



# Lift Lines

= No. 244, April 2021 =

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



## From the Prez

Happy Spring to all of our Mt. Highers. Spring is here, the sun has been shining gloriously every day for the past couple weeks, and it is giving ME the urge to get out and DO SOMETHING!! How about YOU??

Your Mt. High Board, and some of our members are beginning to plan some hikes, a biking event or two, and a couple social activities for our members to participate in. With the hopes that everyone is doing their part in getting vaccinated, we should ALL be able to get back together soon, safely!

Michele Gunness and friends are planning on at least 1 hike per month, beginning in June...exact dates TBD. John Davis is working on a bike trip, and he and Emilio may jointly plan another biking event. Anyone else who would like to plan something...don't be shy.

What we do have down in stone are Saturday, June 5th will be our Summer Highway Clean-up. Saturday, July 24th, I plan to host a Backyard party at my home. We can have a good old-fashioned Barbecue, or turn it into our Annual Seafood Party. We'll let YOU decide. THEN....the Club would like to give back to our members. I have planned a day at McMenamin's Edgefield, on Saturday, August 21st. It may include wine tasting. It may include golfing. BUT...it will certainly include good friends, good fun and good food !

We have our first Winter Ski Trip planned for March, 2022 to **Whitefish, Montana**, led by Bill King. Bill will have Trip info at the Zoom meeting on the 22nd. See page 2.

LASTLY, it is long past the time for the Tides to turn. We are in need of holding an election to open up our Board positions to those who would like to be on the Decision Making End of this club. Those positions currently open are: **President**, and **VP of Membership**. If YOU, or someone you know, is interested in being a part of the Mt. High Board, please let us know. We are always looking for fresh ideas!

## Spring Deals

1. **Timberline** offers a Spring Pass valid from March 15 to May 31 for \$175.
2. **Mt. Hood Meadows** offers an affordable Midweek Pass valid Monday - Friday from March 3 to the end of the season. For adults aged 24-64 it costs \$239. For seniors 65-74 it costs \$219. For Juniors 7 - 24, it costs \$199.
3. **Mt. Hood Skibowl** offers a 3-pack that can be purchased for \$149 day pass Fri-Sat-Sun; or \$99 for a night pass for the same days, which makes it \$50 per day or \$33 per night for one person, for 3 days; or split between 3 people.

Note the color code.  
Our club is blue.

## 2021 CALENDAR

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

### APRIL

- Apr. 11 (Sun.)** Laura Green Memorial Race - at Timberline, 10 am.  
**Apr. 22 (Thur.)** Mt. High ZOOM meeting at 6:30 pm.  
**Apr. 26 (Mon)** Mt. High Board meeting

### JUNE

- June 5 (Sat.)** Highway Cleanup, 10 am.

### JULY

- TBA** Hikes, Bike rides, etc.  
**July 24 (Sat.)** Mt. High Social at Debbi's (Seafood or BBQ?)

### AUGUST

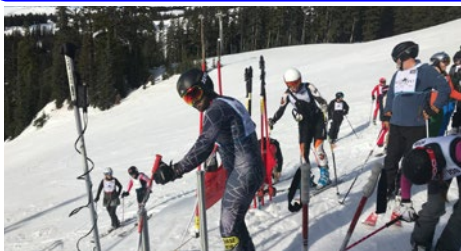
- Aug. 21 (Sat.)** Mt. High Social at Edgefield - 11 am to 5 pm.

### OCTOBER

- Oct 7 - 10** FWSA Convention, San Diego This convention was moved from June to October.

## Mt. High

## Spring Fun



Ski Patrol fundraising race, Apr. 11



Spring Skiing



Side-country at Timberline



Mt. High Zoom meeting - April 22

## Mountain High All-Club Online Meeting

**April 22, 2021. (Thursday) 6:30 pm.**

This meeting is open to all our club members. Please join us for about an hour or so.

The meeting will have three main purposes:

- To see each other and socialize a bit virtually.
- To make some trip and activity announcements.
- To share any other news we might have at that time.

Mt. High Snowsport Club is inviting you to a scheduled Zoom meeting.

