



Lift Lines

= No. 230, February 2020 =

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



QUICK NOTES

This winter is full of **ski trips**. The Washington trip is over. The Silver Star trip is now in progress. The Whitefish trip begins in just a few days, and the Canada Powder Highway trip starts just a week after we return from Whitefish. With a lot of us on trips, there are fewer people to connect with locally on Mt. Hood. But, the trips will be over in just 4 more weeks. So, get ready to ski with us in March, April, and May.

People from the **Silver Star trip**, please send us your trip photos and stories.

PACRAT racers have had their first race of the season, and race #2 is coming up next weekend (Feb. 9).

Join us for the **Pizza party** (Feb. 20) and the **Chocolate party** (March 14).



It's still
snowing !!!

Note the color code.
Our club is blue.

2020 CALENDAR

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

FEBRUARY

Feb. 8 - 15 **Whitefish, Montana ski trip**
Feb. 9 (Sun.) **PACRAT Race 2 (Skibowl)**
Feb. 18 (Tue.) **Mt. High Board meeting**
Feb. 19 (Wed.) **NWSCC Night at US Outdoor**
Feb. 20 (Thur.) **Mt. High Pizza Party**
Feb. 22 - Mar. 1 **Powder Highway trip**
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. 7 (Sat) **Ski to Defeat ALS**
Mar. 7 - 8 **Hope on the Slopes**
Mar. 8 - 9 **Oregon Cancer Ski Out**
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**
HHH = History Happy Hour at the Museum

MAY

May 28 - 31 **Far West Convention**
(Portland)

Let's communicate and ski together



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

The way it works is that whenever anyone posts something in one of our Forums (which are actually Google Groups), everyone who has joined the Forum will receive an email. Usually, only the initial posting is done directly in the Forum, and after that, you simply reply to the whole Group via email. But, one can also make even the initial posting by sending an email to one of these two addresses:

The All-club Forum: MtHigh@googlegroups.com

The Mid-week Forum: MtHigh-midweek@googlegroups.com

But first, make sure to **Join the Group** by clicking on "Join this Group" in the upper right corner of the Forum screen. Provide an email address, so the Forum will notify you when something new is posted. Select to receive all Forum emails if you want to be able to participate in a "conversation".

Free Knee Treatments & Prevention Booklet



We have been publishing articles on various knee treatments in *Lift Lines* from December 2017 to January 2020. These separate articles, as well as a couple of entries from SeniorsSkiing.com have now been assembled into a comprehensive 10-page booklet. It covers everything from knee braces to total knee replacement. It's free on our website: <http://www.mthigh.org/Articles/Knee-Treatments.pdf>.

Washington Ski Trip

January 17 - 20, 2020.

Great 3 days of skiing at 49 Degrees North, Mt. Spokane and Bluewood.

49° North had great powder and it was still snowing lightly. Mt. Spokane had great powder and it had stopped snowing. In fact, we got some blue sky and a bit of sunshine. Bluewood didn't have the great powder we have grown used to there, but the skiing was still great on the groomed slopes.

We had lots of entertainment on the bus, including, short videos, jokes, a movie quiz, and door prizes.

We ate at a number of buffets, including an old country buffet, a pan-Asian, and an American Grill buffet, plus a Mexican restaurant, where some people chose a nearby vegetarian restaurant named "Graze" in Kennewick, WA.

More on our website [PHOTOS](#) page. Also, see a short video about the trip at: <https://youtu.be/nedCAkJ17qU>

Here is what people have said about this trip:

Susan Pinkley: I want to thank you again for organizing such a fantastic WA ski trip this past weekend! I enjoyed it immensely. The ski resorts were great, and the bus ride was a blast! I appreciated all the videos and jokes and prizes. I can't remember the last time I laughed so much!

Lisa Miller: I sure had a wonderful time on the trip. I liked all three ski areas, the hotels, restaurants and the entertainment on the bus. Your video of your Canada trip was great. That is so cool you take the time to make a video on your trips exploring other areas. It was a great group of people to spend time with.

Steven Rice: Thanks again for the fine trip. I'm SO DELIGHTED to be a part of this wonderful club.



Kay Kinyon skiing Cy's Glades (7 Deadly Sins) at 49° North (Photo: Lisa Miller)



Group photo at Mt. Spokane (Photo: Marie McLean)



Clary at the Vista House on top of Mt. Spokane (Photo: Marie McLean)

Washington trip continued

Rich Horner: I'd like to acknowledge and show appreciation for Emilio Trampuz for his email prep's and updates, meal logistics (herding cats; Love or hate them the Buffet works) and making the trips smooth and entertaining. He even wears my hats. LOL

Julia Surtshin: I wanted to let you know how much I appreciate all the effort you put into leading such a wonderful trip. Your concern that everyone enjoy him/herself were so evident. I especially appreciate your efforts to make sure that I, as a relatively inexperienced skier had a great time.

I learned a lot. I learned that I can ski at places other than Timberline. I learned that, with a little courage, I can venture off a lift and get myself down in one piece. I learned that I need stronger legs and more stamina.

