



Lift Lines

= No. 228, December 2019 =

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



What's New in the Ski World



Every once in a while, something new happens in the ski world. Last December (2018), we discussed the **Knee binding**, which seems to be the only binding that protects against ACL injuries. See [Lift Lines 215-216](#).

For this season, we present you with a new treat, a BootSki. Read all about on page 4 in this issue.



Bluewood
always has
the best
powder!
See page 7.

Note the color code.
Our club is blue.

2019-2020 CALENDAR

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

DECEMBER

Dec. 2 (Mon.): Mt. High Board meeting
Dec. 6-7 (Fri-Sat): Sandy Ski Swap + Warren Miller movie
Dec. 11 (Wed.): NWSCC 40th Anniversary and PACRAT bib pickup
Dec. 17 (Tue.): Christmas Ships social
Dec. 28 (Sat.): HHH: Ski Movie Outtakes
Dec. 30 (Mon.): Mt. High Board meeting

JANUARY

Jan. 5 (Sun.): NASTAR Open race (Skibowl)
Jan. 17 - 12: Washington ski trip (49° North, Mt. Spokane, Bluewood)
Jan. 26 (Sun.) PACRAT Race 1 (Skibowl)
Jan. 27 - Feb. 2: Silver Star, BC trip (Silver Star)

FEBRUARY

Feb. 8 - 15: Whitefish, Montana ski trip
Feb. 9 (Sun.) PACRAT Race 2 (Skibowl)
Feb. 22 - Mar. 1: Powder Highway trip (Panorama, Fernie, Kimberley)
Feb. 23 (Sun.) PACRAT Race 3 (Meadows)
Feb. 29-Mar. 1: Master Races (Skibowl)

MARCH

Mar. 15 (Sun.) PACRAT Race 4 (Meadows)
Mar. 24 - 28 NASTAR Nationals (Aspen)
Mar. 25 (Sun.) PACRAT Race 5 (Timberline)

APRIL

Apr. 3 - 5: Bachelor Blast trip (NWSCC)
Apr. 17 (Fri.) PACRAT Rat Attack Party

Last Call for Washington ski trip



Our first ski trip of the season is coming up on January 17 - 20, 2020. We have reserved more rooms than needed. A month before, by mid December, we have to let go of any unused rooms. So, if you want to join us on this trip, now is the best time to sign up. See page 7 for details.

The photo shows Emilio on top of Angel Peak at 49° North. The visible trails are less than a third of the ski area.

Membership Cards



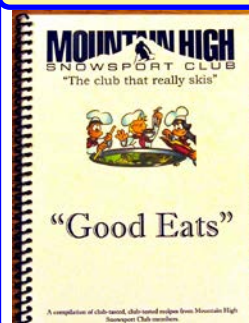
Please note: As a general rule, we do not mail out membership cards to everyone. It's a lot of work, and we are all volunteers donating our spare time when we do something for the club.

So, instead, we ask people to pick up their membership card in person at one of our social

events, typically at our booth at the Ski Fever Show and at our annual Kickoff Party. Both happened in November.

If you really could come to any of these events and you really want your membership cards, we will mail you one if you request it. Just don't make this a habit!!! Contact **Karen Michels** at: skiklynn@gmail.com

Mt. High Cookbook



This 34 page cookbook is available for \$10. It contains soups, salads, entrees, desserts, and more! All from our ski club members.

You can get one at our social events. The next one will be the Christmas Ships social, Dec. 17, and then the Chocolate Party in February.

Or contact Debbi Kor at: ijustwannarun1@com-cast.net, or call 503-314-7078.

SkiFever Show

November 1 - 3, 2019. (Fri. - Sun.)

Our club had a booth at the SkiFever Show at the Portland Expo Center. PACRAT racers, the NW Ski Club Council, and the Ski Patrol also had a free booth near us.

At our booth, you could renew your membership and sign up for trips, racing, and more. Thanks to all the volunteers who helped staff our booth.

More on our website [PHOTOS](#) page.



Some of our members at ou club's booth at the SkiFever Show.