**Join Zoom Meeting at:**

<https://us02web.zoom.us/j/89999582428?pwd=VzFsWFowSnVJRWE4UHhLVjNtWERqUT09>

Meeting ID: 899 9958 2428

Passcode: 097194

Or: One tap mobile

+12532158782,,89999582428#,,,097194# US (Tacoma)

Meeting ID: 899 9958 2428

Passcode: 097194



### Mt. High

### Highway Cleanup

**June 5 (Sat.).** It's time for our Summer Cleanup of the 2 miles of Highway 26 we've adopted, from mile post 51 to 53, just west of Government Camp.

We'll meet at **10 am** in Skibowl's parking lot, and spend about 2 hours removing stuff people throw out along the highway. Let's see who will find the most interesting object! Bring some gloves. We will provide garbage bags and garbage pickers (Bring one if you have one).

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

We need only about 10 people. Please don't come unannounced.

**If you are planning to come please RSVP** by contacting **Debbi Kor**, 503-314-7078 or [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)





## Mt.High

## Social Activities



Several social activities are being planned for this coming summer of 2021, including:

**April 22 (Thursday)** 6:30 pm. Zoom meeting for the whole club..See page 2 for details.

**July 24 (Saturday)**. Social gathering at Debby's place. We can either do a backyard BBQ, or turn it into the Annual Seafood Party. We'll let the club decide what they want to do.

**August 21 (Saturday)**. 11 a.m. to 5 p.m. Social gathering at McMenamin's Edgefield for some food and drinks. Also, optional, possibly some golf.

## Mt.High

## Whitefish Ski Trip



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

**March 13-20, 2022.** Sunday - Sunday. 4, 5, or 7 days, but everyone must start on March 13. Whitefish Mountain Resort offers 3000 acres of skiing. Formerly known as 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. We will be staying at the Kandahar Lodge, a very nice on-mountain hotel with a Swiss or Austrian feel.

We did this trip last winter, just before the pandemic, and it was great. Let's do it again!

Trip leader: **Bill King**, [willie2k@ymail.com](mailto:willie2k@ymail.com) or 360-977-7482. More details will be announced soon.

"The Voice of the Western Skier"



## FWSA Trips

**Dive trip to Roatan**, Honduras, October 9-16, 2021.

**FWSA Ski Week in Aspen**, January 29 - Feb. 5, 2022.

**Solden, Austria** Feb. 26 - March 5, 2022. Extension to Black Forest, Mar 5-11.

**Croatia**. September 3-11, 2022.

More details on our club's TRIPS page, or click on the above trip names or see the FWSA TRAVEL page at: <https://fwsa.org/>

## Far West Convention

October 7 - 10, 2021.



The Far West Ski Association Convention that was originally scheduled for June 2021 has been postponed till October 2021.



It will be hosted by the San Diego Council of Ski Clubs and will be held at the Town and Country Resort & Convention Center in San Diego, CA.

See details on our website at: [http://www.mthigh.org/index.htm#Far\\_West\\_Convention\\_2021](http://www.mthigh.org/index.htm#Far_West_Convention_2021).

## Ski Japan in 2022



Interested in a January or February 2022 trip to **Hokkaido, Japan?**

A week of excellent powder skiing with a Japanese tour operator. Approximately \$3000 Includes lodging, breakfasts, maybe a dinner or two, lift tickets, transportation to resorts and guided tours.

**Optional post-trip.** We could do a week of touring on the main island.

**We need to know who is interested to get better pricing.** This is not a club trip so some things may be left to each individual.

If you are interested, contact **Tom Rodrigues** at: [trcreek@me.com](mailto:trcreek@me.com).

Each year, at the **Far West Ski Association's** annual convention, held in a different city each year, several individuals and ski clubs and Councils are awarded prizes of recognition. Here are just some of them. **You too can win.** Make an effort to do something positive and valuable for your club and/or for snow sports, and then either apply directly or let someone nominate you.

The FWSA deadline for nominations is July 18, but it is better to apply earlier than that. For more info on the FWSA awards, check out the FWSA web site, [www.fwsa.org](http://www.fwsa.org), or contact Debbi Kor at: 503-314-7078, [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)

### Man & Woman of the Year

First, each club recognizes their own man and woman of the year. See the [Awards](#) page on our web site for a list of past winners.

