From the Editor

Winter is here. Ski areas are cranking up their lifts. Our Forums are springing into action. Mid-week skiers have announced they are going to Meadows this Friday. And some folks might be skiing at Timberline this weekend, December 1 - 2.

If you are anywhere near Mt. Hood this Saturday, December 1st, consider visiting the Mt. Hood Museum in the evening. Their monthly History Happy Hour event features a presentation about the Continental Divide wilderness trail. It starts at 7 pm. See page 3 for details.

Please use our Forums and our Facebook page to communicate directly with each other. And join us on the slopes of Mt. Hood.

Also, this is your last chance to sign up for a PACRAT team. It’s just recreational racing. Anyone can do it. By signing up, you’ll join a 10-person team and thus have 9 ski buddies for whole season. More on page 10.

The biggest news: We are now able to process your payments by credit card. We are doing it in the simplest way, through PayPal. You don’t have to have a PayPal account to make a payment by credit card. PayPal is just the messenger for your payment. Just go to our new website page called “Signup & Pay” at: http://www.mthigh.org/Signup-Pay.htm

Charitable Events

Our club members have participated in most of these events in the past, and we hope to continue participating in most of them. Here are the dates and places. Click on each event name for more info.

1. **Hope on the Slopes at Mt. Hood Skibowl**, March 2-4 (Sat.-Sun.)
2. **Ski to Defeat ALS** at Mt. Hood Meadows, March 9 (Sat.)
3. **Oregon Cancer Ski Out** at Meadows, March 10-11 (Sun.-Mon.)

Let’s Have Some Fun

Christmas Ships social - Dec. 12

Skiing - when the snow is good

Time to sign up for a ski trip!

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

<table>
<thead>
<tr>
<th>2018 - 2019 CALENDAR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blue:</strong> Mountain High events</td>
</tr>
<tr>
<td>Nov. 2 - 4: SkiFever &amp; Snowboard Show</td>
</tr>
<tr>
<td>Nov. 3 (Sat.): Mt. Hood Heritage Night</td>
</tr>
<tr>
<td>Nov. 5 (Mon.): Mt. High Kickoff Party</td>
</tr>
<tr>
<td>Nov. 7 (Wed): PACRAT 101 @ Meadows PDX</td>
</tr>
<tr>
<td>Nov. 10 (Sat): Pray for Snow Party</td>
</tr>
<tr>
<td>Nov. 13 (Tue): New Members Welcoming</td>
</tr>
<tr>
<td>Nov. 14 (Wed): PACRAT 101 @ Hillcrest Sports</td>
</tr>
<tr>
<td><strong>Maroon:</strong> NWSCC / FWAS / Multi-club</td>
</tr>
<tr>
<td><strong>Black:</strong> General events</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NOVEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 1 (Sat): Sandy Ski Swap &amp; W. Miller</td>
</tr>
<tr>
<td>Dec. 5 (Wed.): Race bibs pickup + NWSCC</td>
</tr>
<tr>
<td>Dec. 12 (Wed.): Christmas Ships social</td>
</tr>
<tr>
<td>Dec. 17 (Mon): Mt. High Board meeting</td>
</tr>
<tr>
<td>Dec. 29 (Sat): History Happy Hour: Mt. Hood Movie Outtakes - Lloyd Musser</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DECEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 26 - Feb 2: Discover the Monashees trip</td>
</tr>
<tr>
<td>FEBRUARY</td>
</tr>
<tr>
<td>MARCH</td>
</tr>
<tr>
<td>Mar. 15 - 17: Mt. Shasta &amp; Mt. Ashland trip</td>
</tr>
<tr>
<td>APRIL</td>
</tr>
<tr>
<td>Apr. 5 - 7: Bachelor Blast trip</td>
</tr>
</tbody>
</table>
Recent Events

First day of skiing at Mt. Hood Meadows

November 27, 2018. Tuesday. Mt. Hood Meadows Preview day. Walt Blomberg went skiing. He says:

My friend Mike Ferrell (pictured here) pleaded with me to go skiing with him on this “preview” weekend at Mt. Hood Meadows. Reluctantly, I agreed thinking that the snow would be hard and shallow, lines too long and the few runs would be too short to enjoy...Thankfully, I was wrong on all counts. The sun was shining, the groomers were great, the lines nonexistent, and best of all with a little hiking we found long patches of uncut powder (well close enough). Overall, great 1st day!