Snowvana vs. SkiFever

November 22 - 23, 2019. (Friday - Saturday)

Snowvana has moved from the Memorial Coliseum to the Oregon Convention Center this year. Nobody has sent us any photos of this event. It seems that the main differences between the SkiFever Show and Snowvana are:

1. **Retailers** showed up in force at the SkiFever Show, whereas only one showed up at Snowvana.
2. **Ski areas:** Only 3 showed up at the SkiFever Show, versus about 9 at Snowvana.
3. **Ski clubs** received a free booth at the SkiFever Show, but not at Snowvana.

It's a pity that our ski community's limited resources are split up between the two shows. We would all be better off if we had only one big ski show under the same roof. The organizers of Snowvana didn't do anyone a favor when they split off, decided to create their own show, and split up the skiing community. Ski area reps are now scratching their heads, trying to decide which Show to participate in.



Mt. High Kickoff Party

November 7, 2019. (Thur.)
About 53 people attended our annual Kickoff Party. There was free pizza and salad. Several people won door prizes, ranging from ski hats to Mountain High gift certificates for \$30-\$40. Also, as usual, people renewed their club memberships, picked up their membership cards, and signed up for trips and/or for PACRAT racing.

Overall, it was a nice turnout and the room was pleasantly filled. But 53 out of over 250 club members is only 20% of our members. Where were the others?

Are free food, door prizes, and preparing for the upcoming season not enough incentive to show up?

NWSCC 40th Anniversary Celebration and PACRAT's 30th Anniversary & Bib Pickup



December 11, 2019 (Wednesday). Starting at 7:00 pm.

Members of all local ski clubs (especially former club officers) are invited to to come help us celebrate!

The NW Ski Club Council's annual December meeting is one of the most fun meetings all year, as it always includes PACRAT's bib pickup and a lively Pie Auction to benefit a charity - this year to the Mt. Hood Cultural Center & Museum.



When: December 11, 2019, starting at 6:00 pm

Where: Labrewatory, 670 N. Russell St., Portland OR. See [Google Map](#).

Send: Each club is invited to help us celebrate their history by providing the NWSCC with historical information about the club - in writing and through pictures (please submit in .jpg format to editor@nwski.org). We may have a slide show, which could be a lot of fun as we see what we looked like years ago!

Mt. High

Christmas Ship Parade Social



December 17, 2019 (Tuesday) Starting at 5.30 pm.

We'll gather at **Joes' 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 5:30 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

History Happy Hour - Vintage Ski Movie Outtakes



December 28, 2019 (Saturday) 6:30 pm.

Curator Lloyd Musser will present some vintage ski movie outtakes during the Social History Happy Hour in December. (There will be no History Happy Hour in November.)

Be entertained and learn something new.

Location: Mt. Hood Museum, Government Camp.

Doors open 6:30, presentation starts at 7 pm. Beer, wine, and soft drinks 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

The Indy Pass

The Indy Pass is a pass is a new offering available for the first time this 2019-2020 season.

It that brings together 34 independent ski areas, with 2 free days at each of them. Why support just the big names? Let's support the less well known but wonderful ski areas that are less crowded, and each one has something unique to offer. The Indy Pass costs just \$199.

It includes the following ski areas and more: 49 Degrees North, Apex Mt., Beaver Mt., Brundage Mt., Castle Mt., Eaglecrest, Hoodoo, Hurricane Ridge, Lost Trail, Mission Ridge, Mt. Shasta Ski Park, Red Lodge Mt., Silver Mt., and White Pass.

Compare this with other season passes at: <http://www.mthigh.org/Articles/Season-Passes-Comparison.pdf>

How to Pack for a Bus trip

There are several things you need to know when you come on one of our bus trips. We have collected several tips for you for the most efficient packing of your skis and clothing.

Read this, especially if this is your first bus trip with us. See: <http://www.mthigh.org/Trips/Packing-for-bus-ski-trips.pdf>

8-passenger chairlifts

Many ski areas have 6-passenger chairlifts. But starting last season (2018-2019), Big Sky, Montana, now has an 8-passenger lift!