The two people from each club then proceed to the next level (the Northwest region). The NW Ski Club Council selects just one pair (not necessarily from the same club) among all the local club nominees. Those two people then represent the NWSCC at the Far West Convention.

At the Far West Convention, one final pair is selected among all the Ski Club Councils in the west.

The grand prize is a trip for two to **Big White**, Canada.

To see who within our club has won in past years, see our AWARDS page on the web site: [www.mthigh.org/Awards.htm](http://www.mthigh.org/Awards.htm).

### NOTE

**Since the Far West Convention was not held last year (2020) due to the Covid pandemic, it has been decided that the same candidates that were nominated last year will be considered this year.**

### Safety Person of the Year

This annual award honors the person who has done the most to promote safety consciousness within the association. This can be done in a variety of ways including safety articles, on mountain activities, presentations, public speaking, working ski patrol, creating posters or banners, and many other activities.

The winner receives a 5-day ski/board package to **Mammoth Mountain** for two that includes: 5 nights lodging, 4 day lift ticket, and 4 days of rentals. Previous winners from the Northwest include **Emilio Trampuz** and **Sue Rimkeit**.

Resume & Entry Form must be sent to chairman by July 18. See: [https://fwsa.clubexpress.com/content.aspx?page\\_id=22&club\\_id=623165&module\\_id=334813](https://fwsa.clubexpress.com/content.aspx?page_id=22&club_id=623165&module_id=334813)

### Western Ski Heritage Award

The aim of the award is to raise the awareness of the contributions made by individuals or groups to all aspects of snowsports – competitive as well as recreational. Also to convey the positive role snowsports has had in its contributions to the communities in the West. It recognizes outstanding effort in the area of snowsports history to find, preserve, document and share the history of snowsports in the West.

The winner receives a 5-day ski/board package to **Steamboat** for two: 5 nights lodging, 5 days skiing, 5 day rentals, a lesson, a tour, and lunch. Past winners were **Emilio Trampuz**, and the **Mt. Hood Museum**.

Submit entry by July 18. See: [https://fwsa.clubexpress.com/content.aspx?page\\_id=22&club\\_id=623165&module\\_id=334814](https://fwsa.clubexpress.com/content.aspx?page_id=22&club_id=623165&module_id=334814)

### Environmental Award

This award is designed to encourage good stewardship of our environment, to inspire and reward creative efforts to conserve and protect our environment. This award should recognize actions that made a difference. For example: Volunteering at the community level, particularly in some leadership role; Organizing environmentally oriented events for the club or council; Writing a series of columns regarding environmental conservation, education or protection in your club newsletter.

The winner receives a 5-day ski/board package to **Aspen/Snowmass** for two: 5 nights lodging split between Aspen & Snowmass, 5 day lift ticket, and 5 days of rentals, a day group lesson. This is a new award.

Submit entry by July 18. See: [https://fwsa.clubexpress.com/content.aspx?page\\_id=22&club\\_id=623165&module\\_id=392866](https://fwsa.clubexpress.com/content.aspx?page_id=22&club_id=623165&module_id=392866)



## Racing in 2021

This was an unusual race season. Due to the Covid pandemic, each team had to be split into two halves, one racing during the day and the other racing on nights. Both only midweek. Each group participated in 3 races, for a total of 6 races overall.

PACRAT was the only adult recreational ski race league to get a full season in.

**Mountain High** has 2 teams among the top 5, and 5 teams among the top 10.

**Rattitudes** came from behind and scored a whopping and maximum 28 points in the last race to claim the overall title, just edging out Broadway Bombers by 1 point and Ruttin' Rats by 4 points.

Notice that the top five teams had very good overall participation.

There are 13 boarders this year and they are scored with the 20% discount as prescribed by NASTAR. As for individuals, fastest men on the hill were Peter Dodd and Mike Peck. The fastest women were Cleo Andersen-Green and Breanne Morton.

