



Lift Lines

= No. 231, March 2020 =

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



QUICK NOTES

Knees. We've had 4 ski trips this season, and we also skied locally on Mt. Hood. Nobody suffered any head injuries. Nobody's helmet got damaged. But several people injured their knees - the most vulnerable body part for a skier. Has anyone been wearing a protective knee brace? Read all about knee treatments in the recent [compilation of articles about knees](#).

Chocolate. Join us for the **Chocolate party** on Saturday, March 14. Yummy deserts! Good company! Love games. Fun times!

Club elections will be held at a social event in May. Both Debbi Kor and Debbie Geiger have announced they will not run for re-election. So, we need **nominations** for a new club **President** and a new club **Secretary**. Send you nominations to any of our Board members. See page 11.

Chocolate Party



Come to the Chocolate Party, March 14

Spring Passes



Spring is the best time to ski.

- * The weather gets sunnnier,
- * The crowds get thinner, and
- * Spring Passes are the best deal on the mountain. For the cost of two lift tickets, you can ski for 3 months - March, April, and May.

Ski areas usually don't even mention the Spring Pass during the Winter, but they have just announced them and they are already available.

Mt. Hood Meadows Spring Pass costs \$159 for adults, \$139 for ages 65-74 and just \$99 for ages 15 - 24. Valid from March 9 to end of season.

Timberline Spring Pass costs \$149 for adults up to 70. Valid from March 2 till May 25. That's 85 days.

Skibowl's Spring Pass costs \$109. Valid till the end of this season.

If you already have a Season Pass, you don't need the Spring Pass. But the Spring Pass can be useful if you want to try a different ski area for at least a couple of days.

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>.

Note the color code.
Our club is blue.

2020 CALENDAR

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

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. 23 (Mon.)	Mt. High Board meeting
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 (Red Lion Hotel, Jantzen Beach, Portland, Oregon)
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Silver Star Trip

Jan. 27 - Feb. 2, 2020.

We have been visiting Silver Star for the past 4 years in a row. This was our 5th visit. It's a great place for ski-in/ski-out lodging. Just get out of your lodge and step into your bindings. This trip was led by **Karen Michels**.

See more on our website [PHOTOS](http://www.mthigh.org/Photos.htm#Silver-Star-trip) page at: <http://www.mthigh.org/Photos.htm#Silver-Star-trip>



Group photo at the ski-in/ski-out village at Silver Star (Photo: Shelly Seger)

Whitefish Trip

Feb. 8 - 15, 2020.

Our most flexible trip ever. People could fly, drive their cars, or take the train, and people did choose all these options. People could stay 4, 5, or 7 days. A total of 42 people participated, but only 8 people went on the optional day trip to Blacktail Mountain. This trip was organized by **Bill King**.

See more on our website [PHOTOS](http://www.mthigh.org/Photos.htm#Whitefish-trip) page at: <http://www.mthigh.org/Photos.htm#Whitefish-trip>



Group photo at Whitefish Mountain (Photo: Emilio Trampuz)

Powder Highway Trip

Feb. 22 - Mar. 1, 2020.

Our longest trip of the season. A total of 9 days. Most of the the trip was centered around Panorama, in British Columbia. Fernie and Kimberley were visited for one day each on the way there and back. Plus, an optional day at Kicking Horse was arranged for those who wanted it. This trip was led by **Karen Michels**.

See more on our website [PHOTOS](http://www.mthigh.org/Photos.htm#Powder-Hwy-Panorama-trip) page at: <http://www.mthigh.org/Photos.htm#Powder-Hwy-Panorama-trip>



Part of our group at Panorama (Photo: Kurt Wilke)

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.

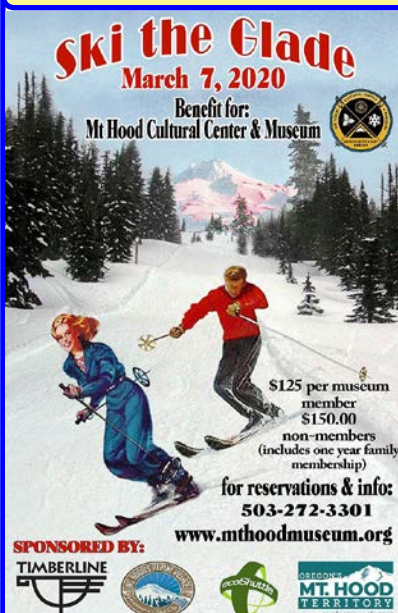
2. [Ski to Defeat ALS](#) at Mt. Hood Meadows, March 7, 2020 (Sat.)

