



Lift Lines

= No. 209, May 2018 =

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



NEWS



We are having a number of events either on the calendar or still in the planning stages. Keep in mind the following:

May 10. Mt. High Social & Club elections party.

May 12. Highway Cleanup. Come help us maintain our 2 miles of Hwy. 26 clean.

TRIPS. We will have at least the following 2 ski trips next winter:

a) A weekend trip to **Mt. Shasta** and **Mt. Ashland**

b) A week-long trip to at least one or two **Powder Alliance** ski areas north of us. This means, a local **Fusion Pass** can save you money.

See a **Season Passes comparison table** on page 9.

See part 4 of our series about **joint pain** and **knee treatments**. This one is about total knee replacement, and it's written by **Cheryl Hinerman**, Bergfreunde Club President.



NOTE: We are still skiing in May, but we are also planning a number of summer events, such as a Picnic, Bike rides, and more.

Stay tuned for more summer announcements in the June issue.

Mt. High Trips Cancellation Policy Updated

**THOU
SHALT NOT
CANCEL
WITHOUT PENALTY.**

It's a big problem
for the club & the
trip leader.

Please note that our club's Trips Cancellation Policy has been modified. It is now a bit stricter regarding late cancellations for whatever reason.

See the updated policy on our website, on the Forms & Docs page at www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf

A link to this document is also available on all our trip flyers.

Note the color code.
Our club is blue.

2018 CALENDAR

Blue: Mountain High events
Maroon: NWSCC / FWSA / Multi-club
Black: General events

MAY

May 10 (Thur): Mt. High Social & Elections

May 12 (Sat): Mt. High Highway Cleanup

**May 26 (Sat): History Happy Hour: Hiking
Mt. Hood NF Trails**

May 29 (Tue.): Mt. High Board Meeting

JUNE

June 7 - 10: Far West Convention - Reno

June 20 (Wed) NWSCC & PACRAT Elections

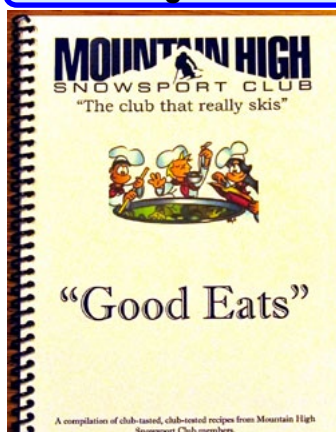
**June 30 (Sat): History Happy Hour: Mt.
Hood Geology, - Ryan Cole**

JULY

July 14-15: Summer Fun Nationals

**July 28 (Sat): History Happy Hour: History
of Summer Skiing on Mt. Hood -
Jeff Lokting**

Mt. High Cookbook - Includes Chef Mezger's Recipes



Did you know that in addition to recipes from many of our members, this cookbook also contains recipes from Chef Kurt Mezger, from the Swiss Chalet in Welches. In fact, Chef Mezger is a member of both our Mountain High club as well as of the Mt. Hood Ski Kats club.

The cookbook is available for \$10. You can get one at our social events, or contact Debbi Kor at: ijustwannarun1@comcast.net or call 503-314-7078.

Mt. High

Timberline Adventures



Almost every weekend (either Saturday or Sunday) in May, at least some of our members will be skiing at Timberline. Come join us. **Timberline passes are valid till May 28.**

We normally try to connect at McDonald's in Sandy around 7:30 am. You can also meet us on the mountain, at 9 am, at the Day Lodge exit near the stairs, outside, near the Ski Check. Or connect with us on a 2-way radio, channel 6-19. See the info on weekend skiing on our TRIPS page at: http://www.mthigh.org/Trips.htm#Weekend_day-trips and watch for specific date announcements in our

[All-Club Forum](#) and on our website, as well as occasional email updates.

Mt. High

Mid-week skiing at Meadows



Most of our Mid-week skiers ski at Mt. Hood Meadows. (though some also ski at Timberline & Skibowl). The Meadows group tends to be advanced and fast skiers.

Meet the group at the tables in the cafeteria area about 20 - 30 minutes before the lifts open (which is at 9 am).

It's best to arrange meeting others through the [Mid-week forum](#), a Google group accessible from our web site.

NOTE: Saturday, May 12 is the Season's End Party. It is also the last day of lift operations.

TRIPS web page

Yes, a day trip to Mt. Hood is also a trip, so check out the [TRIPS](#) page on our web site, and look for announcements about either mid-week or weekend trips to Mt. Hood. Then join us on the slopes.

