



Lift Lines

= No. 255, March 2022 =

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



Winter is ending / Spring approaching

The busiest 2 weekends of the winter are coming up, There are multiple events happening simultaneously during the first 2 weekends in March. See pages 4 - 6.

If you have signed up for the Whitefish trip, consider joining us on the optional day at Blacktail Mountain. See pictures from Blacktail on page 5.

The FWSA Alaska Cruise, which had been postponed due to COVID is actually coming up. See page 7.

Spring is almost here, and so are the Spring passes. Lots of news about ski areas and Spring passes in this issue. See page 10.

Make the most of this Winter. Sign up for something or join us on the slopes for a few turns!

Mt. High ID

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



Let's Ski Together



Several people have posted messages in our Forums trying to connect with others for some turns on the mountain, both at Meadows, Timberline and Skibowl. But it seems we never get more than a handful of skiers together at a time. About 4 people seems typical.

For example, when we invited people to spend a day at Skibowl and to see the Daddy Killer trail, only 4 people showed up.

March is chock-full of events, including the Glade Trail Day, the 3 charitable fund-raisers for cancer and ALS, and the Skiyente ladies will be crowning a new King Winter too. And approximately 46 of our members will be on the Whitefish trip (Montana). So, March will go by quickly.

At the tail end of March and in April and May, Emilio will be offering guided tours of the canyons west of Timberline and skiing all the way to Government Camp. This is an opportunity to see the two marked safety boundaries. Everyone is invited. Watch for further announcements by email and in the Forums.

Free Knee Treatments & Prevention Booklet

Anatomy of the Knee



Why wait until your knees start hurting or you need surgery? Why not nurture your knees now as a prevention? See several ideas and treatments you can apply now in a 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

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. 12 - 13** **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
- Mar. 13 (Sun.)** **Mission Mt. Mangart.** Movie
about the 10th Mountain
Division at Hollywood Theater.
- Mar. 23 (Wed)** **NWSCC online Zoom meeting**
with guests from Next Adventure
and Big White Ski Resort.
- Mar. 29 (Tue)** **Mt. High Board meeting**

APRIL 2022

- Apr. 1 - 3** **Bachelor Blast**
- Apr. 4 - 9** **NASTAR Nationals Aspen/Snowmass**

JUNE 2022

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

Notes about some recent events

The Schweitzer Mountain trip (Feb. 13 - 17, 2022) had 28 participants and everyone had a great time. The weather kept improving throughout the trip. The first day brought 3 inches of fresh snow. The last day was a gorgeous bluebird day.

There were no lift lines, no crowds. And everyone enjoyed a BBQ dinner at a nearby restaurant. Several new members joined us on a club trip for the first time.

The Chocolate Party (Feb. 19, 2022) was attended by only 14 people. But there were 6 desserts presented for judging. So, there was plenty of chocolate for everyone!

We skied locally on Mt. Hood in small groups. For some reason, it seems hard to bring together more than a handful of skiers at the same time. Maybe just 3, 4, or 5 people at a time. Why is that? Why not expand your horizons and meet a few new people?

Our recreational racers participated in 2 PACRAT races so far. One at Skibowl and one at Mt. Hood Meadows. The third race will be this Sunday, March 6, at Skibowl. Racers enjoy a group discount on lift tickets on the day of each race.

Some of us started identifying ourselves as Mountain High members by tying orange ribbons to our ski poles. This made it easier for newer members to find us on the slopes.

The Sitzmark ski area (near Tonasket, WA) opened after being closed for 3 years. Kurt Wilke and Emilio Trampuz took the opportunity to ski it. The snow was good and the trails interesting.

Timberline



Skibowl



Skibowl



Sitzmark



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.

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

Informative NWSCC Meeting



March 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 **Big White Ski 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://nwski.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.

Mission Mt. Mangart



**A movie about the 10th Mountain Division
with Chris Anthony in person!**

March 13 (Sunday), 2022. -- 7 pm.

Schnee Vogeli and Skiyente Ski clubs are proud to present the Portland area's only screening of MISSION MT. MANGART. The movie will be presented in person by writer, director & producer Chris Anthony!

