



Lift Lines

= No. 229, January 2020 =

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



QUICK NOTES

The **NASTAR Open race** at Skibowl has been postponed till Sunday, March 22, mainly because Skibowl hasn't opened yet. Even if they get plenty of snow within the next few days, there won't be enough time for that snow to settle and compact enough for the groomers to be able to groom it.

But, let's spread some good PACRAT karma with our friends at Skibowl. In lieu of our NASTAR Open race, we are planning a **PACRAT Social in the Beer Stube at Skibowl West, this Saturday, January 4th from 3-5pm**. PACRAT will supply some limited snacks, and the Beer Stube will have a full complement of beverages for purchase.

Our **PACRAT teams still need about 5 more racers**. Want to try running some gates? Contact Alan Bean, Racing@mthigh.org.

SNOW & SKIING. It has been snowing all over the Northwest. More snow is in the forecast through at least January 15.

Many of our members have already logged 3 - 6 days of **skiing on Mt. Hood**. If you are not among them, please get some vertical under your skis before you come to any of our ski trips. Get your ski legs back before embarking on a multi-day ski trip.

Newcomers to the club, please join us on the slopes. It's best to first connect with us through the club's **Forums** and our **Facebook page**. Links to all of these are available in the main menu on our website: www.mthigh.org



It's
snowing !!!

Note the color code.
Our club is blue.

2020 CALENDAR

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

JANUARY

Jan. 4 (Sat.) PACRAT Social at Beer Stube
Jan. 17 - 20 Washington ski trip (49° North, Mt. Spokane, Bluewood)
Jan. 21 (Tue.) Mt. High Board meeting
Jan. 25 (Sat.) HHH: Rhododendron
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. 18 (Tue.) Mt. High Board meeting
Feb. 20 (Thur.) Mt. High Pizza Party
Feb. 22 - Mar. 1 Powder Highway trip (Panorama, Fernie, Kimberley)
Feb. 23 (Sun.) PACRAT Race 3 (Meadows)
Feb. 29 (Sat.): HHH: Mt. Hood Revealed
Feb. 29-Mar. 1: Master Races (Skibowl)

MARCH

Mar. 7 (Sat) Ski the Glade Trail Day
Mar. 14 (Sat.) Chocolate Party
Mar. 15 (Sun.) PACRAT Race 4 (Meadows)
Mar. 22 (Sun.) NASTAR Open race (Skibowl)
Mar. 24 - 28 NASTAR Nationals (Aspen)
Mar. 29 (Sun.) PACRAT Race 5 (Timberline)
Mar. 28 (Sat.) HHH: Ski Fashion Vintage-2021

APRIL

Apr. 3 - 5 Bachelor Blast trip (NWSCC)
Apr. 17 (Fri.) PACRAT Rat Attack Party
Apr. 25 (Sat.) HHH: Mt. Hood Hikes

What Do You Think About the Mountain High Club?



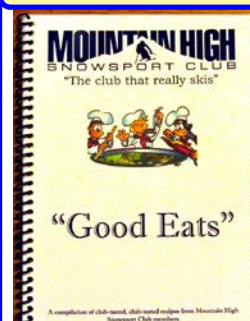
"I have to say that joining Mt. High was one of the best decisions I have ever made.

I value the close friendships I have with some members and value just as much the camaraderie I share with others."

Terry Swan

Club member since 2006

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.

Skiing in December

December 15 - 31, 2019.

This year, the snow has been late in coming, and Mother Nature wasn't very generous. But there has been enough snow to ski, and many of our members took advantage of it. Some have skied 2 or 3 times already, while others already have 5 or more ski days under their skis!

By the end of December, Timberline had opened the Palmer lift. So we were able to ski from the top of Palmer, at about 8,500 feet to the bottom of the Jeff Flood lift (at less than 5,000 feet), for a total of over 3,500 feet in a single run!

Newcomers to the club are very welcome to join us, almost every weekend, at Timberline.

A lot of our members regularly ski at Mt. Hood Meadows. Michele has posted at least one invitation for people to join her at Meadows. Others have been somewhat silent for now.

Check out our two Forums and our club's Facebook page (all found in the main menu on our website), where we announce our ski days.