## PACRAT Race Results

### TEAM STANDINGS – Final

Pl	Team Name	Club Name	Pts	Part
1	Rattitudes (10s)	Mountain High	59	100%
2	Broadway Bombers (140s)	NWXventure	58	100%
3	Ruttin' Rats (60s)	Schnee Vogeli	55	97%
4	PDX Sliders (130s)	NWXventure	54	97%
5	Avalanche Express II (80s)	Mountain High	51	100%
5	Team Tilikum (120s)	NWXventure	51	80%
7	Mixed Nuts (50s)	Mountain High	50	77%
8	Avalanche Express (70s)	Mountain High	49	80%
9	Will Ski For Beer (100s)	Mountain High	45	83%
10	The Beer Denners (110s)	Cascade	44	97%
11	Ragnar's Rangers 1 (20s)	Cascade	41	87%
12	Racy Brats (40s)	Skiyente	33	80%
13	Tasmanian Ski Devils (150s)	Bergfreunde	29	83%
14	Schnee Ratten (90s)	Schnee Vogeli	26	75%
15	Ragnar's Rangers 2 (30s)	Cascade	19	58%
16	Avalanche Express III (160s)	Mountain High	15	57%

Pl = Place

Part = Participation

Thanks to Mark Crawford for these pictures from daytime races 2 and 3. The group photo is from the final race at Mt. Hood Meadows.





## Violet Spots Safety Sign on Mt. Hood

**Violet Anderson** spotted a safety sign west of Timberline, one of those posted by Emilio Trampuz or Kay Kinyon or Walt Blomberg - who helped set up these signs along the YELLOW safety boundary that alerts you that this is your last chance to retrace to the ski area and the ski lifts. Violet sent us the following picture with a comment saying:

“Emilio, today you were our Guardian. Thank you for your work on keeping us inbounds. Seeing your signs was reassuring. Thank you! - Violet”



Violet is one of our best skiers, a fast racer, and a former Racing director during the Plaza Ski Club years. She is also an intrepid skier who has climbed and skied down from the top of Mt. Hood as well as Mt. St. Helens. See photos of Violet's climbing and skiing Mt. Hood in our June 2008 issue of Lift Lines (issue #90), on page 3 at: <http://www.mthigh.org/Newsletters/LiftLines90.pdf>.

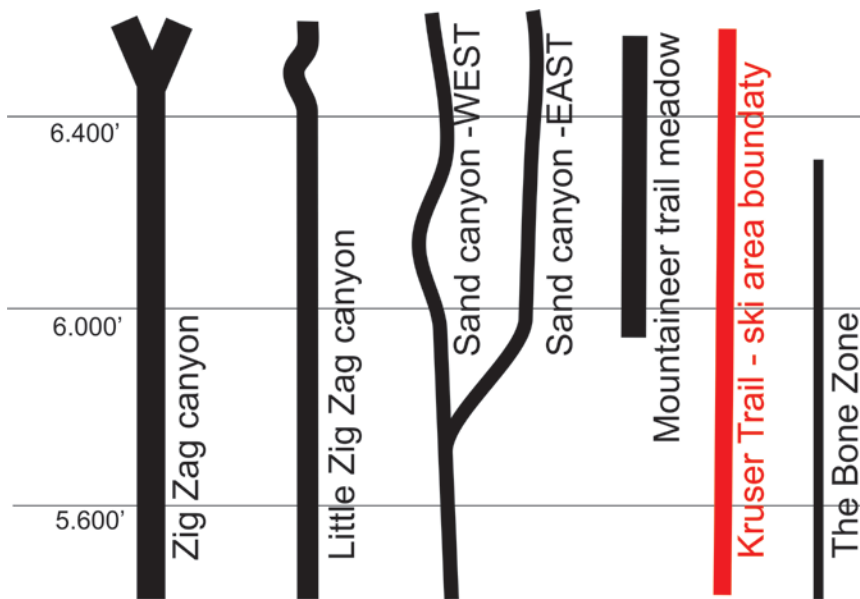
There is some good skiable terrain around the canyons west of Timberline, but - as most climbers know - all these canyons diverge away from Timberline and away from Government Camp. So, following the fall line will lead you into the wilderness where skiers often get lost. If you find yourself anywhere west of the Timberline ski area, you need to start traversing back toward the ski lifts. Don't just ski down. You need to start turning **left**.