Is a Season Pass for you?

If you plan to ski more than about 10 days at the same ski area, a season pass is a good idea.

Which is the best? Depends on where you'll ski, and which trips you'll go on.

Locally, the **Meadows Pass** includes Mt. Baker. And the **Fusion Pass** to Timberline and Skibowl includes 17 other ski areas. Next winter, we'll have another Mt. High ski trip to Canada, to make us of the Fusion Pass benefits.

See comparison table on page 9.

Mt. High Forum Tips

See the [Forum-All Club](#) and the [Mid-week forum](#).

* If you are new to the Forum, you can **view** all the messages, but if you want to post your own, please click on "**Join this Group**" in the upper right of the Forum page.

* If you don't see the "Join this Group" text in the upper right, that means you are already a member of the group.

* If you receive an **email** whose subject matter starts with bracketed text such as: **[Mt High]**, it means this is an email from the group. If you reply to it, **you are replying to the whole group**.

* **To start a new topic**, go to the Forum and click on the red "New topic" button.



Q & A

Q How can I get more actively involved in the club?

A There are at least two ways to get more involved: by participating and by volunteering.

Participate more in all of the club's activities, including Social events, Trips, and Recreational Racing. Show up at a pizza party. Or join us in some hiking and biking during the summer. The more you participate, the more you will get out of your club membership.

But also, **volunteer** in various ways. Offer to organize a party, or a nature outing, or even to lead a ski trip. The club needs more volunteers. It could be as simple as pre-announcing your next day on the slopes. Invite others to join you on the mountain.

Mt. High

Mt. High Social & Club Elections

DATE: May 10, 2018 (Thursday)**TIME:** 6:30 pm**PLACE:** Round Table Pizza
10070 SW Barbur Blvd.
Portland, OR

Pizza is on the club! Just buy your own drink. Everybody is invited! Come meet other club members, check out what's new.

ELECTIONS: We will hold our annual elections for 4 positions:

President: Debbi Kor**Vice-President:** Bill King**Secretary:** Debbie Geiger**Treasurer:** Nancy Pratt

If anyone else wants to run, please notify our elections coordinator



and past club president: Kurt Krueger at telek2@frontier.com, 503-625-1492. See ballot on page 4.

If you would like to be a "Board Member at Large", talk to our club president, Debbi Kor, 503-314-7078, ijustwannarun1@comcast.net

If you are planning to come, please RSVP to Debbi Kor at ijustwannarun1@comcast.net by May 5.

Mt. High

Highway Cleanup

May 12 (Sat.). We'll clean up the 2 miles of highway 26 we've adopted between mile posts 51-53, west of Govy.

We'll meet at **10 am at the east end** of Skibowl West's parking lot, and spend about 2 hours removing stuff people throw out along the road. Let's see who will find the most interesting object! Bring some gloves. We will provide garbage bags and garbage pickers (Bring one if you have one).

At **noon**, lunch will be provided for all who participate in the cleanup. Most likely at the Ice Axe brew pub or at The Taco Shoppe in Government Camp.

We need only about 12 people. Please don't come unannounced.

If you are planning to come please RSVP by contacting Debbi Kor, 503-314-7078 or ijustwannarun1@comcast.net



History Happy Hour - Hiking Mt. Hood NF Trails



May 26, 2018. (Last Saturday of the month) 6:30 pm.

Hiking Mt. Hood National Forest trails.

Location: Mt. Hood Cultural Center & Museum, Government Camp, Oregon. (Next house up from The Taco Shoppe)

Doors open 6:30, presentation at 7 pm.

\$5 cash at the door. Beer & Wine available for purchase.

For more info about the Happy Hour lecture series, call the museum at 503-272-3301, info@mthoodmuseum.org

These ballots will be available at the door. If you are unable to make the meeting, please fill out the enclosed ballot and email it to **Kurt Krueger** at telek2@frontier.com. Due date for emailed ballots is May 7.

Or mail it to our PO Box 2182, Portland, OR 97208,, but please make sure it arrives at least a week early, by May 7th.