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



Nancy, Karen, Clary, Susan and Buck at Timberline, Dec. 15, 2019.



Emilio, Terri, Marie, Malcolm, and Clary at Timberline, Dec. 28, 2019.



Vintage ski movie Outtakes at the Mt. Hood Museum

December 30, 2019. (Sat.)

The room was full to the last chair at the Mt. Hood Museum's monthly History Happy Hour.

The curator, Lloyd Musser, showed a selection of vintage ski movies from Timberline as well as from Europe.

It was entertaining and educational.

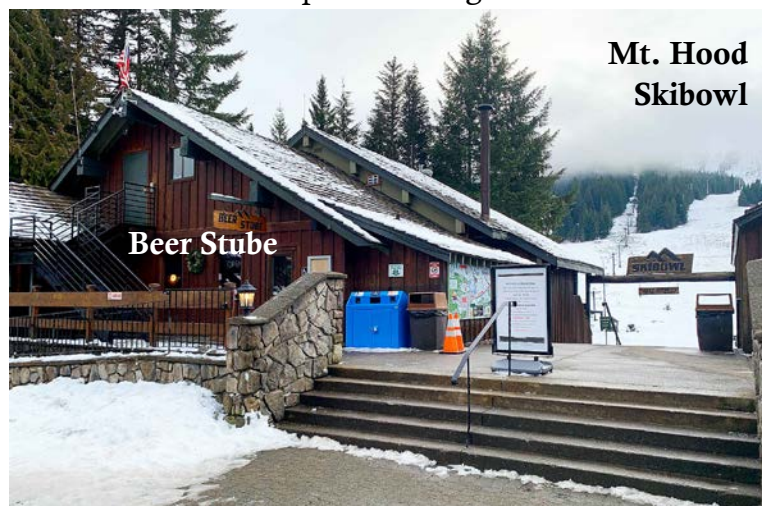
NASTAR & PACRAT News

January 4, 2020 (Saturday). 3 - 5 pm. PACRAT Social.

NASTAR Open Race Postponed (Originally scheduled for Sunday, Jan. 5)

Skibowl has yet to open this season. Unfortunately, we must postpone our NASTAR Open race this Sunday (Jan. 5). We will have a NASTAR Open makeup date on the schedule for March 22nd at Skibowl.

HOWEVER ... let's spread some good PACRAT karma with our friends at Skibowl. In lieu of our NASTAR



**Mt. Hood
Skibowl**

Open race, we are planning a **PACRAT Social in the Beer Stube at Skibowl West, this Saturday, January 4th from 3-5pm.**

PACRAT will supply some limited snacks, and the **Beer Stube** will have a full complement of beverages for purchase. So come on out and let's show off our PACRAT spirit with some snow dances for Skibowl and all of our Mt Hood resorts!

Our first PACRAT race of the season is scheduled for **Sunday, January 26th** at Skibowl. Hopefully our snow dances will be answered by that time. If not, contingency plans are in the works. Look for further details as we get closer to the first race.

History Happy Hour - Rhododendron

January 25, 2020 (Saturday) **1 - 5 pm.**

Location: Still Creek Inn, Rhododendron.

The Rhododendron Post Office is 100 years old in 2020. A Centennial Celebration will take place from 1 to 5 PM, with the Social History Happy Hour beginning at 4 PM. This is earlier than usual, and at a different location: in Rhododendron instead of at the Museum.

The celebration will consist of 3 parts:

1 - 3 pm: Centennial Ceremony and Post Office Celebration with cake and refreshments.

3 - 4 pm: Social Hour - mail yourself a postcard from the Rhody Post Office using a commemorative postage and cancellation stamp.

4 - 5 pm: Mt Hood Cultural Center and Museum Social History Happy Hour featuring memories of Rhododendron.

Learn the history of the area from live oral history interviews with some of the area's long-time residents at this Happy Hour.

Contact the Mt. Hood Museum at 503-272-3301 or email info@mthoodmuseum.org

Questions? Contact RHODYCPO@GMAIL.COM

Mt. High

Pizza Party

February 20 (Thursday) **6:30 pm**

Location: Round Table Pizza

10070 SW Barbur Blvd

Portland, OR (near Capitol Hwy.)



