



# Lift Lines

= No. 254, February 2022 =

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



## How to Meet Other Club members

**Ski trips** and **recreational racing** are probably the best way to meet other club members. On ski trips we stay in the same lodgings and ski together several days in a row.

Meet us on social occasions such as the upcoming **Chocolate Party** for the vaccinated, Saturday, February 19. See page 4

Let's **ski just for fun on Mt. Hood**. Use our **Forums** and our Facebook page to prearrange meeting up with other club members, both at Meadows and at Timberline and Skibowl. Join in the discussions. See page 3.

Read about the **newly groomed Alpine Trail** to Government Camp and the much better West Leg Road route on page 2.

## Mt. High ID

Tie an orange ribbon on your ski poles to help other club members find you.



## 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](http://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](mailto:MtHigh@googlegroups.com)

The Mid-week Forum: [MtHigh-midweek@googlegroups.com](mailto: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>.

Note the color code.  
Our club is blue.

## 2022 CALENDAR

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

### 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!
- Feb. 23 (Wed)** **NWSCC online Zoom meeting**  
with guests from Next Adventure and Revelstoke Mtn. Resort.
- Feb. 28 (Mon)** **Mt. High Board meeting**

### MARCH 2022

- Mar. 5 (Sat.)** **Ski the Glade Trail Day**  
The only day the trail is groomed.  
A living history experience.
- Mar. 5 (Sat.)** **Ski to Defeat ALS**  
At Mt. Hood Meadows
- Mar. 5 - 6** **Ski & Ride for a Cure - Skibowl**  
aka Hope on the Slopes
- Mar. 13 - 14** **Oregon Cancer Ski Out**  
Fundraiser for cancer facilities in Oregon. AT Mt. Hood Meadows.
- Mar. 13-20** **Whitefish Mt. ski trip**  
4, 5, or 6 or 7 nights

### APRIL 2022

- Apr. 1 - 3** **Bachelor Blast**
- Apr. 4 - 9** **NASTAR Nationals Aspen/Snowmass**
- June 9-12** **FWSA Convention, Portland, OR**



## 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. If that is not possible, it is better to leave it ungroomed.

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.

## West Leg Road from Timberline to Summit Pass



Clary and Kurt on West Leg Road to Summit Pass

**West Leg Road** is surprisingly a much better alternative to the groomed Alpine Trail. It is 2 or 3 times wider, with a nice pitch that seems just right. There is no need to brake all the time; just control your speed a bit.

The main problem is that most people don't know where the trail leaves Timberline. So, there is nobody on it. But the few who have skied it (like Emilio Trampuz, John Yoo, Kurt Wilke, and Clary DeRemer) all agree that West Leg Road is much better than the Alpine Trail.

Don't ski West Leg Road through the ski area. The last turn before the bottom of Jeff Flood is too flat and slow, and you then have to ski against the traffic coming from the Kruser trail. Instead, ski the Kruser trail and then turn sharply right just before the narrow passage under the Jeff Flood lift. The sign there is hard to see.



## 2-Way Radios



**On the mountain, use a 2-way radio** to connect with us on channel **6-19**. That's channel 6, code 19. Just ask for any Mountain High members. If nobody answers, maybe they forgot to turn their radios on. Try again a half hour later.

But don't be surprised if there is no answer at all. For some reason, fewer of us carry a radio these days. People think that a cell phone is enough. But a cell phone doesn't always have a signal. Also, you cannot communicate with a whole group of people by phone.

A radio broadcasts your message to everyone in your group.

Some people may have bad memories of using 2-way radios some 10 - 20 years ago, when there was a lot of chatter from strangers on the radio. But there is no more chatter on the airwaves these days. It's just us.

## Ribbons



We are still looking for the best way to identify our club members on the slopes. We might eventually print some flags with our club's

logo and affix them to our ski poles.

But for now, let's use a simple solution. Let's tie some orange ribbons to our ski poles. If you don't have any orange color, red or yellow will work too.

This is especially useful for our new club members. When you see someone with colorful ribbons tied to their ski poles, feel free to approach them and ask if they are members of the Mountain High Snowsport Club.

If you don't want to be approached by other members, don't tie a ribbon to your ski pole. If you do have one, it's an implied invitation to people to come ski with you.

## When and Where to Find Us

In addition to the times listed below, our members ski at other times too. 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. Use our two Forums and our Facebook page to communicate with others.

### 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 by about 7:30 or 7:45 am, 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.

I will be hosting 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 BYOB 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](mailto:ijustwannarun1@comcast.net).

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

*Debbi*

### Informative NWSCC Meeting



**February 23, 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 **Next Adventure** and **Revelstoke Mountain Resort**.

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://nwskiers.org/>.

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

### Ski The Glade Trail Day



**March 5, 2022.**

Sat., 8am - 5 pm.

Ski the Glade is a full day of skiing the trail from Timberline to Government

Camp, including shuttles, guides, food, apres ski, swag and more.

This is the only day of the year that the Glade Trail is groomed and patrolled, all 3 miles of it. And shuttles enable you to ski it multiple times.

