. Some of them were used only once or twice, or even just for a couple of hours. George has provided an interesting and detailed description of each ski.

Jeff and Brenda Ackerson also have a number skis on sale. They are in Government Camp (for now), so you can take them out for a test-ride before buying them.

See all the details, or post your own message, on our Bulletin Board: www.mthigh.org/BulletinBoard.htm.