An exhilarating documentary film exploring untold stories of the famed 10th Mountain Division during WWII. It is a retrospective of its development and wartime achievements. Featuring original music, the 70-minute documentary reveals the trials and tribulations of this heroic collective, consisting of the most talented international skiers and mountaineers of the day.

Written, directed, edited, and produced by documentary filmmaker and Colorado Snowsports Hall of Fame inductee, Chris Anthony. See movie trailer on Vimeo at: <https://vimeo.com/551959455>

Screening at: Hollywood Theater, 7 pm., 4122 NE Sandy Blvd, Portland OR 97213 | (503) 281-4215.
Proof of vaccination (or negative test) will be required for entry.

Tickets = \$25. Buy tickets at: <https://hollywoodtheatre.org/tickets/17470/>
Ticket and VIP reception with Chris Anthony = \$50.

Meet the film producer Chris Anthony and enjoy complimentary hors d'oeuvres and beverages at the VIP reception 5 - 6:30 on the day of show at the **Bitter Rose Coffee Bar**. 2035 NE 41st Ave. Please show your VIP ticket at the door.

Proceeds from this screening will benefit **Chris Anthony Youth Initiative Project** and **The Mt Hood Cultural Center & Museum**.

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

Ski the Glade Trail Day

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



Whitefish Trip Optional Day at Blacktail Mountain

Blacktail Mt. is visible from the top of Whitefish Mt. It offers a bit of everything, including:



Glade skiing



Liftie sculpts a beer keg. No lift lines.



Expert terrain ahead!

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.

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

See more info on our website: 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.



FWSA Trips

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.

Alaska Inside Passage Cruise, June 25 - July 2, 2022, with an optional pre-trip Denali Tour, June 21- 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. Mt. Hood Tour and Pub Crawl on Thursday.
2. Golf and a Wine Tour on Friday.
3. 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.

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

Mt. High

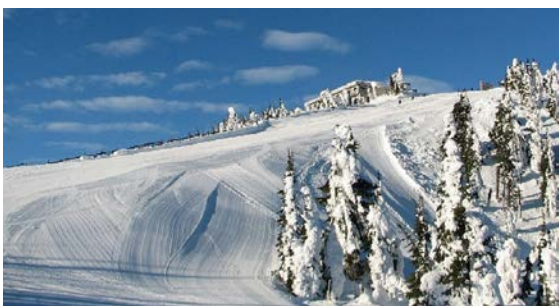
Whitefish Mtn. Resort Trip



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.

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

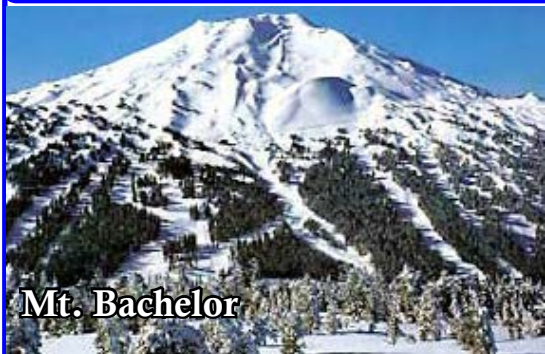
Trip leader:
Bill King, willie2k@ymail.com or
360-977-7482.

46 people are still on this trip, after some cancellations.

See our TRIPS page: 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

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.

Some Snow-related Terms



Courtesy of Merriam-Webster, here's some unique winter weather vocab for you.

Névé

The partially compacted granular snow that forms the surface part of the upper end of a glacier. Also occasionally called firn. Originated from a word in the Swiss dialect of French and, before that, from the Latin word for snow, nix.

Skift. A light fall of rain or snow.

Onding. A heavy fall of rain or snow. Less than a blizzard but more than a normal snowfall. Used in Scotland and Northern England since the middle of the 18th century.

Graupel

Soft hail. The word has German origins and is the diminutive of the word for "pearl barley" (Graupe). Has been in use since the 1870s when meteorologists thought they needed to distinguish one kind of hail from another.

Corn Snow

Granular snow formed by alternate thawing and freezing. Also referred to as spring snow or simply corn. Came to use in the early 20th century.

Sposh

Soft or slushy snow. Thought to be a combination of the words slush and posh, posh being an archaic term that means "a slushy mass".