The event begins with registration and breakfast at the Mt. Hood Museum in Government Camp. It also includes lunch and a happy hour.

This is a fundraiser for the Mt. Hood Museum & Cultural Center in Government Camp. See details on our website: [www.mthigh.org/#Glade\\_Trail\\_Day](http://www.mthigh.org/#Glade_Trail_Day)



Here are a few photos of upcoming events to motivate you to participate.

## Chocolate Party

Our club's annual sweet event held around Valentine's Day.



## Ski the Glade Trail Day

A living history experience organized by the Mt. Hood Museum. Ski from Timberline to Government Camp.



## Ski to Defeat ALS

A ski challenge at Mt Hood Meadows  
to help those suffering from Lou Gherig's disease

**March 5, 2022. (Saturday)** - at Mt. Hood Meadows - 8 am to 5:30 pm.

Take part in this fundraiser for ALS, combining our favorite sport with the ability to do something positive in the fight against ALS.

Ski to Defeat ALS is a team and individual skiing and snowboarding event to be hosted at Mt. Hood Meadows. Participants engage in competitions for most dollars raised and for most vertical feet skied or ridden. For more information about the event, visit [www.SkitoDefeatALS.org](http://www.SkitoDefeatALS.org).

This year's event will be held at limited capacity, so don't miss out and get [registered](#) today to reserve your spot!

See3 more info on our website: [www.SkitoDefeatALS.org](http://www.SkitoDefeatALS.org) .

## Ski & Ride for a Cure

(formerly known as Hope on the Slopes)  
A 24hr ski/snowboard for cancer vertical challenge event

**March 5 - 6, 2022** (Saturday - Sunday) - at Mt. Hood Skibowl. 24 hours: 9 am to 9 am.

A fundraiser for the Ski & Ride for a Cure and the American Cancer Society.

Saturday afternoon and evening there will be live music, a BBQ, and a torchlight parade. If you don't want to ski, come watch and enjoy!

This is a vertical challenge, where competitors earn points for both dollars raised and the total vertical feet skied. Teams can consist of between 4 and 10 people. You can also compete individually. There are no age restrictions.

To register and participate: click [HERE](#).

See more info at: <https://skiandrideforacure.org/> .

## 33rd Annual Oregon Cancer Ski Out

**March 12 - 13, 2022.** (Saturday 4 pm - Sunday 4 pm)

This is a unique and fun two-day ski/snowboard event at Mt. Hood Meadows, raising money for hospice, cancer research, education and prevention programs.

Beneficiaries are: the OHSU Cancer Institute, the Willamette Falls Hospice, and the Candlelighters (a grass-roots organization supporting children with cancer).

Two races are held, and only consistency counts; not speed. Teams of 4 compete in an effort to match their overall time in the two races as closely as possible.

Saturday evening, starting around 4 pm, there will be an Auction and get together for teams and all involved at Mt. Hood Oregon Resort. Details will be emailed to all participants.

NEW THIS YEAR (2022): Both races will be held on the same day. Sunday March 13, 2022. Teams will be made up of 4 skiers this year. The team entry will only be \$795 per team.

More info at: [www.cancerskiout.org](http://www.cancerskiout.org) .

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## 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/>



FWSA Ski Week - race



Billy Kidd, Sigrid Nocak, and Debbi Kor at FWSA Convention

## 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, a Columbia Gorge tour).
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.

See more details on the FWSA website at: [https://www.fwsa.org/content.aspx?page\\_id=22&club\\_id=623165&module\\_id=504188](https://www.fwsa.org/content.aspx?page_id=22&club_id=623165&module_id=504188).

Note that we the locals can register in a variety of ways, including: the complete convention package that includes lodging and meals, or the package without lodging, or register for just some of the activities.

Also note that **Friday night's ski show and silent auction are free for all**. Just show up. Visit some of the ski areas' booths, an bid on some of their offerings (ski trips etc.) that can be had for amazingly low prices, especially if nobody bids against you.

## Mt. High

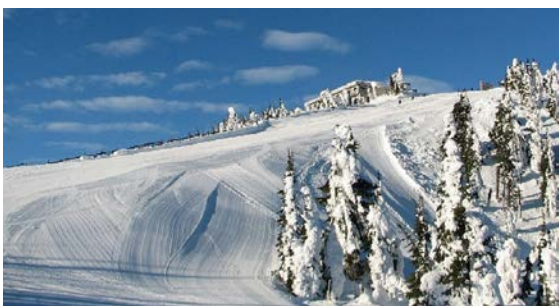
## Whitefish Mtn. Resort Trip



**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

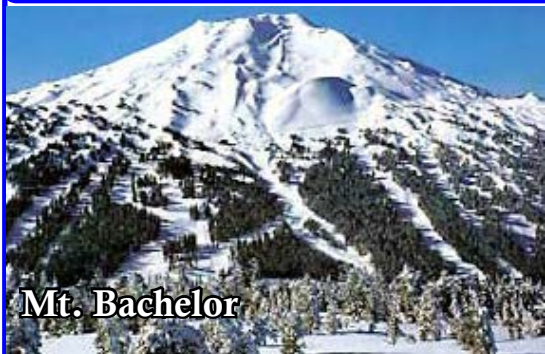
Trip leader:  
Bill King, [willie2k@ymail.com](mailto:willie2k@ymail.com) or  
360-977-7482.

