



Lift Lines

= No. 222, June 2019 =

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



Mt.High

Summer Events

Mt.High

We now have a pretty full calendar of summer activities, mostly hiking and cycling, plus a highway cleanup, and a club picnic (yet TBA). See the calendar on our website and also in the right column here.

Below is a summary of our hikes and bike rides, approximately one of each per month.

HIKES

- June 15: Tamanawas Falls from Polallie trailhead, 5.5 miles, easy.
- July 13: Burnt Lake, 7.4 miles, moderate.
- Aug 10: Salmon Butte, 12 miles, moderate.
- Sept 14: Paradise Park, 12 miles, moderate.

BICYCLE RIDES

- June 22: Willapa Trail - Chehalis to Pe Ell. <== (Not a club event)
- June 30: Trillium Lake & Still Creek Rd. to Government Camp.
- July 27: The Dalles to Discovery Center.
- Sept. 1: Barlow Road History Tour <== (Not a club event)

The highway cleanup will be on Saturday, June 29.
The picnic date is yet to be announced.

Later, in the Fall, we'll have our traditional Seafood Party.
Also a traditional Warren Miller dinner and movie (in October).



Join us on a hike this Summer!

Note the color code.
Our club is blue.

2019 CALENDAR

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

JUNE

- June 13 - 16:** Far West Convention
- June 15 (Sat.):** Tamanawas Falls Hike
- June 19 (Wed):** NWSCC / PACRAT elections
- June 22 - 23:** Ride the Willapa bike/camp
- June 25 (Tue.):** Mt. High Board meeting
- June 29 (Sat):** Mt. High Highway Cleanup
- June 29 (Sat.):** HHH - Steiner cabins history
- June 30 (Sun.):** Trillium Lake bike ride

JULY

- July 13 (Sat.):** Burnt Lake Hike
- July 27 (Sat.):** Columbia River bike ride
- July 27 (Sat.):** HHH - Forest Fire Lookouts

AUGUST

- Aug. 10 (Sat.):** Salmon Butte hike
- Aug. 10 (Sat.):** Steiner Cabins Tour
- Aug. 31 (Sat.):** HHH-Barlow Road - Mt. Hood area ruts and sites - Lloyd M.

SEPTEMBER

- Sept. 1 (Sun.):** Barlow Road Wagon Trail bike ride / hike
- Sept. 14 (Sat):** Paradise Park hike
- Sept. 28 (Sat):** HHH - Mt. Hood Trivia

Mt.High Trip signups will continue after July 1



Trip signups officially begin in July, when our new fiscal year starts.

This year, as an exception, we offered a unique opportunity to sign up for trips at our May Social and Elections night on Thursday, May 30, at the Lucky Lab.

Some trips almost filled up already. After July 1, you can sign up by mail or online (on our Signup & Pay page). All you need is to put down at least a deposit for each trip you want to participate in:

\$100 for the January MLK weekend to 3 Washington ski areas;

\$200 for the Feb. 8 - 15 trip to Whitefish, Montana.

\$300 for the Feb. 22 - March 1 Powder highway trip to Canada

Please remember that in addition to sending in your payment, you need to do two things:

1. Send in a Dough Transmittal form (showing what you are paying for).
2. Contact the trip leader (or activity organizer) to tell them you are in.

Ski Trips Survey

Thanks to approximately 45 people who have responded to our Trips Survey. The survey was an online questionnaire with 14 questions. The results are available in this PDF file: <http://www.mthigh.org/Documents/Trips-Survey-Report-2019.pdf>.

It's not too late to add your own opinions and preferences. Go to the survey at: <https://www.mysurveygizmo.com/s3/4921286/2019-Mountain-High-Trips-Survey>.



Mountain High Club Elections

At our annual social meeting and elections, held on Thursday, May 30, The Board was re-elected in full. Both **Debbi Kor** (our President) and **Debbie Geiger** (our Secretary) have agreed to serve for one more year.

Ron Best and **Scott Anderson** have volunteered to join the Mt. High Board as members at large, and they might run for one of the above positions next year.

Everyone else remains in their current positions. **Bill King** is our Vice-president, and **Nancy Pratt** is our Treasurer.

10-day Road Trip through Canada - Now on Video!

You read about it on page 7 of the March Lift Lines (issue 219), and you may have read the [blog](#). But now check out the video about Emilio's adventures in Canada. It's on YouTube: <https://youtu.be/q3C6tltD--M>

Early Ski Trips Signups

Trip signups were very successful on May 30. We accomplished two important things:

1. People who really wanted to go to Canada, and some of whom ended up on a waitlist last year, have now been able to secure a spot on the **Powder Highway trip**.
2. Enough people have signed up for both the **Whitefish, Montana trip** and for the **Washington ski trip** (49° North, Mt. Spokane, and Bluewood) that both trips are in safe territory. Thus there will be no need to cancel the bus - like we had to do for the Mt. Shasta trip last winter because not enough people had signed up early enough.