According to an old Forest Service map from 1941, it has been known that skiers get lost in the forest around Sand canyon and Little Zig Zag canyon. The Forest Service posted a large red sign suspended over Sand canyon to alert skiers to leave the canyon there and ski left toward the Glade Trail. The new, smaller safety signs have been posted only recently, starting around 2017.

Notice in the picture that the yellow sign is barely a foot off the ground. When it was posted a few years ago, it was placed at eye level or slightly above. The above photo shows how much more snow there is this winter season (2020/2021). There must be approximately 5 feet of snow more than in previous years.

## Know Your Canyons

When you hike along the Timberline Trail west of Timberline Lodge, for a while it coincides with the Pacific Crest Trail. Along the route, you go in and out of several canyons. Occasionally there is a wooden sign telling you the distances to where you are going or where you came from. In the winter, all these signs are buried under 15 feet of snow. How will you know where you are?



You need to learn to recognize all the canyons. If you get lost and call for help, you need to be able to describe at least approximately where you got lost. Was it east or west of Little Zig Zag canyon? Or is it the forest between Sand canyon and the Glade trail?

Here is a list of the terrain features you will encounter west of Timberline when circling the mountain clockwise at approximately the 6,000' elevation, starting from Timberline Lodge westward.

In the diagram, the thicker the line, the wider and larger the canyon. Note

that at the 6,000 foot level, you will encounter two branches of Sand canyon, but at the 5,600 foot level and below, there is only one Sand canyon because the two branches have merged.

1. **The Bone Zone.** A small and narrow canyon that is still within the Timberline Ski area boundary. It is located between Timberline Lodge and the Stormin' Norman chairlift.

2. **The Mountaineer Trail Meadow.** As soon as you traverse westward from the top of the Stormin' Norman chairlift, cross over the Kruser trail and pass through just a handful of trees, you will descend into a small valley, more like a depression in the ground rather than a canyon. In the Summer, you will find a sign on the Timberline Trail telling you that this is the route of the Mountaineer Trail. This sign is located within about 50 feet from the remnants of the historic Timberline Cabin.

In the winter, you don't see any signs here. Just a wide open meadow that becomes almost flat at the location of the Timberline cabin. It is easy to return to the ski area from here. Just keep steering to your left any time you have a choice and you will soon emerge onto the Kruser trail.



Mountaineer Trail Meadow

3. **Sand Canyon - East branch.** This canyon begins very gently and gradually at an elevation of approximately 6,500'. But it soon becomes quite prominent and very inviting to ski just a tad further down. This branch of the canyon gently curves to the west until it merges with the West branch of the canyon, after which both canyons proceed down the hill.



Know that once you are in Sand canyon, it is not easy to get back to the Timberline ski area. It is possible, but only if you exit the canyon as soon as possible, at a higher elevation, and then start traversing straight east without losing any elevation. Mostly, once you are in Sand Canyon, you are committed to ski down to Government Camp.

4. **Sand Canyon - West branch.** This branch starts more prominently. It makes a short and gentle S turn, first to the right and then to the left, and finally proceeds straight down the hill, meets the East branch, and continues down.



Sand canyon  
East branch



Shortly after the two branches merge, the canyon gets narrower, the walls steeper, and with lots of trees along the bottom of the canyon. Watch for a fairly large red board suspended on a cable above the canyon. The text on it is getting harder to read because the white paint has flaked away, but the signs says: **"Leave Canyon Here for Glade Trail."** At that point, get on the left side of the canyon and start traversing slightly uphill and out of the canyon.

Then turn left again for just a few more steps until you see a natural opening descending diagonally down. On a clear day, you might see Mt. Jefferson in the distance. Follow this diagonal path until you hit the Glade Trail. You will emerge onto the Glade Trail exactly half way down to Government Camp. There is a sign there telling you that it's another mile and a half to Govy.

5. **Little Zig Zag canyon.** This is the only canyon that doesn't have two branches. It is larger than Sand canyon and has no vegetation in it. It is just a snowy canyon easy and inviting to ski, starting at about 7,000' elevation. Most of the west wall of the canyon is corniced from the prevailing winds coming from the west that shape the snow into an overhang. The east wall of the canyon doesn't have any cornices and it is relatively easy to exit the canyon on that side. Just point your skis diagonally across the canyon wall, dig in your ski edges and don't let them slip, and let the skis carry you out of the canyon. From there, follow the red safety boundary to Sand canyon, cross it, and then continue diagonally down to the Glade Trail and finally to Government Camp.