I learned how totally incredible a small layer of fresh powder on top of a groomed run can be. My last run into lunch at 49 degrees north was magical. Thank you for a truly memorable weekend.

Rosalie Karp: Thank you for the wonderful ski trip. While my skills are far, far below the skiers on the trip, it was a great experience. Happy skiing.

Karen Frost: I had a most wonderful time with all the Mt High folks. Thank you so very much for ensuring everyone's great time. My deepest gratitude.



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!



History Happy Hour: Mt. Hood Revealed

February 29, 2020 (Saturday) **6:30 pm.**

Topic: Book Review - Mount Hood Revealed. Review the new book created by The Oregonian that shows an in depth look at Mount Hood history throughout the years.



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

Donations are welcome. There is no charge for the presentation. Beer, wine and soft drinks are available for purchase.

Location: Mt. Hood Cultural Center and Museum
Government Camp, Oregon
ph: 503-272-3301, info@mthoodmuseum.org
www.mthoodmuseum.org

Charitable Fun Events

Click on each event name for more info.

1. [Hope on the Slopes at Mt. Hood Skibowl](#), March 7 - 8, 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.

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



Ski the Glade
March 7, 2020
Benefit for:
Mt Hood Cultural Center & Museum

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

SPONSORED BY:
TIMBERLINE
MT HOOD MUSEUM

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:

- The **most chocolaty (or decadent)** dessert.
- The **most creative (best looking)** dessert.
- 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



How To Find Things on our web site

1. When was the last time we had a **Mystery** trip? And where to?
2. Which year did we experience that fantastic powder at Mt. **Ashland**?
3. What was the last time we had a **Ski Fair** in Portland?
4. What was the name of last year's **Warren Miller** movie?
5. How often should we **wax** our skis? This was covered in our newsletter but I don't remember what was said.



The answers to these and many other questions can be found on our web site. You will find them mostly on the NEWSLETTER, ARTICLES, and PHOTOS pages. The Newsletters page is a good place to start.

And the blue bolded words above are your search words.

For example, let's find out when was it that we experienced that memorable powder day at Mt. Ashland. Here's how to do it:

1. Go to the **NEWSLETTER** page on our web site. Lots of text there!
2. Hit **Ctrl-F** (or **Cmd-F**) for the FIND command. Use "Ashland" as the search word.
3. You'll find "Ashland in April 2019, the most recent trip there. That's too soon. In 2019, we had a sunny day. Search NEXT and find "Ashland" in March - May 2012 issue of Lift Lines.
4. So, click on that newsletter link for issue #135-137. It summarizes ALL the ski trips we did that year.

Look at page 7. It's all about that memorable Mystery trip to Mt. Shasta and Mt. Ashland. It happened on **March 16 - 18, 2012**.

You can use this method to find a lot of things on our web site.

Navigating our web site

Many of our web pages are very long. Here are a few tips on how to navigate them without too much scrolling, and how to find things.

1. **To get back to the top of the page**, hit the **Home** key on your keyboard. That's on a computer. Does anyone know how to do this on a smartphone?
2. **To get back to our Home page** (the Events Calendar page), click/tap on either the "**Home/Events**" button at the top of the menu, or click/tap on the **Mountain High logo** at the top of the page.
3. **To find out anything about any ski area in the west**, such as how much snow they have, or what their hours of operation are, or to take a look at their trail map, on our web site, simply click on the "**Ski Areas**" button in the menu, and then click on the desired ski area.

Our web site is: www.mthigh.org

Find vs. Search



There are at least 3 different levels of searching for things on the web or in your own documents.

Search engines, such as Google, Bing, DuckDuckGo, Yahoo, or AOL, will search the whole internet.

Search a web site. Some web sites offer an internal search of their own. You type in a search word, and the search will be performed on the entire web site, but not the whole internet. Our club's web site could use such a search. Does anyone know how to implement it?

Find is a command that can be used anywhere on a web page, or any document, such as within Word, a spreadsheet, or a PDF file. It will search only that document or that page and nothing beyond that. To invoke that command:

On **Windows** computer, hit **Ctrl-F** or click on Edit > Find & Replace.

On **Apple** computer, hit **Cmd-F**

On **Android** smartphone, within a browser, tap on Menu > More > **Find on page**. The menu is often represented by 3 dots.

In **Chrome** (a web-based computer), tap on Menu > **Find on page**.

On **iPhone**, the FIND command seems to be missing. At least it was missing in the earlier iPhones. Does anyone know if the latest iPhones have a FIND command for searching within a document?



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

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, that means you are already a member of the group.

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

* **To start a new topic**, in the Forum click on the red “New topic” button.

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.



Speed Racers Corner

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



PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Alan Bean
Mt. High Racing Director

NEW THIS SEASON – The plan is to post live race times on Live-Timing.com for viewing on smart phones throughout the day:

Please search for our PACRAT race on race days at: live-timing.com

Following each race, any help from racers to dismantle the course would be greatly appreciated. If you are willing to haul gear off the hill and back to the lodge, please meet at the top of the course at the end of the race (approximately 1:30pm).

