



Lift Lines

= No. 253, January 2022 =

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



Let's Get Together!

Ski season is now in full swing. Let's get together on the slopes!

In addition to the **ski trips** and **recreational racing**, we also **ski just for fun on Mt. Hood**. Let's make it easier to find each other by announcing our ski plans at least a couple of days in advance. And tying a ribbon to your ski poles. See pp 1 and 5.

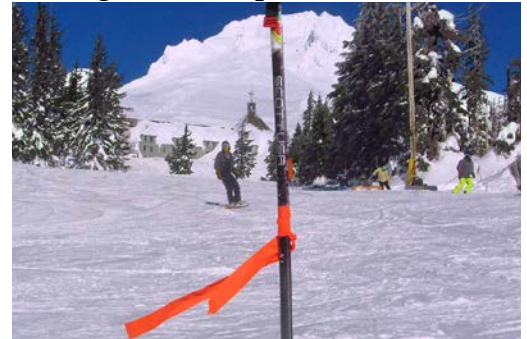
Our **Forums** are now active with people trying to meet up with other club members, both at Meadows and at Timberline and Skibowl. Join in the discussions. See more about that on page 5.

Mark Saturday, February 19, on your calendar for our annual **Chocolate Party** for the vaccinated. See more on page 4.

Read about the **newly groomed Alpine Trail** to Government Camp on page 2.

Mt. High ID

To find another club member on the slopes, look for an orange ribbon tied to a ski pole. This is temporary. We are looking for a more permanent solution.



Note the color code.
Our club is blue.

2022 CALENDAR

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

JANUARY 2022

Jan. 19 (Wed.) NWSCC online Zoom meeting
with guests from Mt. Hood
Skibowl and Mission Ridge.

Jan. 31 (Mon) Mt. High Board meeting

FEBRUARY 2022

Feb. 13-17 **Schweitzer Mt. ski trip**
3 nights or 4 nights

Feb. 19 (Sat.) **Mt. High Chocolate Party**
Come sample the desserts!

MARCH 2022

Mar. 5 - 6 **Ski & Ride for a Cure - Skibowl**
aka Hope on the Slopes

Mar. 13-20 **Whitefish Mt. ski trip**
4, 5, or 6 or 7 nights

APRIL 2022

Apr. 4 - 9 **NASTAR Nationals**
Aspen / Snowmass

JUNE 2022

June 9-12 **FWSA Convention,**
Portland, Oregon

How To Connect With Us Digitally



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". There is not a lot of "chatter".

Free Knee Treatments & Prevention Booklet



We have published articles on various knee treatments in *Lift Lines* from December 2017 to January 2020. These 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>.

Alpine Trail is now Groomed from Timberline to Summit Pass

Timberline now owns the Summit ski area, which has been renamed to "Summit Pass". In an effort to connect the two, the Alpine Trail is now a groomed trail and there are free shuttles to take you back to Timberline.

The groomed Alpine trail is a disappointment. It is way too narrow and descends in a straight line even on the steepest part of it. So, instead of having fun skiing, you have to focus on checking your speed by making very quick short turns, constantly braking, and constantly in danger of hitting the wall of snow on the sides of the groomed trail. This is more work than fun. The trail should be widened, or at least let it zig zag across the steepest part of the trail.

Also, the trail is now full of Nordic skiers using it to climb up, even though they have a separate trail nearby.



Alpine skier in red. Nordic skier in blue.



Nordic and Alpine skiers passing each other.



Nordic skiers own the Alpine Trail now.



This alpine skier gave up. It's too steep & too narrow.

Plans for Skiing Timberline and Skibowl

Let's plan on skiing at Skibowl a few times this winter! Let's ski the Fire hydrant, Wildfire, and the "Daddy Killer", and maybe also the Outback if we get some good, light snow this winter. Most of these are somewhat hidden from view. The goal is to find something we haven't skied yet.