The early signup day, at our social on May 30 was an exception to the rule. Trip signups will resume immediately **after July 1st**, the start of our new fiscal year.

All our upcoming trips are now posted both on our website TRIPS page and in "Lift Lines", pages 8, 9, and 10.



Last Weekend of Skiing

May 25, 26, 27 (Labor Day)

The weather was changeable and unpredictable, with rain in the forecast, so very few people showed up on that last weekend. But Timberline Lodge was above the clouds and we skied in sunshine on the Magic Mile and Palmer.

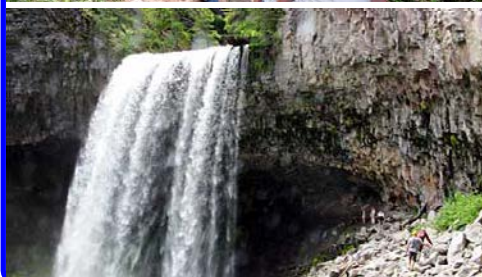
Clary DeRemer organized a very pleasant tailgate party after skiing on the very last day, Monday, May 27.

In the photo are Yan Morrissey, Tim Askey, Clary DeRemer, Kurt Krueger, and Mt. Jefferson.

Mt. High

Tamanawas Falls Hike

Mt. High



Saturday, June 15, 2019. 10 am. - Our first club hike of the season.

This is one of the easier hikes on Mt. Hood. Just 5.5 miles round trip - or a little over 2.5 miles in each direction. Beautiful forest, nice little river, and the falls are spectacular. You can easily walk behind the waterfall. This hike will be led by **Diane Domina**.

There are two possible trail heads, so to minimize confusion about which one to take, we will all meet at the Zig Zag Ranger Station in Zig Zag, right across the highway from where Lolo Pass Road begins. Or, if you know where Zig Zag Inn is, the Ranger Station is the next driveway on your right immediately after the Inn.

After the hike, we'll have lunch/happy hour at Cooper Spur.

Please RSVP to **Diane Domina**, dianedomina@yahoo.com.

NW Ski Club Council & PACRAT Elections

June 19 (Wednesday). 6:00 pm. (3rd Wednesday of the month)

Location: **The Buffalo Gap**, 6835 SW Macadam Ave, Portland, OR 97219.

The focus of this meeting is ELECTIONS; both for NWSCC and PACRAT. Come learn the latest about what NWSCC is doing! Pizza will be provided; drinks no host.

The NWSCC welcomes people to run for a director position, and 2 will be elected.

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—bringing a variety of style and experience to the Council. All officer positions are open for one-year terms. Contact **Barbara Bousum** at Travel@nwsickers.org

PACRAT elections will be held this same evening too.

More info on our website, www.mthigh.org/#NWSCC_PACRAT



Mt. High

Highway Cleanup

June 29 (Sat.). We'll clean up the 2 miles of highway 26 we've adopted between mile posts 51-53.

We'll meet at **10 am at the east end** of Skibowl West's parking lot, and spend about 2 hours on the cleanup. Bring some gloves. We will provide garbage bags pickers (Bring one if you have one).

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

We need only 12 people. Please don't come unannounced. **Please RSVP** by contacting **Debbi Kor**, 503-314-7078 or ijustwannarun1@comcast.net



MHMCC

History Happy Hour

June 29 (Sat.). The Steiner Cabins scattered all around Mt. Hood are unique artistic creations. Find out who built them and how.



Just come to the History Happy Hour social at the Mt. Hood Museum in Government Camp, located next to the Taco Shoppe.

The presentation is free. Donations to the Museum are very welcome. There will be beer, wine, and soft drinks on sale at the door.

Doors open at 6:30. Presentation begins at 7:00 pm.

See details on our website: http://www.mthigh.org/index.htm#History_Happy_Hour



“Ride the Willapa” bike ride



June 22 - 23, 2019 (Saturday - Sunday).

Back for its fourth year, Ride the Willapa is an all-ages and all-levels bike ride in the verdant Chehalis River Valley of southwest Washington state, for a leisurely-paced bike ride on the Willapa Hills Trail, Washington state's newest rails-to-trails project. 1 or 2 days from Chehalis westward, with optional camping and dinner.

Check in between 7 and 10 am, June 22, at the Veterans Memorial Museum in Chehalis, 100 SW Veterans Way, Chehalis, WA 98532. See [directions and Google Maps](#). Zoom into Chehalis to see how to get to the Museum.