Knee Bindings - the safest!

Each year, 70,000 skiers injure an ACL (anterior cruciate ligament) on all alpine bindings except the Knee bindings. ACL injuries are the worst medical epidemic in the history of skiing. Most require surgery, lost work, one or more lost seasons, and months of physical therapy. Over 20% of the injured never ski again.

All alpine bindings release up at the heel and sideways at the toe. These mechanisms help to reduce broken legs, but they do not protect against knee injuries.

Three-fourths (3/4) of all skiing ACL injuries are rear-weighted: the skier starts to fall backwards, bends hips and knees, and catches an inside edge. The leg cannot rotate that way, and the knee is damaged.

But no skier has ever reported this type of ACL injury on KneeBindings. Knee Bindings do everything that ordinary bindings do, but in addition they also release under a purely sideways pressure. They are like helmets for your knees. Why would you want any other binding?

See how Knee Bindings work: http://kneebinding.com/KB-InformationCenter3.aspx
History Happy Hour 1

December 1 (Saturday)
Exploring America’s Wilderness Trail - presented by “Triple Crown-er” hiker Barney ‘Scout’ Mann.

“Scout” Mann will discuss his latest book. It explores the rugged Mexico-to-Canada footpath perched along the Rocky Mountain Divide.

Mann is a “Triple Crowner,” a designation given to those who have hiked all three American iconic footpaths, the Appalachian, Pacific Crest and Continental Divide trails. He served as board chairman of the Pacific Crest Trail Association from 2012 to 2015 and is a board member of the Continental Divide Trail Coalition.

Doors open at 6:30 pm.
Presentation starts at 7 pm.
Location: Mt. Hood Museum & Cultural Center in Government Camp.

History Happy Hour 2

December 29 (Saturday)
Mount Hood Movie Outtakes - Lloyd Musser

Movie outtakes from R. L. Kohnstamm's historic Timberline movie collection. This collection consists of movies made at Timberline Lodge between 1955 and 1995. If you skied or partied at Timberline during this era, you may appear in these movies.

Doors open at 6:30 pm.
Presentation starts at 7 pm.
Location: Mt. Hood Museum & Cultural Center and Museum
Info: 503-272-3301, info@mthoodmuseum.org
Website: www.mthoodmuseum.org

NWSCC Meeting & PACRAT bib pickup

December 5, 2018 (Wednesday)
7 - 9 pm.
Location: Buffalo Gap Saloon, 6835 SW Macadam Ave, Portland, OR. See Google Map.

This is a combined NWSCC General Meeting, PACRAT Bib Pick Up Night, and Pie Auction.
Pizza will be served; beverages no host.
The officers of NWSCC and PACRAT will be providing some yummy holiday treats for auction. You can buy some goodies for holiday treats supporting a worthy charity, the Far West Ski Foundation, which gives scholarships to up and coming young ski racers. Bring check or cash. No credit cards.
This is also PACRAT bib pickup night for teams. PACRAT Team Captains will pick up the racing bibs for their team if all their team-mates have paid their PACRAT dues and submitted all the paperwork, signed liability forms, etc. If a team captain cannot attend in person, please send one of your team-mates to collect the bibs for your team.

Mt. High Christmas Ships Parade Social

December 12, 2018 (Wednesday) - 6:30 pm
We’ll gather at Joe’s Crab Shack, on the Columbia River (just across the Interstate Bridge, on the Vancouver side) to watch the Christmas Ships parade.