The weekend group will be skiing at Timberline a lot, as usual. And come explore some rarely skied terrain with Emilio, who has been exploring it a lot, both summer and winter. There are two general areas to explore:

1. JANUARY & FEBRUARY. **Timberline to Government Camp.** The Glade and Alpine trails are the best known, but there are another 5 or 6 ways to get to Government Camp.
2. MARCH, APRIL & MAY. **The canyons west of Timberline.** Easy access from the Magic Mile and Palmer lifts. A short tour brings us back to the ski area. A longer tour ends up in Government Camp, and we can take the Mt. Hood Express bus back up to Timberline. It's an adventure, but it's not difficult.

Stay tuned for more detailed info when the time comes. Questions? Contact Emilio: Emilio2000@earthlink.net.

Informative NWSCC Meeting



January 19, 2022. (Wednesday)
6:45 - 8 pm.

Everyone is invited to the next NW Ski Club Council meeting via ZOOM!! This meeting is open to members of all local ski clubs.

Special Guest Speakers will be **Mt. Hood Skibowl** and **Mission Ridge**.

The Zoom link to the meeting is: <https://us02web.zoom.us/j/83276275381?pwd=cjNkV1p6ZG84VXZrbIV3KzZ3TmtVUT09>

Meeting ID: 832 7627 5381 Passcode: SNOW

Everyone is invited. See more info at: <https://nwski.org/>.

If the above link doesn't work, go to the Mt. High or NWSCC website and find the meeting there.

Mt. Hood Museum Events



Two events are coming up soon. No details yet. Stay tuned.

1. Happy Hour in February. Be entertained and learn

something new. Wine, beer, and soft drinks will be available for purchase. Doors open 6:30, presentation at 7 pm. The presentation is free. Donations to the museum are welcome.

Details at <https://mthoodmuseum.org/>, or call 503-272-3301, or email: info@mthood.com.

2. Ski the Glade Trail Day, Sat., March 5, 2022. Ski the Glade will return live in 2022, after skipping 2021 due to COVID.

This event is a full day of skiing the trail from Timberline Lodge to Government Camp, including shuttles, guides, food, Apres ski, swag and more. Stay tuned for more details

Connect With Others on the Slopes

Our members ski at other times too, but most do not announce their ski days, so it is hard to connect with them. The 2 groups mentioned below are the most visible. We need to hear more from weekend skiers at Meadows and mid-week skiers at Timberline and Skibowl.

Weekends at Timberline or Skibowl



Come ski with us! Just for fun. Can you show us some new trail, a secret stash, a hidden slope? Or can we show you something new you haven't

skied before? Let's find out. Usually on Saturdays.

Please drive up early. The parking lots fill up about 1.5 hours before the lifts open. Crazy, but that's how it is. Drive up, park, and then snooze or have breakfast in the car.

There are no long lift lines at Timberline, even when the parking lots are full. That's because Timberline's lift capacity far exceeds their parking lot capacity.

Meet a few minutes before 9 am, all dressed up and ready to go skiing. **At Timberline**, meet near the slope-side day lodge exit, next to the free ski check.

At Skibowl, meet on the back side of the cafeteria building, not far from the bottom of the stairs.

Midweek at Mt. Hood Meadows



A group of us go skiing at Mt. Hood Meadows on week days, all winter, usually on Thursdays, or whenever there is good powder.

At Meadows, find us in the cafeteria in the South lodge

near the Schuss restaurant on the slope level, 2nd floor. If we are not allowed in the lodge, then meet **near the top of the steps, usually at a ski rack on the right** where we would rest our skis & just hang out around 8:15-8:30 am.

You can connect with the mid-week group by joining our online **Midweek forum** page: <http://groups.google.com/group/MtHigh-midweek>. Click on the "Join this group" link (on the upper right of the page) and follow the instructions.

Please choose to receive all emails from the group. That way, you will be notified when there is news.

Mt. High Chocolate Party

February 19, 2022. (Saturday), 7:30 pm.

Happy New Year Mt. Higher's!