This is not our club's event, but several of our members will participate. Everyone has to register for the ride and/or the optional camping all on their own. But, we'll try to coordinate with each other and ride as a group.

You can do this as a single day bike ride (on Saturday), from Chehalis to Pe Ell, 22 miles one way. Or sign up for a camping spot and also the optional dinner and breakfast the next day and ride back the next day.

Just remember that, whichever option you choose, you have to **sign up on your own**, directly at the “Ride the Willapa” website: <http://ridethewillapa.com/event-details/>

The number of camping spots is limited, so hurry to sign up if you want to do the whole weekend. But the number of day tickets is unlimited, if you want to do just the one day (Saturday).

Route Description

The ride starts from the eastern terminus of the the Willapa Hills Trail in historic Chehalis (west of I-5). From there, you can ride as far as you wish and at your own pace. Porta-potties and aid stations along the way.

Mile 16: Rainbow Falls State Park. Many people will be camping here.

Mile 18.8: Willapa Hills Farm - on Saturday only - will be hosting a **Farmers' Market** (11 - 4), with **Live bluegrass music** (1 - 4 pm), and a **Beer and Wine Garden** (noon - 9 pm)

Mile 22: Pe Ell. The Town of Pe Ell, complete with restaurants, a general store, coffee shop, and more.

Mile 28: The groomed trail ends just 6 miles west of Pe Ell. A gentle ascent takes you to milepost 28 and the final crossing over Rock Creek, and the final checkpoint of the ride. The gravel ends here. West of there, the trail is a bit rough and more uphill, suitable only for serious mountain bikers.

The Mountain High Option -- Saturday only

Some of us will do it as a day ride from Chehalis to Pe Ell only, which is just 22 miles. We can have lunch in Pe Ell, but don't sign up for dinner or breakfast, which is really just for the campers. For this option to work, we need to carpool between Chehalis and Pe Ell. Please contact Emilio so we can plan this ahead.

CARPOOLING to Pe Ell in the morning is the best option for everyone who is not camping. Why? Because no matter what you end up doing, you will most likely end the day either at the Farm or somewhere nearby (in Pe Ell or Rainbow Falls). So, which is better for you at the end of the day, after you have already ridden at least 18.8 miles and maybe drank some beer and wine?

a) Ride another 18.8 miles back to Chehalis? Or ...

b) Ride just 3 miles to Pe Ell? Yes. leaving our cars in Pe Ell is probably better.

Let's get together in Chehalis around **7:30 am**, unload our bikes, and drive our cars to Pe Ell. We'll leave most of our cars there, except for one or two cars that will take us back to Chehalis. We'll start the bike ride around **9 am**.

It takes about 1.5 hours or more to drive from Portland to Chehalis. It takes about 30 minutes to drive from Chehalis to Pe Ell. See more info on our website at: www.mthigh.org/# Ride-the-Willapa

Mt. High coordinator: Emilio Trampuz, Emilio2000@earthlink.net

Mt. High Trillium Lake & Still Creek bike ride**June 30, 2019.****Sunday.** 9:30 am.

A mountain bike ride along Still Creek Road in the downhill direction. From Government Camp, ride to Trillium Lake, then a bit uphill for almost a

mile, and finally several miles of downhill cruising toward Rhododendron. We'll have lunch at the Zig Zag Inn.

Nice long glide with very little uphill action. Perfect for beginner mountain bike riders.

Still Creek Road runs behind the Skibowl ski area. Strong legs not required. But strong brakes are!

Bring a water bottle! And helmet!

9:15 - 9:30 am: Meet at the **Zig Zag Inn** in Zig Zag. Please drive around the building and park behind the restaurant. We will leave a few cars there (for later), and then transport everyone and all our bikes to Government Camp, for the start of the bike ride.

If you have a trailer, or a truck, or anything capable of hauling several bicycles from Rhododendron to Government Camp, ... please bring it.

10:00 am: We will leave from Govy and take the mountain bike trail down to the Trillium Lake area and then over to Still Creek Road. A mountain bike is recommended mainly for wide tires to deal with some soft gravel, but otherwise it is a pleasant downhill ride.

12:30 pm: Lunch at the Zig Zag Inn.

More at: www.mthigh.org/#Still_Creek_bike_ride

Contact **John Davis**, hikedance@gmail.com and/or **Emilio Trampuz**, Emilio2000@earthlink.net.

Mt. High**Burnt Lake Trail Hike****July 13, 2019.****Saturday.** 10 am.

7.4 miles.

Elevation gain = 1,978 feet.

Lunch / happy hour at Zig Zag Inn.



MEET at **10 am** at the Zig Zag Ranger Station for carpooling to the trail head.