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

Socialize, mingle, enjoy a beer.

If coming from the north, take the Capitol Hwy. exit off of I-5

If coming from the south, note that there is no Capitol Hwy exit, so take an earlier exit onto Pacific Highway / Barbur Blvd., and then follow Barbur Blvd. north.

Hope to see you there!



Charitable Fun Events

Click on each event name for more info.

1. [Hope on the Slopes at Mt. Hood Skibowl](#), March ??, 2020 (Sat.-Sun.)

A fundraiser for the American Cancer Society. Ski all night. Break all records. The goal is to raise funds for the American Cancer Society before the event, and also to ski as much vertical as possible in a 24 hour period. For more info, click on the event name above. **NOTE: Info is from last year. This year's dates TBA.**

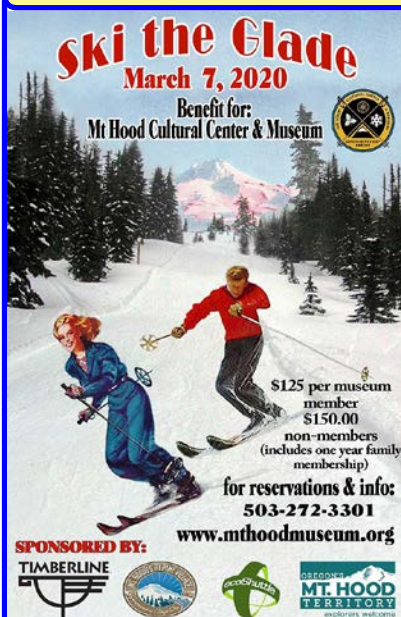
2. [Ski to Defeat ALS](#) at Mt. Hood Meadows, March 7, 2020 (Sat.)

A fundraiser for the ALS Association to help those suffering from ALS, which is also known as Lou Gehrig's disease. Just a day event. The goal is to raise funds for the ALS Association before the event, and also to ski during the event. To see more info, click on the event name above.

3. [Oregon Cancer Ski Out](#) at Mt. Hood Meadows, March 8 - 9 (Sun.-Mon.)

A fundraiser for the local cancer institutions. A two-day event for skiers and snowboarders that combines fun, competition, and fund-raising with a unique racing format designed to let even novice skiers or snowboarders participate in the fight against cancer. Each year, teams of 5 compete for prizes at Mt. Hood Meadows, in a race that rewards consistency and teamwork rather than individual speed. Click on the event name above.

Ski the Glade Trail Day



March 7, 2020
Saturday 9am-4pm

Once a year opportunity to ski the 3 mile historic Glade Trail. A full day of red carpet skiing, including groomed trail, guides, lunch, airport style shuttles, Apre's ski wine party, prizes and more.

Tickets for the all-day event are \$125 for museum members and \$150 for nonmembers, who will receive a year's membership to the museum along with the ticket purchase.

The price of the ticket includes use of the shuttle, lunch, apres-ski reception and a couple of beverage tickets. Only 75 tickets are available.

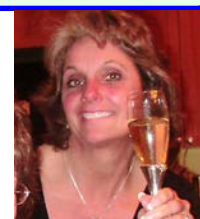
To purchase tickets for Ski the Glade, contact the Mt. Hood Museum at 503-272-3301 or email info@mthoodmuseum.org

Mt. High

Chocolate Party

Saturday, March 14
6:30 pm

Home of Ron & Terry Best
16750 S Kraeft Rd.,
Oregon City, OR 97045
See [Google map](#).



Our annual sweet party. Come to sample the goodies, or enter the contest yourself by bringing your own chocolate dessert. Three prizes will be awarded for:

- a) The **most chocolaty (or decadent)** dessert.
- b) The **most creative (best looking)** dessert.
- c) The **lightest (healthiest)** dessert.

Everyone can participate in the judging, and everyone will be able to taste ALL the desserts.

Please **RSVP** to **Ron Best**: 503-312-8680 or SeafoodParty@mthigh.org



Stem Cell Injections Alternative to Knee Replacement

by Robert Leaverton

Reprinted with permission from SeniorsSkiing.com

I am a very active 82 year old skier, former runner. My knees were in pain to the point that I had to consider replacement if I wanted to continue skiing. I live and ski in Utah during the ski season. I ski at least six days a week, seven if the POW is good.