I hope you all had an enjoyable holiday and are staying safe and healthy. With that said, I have decided to host the Annual Mt. High Chocolate Party at my home, this February 19th, from 7:30 p.m. until 11:00 p.m.

Location: 8513 NE 149th Ave., Vancouver, WA 98662.



As usual, we will have a competition for the **Most Chocolatey**, the **Most Unique**, and the **Most Healthy** dessert. Dig out those recipes and start thinking about what you might conjure up to share with your Mt. High buddies. There will be some yummy hors d'oeuvres and snacks for munching as well as all the chocolate. This is a B.Y.O.B. event.

Due to the current state of affairs that we are all facing, I do ask that all those planning to attend, please be mindful of others and **ONLY** plan to come if you have been vaccinated. While we'd love to have everyone join us, those who are not vaccinated, are more than welcome to join us for any future event, possibly in an outdoor setting.

Please note: if I feel that it is not safe to have this event on February 19th, I will postpone it for a later date. I will make that decision at least one week prior to the event, and send an email Blast to you all.

Please RSVP me at: ijustwannarun1@comcast.net.

And remember, no matter what others may tell you.... Chocolate is GOOD for you!!

Debby

Weekend Parking issues - The New Normal



It seems not so long ago that we could drive up to a ski area 30 minutes before the lifts open, park our cars, put our ski boots on and still make it to the lifts when they open at 9 am. **NOT ANY MORE.** At least not at Timberline on **weekends**.

The ski lift capacity at Timberline exceeds the parking lot capacity. So, while the slopes are not crowded, parking is a problem. **You now have to arrive at Timberline by 7:30 am** (or maybe by 7:45 at the very latest) in order to find a parking spot. Then stay in your car and snooze or have a breakfast sandwich, or read a book until the lifts open.

By about 7:45 am, all 3 parking lots fill up. Timberline employees then close Timberline Road just a few hundred feet from highway 26 and nobody is allowed to drive up until someone else leaves. Occasionally, the road is not closed right away, which then leaves several cars driving up to Timberline only to find out they cannot find a parking spot.

It will get better in the Spring. In the meantime, what can you do if you don't make it to Timberline in time?

a) You could try going to Mt. Hood Skibowl instead. Or ...

b) You could park in Government Camp and take one of the buses going to Timberline. Timberline has its own free shuttles between the Summit Pass ski area and Timberline. Or, take the Mt. Hood Express bus for just \$2.50. Buses are allowed up because they don't stay there. They just unload passengers and leave.



Let's ski together!

Let's go skiing! And don't ski alone. It's more fun with a group of your ski club buddies. We do come in two varieties.

Some of our members are of the opinion that "There are no friends on powder days." But, there are also many among us who prefer to be social rather than competitive. In other words, we'll stop to smell the roses and enjoy the views, and we'll keep an eye on each other, and wait to regroup.

Use the following tools to communicate and connect with other skiers:

a) **Forums.** Go to www.mthigh.org and click on either the All-club Forum or the Mid-Week Forum. Click on "Join this group" and participate in the messaging. Select to receive all emails to be

notified when someone responds to you. Don't worry. You will NOT be flooded with lots of emails.

b) **Mt. High Facebook page.** Find it on our web site, www.mthigh.org. Click on the Facebook button in the menu, and make sure to join this Facebook group, to be notified of new postings. You can also post photos here. Unfortunately, Facebook is quirky and unpredictable; it doesn't always notify you when an interesting discussion is happening. For that, our Forums are much more reliable.

c) **Meet us at the start of the day**, before we hit the slopes. **At Timberline**, we'll gather just outside the rear exit to the slopes, near the Ski Check. **At Meadows**, find us in the the South day lodge 30 minutes before lifts open, or in the lift line 15 minutes before lifts open.

d) **Use a 2-way radio** to connect with us on the slopes by tuning to channel **6-19**. Or call us on that channel.