NOTE: This will be an opportunity to learn how to identifying the trees, shrubs and flowers on the hike and any known uses of the plant. Diane will be telling us about it. For example, can you tell the difference between a fir tree and a pine tree? Did you know that a Douglas Fir is not a fir?

Directions to the Zig Zag Ranger Station. Follow highway 26 west of Sandy. Go past the traffic light at Welches for another mile or so to Zig Zag. The Ranger station is almost directly opposite the beginning of Lolo Pass Road. It's the next driveway on your right after Zig Zag Inn.

Please **RSVP** to **Diane Domina**, dianedomina@yahoo.com.

Mt. High**The Dalles bike ride****July 27, 2019.****Saturday.** 10 am The Dalles

Ride along the Columbia River from The Dalles to the Discovery Center. More at: www.mthigh.org/index.htm#Columbia_Gorge_bike_ride

Contact **John Davis**, hikedance@gmail.com and/or **Emilio Trampuz**, Emilio2000@earthlink.net.

History Happy Hour - A Look Back at Forest Fire Lookouts**July 27, 2019 (Saturday)** 6:30 pm.

Lecture and photographs presentation by **Lloyd Musser**, Curator of the Mt. Hood Museum.

Location: Mt. Hood Museum & Cultural Center, Government Camp.

Doors open 6:30, lecture starts at 7 pm. Beer & Wine can be purchased. Presentation is free. Donations to the museum gladly accepted.

For more info, contact: Mt. Hood Cultural Center and Museum, Phone: 503-272-3301, info@mthoodmuseum.org, Web site: www.mthoodmuseum.org

Remembering Laura Green

Mt. Hood Ski Patrol member & NW Avalanche Center's regional avalanche forecaster

by Dale Parshall (Schnee Vogeli Ski Club)



Mt. Hood lost a valuable snow safety advocate when my cousin, Laura Green, passed away in a windsurfing accident in the Columbia River Gorge this past December. Laura's passion was the outdoors. She was a consummate kayaker, windsurfer, kiter, and backcountry skier. She was an expert in avalanche safety, snow science, and a weather and avalanche forecaster. Laura was a 20 year member of the Mt. Hood Meadows ski patrol.

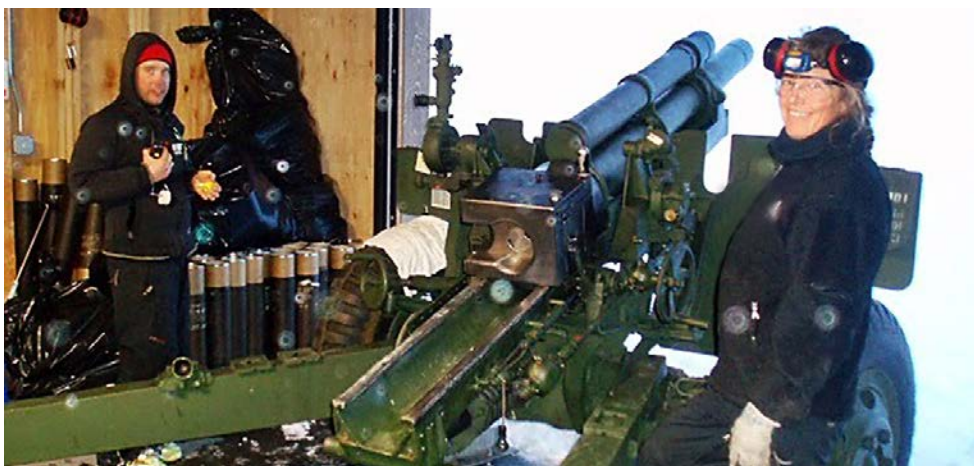
I didn't know it at the time, but a short film featuring Laura was completed before her passing and made its premier at her celebration of life. It turns out to be a wonderful tribute to her. The film is called "[Winter's Edge](#)", by Story Gorge in association with REI, Bedrock Film Works, and Northwest Avalanche Center. The film seeks to highlight the personal narrative of Laura, get a feel for the life and breath of an avalanche, and get a glimpse into the life of a professional forecaster and the avalanche control to which she dedicated her life. See Winter's Edge on YouTube: <https://youtu.be/30qKsYx1IA4>.

Although the film is not intended to be a training or advocacy video, it does make you think about snow safety and lets you know there are people

looking out for you. A message to take from the film is to heed any warnings and gate closures as there are reasons for them.

In honor Laura, my wife Sheri and I have been getting the word out about Winter's Edge in a variety of ways. Sheri posted it to her facebook account and I have shown the film at ski club and ski racing events. As word has spread, links have been posted to race organization websites (pacrats.org and pnsa.org) and the local ski resort where Laura was on the ski patrol (Mt. Hood Meadows).

