



Lift Lines

= No. 256, April 2022 =

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



Winter is Back!

Instead of April showers that bring May flowers, we are getting back into deep winter, with at least 2 winter storms bringing several feet of fresh snow in the first half of April. See more on page 8.

Join us for some more skiing. Tour the canyons west of Timberline every Saturday with Emilio as a guide. Or explore the Private Reserve, God's Wall and more at Meadows. The powder has been pretty good lately.

Join us for some socializing, at the Happy Hour (April 14) and the PACRAT Rat Attack Awards party (April 22), and then at a virtual NWSCC meeting (April 27). Details are on page 4.

Get ready for the Far West Convention coming to Portland in June. Participate in something, at least in the free Friday evening Trade Show & Silent Auction. Pages 5-6.

Read the story of Spider Sabich on page 10. It has been said that the movie "Downhill Racer" was inspired by Sabich, who was killed by his French girlfriend.

Mt. High ID

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



"So Edgy" - our best PACRAT team



For the past several years, in addition to the PACRAT awards, our club has set up our own award for the best Mountain High race team. Thanks to Alan Bean, our Racing Director, for setting that up.

This year's best Mountain High team is "So Edgy". Judging by their results, it

looks like they really know how to use their edges! They won the Mountain High PACRAT trophy, which is kept on display in our club's display case at the Mt. Hood Museum & Cultural Center in Government Camp. Come into the Museum and check it out. Admission is free.

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

APRIL 2022

- Apr. 1 - 3** Bachelor Blast
- Apr. 4 - 9** NASTAR Nationals Aspen/Snowmass
- Apr. 14 (Thur)** Mt. High Happy Hour at the Claim Jumper, Clackamas Twn.Ctr.
- Apr. 22 (Fri.)** PACRAT Rat Attack awards party at Cedarville Lodge.
- Apr. 25 (Mon)** Mt. High Board meeting open to all who want to get more involved with the club.
- Apr. 27 (Wed)** NWSCC online Zoom meeting with guests from Next Adventure and Far West Convention.

JUNE 2022

- June 4 (Sat.)** History Happy Hour Cascade Volcano Center at the Mt. Hood Museum.
- June 9-12** FWSA Convention, Portland, OR Hosted by the NW Ski Club Council

JULY 2022

- July 2 (Sat.)** History Happy Hour Steiner Cabins presentation.

Ski the Glade Trail Day

March 5, 2022. (Saturday). This annual event on the first Saturday of March is the only day of the year that the Glade Trail is groomed all the way from Timberline to Government Camp, a total of over 3 miles. It was also patrolled and shuttle buses were provided to return to Timberline. This was a living history experience, skiing the way people used to ski before Timberline Lodge was built. It was also a fundraiser for the Mt. Hood Museum and Cultural Center.



It is a very popular event and it sells out every year. As usual a maximum of about 70 tickets are sold. They included breakfast, lunch and après ski happy hour with door prizes. Plus unlimited shuttle bus rides to Timberline.

See more pictures on our website, on the PHOTOS page: <http://www.mthigh.org/Photos.htm> .

Whitefish, Montana trip and Blacktail Mt.

March 13 - 20, 2022. This was a very flexible trip, where people could stay for 4, 5, or 7 nights. Bill King was our trip leader. 48 people participated. We got several foggy days at Whitefish. In the middle of the trip, on Wednesday, some of us took a day trip to Blacktail Mountain.

At Whitefish, the resort had moved the chairlift that takes people out of Hellroaring canyon. The lift was moved probably about half a mile to the side and also moved quite a bit higher on the mountain, thus making it easier for advanced skiers to do laps in Hellroaring canyon. Some new trails have been cut, but the terrain is still very steep.



Photo from Lisa Miller

Raj and Tanika got engaged at Whitefish Mountain, right next to the statue of Jesus.

At Blacktail Mountain, we had a great powder day, along with some intermittent sunshine. Blacktail has two adjacent hills, served by a total of 3 lifts. The longest lift on the larger hill has a mid-station, used mainly to load the chairs with skiers who only want to ski the upper mountain, where the snow is better, lighter, and drier.