Our after-race parties include both food and drinks - free for our racers. Please wear your PACRAT bib for party entrance and claiming door prizes. If you are willing to help out at a party or two this season, please contact Ulla Brunette at 503-928-9291.

During the parties, there will be PACRAT tee shirts available for purchase, and Bob Stawicki will be available to discuss his PACRAT On-Demand photo packages.

Skibowl is switching to an online waiver system this year, and all racers must complete the SmartWaiver. The waiver is available at: <https://waiver.smartwaiver.com/w/5b9c42a692703/web/>

Questions? Contact me via the club e-mail: racing@mthigh.org.

2020 race dates

Jan. 26: PACRAT Race 1 - Skibowl

Feb. 9: PACRAT Race 2 - Skibowl

Feb. 23: PACRAT Race 3 - Meadows

Feb 29 - Mar.1: Masters races - Skibowl

Mar. 15: PACRAT Race 4 - Meadows

Mar. 29: PACRAT Race 5 - Timberline

Mar. 22: NASTAR Open race - Skibowl

Mar.24: NASTAR Championships at Squaw,

Apr. 5: PACRAT Makeup race - Timberline

Apr. 17: PACRAT Rat Attack awards dinner.

Apr. 26: Fun / Fundraiser race - Timberline

For more info, see the PACRATS web site:

www.pacrats.org , or our RACING page at:

www.mthigh.org/Racing.htm .

Missing a Race

PACRAT racers are expected to show up at all 5 of the scheduled PACRAT races. But note that, unless your team is very competitive, it is not a big deal if you miss one of the races. The final results at the end of the season are based on your 4 best races. One of your worst results will not be counted anyway.

Town Challenge Series Races - Mt. Hood Meadows



Feb. 21, March 6, and March 21. The Town Challenge Series is a recreational series of 3 races designed for skiers and snowboarders of all levels. The goal of the series is to provide teams and individuals the opportunity to enjoy Mt. Hood Meadows in a family friendly and recreational racing environment. Participants may race as an individual or as a team. A team consists of 4 - 6 skiers or snowboarders ages 8 and older. So get your coworkers, friends and family together and head to the mountain!

The Town challenge is a series of three races March 9, 16, and 24th March 9th and 16th racing begins at approximately 4:30 PM and ends at 7 PM. On March 24th racing begins at 11 AM and ends at 3:00 PM.

Teams: Teams consist of 4-6 people with at least one person from each discipline (ski or snowboard). Teams should select one member as a team captain to represent them.

To have your individual time count toward team results, team captains must email their team name and the name, discipline (ski or snowboard) and gender of each team member to **Chris Olson** at chris.olson@skihood.com. No later than 24 hours prior event day.

Registration: Registration is available at Concierge ending 45 minutes prior to the start of the race.

Tickets: A racer ticket may be purchased at Concierge when registering for the Town Challenge the day of the event. Racer tickets must be purchased at the lodge, and are not available online.

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.

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.

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.

February 18 (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@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 (same as last year) - Club news & events (between newsletters): yes no
 - Other ski news (NWSCC, FWSA, ski areas, trips...): yes no
 - Is it OK to share your email address with other club members? Yes No

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

NWSCC Council Night at US Outdoor Store

February 19, 2020 (Wednesday). We'll meet at the US Outdoor Store, 219 SW Broadway, Portland, OR 97205.

We will start with a shopping opportunity from 5:30 on; socializing; and meeting starting at 6:30 pm.

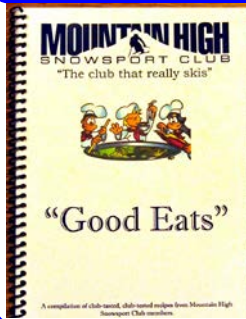
U.S. Outdoor will be discussing new products. **Ski & Ride for a Cure** will be presenting. **Pizza and beverages** will be served.

Shred Hood is Back!!!

The website that is all about Mt. Hood. Several new articles for this season:

- * [Wild, Wild Weather](#)
- * [Teen Summits Mt. Hood 4 times in a day](#)
- * [Sunlight on the Mountain](#)

Mt. High Cookbook



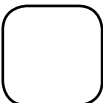
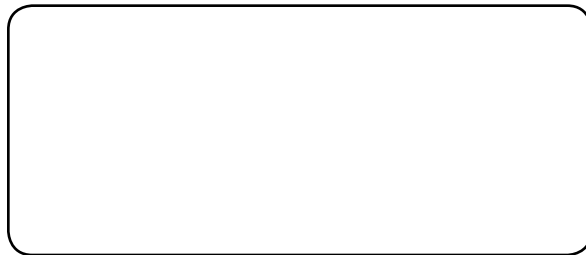
This 34 page cookbook is available for \$10. It contains soups, salads, entrees, desserts, and more! All from our ski club members.

You can get one at our social events, Pizza Party or Chocolate party. Contact Debbi Kor: 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:

- * [Ski Butlers](#)
- * [John Fry \(1930 - 2020\)](#)
- * [Have you been drinking? It's time to start](#)



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