Laura's husband John has created a website, [Live Like Laura](#), to keep her memory alive. What does it mean to live like Laura? Be active, be healthy, care for the environment, care for animals, care for each other, care for yourself. See the website at: <https://sites.google.com/view/livelikelaura>



Upcoming FWSA Trips



The Far West Ski Association, which we are all part of, has several trips planned. See more details on the [FWSA web site](#) or by clicking on the links below.

Sept. 28 - Oct. 12, 2019 [FWSA Diving Trip to the Philippines](#)

Jan. 25 - Feb. 1, 2020 [2020 Ski Week at Big Sky, Montana](#), with Sports America Tours.

Mar.29 - Apr. 3, 2020 [2020 Mini Ski Week at Big White](#), British Columbia

March 2021 [2021 Mini Ski Week at "Zermatt Utah Resort and Spa"](#) with Ski.com

TRIPS

Two summer trips and most of our winter ski trips are listed here and in the following pages.

At the special **early signup day** on **Thursday, May 30**, a lot of people have signed up already, and some trips are almost full already.

You can sign up via email, starting with the beginning of our fiscal year on July 1st.

Our online credit card payments via Pay Pal have temporarily been disabled until July 1st. But any time after that, you will be able to renew your membership and sign up for trips, racing and more online on our "Signup & Pay" page at: <http://www.mthigh.org/Signup-Pay.htm>

FWSA

Philippines Diving Trip



Sept. 28 - Oct. 12, 2019 - (Pre-trip + Main trip). **Passport required!**

Pre-Trip: Sept. 28 - Oct. 3: Azure Dive Resort in Dumaguete (5 nights)
Pre-trip price = \$1,139 includes 4 days (16 boat dives)

Main trip: Oct. 3- 12: Marco Vincent Resort in Puerto Galera
8 days of diving (24 boat dives)
2 Day Trips to Verde Island and Anilao

Price = \$2,621 includes:

9 Nights in Deluxe Hotel Room* (dbl occ)
Breakfast, Lunch & Dinner daily; Limited Wi-Fi
Complimentary 1-hour Massage; Welcome Drink; Coffee, Tea, Water
Philippine Culture & Entertainment
Transfers to and from airport to resort
Resort fees, government taxes & gratuities (dive tips not included)

Not Included: – Air Transportation

– Departure Tax (verify if included in your purchased airfare)

Contact: Randy Lew, 829 SE 11th Place, Battle Ground, WA 98604
530-304-0802 [c], email: divetrips@fwsa.org

More info at: <http://www.fwsa.org/Travel/Dive/2019-FWSA-Philippines/Philippines-basics.html>

NWSCC

Eastern Europe Danube River Cruise

Eastern Europe to the Black Sea

August 29, 2019 - A 14 day trip.

This trip might NOT happen. Not enough people have signed up.

Cruise through Hungary, Croatia, Serbia, Bulgaria, and Romania. See the towns of Budapest, Osijek, Vukovar, Novi Sad, Belgrade, Vidin, Ruse, Constanta, and Bucharest.

Total price with air fare from Portland, Oregon = \$4,795.

Included in the price of the trip is:

- Air-fare from Portland, Oregon.
- 10 nights lodging on board the cruise ship.
- 2 nights at the Sheraton Bucharest or similar.
- All meals (breakfasts, lunches, and dinners).
- 7 tours
- 5 exclusive discovery events
- Gratuities, all port charges, and baggage handling.

There were early bird discounts if you booked several months in advance. But now that the trip is only 3 months away, there are no more discounts. Sorry!

Reservations and Info: 1-800-597-2452, Press 2.

For questions, call **John Reinhardt**, 530-330-3838.

See more info on our website: [http://www.mthigh.org/Trips.htm#Eastern Europe to the Black Sea](http://www.mthigh.org/Trips.htm#Eastern%20Europe%20to%20the%20Black%20Sea)



Click on the map to enlarge it.

See the official [trip flyer](#)

More ski trips info at: www.mthigh.org/Trips.htm.

Mt. High

Washington Trip: 49° North, Mt. Spokane, Bluewood



3.5 days / 3 nights / 3 ski days.

January 17 - 20, 2020. MLK Weekend (Friday - Monday).

Saturday at: **49 Degrees North** - Great terrain!

Sunday at: **Mt. Spokane** - New lift and 7 new trails on back side.

Monday at: **Bluewood** - has the best powder.

All 3 of these ski areas count toward the NWSCC Ski & Ride Challenge. You could win a prize just by saving your lift tickets.