Location: Joe’s Crab Shack, 101 SE Columbia Way, Vancouver WA 98661. Phone: 360-693-9211.

Come join your Mt. High friends at the Annual Christmas Ships Parade on the Columbia. We’ll gather about 6:30 p.m. for drinks and dinner. The Ships typically show up around 7:45 - 8:00 p.m.

We’ll have some tables staked out, beginning around 6:30 p.m., so come for drinks, stay for dinner, and enjoy the evening with your fellow Mt. Highers.

Contact: Debbi Kor, 503-314-7078, ijustwannarun1@comcast.net
Let’s ski together!

This season started very early. Several of us had a few excellent days on the mountain in mid-November, a week before Thanksgiving. The best day was Saturday, Nov. 18, with 44 inches of snow base at Timberline and all the lifts open.

Unfortunately, a week of warmer weather and rain melted away much of the snow and we are now down to just 13 inches of snow.

But a series of storms in the last few days of November and a bigger storm the first weekend in December will bring cooler temperatures and fresh snow.

So, let’s go skiing! And don’t ski alone. It’s more fun with a group of your ski club buddies. We do come in two varieties.

Many of our members are of the opinion that “There are no friends on powder days.” But, there are also many among us who prefer to be social rather than competitive. As Peter Simons expressed it so well, many of us are advanced NAPC skiers (Not A Pissing Contest). In other words, we’ll stop to smell the roses and enjoy the views, and we’ll keep an eye on each other, and wait to regroup. Use the following tools to communicate and connect:

a) Forums. Go to www.mthigh.org and click on either the All-club Forum or the Mid-Week Forum. Click on “Join this group” and participate in the chat. Select to receive all emails to be notified when someone responds to you.

b) Mt. High Facebook page. Find it on our web site, www.mthigh.org. Click on the Facebook button in the menu, and make sure to join this Facebook group, to be notified of new postings. You can also post photos here. Unfortunately, Facebook is quirky and unpredictable; it doesn’t always notify you when an interesting discussion is happening. For that, our Forums are much more reliable.

c) Meet us in Sandy on the days we pre-announce. We can arrange for some possible carpooling from there, or we can simply drive up to the mountain together. It’s easier to find us there than to try to find us on the mountain.

If you miss us in Sandy, connect with just before the lifts open. At Timberline, we’ll gather just outside the rear exit to the slopes, near the Ski Check. At Meadows, find us in the cafeteria in the South day lodge 30 minutes before lifts open, or in the lift line 15 minutes before lifts open.

d) Use a 2-way radio to connect with us on the slopes by tuning to channel 6-19. Just ask for any Mountain High members. If nobody answers, maybe they forgot to turn their radios on. Try again a half hour later.
Timberline Has Purchased Summit Ski Area

In the short term, Summit will function as is, with improved food and beverage offerings and some basic lodge upgrades.

In the long term, there are plans for expanded product offerings for both Summer and Winter activities.

You can now use your Fusion Pass at the Summit ski area too.

Note also that Timberline now has regular shuttle buses between Government Camp and Timberline during the whole winter season.

Skibowl Expands Parking Lot, Improves Snowmaking

During the Summer, Mt. Hood Skibowl has added 90 new parking spots in its expanded parking lot.

The west end of the parking lot will also serve as the trailhead for Mirror Lake hikes in the Summer. A new paved trail has been built to connect with the old trailhead, which is located almost a mile further west. The photo shows the far west end of the new parking lot, where the Mirror Lake trail now begins.

Skibowl has also acquired a new snow-making system that can make snow even when the temperature is above freezing.

A new winch-cat will allow more grooming in the Upper Bowl.

Mt. Hood Meadows Has New Pricing System

Meadows new ticket pricing system is confusing. You will never know ahead of time how much you will pay on any particular day, because the prices will vary depending on how popular a day is.