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(s)

Use our club's Forum to:

- Make announcements;
- Ask questions;
- Find buddies to ski with;
- Discuss gear & other issues.
- **You can also post a photo!**

Join in the fun. Check it out by going to www.mthigh.org, and clicking on the [Forum-All Club](#) button. Or, click here for [Mid-week forum](#).

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.

Note that we have a separate forum for mid-week skiers.

2- Way Radios

We use channel 6-19 to communicate on the slopes. People have gradually stopped using radios, so there is no more idle chatter from strangers. Radios are the best way to communicate as a group. A phone can only call one person at a time, but a radio can reach everyone in the group.

Ribbons

We are looking for some way to identify our club members on the slopes. By next season, we'll hopefully find a good solution.

In the meantime, as a temporary measure, **let's tie an orange or red ribbon to our ski poles**. That way, new members can find us and we can find each other in a busy lift line, for example.

Mt. High

Schweitzer Mountain Trip



February 13 - 16 or 17, 2021.

Monday - Tuesday - Wednesday. 2 or 3 days of skiing.

Schweitzer Mt., Idaho. offers 2,900 acres and 2,400 vertical feet, served by One high-speed six-pack; 3 high-speed quads; 2 triple chairlifts; 2 double chairlifts; 1 T-Bar. It is famous for its powder skiing.

START DATE: Sunday, Feb. 13 – Drive to Sandpoint & check in.



Note that this trip (like the Mission Ridge trip last year) will be different from our usual ski trips - because of the virus pandemic:

1. Everyone will be driving their own car. We will NOT have a bus.
2. For lodging, you can select your own roommate (optional), or you simply have a room to yourself. Your choice. We will not be pairing you up with a stranger.
3. You are responsible for purchasing your own lift tickets, either day tickets or a season pass (Ikon). We are looking into group rates if we have a minimum of 15 people who do not have other passes.

SKIING AT SCHWEITZER: 2 or 3 days (your choice): Monday, Tuesday, and Wednesday, Feb. 14, 15, 16.

Schweitzer is on an exchange program with Mt. Hood Meadows all access passholders and Loveland Ski Area passholders, who can get 3 days free skiing midweek; or you can get 4-7 days with the Ikon Pass. Those are currently the only passes we know will work at Schweitzer, and this trip is not on blackout dates.

Like many ski areas these days, Schweitzer will sell tickets online in advance, at some kind of discount which is not known at this time. They have told us that the total number of skiers should not be an issue at Schweitzer on a mid-week day; there should be no crowds.

KEEP OUR TRIP LEADER INFORMED

Everyone who signs up for this trip, please contact Linda McGavin and let her know the following:

- Did you make your hotel reservations? For how many nights - 2, 3 or more?
- Will you need a lift ticket, or do you have a season pass (Meadows All Access, Loveland, or Ikon)?

Remember that you are responsible for making your own hotel reservations and obtaining your own lift tickets (or a season pass), but let Linda know your plans, as we will be able to get group rates if we have 15 people or more.

LIFT TICKETS: While Schweitzer has not published their regular winter season ticket rates as of late September, they have told us the group prices for 15-19 people:

Adult: \$81.00 plus taxes/fees = \$88.87 (age 18–64) or
College/Senior/Military: \$77.00 plus taxes/fees = \$84.48.

If we do this you will have to pay Linda for your lift tickets that she arranges, as only one person can pay for those tickets. We won't know whether we can do this until we know how many signups we have for the trip, so don't delay in signing up! (We will also check to make sure that it isn't cheaper to just buy your tickets online.)

HOTEL: Book your own room at the Hotel Ruby Sandpoint/Ponderay in Sandpoint, 477255 US-95, Ponderay, ID 83852; 208-263-5383. Book early to get rooms at the best rate. Do it online, not by phone.

Please book your hotel room early - there is no penalty for canceling up to 4:00 pm the night before your arrival.

Good news: Group Rate – The hotel has set up a special rate for our members who book rooms for ANY TIME between October 16 and March 31! You will book directly through the website, hotelrubysandpoint.com using the promo code **SKI2022**.