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 - SOLD OUT



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, Apré'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.

ALL TICKETS SOLD OUT BY END OF FEB.

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

7:00 pm <== **Updated time!**

Home of Ron & Terri 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



Mt. Hood Adventures this Spring

March, April, and May

Have you skied everything there is to ski on Mt. Hood? Could we find something new? Show us, or let us show you. For example:

1. Thanks to Sally Niedermeyer, we have discovered the “Daddy Killer” trail at Skibowl. No it’s not a black diamond. It’s green! But you probably never heard of it!

2. Emilio can show us some hidden gems, like skiing Timberline to Government Camp, or Little Zig Zag canyon, or the safety boundaries. Most Saturdays this Spring. Contact [Emilio](#).



History Happy Hour: Ski Fashion

March 28, 2020 (Saturday) 6:30 pm.



Topic: See how ski fashion evolved from vintage to the present day. Real clothes. Live models. Presented by the Skiylene ladies and Hillcrest Sports.

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

Mt. High

Mt. High Social & Elections

Mt. High

May, 2019 (TBA)

Location: TBA

See Google Map.

Food will be on the club. Just buy your own drink. Everybody is invited! Come meet other members, see what’s new.

Included: * **Socialize, mingle with other club members.**
* **Free food (on the club), but buy your own drink.**
* **Participate in electing our club officers.**



ELECTIONS: We will hold our annual club elections for President, Vice-president, Secretary and Treasurer. You can nominate someone or volunteer yourself for a position. Please send in your nominations to info@mthigh.org or to our past club president: Kurt Krueger at telek2@frontier.com or 503-625-1492.

If you are interested in joining the club’s Board of Directors, there are four positions that we will be voting on:

President: - No candidate yet -
Vice-President: Bill King (incumbent)
Secretary: - No candidate yet -
Treasurer: Nancy Pratt (incumbent)

Other positions on the Board are appointed by the club President, including trip leaders, newsletter editor, racing director, social activities director, etc. Please let us know if you are interested in any of these positions. If you would like to be a “Board Member at Large”, talk with Debbi Kor (our club president) about what you may have in mind.

History of our web site

Our club didn't have a web site until 2004. Our newsletter editor, **Emilio Trampuz**, wanted to set up one but didn't have the knowledge or the tools to do it. So, **Jack Folliard**, who was then our PACRAT President, made an announcement at one of our Pizza Parties, asking for someone to volunteer to set up a web site for the club.



Les Furnanz responded to the request. Within a month or two, we had a web site completed.

Les invited Emilio to his home and showed him the ropes, so within another month or two, Emilio took over maintaining the web site.

The original website had a similar look to today's site. Over the years, Emilio mainly changed three things:

1. The main menu **buttons** were made **smaller**.
2. The **pictures** on the photos page were made **larger**. The first pictures were 320 pixels wide to fit two of them on a 640 pixel wide page. **In 2010**, the page was widened to 800 pixels, so that each photo could be 400 pixels wide. **In 2016**, we switched to having just one picture at a time (instead of 2 side by side), so each picture is now 800 pixels wide, same as the page.
3. **New pages were added** over the years, including: the Bulletin Board, the Awards page, the link to our Facebook page, and the 2 Forums, as well as the Ski Areas page, and most recently the "Sign Up & Pay" page.

Les' initial design didn't have a lot of pages because the general idea was that the website would simply be a reflection of the newsletter, and it would contain mainly two pages: one for **social activities** and one for **trips and ski activities**. Les had also set up our PHOTOS page.

Les's initial idea was to lessen the work involved in maintaining both the newsletter and the website. So the plan was to split the newsletter into two halves: one for the social activities and one of skiing and trips. Two separate PDF files would be created, and then they would be posted on two separate pages on the website.

Emilio, however, soon found out that the newsletter and the website work differently and that it was better to organize them and maintain them separately.

So, our website gradually grew, adding new pages every once in a while. A **History** page was added to document the club's history and the history of Mt. Hood. Another page was developed to deal with **Safety** issues.

One significant addition was the **ARTICLES** page, which is a repository for articles that had been published in the newsletter but have a more permanent value. So, to make them easier to find, these articles were stored on the ARTICLES page, which should perhaps be called our RESOURCES page.

The most recently added page, added in 2018/2019, is the "**Signup & Pay**" page, which makes it possible for people to pay their membership dues, racing fees, and trip payments online, paying by credit card. Our Racing director, **Alan Bean**, was instrumental in setting up this ability, because he wanted to simplify how our PACRAT racers register and pay their racing fee.