Mt. High Snowsport Club 2018 – ELECTIONS BALLOT

Elections: Wednesday, May 10, 2018

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 monthly meeting.**

☐ **DEBBI KOR**

☐ _____ (write in)

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.**

☐ **WILLIAM (BILL) KING**

☐ _____ (write in)

TREASURER: The Treasurer shall have custody 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.**

☐ **NANCY PRATT**

☐ _____ (write in)

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.**

☐ **DEBBIE GEIGER**

☐ _____ (write in)



Speed Racers Corner

Edited by Alan Bean
Mountain High Racing Director
503-849-8009 or Racing@mthigh.org



Mt. High teams dominated the final PACRAT standings, placing 7 teams in the top 10. Congratulations to team **Will Ski For Beer**, the Winner of the second annual Mt. High Cup, defined as the lead club team after



the first four races. **Will Ski For Beer** will have their team name added to the trophy cup for 2018 which is displayed year round in the Mt. Hood Museum. Quite an accomplishment for the second year team which tied for the cup last year so hats off to Captain **Elyse Izer** for running away with it by 50 points over the always fast Avalanche Express.

Will Ski For Beer also won the overall 1st place among all PACRAT teams, including teams from other clubs. Congratulations!

Your Racing director, Alan Bean,
503-849-8009, Racing@Mthigh.org

Final standings for all PACRAT teams

Pl	Team Name	Club Name	Pts
1	Will Ski For Beer (100-109)	Mt. High	237
2	Oregon Reign (70-79)	PACRAT	231
3	The Beer Denners (140-149)	Cascade	225
4	Chilled Brewskis (210-219)	Mt. High	193
5	Racey Brats (190-199)	Skiyente	185
6	Awesome tAles (90-99)	Mt. High	183
6	Mt. Hoodlums (120-129)	Mt. High	183
8	Moose On The Loose (170-179)	Mt. High	179
9	Rattitudes (10-19)	Mt. High	176
10	Avalanche Express (90-99)	Mt. High	174
11	Ragnar's Rangers One (20-29)	Cascade	171
12	Let R Rip (30-39)	Mt. High	170
12	Schnee Boys (160-169)	Schnee Vogeli	170
14	Ragnar's Rangers Three (180-189)	Cascade	158
15	So Edgy 2 (50-59)	Mt. High	150
15	Mixed Nuts (110-119)	Mt. High	150
17	Ruttin' Rats (60-69)	Schnee Vogeli	148
18	Ragnar's Rangers Two (80-89)	Cascade	143
18	Blizzardos (150-159)	Mt. High	143
20	Schussing Shysters (40-49)	Mt. High	122
21	Tasmanian Ski Devils (130-139)	Bergfreunde	85
22	Oui Ski (200-209)	Skiyente	70
23	Vertigo Madness (220-229)	Mt. High	26

Total Knee Replacement (TKR) Surgery

by Cheryl Hinerman
President, Bergfreunde (Mountain Friends)

How do you know when you need knee surgery?

For me, it was after I spent years using NSAIDs (non steroid anti-inflammatory drugs- like Ibuprophen and Aleve) both before and after recreational sports, wore knee braces to hike and ski, and even got cortisone shots from the orthopedic doctors to ease pain and swelling. As the arthritis advanced and the bone on bone contact got closer, it hurt all the time. My legs were nearly always swollen.

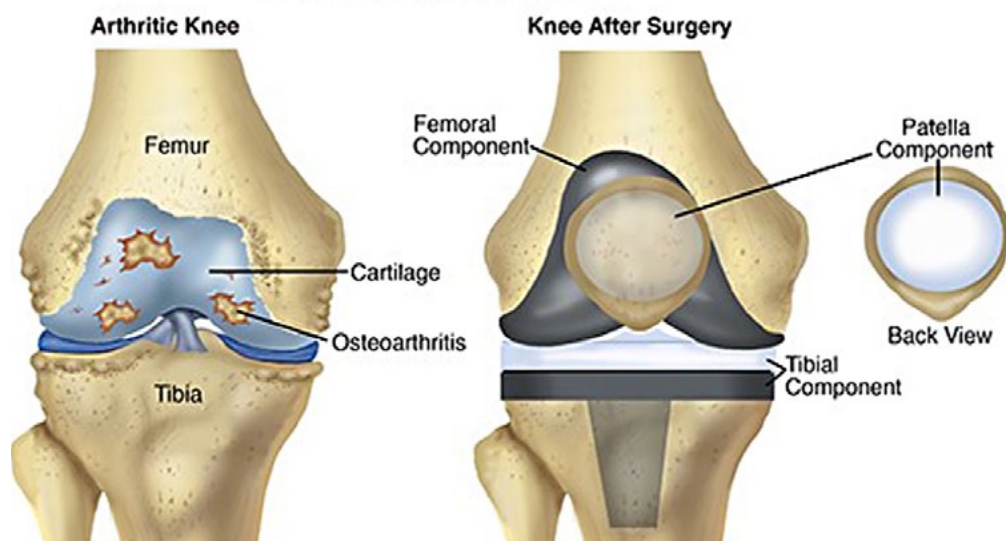
The final decision is between you and your surgeon, of course. I can tell you I was highly motivated after my last three years of skiing involved an increasing pain to fun ratio that was way out of whack. Who wants to drive all the way to Sun Valley from Portland, pay for a pricey lift ticket, and come down the mountain in pain and tears after 90 minutes? Not me. I wanted to SKI!