Bus ride: We'll start the trip on Friday at 1 pm and ride the bus to Spokane. We'll return Monday night (MLK day), by 8 or 9 pm. The bus ride itself will be fun. We'll share food, play games, tell jokes, watch short videos, etc.

Lodging: At La Quinta in North Spokane for the first two nights. Last night at Best Western in Dayton, WA, 35 minutes from Bluewood.

Both hotels have a hot tub and indoor swimming pool. Also free Wi-Fi and free breakfast. All rooms have a hair-dryer, coffee-maker, and microwave and refrigerator.



49 Degrees North ski area, offers 5 lifts serving interesting terrain. Everyone likes the variety, which includes skiing the "7 deadly sins", Mahre's Gold, Angel Peak, 2 Ullr's bells to ring for good luck (one at the top and one at the bottom of the ski area), plus lots of long cruisers and a variety of powder runs and glades.



Mt. Spokane has 5 lifts (not counting the beginner ones) serving 3 separate faces of the mountain: the front side, the old back side, and now an entirely new back side with its own new lift (chair 6) and 7 new trails. Visit and have lunch at the historic Vista House at the top of the mountain.



Bluewood has so far proven to have the best powder most of the time, even when other ski areas don't have much. It has 2 lifts serving 2 separate hills. Lots of groomers, but also epic tree skiing.

Bluewood is already almost half way home, so our ride home will be shorter than if we stayed in Spokane all 3 nights.

We'll ski till about 2:30 or 3 pm, and then ride the bus back home. We'll stop for dinner on the way home and will return to Portland around 9 pm on Monday.



Prices (per person):

Adults = \$546

Seniors (65+) = \$541

Super-Seniors (70+) = \$503

No lift tickets = \$413

Price includes all bus transportation, 3 nights lodging, and 3 lift tickets. A lunch and 2 dinners are included. Both hotels offer a free breakfast.

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.

Full payment due by **December 6, 2019.**

No refunds after December 6, unless you can fill your spot.

See our [Mt. High Trip Cancellation Policy](#).

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

Trip leader:

Emilio Trampuz, 503-378-0171,
Emilio2000@earthlink.net



Mt. High

Whitefish Mtn. Resort Trip



4, 5, or 7 day trip. By train, car, or plane..

February 8 - 15, 2020. - Saturday - Saturday. 4, 5, or 7 days.

Whitefish Mountain Resort offers 3000 acres of skiing on all sides of Big Mountain. It has 11 chair lifts (3 express quads). It has 2,353 vertical feet and 105 named runs plus vast amounts of bowl and tree skiing. Twelve percent of the terrain is rated green, 38% blue, 44 % black and 6% double black.

This will be an arrange your own transportation trip. Amtrak runs overnight from Portland or Vancouver to Whitefish and return. Current prices start as low as \$78 per person each way reserved coach. There are a limited number of sleeper berths available. Or if you prefer to drive or carpool it is about a ten-hour drive.

We will be staying at the **Kandahar Lodge**, a very nice on-mountain hotel with a Swiss or Austrian feel to it. It has a lobby/great room with a huge wood-burning fireplace, an award-winning restaurant open only for dinner, and a small separate bar.

It has a free van that will take you where you want to go on the mountain (not into town, there's a free public snow bus for that). The van only runs during the day. At night it's less than a five-minute walk to the bars and restaurants in the upper village, or to catch the snow bus into town.

You can ski-in but would have to walk about 50 yards across a parking lot to ski to a lift. Or you can just take the free van. There is no elevator, and all the rooms are on the 2nd and 3rd floors.

For those traveling by train:

- * You will spend 2 nights on the train. The first and the last. You can sleep in the reclining seats, but it is highly recommended to ask for a sleeper car.
- * The train leaves Portland at 4:45 pm the day before and travels through the night. You need to reserve a ticket for February 7 (not Feb. 8).
- * Train arrives in Whitefish early in the morning (at 7:41 am), and you can go skiing right away, after leaving your luggage in Kandahar lodge.
- * The train leaves Whitefish late in the evening, at 8:56 pm. You can ski all day and still have time for dinner in town before boarding the train home.

Price includes:

Free European-style continental breakfast, après ski cookies, freshly made popcorn, hot chocolate, coffee, and tea. Heated boot rooms and ski rooms. Free Wi-Fi, laundry, 24-hour front desk, large outdoor jacuzzi, steam room, and fitness center. Massages are available by appointment. All rooms have at least a small refrigerator and microwave. Some rooms have small kitchens. Rooms with kitchens will be assigned on a first-come first-served basis.

We have reserved all rooms for 7 nights from 8-15 February 2020, but we will also be able to offer either 4- or 5-night stays.