Little Zig Zag canyon



## 6. **Zig Zag canyon.** Danger zone!

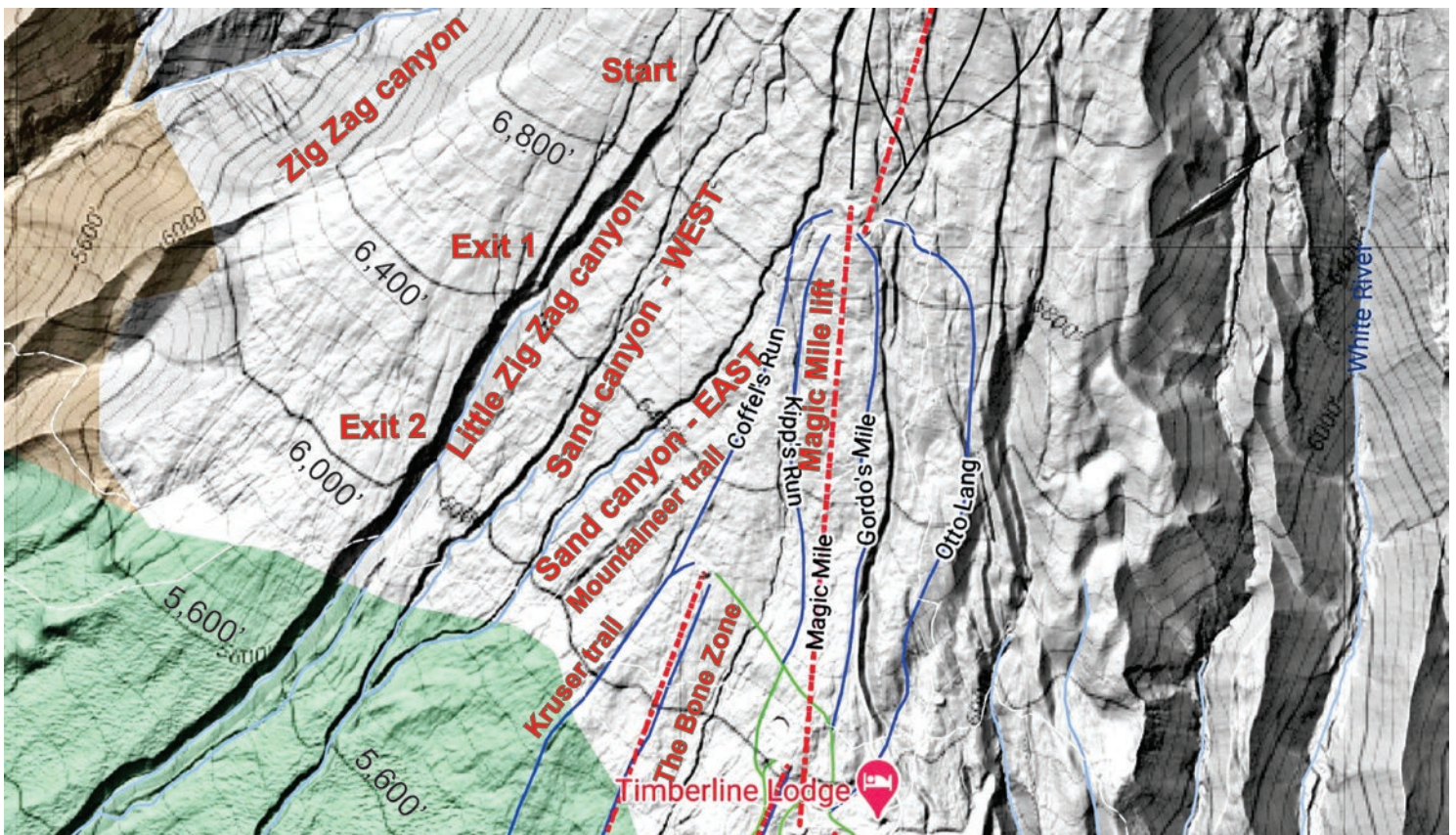
Zig Zag canyon has two branches, starting at approximately 8,000' above sea level.