What's it like to get a TKR?

SEE WHAT WILL HAPPEN: You can find lots of videos on You Tube and the web sites for large surgical practices. CAUTION: Don't look if you are faint hearted.

GETTING READY-MENTALLY AND PHYSICALLY: Before surgery, it helps tremendously to do pre-physical therapy or work out with a certified trainer at a gym. Good quad strength before surgery makes a huge difference in the healing and recovery after. Trainers can help you build strength with exercises that help without causing more problems. Staying active helps your outlook too. Remember you are getting ready for a healing process. It is a positive step.

Total Knee Replacement



ing more problems. Staying active helps your outlook too. Remember you are getting ready for a healing process. It is a positive step.

THE PARTS: About two weeks before surgery, I was given a CT Scan so the replacement parts would be custom built to fit my bones. It is fascinating to see the models. The part that fits the end of the femur is shiny chrome! The piece that fits over the top of the fibula and tibia is strong magnesium alloy. The replacement cartilage is plastic, even the new piece behind the patella! There are lots of us bionic humans

out there with new knees and hips that work great! You will even get an ID card that alerts airport security you have metal parts.

SURGERY: The surgeons make a vertical incision about 6-8" long down the front center of your knee. They move aside the muscles and tendons to expose the joint. The most modern techniques involve a resurfacing of your knee joint bones. Surgical tools, including a new robot assisted saw, allow the surgeons to be very precise and remove only the damaged areas preserving the underlying good bone. They glue and hammer the new parts in place. You will be in the hospital one or two nights depending on how you do with anesthetic. The staff will be sure you can manage everyday self-care at home before they release you. You will need someone at home to help for at least a week. Rent or borrow this post op equipment: walker, cane, toilet riser, blue ice packs and/or an ice water circulating machine that connects to packs that wrap around your legs.

POST OP PHYSICAL THERAPY: PT is critical for healing; regaining strength, range of motion, and balance. The therapist will prescribe and teach you the proper exercises. To get the full benefit, you must also do them at home with the reps, weights, and frequency they tell you to. No cheating. Exercises progress and get tougher as you get stronger. Each new level is a satisfying accomplishment, not to mention sweaty hard work!

PAIN: Since the surgical incision cuts through nerves, you will experience numbness on one side of the knee and extreme tenderness on the other side. This too shall pass as the knee heals. Elevating the leg so the knee is above the heart and using ice packs frequently help reduce swelling and pain. You will be on both prescription and over the counter pain medications. Use them as prescribed. In the first few weeks it is not at all good to let the pain get away from you. Keep it controlled. Follow the doctor's advice when it is time to ease off the meds; soon you will be free of them.



PROGRESS: It takes a few weeks to go from using a walker, to a cane, to being strong and stable on your own. I went on a city-tour trip at six months post op with my first knee. I tired easily. I did not do every activity, but I got to go. The second knee is well healed at four months. Each knee is different. I did mine nine months apart.

HOW LONG DOES THIS GO ON? It takes time- almost a year for full recovery. It can be discouraging at times. Keep distracted with good books or Netflix. Others who have been through it can be encouraging cheer leaders.

It is not the end of the world to miss a season of your favorite sport if you can do it better after. You will return to most every day activities much sooner. Sitting still for a long time with your knees bent or long car rides are uncomfortable for a lot longer than you want them to be. Stairs are doable right away but awkwardly slow for many months.

HELP IS PRICELESS: It's great to have someone help with grocery shopping and chores for a couple of weeks. Since I was going to be home a lot post op, I hired some big projects done ahead of time. It was worth the money to me to see those big things done when I sat and looked around the house and yard. If not, I would have stewed about it. It's enough to focus on healing. Everyone I talked who had replacement surgery was glad they went through it. It means a lot to get a Reset Button to enjoy your favorite sports and live life with working knees.