See more pictures on our website at: <http://www.mthigh.org/Photos.htm> .



Raj and Tanika got engaged



We had great powder at Blacktail Mountain

Bachelor Blast

April 1 - 3, 2022. (Friday - Sunday). This was a NW Ski Club Council trip, open to all local ski clubs. The trip leader was Linda McGavin and the majority of the participants were Mountain High club members.

See more pictures on our website, on the PHOTOS page: <http://www.mthigh.org/Photos.htm>.



Photo from Kurt Wilke



Photo from Linda McGavin

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 don't fill up so quickly any more in the Spring. No need to be there by 7:30 am. Now you can drive up at 8 am and still find parking. Or take the Mt. Hood Express bus.

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 after 9 am, in front of Timberline's day lodge, next to the free ski check. We'll wait for the Mt. Hood Express bus to arrive.

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 Happy Hour



April 14, 2022. Thursday

4:00 pm -- 7 pm.

An informal social gathering.

Let's gather for a Happy hour on Thursday, 4:00 pm.

Location:

Claim Jumper Steakhouse & Bar, 9085 SE Sunnyside Rd. Clackamas Town Center

See [Google MAP](#).

Let's just relax and enjoy the time together.

Please **RSVP** to **Debbi Kor** at:

ijustwannarun1@comcast.net

Informative NWSCC Meeting



April 27, 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 **Far West Ski Association Convention**.

We will also have some updated information about ski passes for next year, as well as information about the FWSA Convention

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. More at: <https://nwski.org/>.

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

PACRAT Rat Attack



April 22, 2022. Friday.

Doors open at 6 pm. Dinner: 7 pm. Awards: 8 pm. Food, awards, music!

Please join us at the **Cedarville Lodge**, 3800 W Powell Loop, Gresham, OR, on Friday April 22nd for our **country western** themed, end of season awards banquet. Help us celebrate our 2022 PACRAT season with a country style BBQ dinner, PACRAT season awards, and the PDX Sliders music stage. More info at: https://www.pacrats.org/main_pages/schedule.htm

History Happy Hour: Volcanos



June 4, 2022. (Saturday) Doors open at 6:30 pm.

Presentation starts at 7 pm.

Mt. Hood is a volcano. Find out what is going on and what

the predictions for its future are. Guest speaker: The Cascade Volcano Center.

Be entertained and learn something new.

There will be wine, beer and soft drinks available for purchase. Enjoy your drink and then sit back and enjoy the presentation.

The presentation is free. Donation to the Museum are welcome.

For more information about the lecture series, please call the museum at 503-272-3301.

Mt. Hood Cultural Center and Museum

ph: 503-272-3301, info@mthoodmuseum.org
www.mthoodmuseum.org



FWSA Trips

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.

Dive Trip to Cozumel.
October 8 - 15, 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/>

Twin brothers Phil and Steve Mahre will be special guests at the Far West Convention in June in Portland. They grew up at White Pass ski area, Washington, and won Gold and Silver medals at the Winter Olympics in Sarajevo in 1984.



Billy Kidd, Sigrid Noack, and Debbi Kor at a 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. On Friday evening, there will be a Snowsport Trade Show & Silent Auction with great deals on ski trips and it is free and open to everyone.
4. 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 trade 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.

Q: How can I participate in the Far West Convention?**A:** You can participate in several ways:

- a) **As a visitor at the Trade Show & Silent Auction** on Friday evening. Just show up. It's free.
- b) **As a volunteer**, to help our NWSCC organizers and hosts. Contact **Chris Ciardi**: c2blondie@hotmail.com
- c) **As a registered delegate**. Full registration costs \$179 and includes breakfast, lunch and dinner on Saturday and breakfast on Sunday morning, as well as all the education seminars and other activities all day Saturday. And you can also vote in all the FWSA proceedings on Sunday morning. To register, go online to the FWSA website at: https://www.fwsa.org/content.aspx?page_id=22&club_id=623165&module_id=504188. Note that there is a separate button there to register for hotel lodgings and a separate button for registering as a Convention Delegate. **We do have a minimum number of hotel rooms that we need to fill, so we highly encourage people to stay at the hotel**, and enjoy ALL the aspects of being a Convention Delegate, including the Apres parties on Friday and Saturday nights, as well as the Eye Opener on Sunday prior to the general meeting.