According to Dave Tragethon, prices on peak days may rise as high as $89 - $99 for an adult 7-hour shift. On some less popular week-days, the same ticket might cost you just $34 - $49.

Powder Alliance Grows to 19 Ski Areas

The Powder Alliance is an agreement between ski areas to honor each other’s season passes. Anyone with a season pass from one of these ski areas gets not only unlimited skiing at their own home area, but also gets 3 free ski days at each of the other ski areas.

Actually, skiing is free on weekdays. On weekends, you pay half price.

The Fusion Pass to Timberline and Skibowl is part of the Powder Alliance. So, anyone with a Fusion Pass will save money on 2 of our trips (Canada & Bogus Basin).

The Alliance has grown by adding 5 more ski areas this year, including: Loveland (CO), Monarch Mt. (CO), Sugar Bowl (CA), Marmot Basin (AB), and Castle Mt. (AB).

Note that Castle Mt. is the second largest ski area in all of Canada, only surpassed by Whistler/Blackcomb.
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. Notice that everyone has their prices listed except Mt. Hood ski areas. Still waiting! Remember that Meadows and Timberline will be offering Spring Passes valid for March, April and May, for about $139 - $160.

NOTE 1: Prices have increased November 5 and 25. Epic Pass increased October 8. Mt. Bachelor prices increased September 30.

<table>
<thead>
<tr>
<th>Ski area / Name of Pass</th>
<th>1 Day</th>
<th>4 or 5 Day</th>
<th>10/12 Days</th>
<th>Season Pass</th>
<th>Senior Season</th>
<th>Season Pass description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mt. Bachelor</strong></td>
<td>$329</td>
<td>$544</td>
<td>$690</td>
<td>$959</td>
<td>$629</td>
<td>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.</td>
</tr>
<tr>
<td><strong>M.A.X. Pass</strong></td>
<td>$299</td>
<td>$499</td>
<td>$599</td>
<td>$399 $200 peak upgrade</td>
<td>$299 $150 peak upgrade</td>
<td>Includes 5 free days at Mt. Baker. Also 3 free days at: Whitefish, Sunlight, Purgatory, Grand Targhee, AZ Snowbowl, Pajarito, Sipapu, Hesperus, &amp; Nordic Valley. Prices rise $200 - $300 after Nov. 4.</td>
</tr>
<tr>
<td><strong>Mt. Hood Meadows</strong></td>
<td>$39</td>
<td>$349</td>
<td>$499</td>
<td>$399 $200 peak upgrade</td>
<td>$309 $150 peak upgrade</td>
<td>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).</td>
</tr>
<tr>
<td><strong>Mt. Hood Skibowl</strong></td>
<td>$59</td>
<td>--</td>
<td>--</td>
<td>$423</td>
<td>$209</td>
<td>Prices increase Nov. 5 &amp; Nov. 26. 71+ cost = $25</td>
</tr>
<tr>
<td><strong>Timberline</strong></td>
<td>$73</td>
<td>$259</td>
<td>$399</td>
<td>$499</td>
<td>$179</td>
<td>Multi-day &amp; season prices will increase after Nov. 5 and Nov. 25. Free skiing for 71+.</td>
</tr>
<tr>
<td><strong>Fusion Pass/Powder Alliance</strong></td>
<td>19 resorts</td>
<td>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).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mountain Collective Pass</strong></td>
<td>16 resorts</td>
<td>2 lift tickets at each of: Aspen/Snowmass, Alta, Big Sky, Snowbird, Jackson Hole, Mammoth Mt., Lake Louise, Sunshine Village, Sun Valley, Sugarbush, Squaw/Apline Meadows, Revelstoke, Snowbasin, Taos, Coronet Peak Remarkables (NZ), Thredbo (Australia).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>IKON Pass</strong></td>
<td>27 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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Brundage Mt. Passport to Powder</strong></td>
<td>Unlimited skiing at Brundage, ID, plus: 7 free days in Kiroro, Japan. 5 days at Red Lodge, MT, &amp; 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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Loveland with Powder Alliance</strong></td>
<td>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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Discovering the Monashee Mountains (BC, Canada)

Big White + Silver Star

January 26 - February 2, 2019 - 7 night trip (Saturday - Saturday).