Northwest Ski Club Council Ski & Ride Challenge

Qualify for a prize: ski or snowboard in a single season at least 7 ski areas shown here: in Alaska, Alberta, British Columbia, Idaho, Oregon, Montana, Washington and Wyoming.

Just save your lift tickets and/or receipts or copy your season pass.

Also included:

IDAHO
Brundage Mt.
Sun Valley

MONTANA
Whitefish Mt.

WYOMING
Jackson Hole

BRITISH COLUMBIA
Big White
Sun Peaks

ALBERTA
Lake Louise
Mt. Norquay
Sunshine Village

ALASKA
Mt. Alyeska



Entry Form and Rules are posted on the NWSCC website at www.nwskiers.org

2017/2018

Ski & Ride Challenge

The NW Ski Club Council wants to encourage you to see and ski more places, ... and don't forget the small ones!

Ski or ride any 7 or more resorts during the 2017-2018 ski season to be eligible to win a prize. Just save your lift tickets or receipts, and mail them in at the end of the season.

Ski areas that count are all those in **Oregon, Washington**, as well as our commercial member resorts in **Alaska, Alberta, British Columbia, Idaho, Montana, and Wyoming** - as shown on the flyer here.

Save your lift tickets or receipts! Then, by June 15, mail them to the **Northwest Ski Club Council, Ski Challenge**, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

Use the [ENTRY FORM](#) found on the and [NWSCC](#) web site, on their [ARTICLES](#) page.

Winners will be announced at the start of the following winter season, most likely in December.

Hillcrest Sports 10% discount



Hillcrest Ski & Sports (our PACRAT bib sponsor) in Gresham, Oregon, will give NWSCC members a 10% discount by showing your card.

It's your Mt. High membership card, which also doubles as an NWSCC and FWSA membership card.

Hillcrest Sports is located on your way to and from Mt. Hood at: 2506 SE Burnside, Gresham, Oregon. 503-665-4455.

The Taco Shoppe 20% discount



Kevin Bastin, the owner of the Taco Shoppe in Government Camp and also a Mountain High member, has offered us an even better deal than in the past. Instead of just an offer on the burritos, our members can now

get a **20% discount off of any item on the menu!** But only 10% during summer. Thanks Kevin!

So, stop at **The Taco Shoppe** in Govy, right next to the Mt. Hood Museum, and get ready to experience something delicious. And say thanks to Kevin!

Lift tickets and Season Passes Comparison

Which option is best for you depends on how much you'll ski and where. Note that PACRAT racers will get discounted lift tickets at all 3 Mt. Hood ski areas on their race days.

Remember that **Meadows** and **Timberline** will be offering **Spring Passes** valid for March, April and May, for about \$139 - \$160.

NOTE 1: All prices will increase November 27. Epic Pass increases October 8. Mt. Bachelor prices increase September 30.

NOTE 2: Gray areas show old information from last season. We'll update this as soon as new prices become available.