Q: What is the Trade Show and Silent Auction?

A: The Trade Show on Friday evening is basically a ski show (like Snowvana), but it is free. Ski areas and other ski industry representatives will have their booths there. Also, there will be a great Raffle for the Athletic Scholarship Program, benefiting Junior racers.

For the **Silent Auction**, most booths will have a signup sheet where you can bid on an item or two that they are donating to the FWSA. You have an excellent chance of getting a ski trip for very low prices.

The former Travel Expo is included in the trade show.

This event is **free** and **open to the public**. Bring your friends. Everyone is welcome. It happens on Friday evening, between **6:30 pm** and **10:30 pm**.

This is the only place our people can meet in person the Tour Operators who set up trips - and they have some pre-arranged trips that clubs can join in on.

**Q: What happens on Saturday?**

A: Saturday's program is for registered delegates only. A lot happens on that day. There will be educational seminars. A session on Avalanche Safety and guest, Steve Rollins from Portland Mountain Rescue, as well as a session with Forest Service Rep, and meteorologists, Matt Zaffino and Rod Hill from KGW. Club and individual awards will be given out during the luncheon. The day will end with a banquet dinner and a dance.

Q: What about Sunday?

A: Sunday is the time for the Annual Far West General meeting and elections, with a delicious Brunch from 10:30 to 11:30. Door prizes will be given away.



Communication crucial for Safety

In recent years, there has been a boom of interest in backcountry and side-country skiing. Groomed slopes are getting too crowded. The out-of-bounds slopes offer beautiful views and safety from being hit by another skier or snowboarder. But the backcountry also requires that we take additional precautions against tree wells, avalanches, or simply getting separated from others and getting lost. And a key safety factor in this is being able to stay in touch with others in your group.



Two-way radios provide the best way to stay in touch and communicate with your group. A phone might not have a signal in the forest or behind a hill. And even if you have a signal, you can only communicate with one person at a time. Meanwhile, a radio enables instant communication between everyone in the group.

Greg Hope, a long time resident of Telluride, Colorado is an advocate for safety on the slopes. He is also an ambassador for BCA - Backcountry Access - a manufacturer of backcountry equipment.

In April 2016, Greg and a friend were descending the Grandfather Couloir in the San Juan Mountains. While they were in the midst of a roped descent, a group from above sluffed Hope's partner off of her rappel. If the other group had carried radios to hear Hope's fruitless calls asking them to wait until they had completed their rappel and exited the line, the accident may never have happened.

Radios offer a large number of available channels, so you can communicate privately with your own group. But a growing trend is to use a common channel so that other groups in your vicinity can hear you too.

"The common radio channel thing already has been super useful, and it seems like it's caught on really well," explains Hope about the new push among backcountry skiers to promote the use of radios as a way to communicate between groups. "I think maybe more than even just within your own group, it's huge to have the common channels for certain areas and to be able to communicate with other groups if there's a rescue situation, people on top of you, whatever it may be."

About how this radio communication trend is being received in the Telluride area, Hope says, "I think this trend is catching on, but like with anything new, some people are hesitant to adopt them and old-timers stick to their ways more with the yelling technique. But generally speaking, I think people look at [the common radio channels] positively and have taken it pretty well."

Ultimately, Hope sees radios as having a role besides the other backcountry necessities: beacon, shovel, and probe. As the dialogue evolves around the vital role communication plays in avalanche safety, so too will the acceptance of radios and common radio channels for backcountry goers.

"What I tell people who are getting into the backcountry nowadays is that I don't go out without my BC Link radio, because it seems to be the new essential: beacon, shovel probe, radio. The radio is just as important as everything else."