The West branch starts abruptly. The terrain suddenly gets very steep at the entrance. Don't try to approach it if it's foggy, because you might not be able to see the edge. Also, the West branch is the most dangerous of all, because it's a trap. You can enter it very briefly as long as you exit as soon as the wall on your left allows it. If you ski any further down, you will not be able to exit the canyon before it merges with the East branch, and that will be too late to exit without some serious climbing. And don't even think about trying to ski it any further. The canyon narrows down to where there is nothing skiable - just two almost vertical walls on both sides and a raging Zig Zag river in the middle. Don't even make more than 3 or 4 short turns in West Zig Zag canyon. Exit as soon as physically possible.

The East branch is much more mellow. You can make a few more turns in it, but again, exit to your left before you end up too deep in it for an easy exit. Never ever ski to where the two branches meet, because there is no easy way out of there.

The best way to ski it is to make just a half dozen turns in it and then traverse back toward Timberline. That's what everyone does. If you keep traversing, you will pass slightly above the start of Little Zig Zag canyon. At that point, you need to make a decision. You have 3 options:

- Continue traversing above Little Zig Zag and you will end up at the bottom of the Palmer lift.
- Enter Little Zig Zag canyon, make a couple of dozen turns and exit before you reach a bulge in the canyon that obstructs your view of what lies below it. Then continue traversing and you will end up near the top of the Stormin' Norman lift.
- Enter Little Zig Zag canyon and ski beyond the bulge for another few hundred vertical feet. Exit the canyon before its walls get too steep. Then proceed diagonally down toward Sand canyon. Cross Sand canyon and continue diagonally to the Glade Trail and then to Government Camp.





## Big Sky: Lone Peak Tram Now Costs Extra

Some of the best terrain at Big Sky, Montana is accessible only by a 15-person tram to the top of Lone Peak mountain. Since there are only 2 cabins, and the tram takes 4 minutes to travel to the top, the tram can carry only 15 passengers every 5 minutes (with one minute allowed for loading/unloading). This creates long lines.

Big Sky has decided to solve the problem by removing the tram from all regular lift tickets, including season passes and the IKON and Mountain Collective passes.

The only way to be able to ride the tram starting from the upcoming 2021/2022 season will be to buy a separate tram ticket at the cost of up to \$80 per day. That's on top of the regular ticket or pass.



## Mt. Hood Meadows 2021/2022 Passes Available Now

You can get a jump on next season too and purchase your 2021-22 Value Pass, All Access Pass, or Nordic Season Pass today. All are currently available in the [Online Store](#)! Purchase now, and you'll get some great benefits:

- Best pricing: Prices on passes will increase after May 31
- All Access add-on option: The number of All Access Passes available next season might be limited, as it was this season, to help manage the peak day experience
- One free lift ticket: Your pass will include one free unrestricted lift ticket that you can use for yourself or give to a friend
- One free Nordic track fee: Your pass will include one free day down at our Nordic Center.
- Free scenic chairlift rides for Summer 2021.



Learn more on the Meadows blog or purchase your pass [ONLINE](#). If you prefer to purchase in person and are in the Portland metro area, you can get your pass at Meadows PDX, located at 1639 NW Northrup!

## Ride the Willapa Trail

**June 26, 2021 (Saturday).** Quite a number of our club members rode this trail on June 22, 2019. See the photos on our PHOTOS page: <http://www.mthigh.org/Photos2019.html#Willapa-ride>.

Now, Ride the Willapa is coming back for a one-day event, which means just bicycle riding, and no camping and no food services.

The host community for this year's ride is the former mill town of Doty, just four miles east of Pe Ell. Owl & Olive (formerly Willapa Hills Farm) has offered to host the parking and registration on their property, and from their venue you'll be able to choose from two different route options. There will be rest stops and aid stations along the way, with refreshments and water.