Ski area / Name of Pass	1 Day	4 or 5 Day	10/12 Days	Season Pass	Senior Season	Season Pass description
<u>Mt. Bachelor</u> Optionally, add on the M.A.X. Pass for \$329, offering 44 mountains, 5 days at each, with 19 ski areas in the West	\$96	4-pack \$239 N/A after 9/30	12-day \$599	\$949	\$619	The M.A.X. Pass: 44 mountains, 5 days each, but must be purchased at \$329 on top of the Season Pass price. Prices will increase a lot after Sept. 30.
<u>M.A.X. Pass</u> The 19 western ski areas are: Alyeska, Mt. Bachelor, Big Sky, Boreal, Brighton, Copper Mt., Crested Butte, Crystal Mt., Cypress Mt., Eldora, Lee Canyon, Mountain High, Solitude, Snoqualmie, Winter Park, Kicking Horse, Nakiska, Fernie, Kimberley				\$649	\$649	44 mountains, 5 days each, 19 ski areas in the West and the rest are in the East.
<u>Mt. Hood Meadows</u> Includes 5 free days at Mt. Baker/ Plus 3 days at WinterPark/Steamboat. Plus 25% off day tix @ Big White.	\$82+	5-days \$299	10-days \$409	Value pass \$399 + \$200 peak upgrade	Value pass \$289 + \$200 peak upgrade	Includes 5 free days at Mt. Baker, 3 days at Steamboat & Winter Park combined. Also 25% off day tickets at Big White. Prices rise \$100 - \$300 after Nov. 7. Free skiing for those over 75.
<u>Mt. Hood Skibowl</u>	\$57	--	--	\$373	\$159	Prices increase Nov. 5 & Nov. 26. 71+ ski free.
<u>Timberline</u> (Also see Fusion Pass)	\$76	5-days \$299	10-days \$429	\$649	\$299	Multi-day & season prices will increase after Nov. 5 and Nov. 26. Free skiing for 71+.
<u>Fusion Pass/Powder Alliance</u> (19 resorts) Unlimited skiing at Timberline and Mt. Hood Skibowl + 3 free tickets at each of 17 other ski areas: Stevens Pass, Schweitzer, Bridger Bowl, Sugar Bowl, Bogus Basin, Sierra-at-Tahoe, China Peak, Mountain High, Arizona Snowbowl, Angel Fire, Crested Butte, Loveland, Silver Star, Whitewater, Marmot Basin, Castle Mt, Kiroro, La Parva (Chile).				\$549 till Nov. 5 \$649 till Nov. 26	\$269 till Nov. 5 \$299 till Nov. 26	Unlimited skiing at Timberline and Mt. Hood Skibowl + 3 free tickets at each of 17 other ski areas, for a total of 51 free ski days Not valid on Saturdays. Those 71 and over pay only \$50. All prices will increase after Nov. 5 and 26.
<u>Mountain Collective Pass</u> (16 resorts) 2 lift tickets at each: Aspen/Snowmass, Alta, Big Sky, Snowbird, Jackson Hole, Mammoth Mt., Lake Louise, Sunshine Village, Sun Valley, Sugarbush, Squaw/Alpine Meadows, Revelstoke, Snowbasin, Taos, Coronet Peak/Remarkables (NZ), Thredbo (Australia).				32-time pass \$429	32-time pass \$429	2 days at each of 16 destinations, plus a 3rd day at a resort of your choice. Additional days at each resort are 50% off. No blackout dates. Plus: 2 days each at Valle Nevado (Chile), Chamonix (France), & Niseko (Japan)
<u>Epic Pass</u> (Vail Resorts): Unlimited access to: Vail, Beaver Creek, Breckenridge, Keystone, Heavenly, Northstar, Kirkwood, Park City, Arapahoe Basin, Stowe, Whistler/Blackcomb, Afton Alps, Mt. Brighton, Wilmot, and Perisher, plus limited access to 46 others.				season \$899	season \$899	Unlimited access to 15 ski areas, plus limited access to 46 others. No blackout dates. Also: 4-day pass = \$439, or 7-day pass = \$669, 10-days at 5 resorts senior pass = \$689. Prices will increase after October 8.
<u>IKON Pass</u> 26 ski areas. Unlimited access (no blackouts) at: Tremblant, Winter Park, Copper Mt., Big Bear, Blue Mt., Snowshoe, and Eldora: Unlimited access with blackouts: Mammoth Mt. (CA), June Mountain (CA) and Squaw Valley Alpine Meadows, CA. Plus 5 or 7 days at each of the resorts listed in the column at right. NOTE: All IKON prices increase by \$100 on May 1, 2018.				BASE: \$599 Unlimited at 10 areas plus 5 days at each of the others.	FULL: \$899 Unlimited at 12 areas plus 7 days at each of the others.	LIMITED ACCESS WITH BLACKOUTS: Mountain: Steamboat, CO, Deer Valley UT, Alta/Snowbird, UT, Aspen Snowmass, CO, Jackson Hole WY, Big Sky MT Canada: Revelstoke BC, SkiBig3, AB. East: Stratton, VT, Killington Resort, VT, Sugarbush Resort, VT, Loon Mountain, NH, Sunday River, ME & Sugarloaf, ME
<u>Brundage Mt. Passport to Powder</u> Unlimited skiing at Brundage, ID, plus: 7 free days in Kiroro, Japan. 5 days at Red Lodge, MT, & Homewood, CA, 4 days at Diamond Peak (CA). 3 days at each of: Mission Ridge WA, Lookout Pass ID, Snow King WY, Purgatory CO, Ski Hesperus, CO, Brian Head UT, Arizona Snowbowl, Sipapu, and Pajarito, NM.				\$569	\$279 for seniors 70+	Total of 38 free days. Prices will increase by about \$50 on Dec. 1.
<u>Loveland with Powder Alliance</u> Unlimited skiing at Loveland, CO, plus 3 free days at all Powder Alliance ski areas , plus: 3 days at: Purgatory, Monarch, Powderhorn, Powder Mt, Grand Targhee, Whitefish, Snow King, Red Lodge, Homewood, Ski Cooper, Sunlight, Brundage, Sipapu, Pajarito, Hesperus, Arizona Snowbowl.				\$419	\$99 for seniors 70+	3 free days at all 19 Powder Alliance resorts, plus 3 days at each of another 17 ski areas. This is a great deal for seniors who are exactly 70. At 71+, buy the Fusion Pass for just \$50. Unless you want the extra 17 areas.