I went to a stem cell seminar in Spring 2018. I listened to the information and decided I should investigate further. I had the exam, some X-rays, and it was determined I was a good candidate for stem cell therapy.

The previous ski season was a painful time. I was taking over-the-counter pain meds to be able to ski all day. If my knees touched while I was sleeping, I would wake up. I knew that if I wanted to continue skiing, I would have to do something. I also knew that there was no guarantee stem cell treatment would work, and I would pay \$4,000 for each knee. I did not want to endure general anesthetic, pain, and rehab. There is a high success for total knee replacements, but no absolute guarantee.

I went to [Wisconsin Stem Cell Therapy](#) for injections in May 2018. The stem cell injections in each knee were painless.

[Editor's Note: Stem cells are usually extracted from a patient's own bone marrow and injected into worn or injured joints to promote healing. But Robert Leaverton received stem cells extracted from an umbilical cord.]

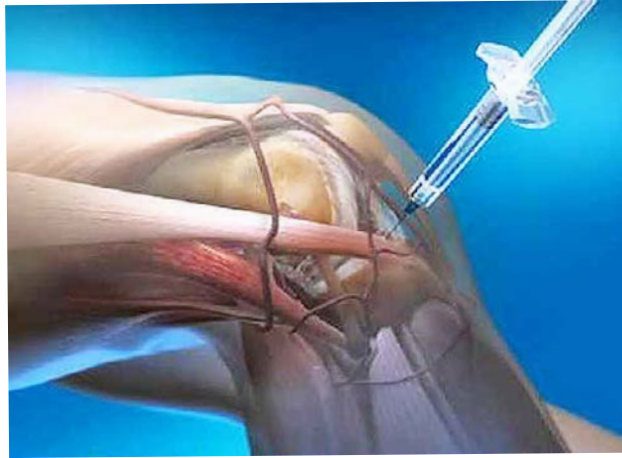
I did therapy as suggested, and the results have been way more than I expected. I was being practical, and I would have been happy with 60 or 70 percent improvement. I rate my stem cell therapy as 100 percent success. I waited until I was done skiing for the season to make a final judgement of the SC therapy. After many years of painful skiing, I had a season with NO knee pain.

I have returned from more than two months in Utah. Had great snow and a lot of powder. Wind and visibility made for some difficult conditions (bumps & drifts) that were a real test for the SC therapy. SC therapy has been a huge success for me and will allow me to enjoy skiing for many more years.

Without any hesitation I would recommend stem cell therapy for anyone who suffers from joint pain and wants to continue to be active and enjoy life to the fullest.

Caution: When considering a clinic for stem cell therapy, be sure you investigate the clinic thoroughly. There are some "snake oil salesmen" out there.

I have no idea why this worked for me. I know some people who have had good results, others not so good.



I did not want a total knee replacement (TKR) because there is no guarantee and a lot of pain and rehab.

Some clinics use stem cells harvested from your body. But 80 year old stem cells are not going to do much good, whereas umbilical cord stem cells are brand new. My clinic would not use stem cells harvested from my own body for me.

Most important is to do a thorough investigation of the clinic and be sure you are getting umbilical cord stem cells and you can verify the source.

Stem cell therapy can be a permanent solution to knee and joint pain as well as other problems. Stem cells regenerate. And for seniors, using umbilical stem cells is the only way to go.

I would do this again in a heartbeat.

If it does not work, you can always go for the Total Knee Replacement. Just be aware that TKR usually involves detaching the quadriceps, which causes some of the pain and the need for physical therapy after the surgery.

NOTE: Stem cells are undifferentiated cells, found throughout the body after development, that multiply by cell division to replenish dying cells and regenerate damaged tissues. They have the ability to divide or self-renew indefinitely, and generate all the cell types of the organ from which they originate, potentially regenerating the entire organ from a few cells. Stem cells are usually extracted from bone marrow or from umbilical cords.

Bachelor Blast



April 3 - 5, 2020.

The 3rd Annual **Bachelor Blast** will be held April 3-5, 2020. Everyone from all NWSCC clubs is invited to join us!