Firnification

The process whereby snow is changed to névé.

Spring Passes



A lot of ski areas are offering a Spring pass starting in March. Even the Indy Pass now has a Spring version. Note that ski areas don't usually even mention these Spring Passes until the start of March. But they are here now.

Spring passes are a great deal. For the cost of maybe just 2 or 3 day lift tickets, you can now ski for the next 3 months, March, April and May.

Mt. Hood Meadows Spring Pass.

Mt. Hood Meadows has moved its Spring Pass from early March to starting as of March 21, 2022. The Spring Pass is valid starting March 21 and is good for every day we are operational through the end of the 2021-22 winter recreation season

Price is \$249 for the 25-64 age bracket, \$229 for ages 65-74, \$199 for ages 7-24, \$29 for ages 6 and younger, and free for ages 75 and older. A limited number of passes will be offered. On sale already!

Buy a Meadows Spring Pass at: <https://www.skihood.com/store/season-passes/spring-passes> .

Timberline Spring Pass.

Timberline's Spring season lasts the longest - March, April and May.

Timberline hasn't announced its Spring pass prices yet, but they usually start selling right after the first weekend in March, which would be as of Monday, March 7. The Spring Pass is valid until May 30, 2022. Stay tuned and check out the prices at: <https://www.timberlinelodge.com/mountain/season-passes> .

Mt. Hood Skibowl Spring Pass.

Skibowl will not offer a Spring Pass this year.

Indy Spring Pass.

An Indy Spring pass, already on sale since March 1st, gives you 2 days access to 82 fantastic resorts through April 30th, 2022. Prices for the regular Indy Spring Pass are: Adults = \$189, Kids = \$79. If you want to purchase an Indy Plus Spring Pass with no blackout dates, the prices are: Indy+ Pass for adults = \$239, Kids Indy+ Pass = \$99.

Also, note that all Indy Spring Passholders will receive a 10% discount on 22/23 passes!

Buy an Indy Spring Pass at: <https://indyskipass.us4.list-manage.com/track/click?u=4247c6380ad33ee9708aa2f7a&id=12199b0c74&e=e9e955f8c1> .

YOU HEARD IT HERE FIRST

New 6-pack Lift at Mt. Hood Meadows

The Mt. Hood Meadows Express quad chairlift will be replaced with a 6-pack chairlift in the Summer of 2023.

The quad chair has been in place since 1994.

The new 6-pack will increase the lift capacity from 2,600 skiers/hour to 3,600 skiers/hour.

New Hiking Trails at Mt. Hood Meadows

Mt. Hood Meadows has 8 miles of new hiking trails constructed last summer (2021).

These trails can most easily be accessed from the Stadium chairlift, which will operate Thursdays thru Mondays during the Summer months.

A Winter season pass includes free access to Summer lift riding.

New High Speed Lift at 49° North

The 49 Degrees North ski area has installed a new high-speed quad chairlift to replace the old double chairlift to the top of the mountain.

The new lift is named "Northern Spirit Express".

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.

Mar. 29 (Tue.): Open to all who want to get involved with the club.

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

Location: Round Table Pizza, 6250 SE Foster Rd. (New location!!!)

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): _____

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 = 192 Newsletter Distribution

The March 2022 issue is posted on our web site. Also:
197 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-2022-03-03.xls>

Mt. High Credit Card Payments

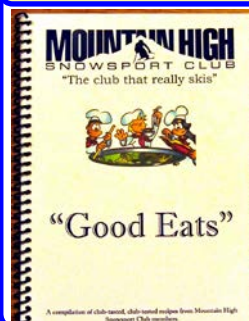
We are now able to process your payments by **credit card**. We are doing it through PayPal.

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 Skiing History Magazine

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

- * [**Skiers in Revolt against Vail Resorts**](#)
- * [**How Aspen Was Built**](#)
- * [**Ski Areas Timeline**](#)

Mt. High Cookbook

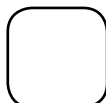
This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.

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:

- * [**The Fear Monkey in our Heads**](#)
- * [**The Power of the Small Ski Area**](#)
- * [**Hair Cutting Skills Save a Skier**](#)



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