We will stay ON MOUNTAIN at both resorts with easy access to all village amenities. Full trip price includes: roundtrip charter bus transportation, 7 nights lodging, 3 Silver Star lift tickets, 3 Big White lift tickets and several meals.

Silver Star is part of the Powder Alliance and if you have the local fusion pass for Timberline/Skibowl or another Powder Alliance pass you get three free passes to Silver Star. Powder Alliance trip pricing takes into account those three free lift tickets.

Check out Big White at www.bigwhite.com

Prices:

- Adult: $1365.00
- Senior: $1300.00
- Adult w/ Powder Alliance: $1130.00
- Senior w/ Powder Alliance: $1105.00
- Nordic: $1010.00
- No lifts: $950.00

This trip is now full. For those who have signed up, everyone should have sent in their full payment by now. There is a waiting list, in case anyone has to cancel.

Contact trip leaders:
- Karen Michels: skiklynn@gmail.com
- Bill King: willie2k@gmail.com

Bachelor Blast

April 5 - 7, 2019 - (Friday - Sunday).

Lodging at the Red Lion Inn & Suites Deschutes River (See map)

NWSCC presents its Second Annual Bachelor Blast from April 5-7, 2019, staying at the Red Lion Deschutes River.

The trip price includes 2 nights lodging, a hosted reception, and 2-out-of-3 day lift tickets to Mt. Bachelor. There are discounted rates for seniors, super seniors, and juniors - bring the kids or grandkids! Add on nights and lift tickets at very reasonable prices!

Prices:

1. Adults pay $265 per person.
2. Seniors 65-69 AND Teens 13-18 PAY ONLY $235!!
3. Super-Seniors 70+ AND Youth 6-12 PAY ONLY $205!!
4. Non-skiers pay only $125!!

OPTIONAL LASAGNA BUFFET LUNCH at Mt. Bachelor Saturday = $22.50 per person (minimum 20 people to add this option)

See more info on the FLIER.

Please sign up by March 1, 2019. Use the SIGNUP SHEET.

Questions? Contact: Linda McGavin at editor@nwskiers.org

More ski trips info at: www.mthigh.org/Trips.htm
Bogus Basin & Anthony Lakes bus trip

Bogus Basin + Anthony Lakes

**February 18 - 22, 2019 (Monday - Friday)** - 5 days/ 4 nights.
2 days skiing at Bogus Basin + 2 days at Anthony Lakes.

We will stay 2 nights in Boise, ID, at The Riverside with free buffet breakfasts and two nights in Baker City, OR, at the Sunridge Inn, also with free breakfasts. These are very nice hotels!.

**Monday** = Travel day. Ride the bus to Boise, Idaho, with a pizza buffet lunch in Pendleton.

**Tue - Wed.** = Ski Bogus Basin. Tuesday dinner included in the trip.

**Thur.** = Ski Anthony Lakes.

**Friday** = Ski Anthony Lakes and then ride the bus home, with a Mexican dinner in Pendleton. Home by Friday night.

**Bogus Basin**, ID is located just 18 miles from Boise, Idaho. It offers a vertical of 1,800’, and 2,600 skiable acres, served by 7 lifts: 3 hi-speed quads, 1 triple, and 3 doubles. It has 91 named downhill trails, plus 37 km of groomed nordic trails. There are 2 on-mountain lodges.

Bogus Basin is on the Powder Alliance, so those with that pass (the Fusion Pass or any other Powder Alliance pass) will ski free, saving approximately $100.