NOTE: You need to enter the promo code SKI2022 **before** you pick a room so the rate will be applied.

For our dates, after the discount the rooms at the Hotel Ruby should have either:

- one single queen bed for \$84/night + tax = \$96.60; or
- two queen beds for \$92/night + tax = \$105.80.

This is one of the closest hotels to the ski area, located just 11 miles or 22 minutes away. The hotel is only 2 miles from the parking lot where Schweitzer runs a free shuttle bus between 7 am and 5:30 pm, every half hour.

<https://www.schweitzer.com/plan/shuttle-and-parking/>

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

Schweitzer Mt. - continued

Parking on the mountain may cost big bucks if you want to park in the premium parking, which is the closest and highest. There is a secondary parking lot near the bottom of the Musical Chairs lift which serves beginner terrain. The only issue with that is that the Musical Chairs is a slow double chairlift, but it will take you to the other lifts.

The hotel offers free parking, wireless internet, premium bedding, non-smoking rooms, an indoor swimming pool and two hot tubs, and a ski room. Enjoy a daily, complimentary breakfast which includes waffles, cereal, mini bagels, English muffins, blueberry muffins, hard boiled eggs, oatmeal, orange juice, milk, coffee, apples, and oranges. The rooms have premium bedding, Wireless Internet, Mini Fridge, Microwave, Cable/Satellite TV, DVD Player, Free Toiletries, Hairdryer, Iron/Ironing board, Desk, and Alarm Clock. Note that there are no elevators – if you need a ground floor room please be sure to ask for it.

NOTE: The club is not collecting any money for this trip. We will pay the hotel individually and buy lift tickets individually. And for transportation, we'll drive our own cars.

Trip leader: Linda McGavin, mcgavinski@gmail.com
503-652-2840.

To sign up for this trip, simply do two things:

1. Make your hotel room reservation - online.
2. Contact Linda and let her know your situation. Do you need lift tickets? Do you have a season pass? When are you planning to arrive and how many days will you ski?

See Schweitzer video at: <https://youtu.be/cmyX-AzccrM>



Getting to Schweitzer

Your own car is the best transportation for this trip.

The AMTRAK Empire Builder train leaves Portland at 4:45 pm and arrives in Sandpoint at 2:30 am, a very inconvenient time. You'll need a taxi to travel the 3 miles from the train station to the Ruby hotel, and another 2 miles the next day from the hotel to the Schweitzer shuttle station.

Another option is to fly to Spokane and rent a car there.

But having your own car is probably the best.



FWSA Trips

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

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

Mini Ski Week at the Zermatt Resort & Spa in Utah. March 20-25, 2022.

Croatia Cruise. 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/>



Whitefish Trip

Since we will be travelling to Montana in different ways and on different schedules, just to make sure there are no misunderstandings, please note:

4, 5, or 7 nights. We are counting nights, not days.

All lodging starts on Sunday night, March 13, regardless of your length of stay. We'll all start together.

You can choose how many days of skiing you want at Whitefish. Just let our trip captain know how many lift tickets you will need.

Mt. High

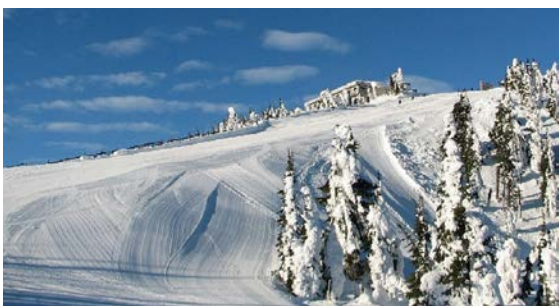
Whitefish Mtn. Resort Trip



March 13 - 20, 2022. 4, 5, or 7 nights - 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.

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 \$79 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 out to a lift. Or take the free van.

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 March 12.
- * 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 March 13 - 20, 2022, 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,

All 4-night and 5-night stays must begin on March 13.

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.

51 people have signed up. Wait list has cleared.