Participants have their choice of staying at the Marriott Fairfield Inn or the Marriott TownePlace Suites in Bend, Oregon.

The price of **\$290** (PP/DO) for adults includes 2 nights' lodging at either place, 2 full hot breakfasts, a 2-out-of-3 day lift ticket, and a hosted reception on Saturday night at the Fairfield Inn. Prices are lower for seniors, super seniors, children and teens!

Seniors 65-69 and teens 13-18** pay only **\$260!!**

Super seniors 70+ and youths 6-12** pay only **\$230!!**

** With 2 paying adults, children stay at no extra charge – just pay group rate for lift tickets. (

Come early or stay later - shoulder days available for only \$140 per room, add an extra day of skiing for great prices!

See [flier](#) and [signup form](#).

Friday will be “**First Friday**” in Bend with **Art Walk**.

As an extra bonus, the weekend will be Subaru's **WinterFest** at Mt. Bachelor! This one-of-a-kind tour features live music, mountain adventure, Subaru swag (and up-front parking for Subarus), free snacks and beverages, daily giveaways, gear demos, and much more!

Sign Up & Pay By March 1, 2020 / Form is on the NWSCC Website.

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

NOTE: This is a multi-club trip open to all Northwest ski clubs. It is organized by the NW Ski Club Council. Payments for this trip should be sent to the NWSCC; not to our club. Instead of the Dough Transmittal Form, please use the signup form mentioned above.



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 9:30 am and ride the bus to Spokane. We'll return Monday night (MLK day), by 9:30 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.

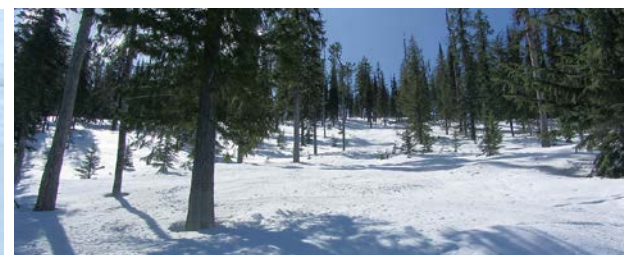


Bluewood has so far proven to have the best powder most of the time, even when other ski areas don't have much. It has 2 lifts serving 2 separate hills. Lots of groomers, but also epic tree skiing.

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

2020 Man & Woman of the Year



Linda McGavin is our Trips Director and trip leader. Also one of the founders of our club and of the NWSCC. She is the NWSCC Communications Director.



Bill King is our club's Vice-President. Also a ski trip leader. And he is also the Treasurer for the NW Ski Club Council.

Mountain High Board Meeting

Usually last Monday of the month. This month is an exception.

January 21 (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,

Vice-President: Bill King H: 614-371-4762

Secretary: Debbie Geiger H: 971-716-9949,

Treasurer: Nancy Pratt H: 503-593-9427,

Past President: Kurt Krueger H: 503-625-1492,

Membership Director: Karen Michels H: 503-984-9210,

Racing Director: Alan Bean H: 503-849-8009,

Newsletter Editor: Emilio Trampuz H: 1-503-378-0171,

Social Activities: Debbi Kor H: 503-314-7078,

Trips Director: Linda McGavin H: 503-652-2840,

President@mthigh.org

willie2k@ymail.com

pdxdebbie@gmail.com

Treasurer@mthigh.org

PastPresident@mthigh.org

skiklynn@gmail.com

Racing@mthigh.org

newsletter@mthigh.org

ijustwannarun1@comcast.net

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 January 2020 issue is posted on our web site. Also:
314 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>

Our Race Teams need 5 more people

Several teams need just one more person to complete the team. Racers of all abilities are needed. If you want to try running some gates, our Racing Director, **Alan Bean** will help you find a spot. Contact him ASAP at: Racing@mthigh.org



Don't forget to stretch before skiing

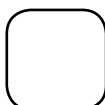
A little
yoga
never
hurt
anyone



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:

- * [First days of the season; Tackling Ice](#)
- * [Can You Do This?](#)
- * [Canadian Cuisine at Sun Peaks: Poutine](#)



Emilio Trampuz
Mountain High Newsletter editor
4742 Liberty Rd. S., #296
Salem, OR 97302

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