Bill King, our club's Vice-president, developed the system of paying via Pay Pal and customized it for our club's needs.

Our current website can be roughly seen as consisting of 3 main parts:

PAST EVENTS are covered and saved on the "Newsletters page and on the PHOTOS page, where you can click on any past year to see what happened that year.

UPCOMING EVENTS are presented on our Home page (our Calendar of Events), as well as the TRIPS and RACING pages.

CURRENT AND/OR TIMELESS EVENTS are presented on pages such as our Facebook page, our 2 Forums, Articles, Awards, Blogs, Member Benefits, History and Safety pages.

Les Furnanz

April 3, 1946 - Jan. 28, 2020

Les passed away. He gifted his family with a love for the outdoors, music and traveling. His passion for travel led him to six continents. French became his second language. He had a sweet tooth for desserts.

Les earned a BS from the University of San Francisco, an MSEE from UC Davis and an MBA from the University of Santa Clara. He worked at Intel for 22 years before retiring at the age of 50 to pursue his passions.

We'll always be grateful for his gift of a web site.



Mt. Hood Express and Timberline Shuttle



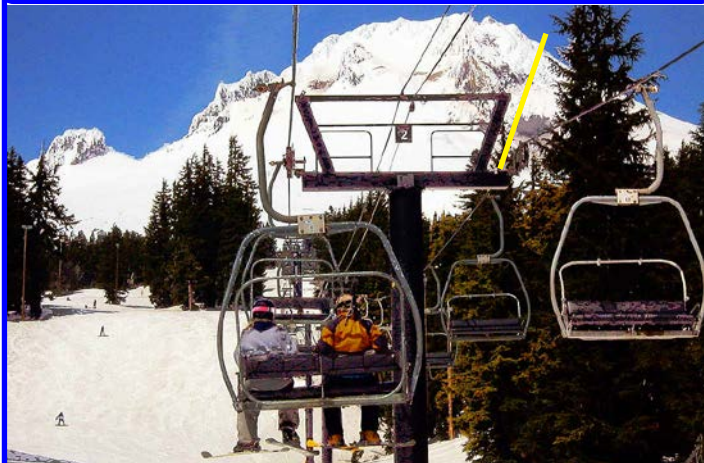
The Mt. Hood Express bus takes you from Sandy to Skibowl or Timberline for just \$2 each way. The bus always gets through, even if

Timberline Road is closed when the parking lots are full. Schedule at: <https://www.mthoodexpress.com/schedule-map>

Timberline has its own shuttle buses that operate only on weekends and holidays, and only until Sunday, March 29. These shuttles encourage you to park in Government Camp. They make only one stop there at the Summit ski area. They run continuously from 8:30 am to 4 pm. These shuttles are free for all Timberline guests. See: <http://www.timberlinelodge.com/getting-here#transportation>



Timberline replaces Pucci lift



Timberline's Pucci lift is getting an upgrade this summer from the existing triple chair to a high-speed detachable quad.

80 Pucci chairs available for purchase online only on a first-come first-served basis.

Each chair is \$500.00 with 80% of the proceeds equally benefitting the Friends of Timberline and the Mt. Hood Cultural Center & Museum. Before purchasing, please understand that you must commit to picking up your chair in mid-April.

Bill King - NWSCC Man of the Year



Our Mountain High club nominated **Bill King** and **Linda McGavin** as our Man & Woman of the Year. Other Northwest clubs nominated their own people too. All these men and women went on to the NWSCC level.

The NW Ski Club Council selected the following two people as the Northwest's Man and Woman of the Year:

Man of the year: Bill King (Mountain High club)
Woman of the Year: Sandi Shaub (Skiyente)

Congratulation to Bill. He has accomplished a lot in just a few years. For example:

- He is the NWSCC Treasurer.
- He is the Mountain High club Vice-President.
- He has led this year's club trip to Whitefish, MT.
- He has improved the Trip Planning spreadsheet that our trip leaders use for calculating the trip price.
- He has helped establish our Signup & Pay system.

Turner Mountain, Montana



Why are Canadians from Calgary, Fernie, or Cranbrook skipping their own gems such as Banff, Lake Louise, Fernie, Kimberley, Panorama, and others, and are driving south to Turner Mountain Montana?

Some factors are: No lift lines, low priced lift tickets, lots of vertical, lots of powder, ... but there's more.