Because we will receive the 7th night comped, 6-night pricing will be the same as 7-night. To make the logistics manageable and simplify matching of roommates,

4-night stays must begin on either Feb 8th or Feb 11th and

5-night stays must begin on either Feb 8th or Feb 10th.

We will do our best to match you with a roommate who wants the same nights as you, but you are ultimately responsible for finding a roommate who wants the same nights as you to fill your room.

Pricing

Lodging

\$420/person for 6 or 7 nights (we get the 7th night free)

\$350 for 5 nights

\$280 for 4 nights.

For fewer than 6 nights, everyone in the room would need to have the same arrival and departure dates. These prices include shuttles from and to the Whitefish Amtrak Station.

Subtract \$20 if you are driving.

Lift Tickets

Adult 1-day \$65

Adult 2+ days \$59/day

65-69 1-day \$56

65-69 2+ days \$51/day

70+ Free

2+ days tickets have a 2-day grace period (2 of 4; 3 of 5; 4 of 6, etc.)

Holders of full season passes for Mount Hood Meadows get 3 free days.

Payment and cancellation details

\$200 deposit due at signup.

½ of total minus deposit is due by October 15th.

Remaining balance is due by December 15th.

Final date to cancel with full refund is November 25th.

We hope you join us for this exciting trip. Reserve your spot now with a **\$200 deposit.**

See our [Mt. High Trip Cancellation Policy](#).

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

Trip leader:

Bill King, willie2k@ymail.com or 360-977-7482.

See our TRIPS page: <http://www.mthigh.org/Trips.htm#Whitefish-trip>

Mt. High

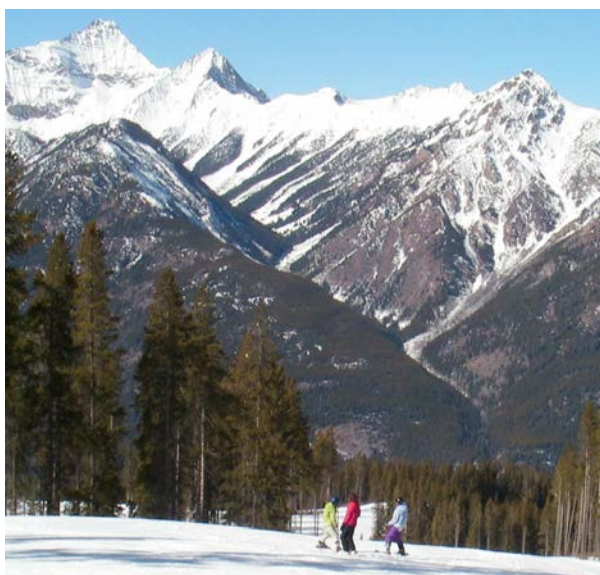
Canada Powder Highway Trip



Panorama, Fernie, Kimberley, Kicking Horse

February 22 - March 1, 2020 - Saturday - Sunday.

We will stay on mountain at **Panorama Mountain Resort** for 6 nights with easy access to all village amenities. In addition, we will stay one night at the Prestige Rocky Mountain resort in Cranbrook, B.C. and one night at the Best Western Plus Kootenai River Inn located in Bonners Ferry, Idaho. Full trip price includes: roundtrip charter coach transportation, 8 nights business class lodging, 4 Panorama lift tickets, 1 Fernie lift ticket, 1 Kimberley lift ticket and a few meals. In addition, there will be several optional activities including a day trip to Kicking Horse Mountain Resort, snowmobiling, paragliding and a heli-ski adventure in the Purcell Mountains.



We will stay the first night of our trip in the town of Cranbrook, British Columbia in order to ski Fernie the following day. We will stay at the Prestige Rocky Mountain Resort in traditional hotel rooms with two people per room. Rooms will have 2 queen beds or 1 king bed. Fernie Alpine Resort has over 2500 acres of skiable terrain with 3550 feet of vertical and 142 trails. Terrain is comprised of 30% beginner, 40% intermediate and 30% advanced.

After skiing at Fernie we will head north to Panorama. We will stay at the Panorama Springs Lodge in two-bedroom condos with direct ski in/out access. We will have 4 people in each two-bedroom condo unit. Most condos have a queen bed in room 1 and two single beds in room 2. Each unit has two bathrooms, a full kitchen and a gas fireplace. The property is also well known for Canada's largest slope-side hot pools!! Panorama offers 2975 acres of skiable terrain with more than 4265 vertical feet and 120 trails. The resort has 10 lifts including 1 gondola, 2 express quads, 2 quad chairs, 1 triple chair, 1 double chair, 1 platter and 2 carpets. The terrain is approximately 25% beginner, 50% intermediate and 25% expert. Midweek during our stay at Panorama there will be an optional day trip to Kicking Horse Resort (Wednesday). The day trip option includes transportation and lift ticket. You will depart about 7:30 am and return about 5:30 pm.