See our TRIPS page: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm) Then click on the Whitefish trip.



## NWSCC

## Bachelor Blast



Mt. Bachelor

**April 1 - 3, 2022** - (Friday - Sunday).

**Lodging** at the **La Quinta by Wyndham** in Bend, Oregon.

NWSCC presents its third Annual Bachelor Blast .

The price of **\$290** (PP/DO) for adults includes 2 nights' lodging, 2 full hot breakfasts, and a 2-out-of-2 day lift ticket.

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!!

See more info on the [FLIER](#).

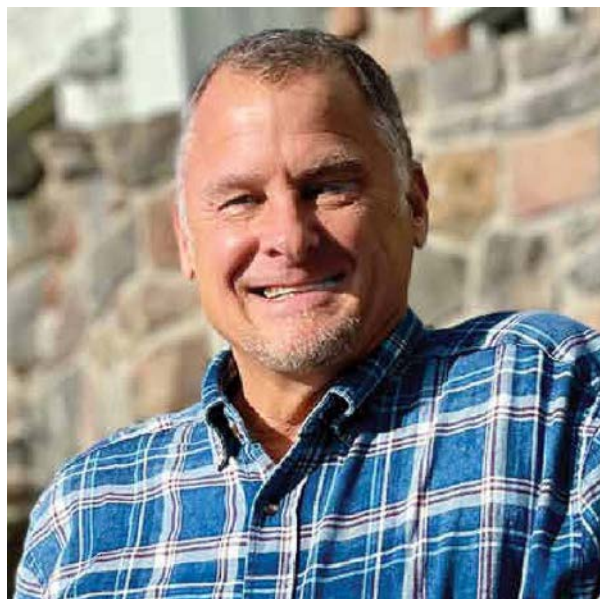
**Please sign up by March 1, 2022.** Use the [SIGNUP SHEET](#).

**Details** on the NWSCC website: <https://nwskiers.org/trips/2022/3/31/nwsc-bachelor-blast>

**Questions?** Contact: **Linda McGavin** at [editor@nwskiers.org](mailto:editor@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. In other words, sign up with the NWSCC, not Mt. High.

## Farewell to Jon Tullis



**Jon Tullis**, Timberline's Director of Public Affairs is retiring this June, 2022. Some of you may know him, while others might say they have never heard of him, but chances are you have all seen him on TV and heard his first name many times, whenever you decided to ski the trail named "**Uncle Jon's Band**" at Timberline. Yes, that trail is named after Jon Tullis.

Jon joined the Timberline staff in 1984, hired by Richard Kohnstamm himself. He worked in various positions, organizing banquets, staffing the front desk and the ticket office. Within two or three years, he was in charge of starting the **Ski Host** program. By the way, our club members Kurt Krueger and Emilio Trampuz both volunteered as ski hosts (Kurt a lot longer than Emilio).

Jon eventually became **Director of Public Affairs**, and as such was often interviewed on TV whenever there were any news related to Timberline.

Jon was always drawn to music. He participated in the Timberline Acoustic Music Series for 10 years, and later started the annual Mountain Music Festival, held every Labor Day in the historic amphitheater since 2012.

The Friends of Timberline magazine has recently published Jon's life story. Read it at: <https://www.friendsoftimberline.org/uploads/1/2/9/8/129876921/webfot47new.pdf> .

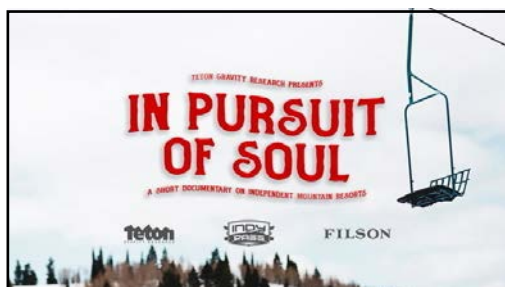
We'll miss you Uncle Jon.

**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 &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

Usually last Monday of the month.

**Feb. 28 (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](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

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>

Checkmark all desired options.

**Club membership = 171      Newsletter Distribution**

The February 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>

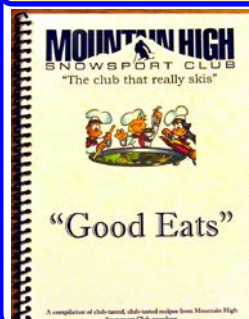
**Count Your Ski Areas**

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>

- \* [Beijing Olympic courses a mystery](#)
- \* [Dynamic Reinvents the Slalom Ski](#)
- \* [Inventing the polyethylene ski base](#)

**Mt. High Cookbook**

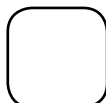
This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.

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:

- \* [Age, flat light, and goggles](#)
- \* [Stuff happens on cliffs and rope tows](#)
- \* [Ski related License Plates](#)



Emilio Trampus  
 Mountain High Newsletter editor  
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Please check our web site,  
[www.mthigh.org](http://www.mthigh.org)  
 for updates.