Radios can also be very useful inbounds as well, whenever you ski with more than one other person. For example, if you are delayed in traffic and your group couldn't wait any longer and went skiing without you. With radios, you can simply call them and any of them could answer to tell you where they are and how best to meet up.

Same if you accidentally get separated from your group. Or, if your group consists of skiers of different abilities and some ski faster than others. You naturally separate into smaller groups. Radios will then make it easy to coordinate plans for meeting up in the lodge for lunch.

One of our club members, a few years ago, briefly slid into some nicely spaced trees between two groomed runs. He twisted his ankle there and had to slowly hobble out of there. What if he had broken a leg? He said he wished he had had at least a loud whistle to attract attention, because yelling didn't have any effect. Having a 2-way radio would have been even better. Be safe -- carry a radio.

Our Mountain High club has been using channel 6-19 as our channel for many years.

Winter is back!



What a difference a week makes! The first weekend in April was the end of a dry and warm period. At the end of the Glade Trail, just above Government Camp, a large patch of dirt was showing where the snow had completely melted away near the intersection with the Crosstown trail.

By Saturday, April 9, just a week later, about 2 feet of snow had fallen, completely covering that bare patch and making skiing to Government Camp easy again.

For the week of April 9 - 16, the forecast is for more snow. Much more snow. At least 2 - 3 feet more! The temperatures will remain consistently below freezing, both day and night for the whole week, this preserving the good quality of the snow. Come on out ye powder hounds! Let's go play!

This past weekend, April 9 - 10, there was excellent powder on Mt. Hood, both at Timberline and Mt. Hood Meadows. Even skiing from Timberline to Government Camp was unusually good even at lower elevations. It was one of those rare occasions when you don't have to take off your skis when you reach Government Camp. Instead of walking the equivalent of about 5 or 6 blocks, you could ski all the way down to Huckleberry Inn or Collins Lake Resort.

Unfortunately, just like in real winter storms, the upper chairlifts have been mostly closed lately, due to high winds and/or low visibility.



Parked in Government Camp and skied all the way to our car, in April, with Malcolm MacDonald and Jon Waldum. Photo from Jon Waldum.

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. That's 1,000 skiers more than before.

New Hiking Trails at Mt. Hood Meadows

Meadows has 8 miles of new hiking trails since last summer (2021).

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

If you buy a 2022-23 Winter season pass, it includes free access to Summer lift riding. Just an incentive to buy early.

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

2022 Volunteer of the Year



Bill King is our club's Vice-President and a ski trip leader. He is also the Treasurer for the NW Ski Club Council. He has been nominated by our club as our Volunteer of the Year.

NOTE: The Far West Ski Association has discontinued the Man & Woman of the Year competition and replaced it with the Volunteer of the Year. Bill King is our club's first nominee.

Mountain High Board Meeting

Usually last Monday of the month.

Apr. 25 (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. (old 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>

Checkmark all desired options.

Club membership = 192 Newsletter Distribution

The April 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.

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>

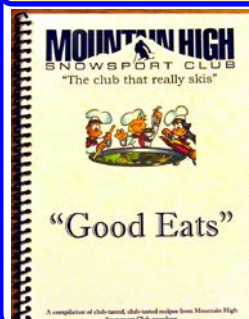
Count Your Ski Areas

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-2022-03-03.xls>

Stories from Skiing History Magazine

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

- * [Perfecting the Plastic Ski Boot](#)
- * [Sun Valley's Ruud Mountain](#)
- * [The Legacy of Spider Sabich](#)

Mt. High Cookbook

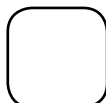
This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.

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:

- * [Is Resort Skiing Getting More Dangerous?](#)
- * [Different Ways to Ski an Area](#)
- * [Losing Control on the Green](#)



Emilio Trampuz
 Mountain High Newsletter editor
 4742 Liberty Rd. S., #296
 Salem, OR 97302

Please check our web site,
www.mthigh.org
 for updates.