Click on the blue, underlined pass name for more detailed info and to purchase it.

"The Voice of the Western Skier"



Far West Convention

June 7 - 10, 2018. The annual Far West Ski Association Convention is coming up at The Atlantis Casino Resort Spa, 3800 S. Virginia Street, Reno, NV 89502, www.atlantiscasino.com. It is hosted by the Bay Area Snow Sport Council and Sierra League and Council.. Members of all ski clubs in the West are invited to come and participate.



Lodging will be at The Atlantis Casino Resort Spa, 3800 S. Virginia Street, Reno, NV 89502, www.atlantiscasino.com. Phone: 800-723-6500.

What Happens at a Far West Convention?

Events include a **silent auction** on Friday Night, and the **Travel Expo** (where delegates meet one-on-one with resort personnel to plan future trips) on Saturday morning. Attend **educational leadership panel sessions** such as Improving Social Media savvy and the latest equipment, meet and greet with **ski personalities** like Billy Kidd and Charlie Linville, and attend the **awards banquet and dance** on Saturday night. There will be a business meeting on Sunday, at which time officers are elected, and other Association business takes place, as well as a sponsored Brunch, and LOTS of door prizes to be given away. All of these events (and meals!) are included in your registration fee.

Also available (for an additional fee) are optional events such as a Golf Tournament, Rafting, Hiking, a Pub Crawl, and more.

How do I Register?

It's so easy! You can (1) sign up with your club president/delegate chairperson (Debbi Kor), (2) complete the forms, write a check, and mail to the FWSA Convention Registrar (Jean McCasey), or (3) sign up online at <https://connect.fwsa.org/> and pay with PayPal. The registration form on the FWSA web site is at: <http://www.fwsa.org/Conventions/FW-2018Conv/Registration/pdfs/4f-2018-FWSA-Conv-Delegate-RegistrationForm-fillable-rev201802014.pdf>. That's all there is to it! You're in!

Now make your **online hotel reservations**, or call 800-723-6500, Group Name: "Far West Ski Association" at \$80 (Sunday - Thursday) and \$129 (Fri. & Sat.) per day per room, and you'll be golden! **Be sure to tell your club delegate chairperson** if you sign up directly so that you'll be included on the Credentials Form as a Voting Delegate! Mountain High club members should contact **Debbi Kor** at: 503-314-7078, ijustwannarun1@comcast.net. She will coordinate all our delegates.

How do WE and our CLUB benefit?

Mountain High Board of Directors has voted to reimburse club members who attend the convention as full voting delegates up to \$600 to be divided among the registered attendees. In addition, there are other incentives that will come directly back to Mountain High. These include:

Far West is offering the 6-pack incentive again this year, if we register before May 7, 2018. This offer provides 1 free registration (\$159) with every 6 paid. The reimbursement comes AFTER the convention. So, if we send 6, we'd get back \$159. If we send 12, we'd get back \$308. If we get enough delegates from our club, the club would receive this reimbursement, and the Board would decide how best to use it: split it up among the delegates, or use for a future club event.

More questions? Contact: **Debbi Kor**, Delegate Chairperson, 503-314-7078, ijustwannarun1@comcast.net

NOTE: The Far West Convention is hosted by a different ski club council each year. In 2014, it was held in Oregon, and it will come back to Oregon in 2020. In 2016, it was held in Scottsdale, AZ. In 2017, it was in Boise, ID. In 2018, it will be in Reno, NV.

MOUNTAIN HIGH

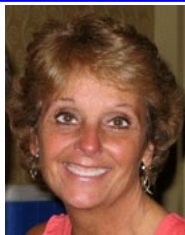
Contacts / Club info

SNOWSPORT CLUB

2018 Man & Woman of the Year



Bill King is our club's Vice-President and the NWSCC Treasurer. He has helped to post the Safety Boundary signs on Mt. Hood.



Debbi Kor, our club's President and Social Activities director. She is also the FWSA VP Marketing & Sponsorship, and the FWSA News Flash Editor.

Mountain High Meeting

Usually last Monday. This is an exception.