Pricing

Lodging (2 people per room)
\$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.

All lodging starts Sunday, March 13.

Lift Tickets

Adult 1-day	\$68
Adult 2+ days	\$63/day
65-69 1-day	\$59
65-69 2+ days	\$54/day
70+ (or 2+ days)	\$21 (\$20)

2+ days tickets have a 2-day grace period (2 of 4; 3 of 5; 4 of 6, etc.)

Holders of a full Mt. Hood Meadows season pass get 3 free days.

Let our trip captain know how many lift tickets you need.

Payment and cancellation details

\$150 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 **\$150 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.

2021 FWSA Convention in San Diego



The 88th Annual Far West Convention was held October 7-10, 2021 in San Diego, with San Diego Council of Ski Clubs hosting.

We reported on it in the November issue of Lift Lines (issue #251). But let's just single out a couple of the awards won by our club and our NWSCC Council.

Communications Awards. Our Mountain High club won **1st place** for both the **Newsletter** and **Website**, both in the "Masters" category, meaning the clubs that have already participated and won in previous years. Both are edited by **Emilio Trampuz**.

Our NW Ski Club Council won **3rd place** for the **Newsletter** and 2nd place for the **Website**. Both are edited by **Linda McGavin**.

The Mountain High club won a 1st place for the web site and the newsletter, when compared to other ski club newsletters in the West.



2022 FWSA Convention in Portland, Oregon



The 89th Annual Far West Ski Association Convention will be held **June 9-12, 2022**, in Portland Oregon, at the Holiday Inn Portland - Columbia Riverfront. NOTE: This is not a new location. The Holiday Inn is the former Red Lion. Just a name change.

Mark the dates and plan to show up. This is a great opportunity to experience a Far West Convention on our own turf. Here are just a few highlights:

1. Outdoor activities on Friday morning (golf, bike ride, etc.).
2. A mini ski show on Friday evening, including a Silent Auction with great deals on ski trips and more.
3. Educational (ski related) seminars, Public relations meetings, and more.
4. Travel Expo on Saturday morning. Meet with ski industry representatives.

FWSA Athletic Scholarship

The Far West Ski Association operates a scholarship fund to help young racers of high school age, to cover their expenses for travel to major competitions, etc.



Our Mountain High club contributes to that scholarship program and usually selects a specific local athlete to support.

Our scholarship recipient for the upcoming season is **Kestrel Sullivan** (love her name). Kestrel will be 18 in November, hails from Lake Oswego and skis for Sugar Bowl. She attends Sugar Bowl Academy with a 4.0 GPA last spring Her favorite subject: is Art.

She has competed in track and field most of her life but has put that on hold for now to focus on skiing. She is ranked #6 in Downhill and Slalom, and #4 in Super G for her age group in Far West Division of USSA. She had 3 podiums and 4 top 10 finishes last season.

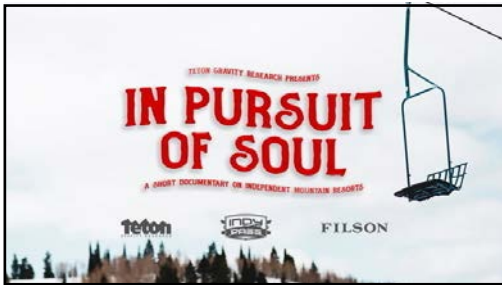
See Kestrel in a short video from one of her GS races at: youtu.be/qOSSm1Tuwl8

The cost of lift tickets is skyrocketing. Just a few years ago, it was astonishing to see a few ski areas starting to charge over \$100 per ticket. Now, it seems that all the big ones are charging close to \$100 or more, and many are charging up to \$250 per day. People's salaries have not doubled in recent years. The cost of lift tickets jumps by \$5 or \$10 almost every year. This is not just keeping up with inflation (which is extremely low right now). It is mainly corporate greed.

Most of the largest ski areas are run by corporations, and many of the CEOs of these corporations don't even ski. They are just in it to make money.