Schweitzer Mt. replaces Snow-Ghost Lift

The fixed grip 2-seater **SnowGhost** lift on the back side of Schweitzer Mt. has been replaced with 2 new lifts:

1. **Cedar Park Express:** a detachable quad lift that ends at what used to be the mid-point of the former Snow Ghost lift. It serves intermediate to advanced terrain.
2. **Colburn triple:** a fixed lift that goes all the way to the top and serves advanced and expert terrain. Approximately 300 acres were logged to create new runs.

Brush cutting for Powder Skiing



See a short video showing how ski areas trim the vegetation to prepare the slopes for powder skiing. This was filmed at **Baldy Mountain** in British Co-

lumbia, a real hidden gem, just an hour from the US border near Ossoyoos. Add it to your bucket list. See: <https://youtu.be/wWDVbxWbiCo>

BootSki - from Swedish company STOLT



Would you like to have a fun, easy, forgiving, portable ski that fits in your backpack? And how about one that doesn't need any expensive safety bindings?

Well, the Swedish company STOLT has just started offering a ski like that in the United States. It's called the BootSki, because it is barely longer than your boot. There is no need for bindings that release when your skis are no longer than your boots.

This boot is adjustable to any boot size, as long as you buy one within your boot length range. The BootSki comes in just 3 sizes: Small (for kids), Medium (for

boot sizes 2.5 - 9) and Large (for boot sizes 9 - 13). Within each of these groups, you can further adjust the length up or down, as needed.

See a video of how the BootSki performs at: <https://youtu.be/FCXvUS-L790>.

To order your own pair at a 10% discount, follow this link: <https://stoltsports.com/discount/DEBINFL8>



Let's Communicate!

As ski season begins, our Forums and Facebook page will come to life again. Use these tools to communicate with other club members and arrange to meet up on the slopes.



Let's ski together!

upper right corner of the Forum window. Then click on it to formally join our group (our Forum).

4. Read more about this whole process at the following Google help page:

<https://support.google.com/groups/answer/1067205?hl=en>

Note that the first few steps are a general description of how to find a Group starting from scratch. You can skip those first couple of steps because you already know which group you want, so instead of searching for it, you simply click on the link to our Forum on our website, www.mthigh.org.

5. To simplify things, we'll try to send everyone a direct invitation to join both Forums (Google Groups), the All-club Forum and the Mid-Week Forum. Follow the instructions in each email to accept the invitation. Hopefully, this will be easier than following all the other steps above.

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 on the pre-announced days.

Facebook Page



Our club's **Facebook** page is another way for our members to communicate with each other, in addition to emails, our web site, and our two Forums.

Start on our web site, mthigh.org and click on **Facebook** button, or go to: <https://www.facebook.com/groups/1528330064067232/>

Join this Facebook group and post your thoughts and photos there!

Mt. High Forum Tips

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

* 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, it means you have already joined. Or you don't have a Google account.

* 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**, in the Forum click on the red "New topic" button.

How To Join our Forums

After several inquiries, we recently became aware that different people see different things when they open one of our Forums.

1. In order to see the text that says "**Join this group**", you first need to have a **Google account**. You don't need to have a Gmail address. You can create a Google account with any email address.

2. In addition to having a Google account, you need to **sign in** to that account. Apparently, you can sign in just once and then remain signed in forever. But you do need to sign in at least once, so that Google knows who you are.

3. After both of the above are done, you should be able to see the text "**Join this group**" in the

Your Forum Settings

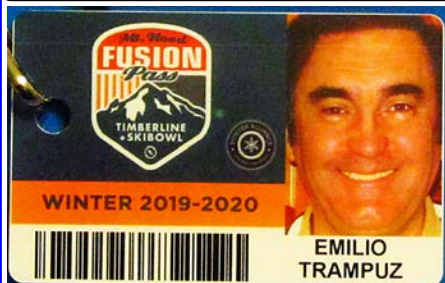
During the process of joining the group, specify **all** of the following.

Your name or nickname. You don't have a nickname? Give yourself one. It's simply a name by which you wish to be known in the Forum.

Your email address, so you can receive Forum emails.

Your email preferences. There are several options. It is best to select to receive "All emails" to receive emails in real time, so you can respond in real time. Another option is to receive just a daily Digest of all the Forum messages within the past day. This is usually sent out around 4 pm. That means if anyone replies to you after that time, you won't receive it until the following afternoon.