For more information and to register, go to: <https://ridethewillapa.com/>





## MOUNTAIN HIGH

## Contacts / Club info

## SNOWSPORT CLUB

## 2020 Man &amp; Woman of the Year



**Linda McGavin** is our Trips Director and trip leader, and 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 and a ski trip leader. 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

**Apr. 26 (Mon.):** Open to all who want to get involved with the club. Starting at 6:30 pm.

**These Board meetings will be held on-line as long as COVID is still a threat.**

## Mountain High snowsport club contacts:

**President:** Debbi Kor H: 503-314-7078  
**Vice-President:** Bill King H: 614-371-4762  
**Secretary:** Michele Gunness  
**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](mailto:President@mthigh.org)  
[willie2k@ymail.com](mailto:willie2k@ymail.com)  
[Secretary@mthigh.org](mailto:Secretary@mthigh.org)  
[Treasurer@mthigh.org](mailto:Treasurer@mthigh.org)  
[PastPresident@mthigh.org](mailto:PastPresident@mthigh.org)  
[skiklynn@gmail.com](mailto:skiklynn@gmail.com)  
[Racing@mthigh.org](mailto:Racing@mthigh.org)  
[newsletter@mthigh.org](mailto:newsletter@mthigh.org)  
[ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)  
[Trips@mthigh.org](mailto:Trips@mthigh.org)

General info:  
[info@mthigh.org](mailto:info@mthigh.org)

Web site:  
[www.mthigh.org](http://www.mthigh.org)

## DOUGH TRANSMITTAL FORM

Mail check payable to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY: ☐ New membership or ☐ Renewal

Name(s): \_\_\_\_\_ Birthday (MM/DD) \_\_\_\_\_

Address: \_\_\_\_\_

Phone (Hm): \_\_\_\_\_ Phone (Wk): \_\_\_\_\_

Email (Hm): \_\_\_\_\_ Email (Wk): \_\_\_\_\_

**Email Preferences:** - Newsletter (once a month): ☐ yes, link only ☐ yes, complete file ☐ no  
☐ No changes - Club news & events (between newsletters): ☐ yes ☐ no  
(same as last year) - Other ski news (NWSCC, FWSA, ski areas, trips...): ☐ yes ☐ no  
- Is it OK to share your email address with other club members? ☐ Yes ☐ No

I certify that I am 21 years of age or more. I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

Please take my money, and apply it toward the following Ski Club fun stuff: Deposit? Paid in full?

☐ **Annual Membership** (Oct. 1 - Sept. 30): Single (\$30); couple (\$50) \$ \_\_\_\_\_

☐ **Other:** \_\_\_\_\_ \$ \_\_\_\_\_

**Total:** \$ \_\_\_\_\_

Comments (For whom you are paying. Roommate requests,...): \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

See our Trips cancellation policy on our web site: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

### Club membership = 184      Newsletter Distribution

The April, 2021 issue is posted on our web site. Also:  
**160** copies sent via email (as PDF file)  
 3 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-2021-02-27.xls>

### Mt. High Credit Card Payments



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

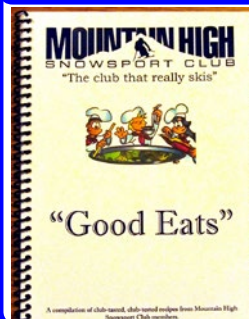
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "**Signup & Pay**" at: <http://www.mthigh.org/Signup-Pay.htm>

### Stories from Shred Hood

The website <https://shredhood.com/> is all about Mt. Hood. Several new articles for this season:

- \* [Best 3 Bluebird Powder Days in 7 Photos](#)
- \* [Fall 7 Times, Stand Up 8](#)
- \* [A Year of Mountain Extremes](#)

### Mt. High Cookbook



This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.

The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net), or call 503-314-7078.

### Stories from Seniors Skiing

A good resource for skiers and riders of all ages. Check out: [SeniorsSkiing.com](http://SeniorsSkiing.com). Subscribe to weekly or monthly emails from them. Click on the Community tab and select "Subscribe". Examples:

- \* [The Year in Review \(El Niño / La Niña\)](#)
- \* [Look Ahead: Report from Australia](#)
- \* [Look Ahead: Report from Chile](#)



Emilio Trampuz  
 Mountain High Newsletter editor  
 4742 Liberty Rd. S., #296  
 Salem, OR 97302  
 Please check our web site,  
[www.mthigh.org](http://www.mthigh.org)  
 for updates.