**Anthony Lakes**, OR has the highest base elevation in Oregon, at 7,100’, ensuring a high quality, dry snow. It offers 1,100 acres and 900 vertical feet. Good snow on good terrain keeps us returning here again and again.

**Prices:**

1. Adult full price = $610
2. Adult price with Fusion Pass = $510
3. Senior full price (70 and over) = $545
4. Senior price with Fusion Pass = $455
5. Base Price without any lift tickets = $455

Price includes all bus transportation, 4 nights lodging, and 4 lift tickets. The trip also includes: breakfast every day, 1 dinner, and 2 restaurant meals on the way from and to Portland.

To reserve your spot: Please send in a deposit check of **$200** per person.

Full payment due by January 15, 2019. No refunds after January 15 unless you can fill your spot. See our Mt. High Trip Cancellation Policy (on our web site, FORMS & DOCS page).

Please use the Dough Transmittal form on the Forms & Docs page on our web site, or on the next to last page in our newsletter. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader **Linda McGavin** at 503-781-5809 (call or text), or **Trips@mthigh.org**

**NOTE:** Please be aware that this year we are planning 2 trips that will include free skiing with the Fusion Pass: our Canada trip and this Bogus Basin trip.

More ski trips info at: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm).
Mt. Shasta + Mt. Ashland

March 15 - 17, 2019 (Friday - Sunday) - 2 days/ 2 nights.

2 nights / 2 days skiing.
  Saturday at: Mt. Shasta
  Sunday at: Mt. Ashland

No need to pack and move every day. We’ll stay in the same hotel both nights. The hotel has a hot tub and indoor swimming pool. It also has free Wi-Fi and free continental breakfast. All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.

We’ll start the trip on Friday at 2 pm and just ride the bus to Ashland.

**Lodging:** We’ll stay at the Stratford Inn, near downtown Ashland. It is within walking distance of most downtown restaurants.

**On Saturday,** we’ll drive a little over an hour to Mt. Shasta ski area, offering 3 lifts on 3 separate hills.

**On Sunday,** we’ll ski at nearby Mt. Ashland. We’ll ski till 3 pm, and then ride the bus back home. We’ll return to Portland around 9 pm on Sunday.

**Price:**
- Adults = $345 per person
- Seniors (65+) = $335
- Super-Seniors (70+) = $303
- No lift tickets = $278

Price includes all bus transportation, 2 nights lodging, and 2 lift tickets, and a dinner.

The free continental breakfast includes a “make your own bowl” yogurt breakfast bar, fruit juices, coffee, an assortment of teas, bagels, whole-wheat bread, cereal and oatmeal. There is also an in-house coffee shop.

Space is limited by the size of the bus. Also, this trip is open to members of other clubs as well, so please sign up early!

**To reserve your spot:** Please send in a deposit check of $100 per person, preferably by December 31, 2018.

Full payment due by February 8, 2019. No refunds after February 8, unless you can fill your spot. See our Mt. High **Trip Cancellation Policy** (on our web site, FORMS & DOCS page)

Please use the Dough Transmittal form on the Forms & Docs page on our web site.

Make check payable to Mountain High Snowsport Club, and mail it to:
Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader Emilio Trampuz, 503-378-0171, Emilio2000@earthlink.net

More ski trips info at: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm)
Racing this 2018/2019 Season

All dates and locations are now confirmed.

NOTE: The Masters races and NASTAR races are not PACRAT races, but they are listed in this schedule as other racing opportunities for the season that are open to the general public. Both are open to anyone who wishes to race for just a day or two.

PACRAT racing requires a commitment to join a 10-person team and to participate in 5 races during the season. For NASTAR races, you can just show up on the day of.

If you want to join a PACRAT team but need assistance with it, please contact our Racing Director Alan Bean, Racing@mthigh.org or 503-849-8009.