Season Passes Comparison Chart



Prices have gone up immediately after the SkiFever Show, so for next year, remember to buy your season pass before November 3.

Use the Comparison Chart we have compiled to figure out which pass is best for you. Note that many season passes now include benefits at other ski areas as well. So, a lot depends on where you plan to ski.

The Comparison Chart has been published in the September and October issues of Lift Lines. A slightly **updated** version of it has been posted on our

website, on the ARTICLES page, where we keep some articles of more permanent value. See this chart at: <http://www.mthigh.org/Articles/Season-Passes-Comparsion.pdf>

Note that in addition to the regular season passes, Mt. Hood Skibowl also offers a Night Skiing season pass for just \$189.

Also note that **Meadows, Timberline, and Skibowl** will be offering **Spring Passes** valid for 3 months of skiing in March, April and May, for about \$139 - \$160. So, for maximum variety, consider buying a season pass to one of them, and then at the beginning of March, buy a Spring Pass to one of the others.

TRIPS & Payments to the Club

NOTE: Your spot on the trip is not guaranteed until you put down a deposit. And now it's time to pay in full.

You can mail your payment to the club's PO Box, or pay online, using Pay Pal or a credit card.

You can now 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>

Whenever you send any money to the club, please always send in a filled out [Dough Transmittal Form](#) (DTF). You can either mail it to the club's PO Box (shown at the top of the form), or email it to Forms@mthigh.org.

NOTE: All of the above applies only to Mountain High trips, not FWSA or NWSA trips, which have a separate signup process of their own.



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.

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
Jan. 30 - Feb. 6, 2021	2021 FWSA Ski Week in Sun Valley , Idaho, with Skigroup.net
March 2021	2021 Mini Ski Week at "Zermatt Utah Resort and Spa" with Ski.com

NOTE: There is much more detailed information about all these trips on our Mountain High website, on the TRIPS page 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.

Each ski area offers something unique, such as the 7 Deadly Sins at 49°N, the historic Vista House at Mt. Spokane, and the best snow at Bluewood.

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. **Note: There is room for another 10 people.**



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.

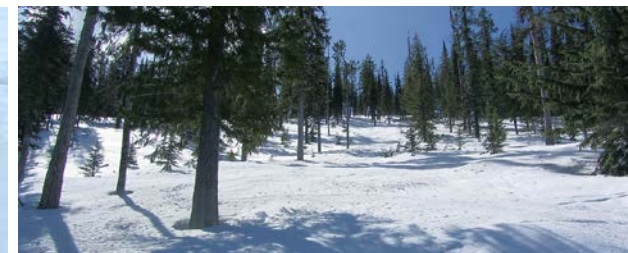


Bluewood has so far proven to have the best powder most of the time, even when other ski areas don't have much. It has 2 lifts serving 2 separate hills. Lots of groomers, but also epic tree skiing.

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



See our TRIPS page: www.mthigh.org/Trips.htm Then click on the Washington trip.

Mt. High

Silver Star, BC Trip



A Mountain High bus trip to Silver Star, BC.

January 27 - February 2, 2020 - Monday - Sunday.

We will stay ON MOUNTAIN with easy access to all village amenities. Full trip price includes: Roundtrip charter bus transportation, 6 nights lodging, 5 Silver Star lift tickets and one group meal. Silver Star has proven to be a club favorite and we will head back next season for another visit.

At Silver Star we will stay on mountain at the Snowbird Lodge. Most condos will be two-bedroom units with room one having a king bed and room



two having king or t/t set up. In addition, each unit has two bathrooms, a fireplace, washer/dryer, full kitchen and a private hot tub. We also have access to an amenities room for happy hour gatherings.

Silver Star is located about 12 miles from Vernon in the heart of the Okanagan region and is the 3rd largest resort in British Columbia. It offers both Nordic and downhill options, as well as optional activities including fat tire biking, snow shoeing, ice skating and tubing. It is known for champagne powder and averages over 23 feet of snowfall each year. Silver Star boasts over 3200 acres of downhill skiing with 11 lifts and 132 runs. The terrain is comprised of 15% beginner, 40% intermediate, 35% most difficult and 10% extreme. Check it all out at skisilverstar.com.