May 29 (Tue.): Open to all who want to get involved with the club. Gather at **6 pm.** Start at **6:30 pm.** **Location: Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol Hwy.)**

Mountain High snowsport club contacts:

President:	Debbi Kor	H: 503-314-7078,	President@mthigh.org
Vice-President:	Bill King	H: 614-371-4762	willie2k@ymail.com
Secretary:	Debbie Geiger	H: 971-716-9949,	pdxdebbie@gmail.com
Treasurer:	Nancy Pratt	H: 503-593-9427,	Treasurer@mthigh.org
Past President:	Kurt Krueger	H: 503-625-1492,	PastPresident@mthigh.org
Membership Director:	Karen Michels	H: 503-984-9210,	skiklynn@gmail.com
Racing Director:	Alan Bean	H: 503-849-8009,	Racing@mthigh.org
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,	newsletter@mthigh.org
Social Activities:	Debbi Kor	H: 503-314-7078,	ijustwannarun1@comcast.net
Trips Director:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org
Bike rides:	Jackie Bonillo	H: 503-663-3359,	jbon1960@comcast.net
Mid-week skiing:	Ken Brundidge	H: 503-720-0620,	KenBrundidge@comcast.net

General info:
info@mthigh.org

Web site:
www.mthigh.org

DOUGH TRANSMITTAL FORM

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

PLEASE PRINT CLEARLY: ☐ New membership or ☐ Renewal

Name(s): _____ Birthday (MM/DD) _____

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

I certify that I am 21 years of age or more. I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

Please take my money, and apply it toward the following Ski Club fun stuff:

	Deposit?	Paid in full?
<input type="checkbox"/> Annual Membership (Oct. 1, 2016 - Sept. 2017): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2018) \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> Mt. Shasta trip (Jan. 5-7, 2018). Deposit = \$100.		
Prices: Adult=\$300, Senior(65+)= \$290, Super senior(70+)= \$260, w/o lift tix=\$248.	\$ _____	_____
<input type="checkbox"/> Okanagan Adventure - Canada (Jan. 20 - 27, 2018) Deposit = \$250.	\$ _____	_____
* Snowbird Lodge upgrade ... Add \$100.	\$ _____	_____
* Extra lift ticket at Silver Star (instead of rest day) = Adult \$65. Senior=\$52.	\$ _____	_____
<input type="checkbox"/> Brundage Mt. trip (Feb. 21-24, 2018). Deposit = \$150. Total = \$435 or less.	\$ _____	_____
* Snowcat skiing (optional) ... Add \$275.	\$ _____	_____
<input type="checkbox"/> Other: _____	\$ _____	_____
Total:	\$ _____	_____

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

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

See our Trips cancellation policy on our web site: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

Checkmark all desired options.

Club membership = 253 Newsletter Distribution

The May 2018 issue is posted on our web site. Also:

271 copies sent via email (as PDF file)

13 paper printed copies sent via US Mail.

Copies are also sent to potential members, other clubs, the National Ski Club Newsletter, etc.

Count Your Ski Areas

Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2018-02-28.xls>

PACRAT & NWSCC Elections Party



June 20, 2018 (Wednesday) - 6 pm.

A multi-club meeting, attended by representatives of several local ski clubs. At least one representative from each club should attend. But the meeting is open to all club members.

Location: TBA

The focus of this meeting is ELECTIONS; both for NWSCC and PACRAT. Come learn the latest news.

Join the leadership of the Council – serving on the board of directors is a great way to get involved in club, council and Far West Ski Association activities. The board is made up of members from different clubs in NWSCC. Please contact **Barbara Bousum**, President@nwsickers.org



Also, PACRAT leaders need your support. Come lend a hand in organizing races. If you are interested in running for a PACRAT Board position, please contact **Andy Hobart** at president@pacrats.org.

Seniors Skiing

Here's another good resource for skiers and riders. Check out: SeniorsSkiing.com.

The title is "Seniors Skiing", but there is tons of information here of interest to people of all ages.

Here are some examples:

- * [Putting Away Your Skis & Stuff](#)
- * [How to Wash Your Down Jacket at Home](#)
- * [Riding With the Cats](#)
- * [Playing Games on Ski Trips](#)
- * [Apex Ski Boot System: Rethinking Boot Design](#)

You can subscribe to weekly or monthly emails from Seniors Skiing by clicking on the Community tab and then selecting "Subscribe".

for updates.

www.mthigh.org

Please check our web site,

Salem, OR 97302

4742 Liberty Rd. S., #296

Mountain High Newsletter editor

Emilio Trampuz