NOTE: You can now pay your PACRAT racing fee and the club's membership dues by credit card! Also sign all your PACRAT forms digitally, online. Go to Signup & Pay at: http://www.mthigh.org/Signup-Pay.htm

FWSA Trips for the next 3 years

The Far West Ski Association, which we are all part of, has several trips planned. The 2019 trips are listed both on our Mountain High website and on the FWsa web site.

1. Feb/ 2 - 9, 2019 FWSA Ski Week in Steamboat, Colorado.
6. March 2021 2021 Mini Ski Week at “Zermatt Utah Resort and Spa” with Ski.com

The details of the 2020 and 2021 trips have not been announced yet. Just the dates.

NOTE: Our own Mt. High club trips are highlighted in light blue on the TRIPS page.

Mikaela Shiffrin Wins World Cup Slalom

Killington, VT, Nov. 25, 2018. For the third year in a row, Mikaela Shiffrin won the Killington WC Slalom. “I knew it was going to be a fight because it was just tough conditions today,” Shiffrin said. “It was pretty sloppy snow. But I just figured everybody has to fight; if I fight harder, we’ll see what happens.”

This was Mikaela’s 45th World Cup win. With 34 slalom world cup wins, Shiffrin is one shy of matching her idol, Marlies Schild of Austria, for the all-time slalom wins record. She could tie that number on Dec. 22 in Courchevel, France, and potentially surpass it a week later in Semmering, Austria.
2019 Man & Woman of the Year

Karen Michels is our club's Membership director. She is also a ski trip leader, and has organized several bike rides, as well as social activities.

Kurt Krueger is our past President. He has updated our Bylaws, organized our elections, he proofreads our newsletter & monitors our data backups.

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
Mid-week skiing: Ken Brundidge H: 503-720-0620, KenBrundidge@comcast.net

Mountain High Board Meeting

Usually last Monday of the month.
December 17 (Mon.): 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.)

DOUGH TRANSMITTAL FORM

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

Please print clearly:

- [ ] New membership or [ ] Renewal
- [ ] No changes (same as last year)
- Newsletter (once a month): [ ] yes, link only [ ] yes, complete file [ ] no
- 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

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

- PACRAT Racing (2019) $110 for the whole season. Team: ____________
  Prices: Adult=1365, Senior=1300, W/Fusion pass=1130, Senior Fusion=1105.
  Prices: Adult=610, W/Fusion pass=510, Senior(70+)=545, Senior Fusion=455.
- Mt. Shasta trip (March 15 - 17, 2019). Deposit = $100.
  Prices: Adult=345, Senior(65+)=335, Super-senior (70+)=303, No lift tix=278
- 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
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

Volunteers Needed for Social Activities

The club needs volunteers to act as activity leaders. Perhaps bike rides, or hiking, or kayaking, or any social activities, ... anything fun! If you would like to organize an activity for the club, please contact any of our Board members (see list at the end of this newsletter) or come to one of our monthly Board meetings (usually the last Monday of each month).

Mt. High Cookbook

This 34 page cookbook is available for $10. It contains soups, salads, entres, desserts, and more!

You can get one at our social events, or contact Debbi Kor at: ijustwannarun1@comcast.net or call 503-314-7078.

Ski Area News

Several new ski lifts for this 2018/2019 Winter:

* Top 10 Ski Areas in North America
* Whistler’s new 10-person gondola
* Sun Peaks adds new Orient quad chair
* Big White replaces old Powder Chair

Seniors Skiing

A good resource for skiers and riders of all ages. Check out: SeniorsSkiing.com. Subscribe to weekly or monthly emails from them. Click on the Community tab and select “Subscribe”. Examples:

* Trail Names in California
* Ski With Confidence: Advice from Ski Diva
* Ski Areas Where Seniors Ski for Free

Club membership = 262

Newsletter Distribution

The Nov.-Dec. 2018 issue is posted on our web site. Also:

286 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.