Prices

Adult	1230.00
Senior 65+	1197.00

Payment and cancellation details

Deposit of 200.00 due at signup.

2nd payment of 300.00 due by September 15th.

Final payment due by November 15th.

Last day to cancel for full refund is October 15th.

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:

Karen Michels: skiklynn@gmail.com

NOTE: Silver Star is no longer a Powder Alliance resort.

QUESTIONS FOR WHITEFISH TRIP PARTICIPANTS (See page 9)

The Whitefish trip is very flexible. Most people usually take the train. But, this time, you can choose your own transportation. Also, you can choose your length of stay (4, 5, or 7 days) as long as we can find you a roommate with the same preference. Please let the trip leader, Bill King, know the answers to the following questions:

1. Have you already paid your \$200 deposit?
2. If not, do you still plan to go?
3. How many nights do you plan to stay at Kandahar Lodge?
4. What day do you plan to arrive?
5. How do you plan to get to Whitefish?
6. How many days do you plan to ski?
7. Are you a Senior (65-69) or a Super Senior (70+)?
8. Do you have a roommate?
9. If so, who?



10. Are you interested in a 1-day side trip to Blacktail Mountain? Blacktail ski area offers 1,440 vertical feet, served by 3 chairlifts (2 doubles and 1 triple). The top elevation is at 6,780 feet, and the parking lot and day lodge sit at the top of the mountain. You ski down from there. Adult lift tickets are \$42, 70 and over are \$20.

See our TRIPS page: www.mthigh.org/Trips.htm

Mt. High

Whitefish Mtn. Resort Trip



February 8 - 15, 2020. 4, 5, or 7 days - by train, car, or plane.

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 a flexible, 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. If you prefer to drive, it is a ten-hour drive, and you can stop to ski at other places along the way.

We will be staying at the **Kandahar Lodge**, a very nice on-mountain hotel with a Swiss or Austrian feel. The lobby/great room has a huge fireplace, an award-winning restaurant open only for dinner, and a small separate bar. There is no elevator. All the rooms are on the 2nd and 3rd floors.

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 50 yards across a parking lot to ski to a lift. Or take the free van.

Note: There is room for another 8 people.

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.
- * 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; those 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 things manageable & 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: www.mthigh.org/Trips.htm Then click on the 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.

NOTE: There may be room for one more guy. Contact Karen.

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: www.mthigh.org/Trips.htm Then click on the 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 of the month.

December 30 (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.)**

Mountain High snowsport club contacts:

President:	Debbi Kor	H: 503-314-7078,	President@mthigh.org
Vice-President:	Bill King	H: 614-371-4762	willie2k@gmail.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

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): _____

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.

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

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"/> Northeast 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"/> Silver Star, BC trip (Jan. 27 - February 2, 2020) Adult=\$1230, Senior (65+)= \$1197, Deposit \$200.	\$ _____	_____
<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: _____

Checkmark all desired options.

Club membership = 253 Newsletter Distribution

The December 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>

Prayer Flags are in Place

It has become a tradition in recent years. Each Fall, **Walt Blomberg** and a ski buddy or two climb and hang up some prayer flags at Mt. Hood Meadows. This season's flags are now in place! This bodes well for the upcoming snow!



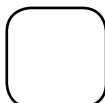
Man & Woman of the Year

It is time to start thinking about nominating a man and woman of the year. First just for our club. Then our candidates go on to the NW Ski Club Council, where just 2 winners are pronounced among all the local clubs. The final 2 winners will then represent the Northwest at the Far West Ski Association level. Send your nomination to our Prez, Debbi Kor.

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:

- * [The Againer - helps us ski longer](#)
- * [Fact or Fiction - Test your knowledge](#)
- * [Incident or Accident - skiers' stories](#)



Emilio Trampuz
 Mountain High Newsletter editor
 4742 Liberty Rd. S., #296
 Salem, OR 97302
 Please check our web site,
www.mthigh.org
 for updates.