On our last morning at Panorama we will depart early in order to spend our final ski day at Kimberley Alpine Resort. Kimberley Alpine Resort offers over 1800 skiable acres with 2465 feet of vertical and more than 68 runs. The resort has 1 high speed quad, 1 triple chair, 1 double chair, 1 T bar and 1 magic carpet. The terrain is approximately 20% beginner, 42% intermediate and 38% advanced.

After skiing at Kimberley on Saturday we will travel 2 hours south to northern Idaho and spend the last night of the trip at the Best Western Plus Kootenai in Bonners Ferry, Idaho. We will stay in traditional hotels rooms with two queens per room. The following day we will travel home to Portland. Don't miss out on this unique itinerary.

Prices

No Lifts	950.00
Adult	1375.00
Senior 65-74	1310.00
Super Senior 75+	1051.00
Kicking Horse option add	106.00
Contact trip leader for heli-ski and paragliding pricing	

Payment and cancellation details

Regular signups open July 1st by mail and PayPal. Deposit postmarks will be used for wait-list order.

All participants must be paid Mountain High members for 2019-2020.

300.00 deposit due at signup.

500.00 payment due by September 15th.

Remaining balance is due by December 15th.

Final date to cancel with full refund is November 30th.

We hope you join us for this exciting trip. Contact trip leader if you have a season pass that includes any of these resorts for individual pricing.

See our [Mt. High Trip Cancellation Policy](#).

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

Trip leaders:

Karen Michels: skiklynn@gmail.com

Bill King, willie2k@ymail.com or 360-977-7482.

See our TRIPS page: <http://www.mthigh.org/Trips.htm#Powder-Highway-trip>

MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

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 Board Meeting

Usually last Monday. This is an exception.

June 25 (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,	pdexdebbie@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

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 - Sept. 30): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2020) \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> North-East WA trip (49° North, Mt. Spokane, Bluewood) (Jan. 17-20, 2020) Adult=\$546, Senior (65+)= \$541, Super-senior (70+)= \$503, No lift tax=\$413. Deposit=\$100.	\$ _____	_____
<input type="checkbox"/> Whitefish Mt. lodging (Feb. 8 - 15, 2020) 4, 5, or 7-day trip. Deposit=\$200 I intend to stay: <input type="checkbox"/> 6 or 7 nights = \$420, <input type="checkbox"/> 5 nights = \$350, <input type="checkbox"/> 4 nights = \$280.	\$ _____	_____
<input type="checkbox"/> Whitefish Mt. Lift tickets (Feb. 8 - 15, 2020) I intend to ski _____ days. Adult 1-day=\$65, Adult 2+ days = \$59 /day, Senior (65+)= \$56. Seniors 2+ days=\$51/day. 70+=Free	\$ _____	_____
<input type="checkbox"/> Powder Highway Canada trip (Feb. 22 - Mar. 1, 2020. Deposit = \$300. Prices: Adult=\$1375, Senior(65-74)= \$1310, Super-Senior (75+)=1051.	\$ _____	_____
<input type="checkbox"/> Powder Highway optional Kicking Horse trip Add \$106.	\$ _____	_____
<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

Th June 2019 issue is posted on our web site. Also:
286 copies sent via email (as PDF file)
6 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>

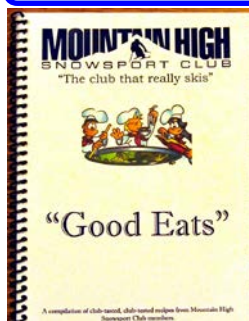
NWSCC Man & Woman of the Year

Our club selected **Kurt Krueger** and **Karen Michels** as our Man & Woman of the Year. But the NW Ski Club Council had candidates from many NW Ski clubs, and the winners were: **Ryan Rooper** and **Becki Robinson**. They will now be our Northwest candidates competing against other ski councils in the West for the Far West Ski Association's Man & Woman of the Year.

Mt. High Credit Card Payments

We are now able to process your payments by **credit card**. We are doing it through PayPal.

No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "**Signup & Pay**" at: <http://www.mthigh.org/Signup-Pay.htm>

Mt. High Cookbook

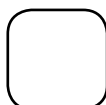
This 34 page cookbook is available for \$10. It contains soups, salads, entres, desserts, and more!

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

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:

- * [Putting Away Your Skis and Stuff](#)
- * [Skiing and Cycling Similarities](#)
- * [Stem Cell Injection vs. Knee Replacement](#)



Emilio Trampuz
 Mountain High Newsletter editor
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 Salem, OR 97302

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