Canadians are willing to drive 4 or 5 hours (or more) to get to Turner Mountain. That should tell you how good it is. So, why most Americans don't know about this place?

See this video: <https://youtu.be/ByjC-ztjauU>



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

Race #3 was cancelled due to weather, so we are now planning to utilize the make-up race date on the schedule for April 5th. It will be at Timberline.

The difficult decision was made to cancel the NASTAR Open race on March 22nd and we are relocating our first scheduled Timberline race to Mt Hood Meadows.

On race days, live results will be posted 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.

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.

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 - **Meadows**

Mar. 22: NASTAR Open - CANCELLED

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 .

Makeup Race

Since one of our races was cancelled, we will have a makeup race on April 5 at Timberline.

Don't miss it!

Town Challenge Series Races - Mt. Hood Meadows



Feb. 28, March 6, and March 14. 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. The first two races begin at approximately 4:30 PM and end at 7 PM. On March 24th racing begins at 10 AM and ends at 12:00 PM (noon).

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.

MOUNTAIN HIGH

FWSA Convention

SNOWSPORT CLUB

"The Voice of the Western Skier"



88th Annual
**Far West Ski Association
 Convention**
 &
90th Anniversary Celebration
 May 28 - 31, 2020



at the
Red Lion Hotel on the River
Jantzen Beach

Hosted by the *Northwest Ski Club Council*

Red Lion on the River - Jantzen Beach

909 N Hayden Island Dr., Portland, OR 97217

Reservations <https://book.passkey.com/go/rollinontheriver2020>
 or

call **1-503-283-4466**, Group Name: **Far West Ski Association**.

Room Rates per night plus tax single or double occupancy —
\$149 per night

Room Registration Deadline May 1, 2020

Hotel Features

- Located on the Columbia River
- Breathtaking views of Mt. Hood & Mt. St. Helens
- Outdoor Pool and jacuzzi
- Riverside deck for Friday Night Happy Hour
- Restaurant & Lounge • JB's Night Club
- Business Center
- Fitness Center

Transportation

- Fly into Portland International Airport
- 12 miles to Hotel via Uber, Cab, Red/Yellow Max Line

Convention Highlights

- Silent Auction & Trade Show
- Travel Expo
- Snowsports Leadership Academy
- Celebrity Speakers
- Public Affairs Panels
- Saturday Awards Luncheon
- Saturday Awards Banquet
- FWSA General Meeting & Elections

Optional Activities

- **Thursday**
 - Mt. Hood Adventure
 - Pub Crawl in Downtown Vancouver
- **Friday**
 - 14th Annual Michael German Memorial Golf Tournament
 - Bike Ride
 - Wine Tour
 - Pool Party

Debbi Kor
 FWSA Convention Chairperson
fwsadebbi@comcast.net
 503-314-7078

Mary Olhausen
 Silent Auction/Travel Expo Manager
omary52@comcast.net
 503-880-7383

Sheri Parshall
 Host Council Coordinator
cougskier@aol.com
 503-706-0522

A portion of the Silent Auction proceeds will benefit the Mt. Hood Ski Patrol.

www.fwsa.org

The Far West Ski Association Convention will be held in Portland this year, at the Red Lion Hotel on Jantzen Beach. It is organized and hosted by the NW Ski Club Council. Everyone is welcome to attend, either as a full delegate with a paid registration fee of \$169 (which includes breakfasts, lunches and dinners Friday - Sunday, or you can attend only certain events.

The Friday evening Silent Auction is free for everyone and it is like a Ski Show, with many ski areas represented. You can visit their booths and bid on a large number of ski trips and other activities. Great trips can be had for maybe half the real price. So come and check it out. For more info, see the **FWSA website** at www.fwsa.org or contact **Debbi Kor** at fwsadebbi@comcast.net. For the Silent Auction, contact **Mary Olhausen** omary52@comcast.net

Far West Ski Association 88th Annual Convention

Red Lion Hotel on the River, Jantzen Beach, Portland, OR

May 28 - 31, 2020



Hosted by the Northwest Ski Club Council

Located on the beautiful Columbia River, which forms a border between Oregon and Washington.

Portland, Mt. Hood, and the Columbia River Gorge are a mecca for outdoors recreation.