Fortunately, there are still lots of **independent ski areas** that are owned and operated by skiers, not corporations. They are called independent ski areas because they don't depend on financiers and share-holders. They are run by families, by ski enthusiasts.

We need to support such ski areas, because they are fast becoming our only refuge from the rising cost of skiing.



Teton Gravity Research (TGR) in cooperation with the **Indy Pass** has made a short documentary about a dozen independent ski areas and the people who run them. The video is called **"In Pursuit of Soul"**.

Best of all, this film is free, and you can watch it from your own home. No need to go to a theater for this one. It is part of what is called **TGR TV**. But, there is a concern that this documentary might not always be available. Maybe it's part of the current TV programming, but it might be replaced with other content. So, see it ASAP.

The video covers ski areas such as: **49 Degrees North (WA)**, **Brundage Mt. (ID)**, **Beaver Mt. (UT)**, **Lost Trail (MT)**, **Mission Ridge (WA)**, **Snow King (WY)**, and many more.

See it at: <https://tgrtv.tetongravity.com/apps/2645/108739/162037/32816199>

This link is also provided on the [VIDEOS](#) page of the Mountain High website.

After seeing the video, **go and ski some of these places**, and many others. It's quite simple to find out which ski areas are independent. There are two ways:

1. They are independent if they are part of the [Indy Pass](#), which includes about 80 such ski areas.
2. It is independent if you have never heard the name before. Check out all the 193 western ski areas listed on the [SKI AREAS](#) page, and if you see any names you don't recognize there, these are almost definitely independent ski areas.

Watch the video. It's a good one. It's moving. It's meaningful. It's soulful.



Two Good Reasons to Ski Schweitzer Mt.

1. Ski among snow ghosts. See photo on the left.
2. See the Fog-o-Meter invented by Phineas Schweitzer.

Plus: long cruisers, powder and tree skiing, and views of Lake Pend Oreille.



MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

2020/21 Man & 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

Usually last Monday of the month.

Jan. 31 (Mon.): Open to all who want to get involved with the club.

Gather at **6 pm.** Start at **6:30 pm.**

Location: Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol Hwy.)

Mountain High snowsport club contacts:

President: Debbi Kor H: 503-314-7078
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
willie2k@ymail.com
Secretary@mthigh.org
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?

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

☐ **Whitefish Mt. lodging** (March 13 - 20, 2022) 4, 5, or 7-day trip. Deposit=\$150 \$ _____
I intend to stay: ☐ 6 or 7 nights = \$420, ☐ 5 nights = \$350, ☐ 4 nights = \$280.

☐ **Whitefish Mt. Lift tickets** (March 13 - 20, 2022) I intend to ski _____ days. \$ _____
Adult 1-day=\$68, Adult 2+ days = \$63 /day, Senior (65+)= \$59. Seniors 2+ days=\$54/day. 70+=\$20

☐ **Mountain High Cookbook:** 34 pages of recipes from our members \$10 \$ _____

☐ **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 = 171 Newsletter Distribution

The January 2022 issue is posted on our web site. Also:
180 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.

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>

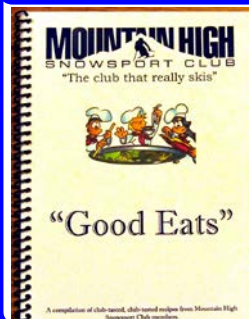
Count Your Ski Areas

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-2021-02-27.xls>

Stories from Skiing History Magazine

Find the Skiing History Magazine at: <https://www.skiinghistory.org/skiing-history-magazine>

- * [Walter Kofler Invents PTEX ski base](#)
- * [Megève - first purpose built ski resort](#)
- * [A History of Ski Music & Song](#)

Mt. High Cookbook

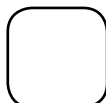
This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.

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

Stories from 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 Videos for the Rest of Us](#)
- * [The Best Ski Trip Ever](#)
- * [The Power of the Small Ski Area](#)



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