REGISTRATION PACKAGE

Important Deadline Information

- Before May 1 Registration Fee is \$169 with Special Hotel Pricing guaranteed
- May 1st - 10th Registration Fee is \$180
- May 10th Room Block will be released—the group rate will no longer be available
- After May 10th Registration Fee is \$195

CONTACT

- **Debbi Kor** FWSA Convention Chair
fwsadebbi@comcast.net or 503-314-7078
- **Mary Olhausen**, Silent Auction Chair
Omary52@comcast.net or 503-880-7383
- **Sheri Parshall**,
Convention Coordinator
cougskier@aol.com or 503-706-0522
- Visit fwsa.org



SCHEDULE HIGHLIGHTS

Wednesday, May 27, 2020

Dinner Cruise on the Willamette 5:30 pm - 10:00 pm

Thursday, May 28, 2020

Mt. Hood Adventure 8:30 am - 3:00 pm
Pub Crawl in the "Couve" 5:30 pm - 10:30 pm

Friday, May 29, 2020

Optional Activities 6:30 am - 4:00 pm
Pool Party 3:00 pm - 4:00 pm
Convention 101 Orientation 5:00 PM - 5:30 PM
Club Happy Hour 5:30 PM - 6:30 PM
Silent Auction & Trade Show 6:30 PM - 10:30 PM

Saturday, May 30, 2020

Continental Breakfast Buffet 7:00 AM - 8:00 AM
Far West Opening Meeting 8:00 AM - 8:30 AM
Snowsports Leadership Academy 8:45 AM - 10:15 AM
- "Learning to Ski with Disabled Skiers"

Travel Expo 8:45 AM - 10:25 AM
Snowsports Leadership Academy 10:45 AM - 12:15 PM
- "Strategic Travel Planning"

Far West Racing Seminar 10:45 AM - 12:15 PM
Public Affairs Panel 10:45 AM - 12:15 PM
Awards Luncheon 12:30 PM - 1:30 PM
Keynote Speaker Presentation 1:30 PM - 2:30 PM
Snowsports Leadership Academy 2:40 PM - 4:00 PM
- "Leadership is DRAMA...Be a DRAMA Queen!"
Public Affairs Panel 2:40 PM - 4:00 PM
Council Caucus 4:15 PM - 5:30 PM
Reception (No Host) 6:30 PM - 7:00 PM
Awards Banquet & Dance 7:00 PM - 11:00 PM

Sunday, May 31, 2020

Far West Meeting & Elections 8:30 AM - 10:30 PM
Delegate Brunch 10:30 AM - 11:30 AM
Far West Meeting Continued 11:30 AM - 1:00 PM
Far West Board of Directors Mtg. 1:15 PM - 2:15 PM

CONVENTION 101

Are you new to a FWSA Convention? Make plans to join us for a Convention 101 Orientation on Friday from 5:00 PM - 5:30 PM. Michael Bouton, FWSA VP Membership, will review the weekend's program and answer all your questions.

Information provided will assist you in selecting which panels to attend to best suit your needs and make the most out of your Convention experience. Learn what to expect at the Sunday elections and business meeting.

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 6, 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.



FWSA Trips



The Far West Ski Association, which we are all part of, has several trips this year and the next. 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.

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. **Update:** Bill is also the NWSCC man of the year.

Mountain High Board Meeting

Usually last Monday of the month.

March 23 (Mon.): Open to all who want to get involved with the club. Gather at **6:30 pm.** Start at **7 pm.**

New Location: Round Table Clubhouse, 16444 Boones Ferry Rd, Lake Oswego.

Mountain High snowsport club contacts:

President: Debbi Kor H: 503-314-7078
Vice-President: Bill King H: 614-371-4762
Secretary: Debbie Geiger
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 March 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.

Mt. High Credit Card Payments

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

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

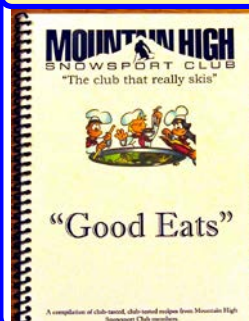
Count Your Ski Areas

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-2020-03-01.xls>

Shred Hood is Back!!!

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

- * [3 Deaths in 3 Weeks on Mt. Hood](#)
- * [Volunteer Rescue Groups Face Threat](#)
- * [Mt. Hood Gets Volcano Monitors](#)

Mt. High Cookbook

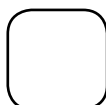
This 34 page cookbook is available for \$10. It contains soups, salads, entrees, desserts, and more! All from our ski club members.

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:

- * [Incidents #7 \(Collisions\)](#)
- * [Incidents #6 \(Stonewalling ski areas\)](#)
- * [Skiing single: 5 best words to hear](#)



Emilio Trampuz
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www.mthigh.org
 for updates.