



# Lift Lines

= No. 265, January 2023 =

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



## Winter Trips update

1. **Canada Red, White & Blue Trip** at the end of January is now full. Forty-eight people have signed up. Trip is ready to go!
2. **McCall, Idaho Trip** (Brundage Mt. & Tamarack) at the end of February. To get the best price (the group discount) you need to **make your room reservations at the Best Western Hotel in McCall by January 15**, and tell them you are with the Mountain High club.
3. **Mt. Shasta / Mt. Ashland trip** in mid-March still has plenty of openings. But don't procrastinate. If you are interested, **please sign up for this trip by mid-February** at the latest.

**Ski trips are the best way to get to know other club members.**

## Multi-club & Public Events & Trips

1. **Ski the Glade Trail Day, March 4.** Dress like an old-timer and ski like they did back in the 1920s, 1930s, 1940s, from Timberline to Government Camp, a 3.5 mile long trail. But this time, the trail will be groomed and we'll have shuttle buses to take us back to Timberline multiple times. Breakfast, lunch, and apres-ski included.
2. **Bachelor Blast., April 7 - 9.** A spring weekend at Mt. Bachelor, attended by several local ski clubs, but our Mountain High members will be in the majority (as in previous years). This trip is organized by the NWSCC and our very own Linda McGavin.

## Social Events, Parties

1. **Mt. High Happy Hour, Wednesday, January 18.** Join other club members in a pleasant setting for some drinks and/or food at the Claim Jumper Bar and Steakhouse in Tualatin
2. **Chocolate Party, Saturday evening, Feb. 18.** A traditional annual party, usually around Valentine's Day. Taste some chocolate desserts, or bake your own dessert and bring it for the chocolate competition. All present will be tasters and judges!!!

## Our Forums

Our Forums are coming alive again for this coming season. Use them to connect with other club members for some fun on the slopes. Simply post when you would like to go skiing. Or reply to others.

It is advisable to set your email preferences in the Forum (a Google Group) to receive all email notifications. That way, you can participate in the conversations.

Note the color code.  
Our club is blue.

## 2022/2023 CALENDAR

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

### JANUARY 2023

- Jan. 2 (Mon.) Mt. High Board meeting**  
Via Zoom. Starting at 6:30 pm.
- Jan. 18 (Wed.) Mt. High Happy Hour** at the Claim Jumper in Tualatin.
- Jan. 25 (Wed) NWSCC Meeting via Zoom**  
Everyone is invited.
- Jan. 25 - Feb. 1 Canada Ski Trip: Red, White, and Blue** Whitewater and Red Mt. by bus.

### FEBRUARY 2023

- Feb. 2 (Thur) Mt. High Board meeting** Zoom meeting.
- Feb. 18 (Sat.) Mt. High Chocolate Party** at Terry and Brad Swan's place..
- Feb. 26 - Mar. 1, 2, or 3. McCall (Idaho)**  
Brundage Mt & Tamarack trip

### MARCH 2023

- Mar. 4 (Sat.) Ski the Glade Trail Day** from Timberline to Govt. Camp
- Mar. 17 - 19 Shasta and Ashland Ski Trip** weekend bus trip.

### APRIL 2023

- Apr. 7 - 9. Bachelor Blast** Spring weekend open to members of all NWSCC clubs.

## Let's Ski Together

There is a group of advanced mid-week skiers who ski at Mt. Hood Meadows on Thursdays, or whenever there is fresh snow. Other groups might form too.

There is another group of skiers who ski at Timberline and/or Skibowl, usually on Saturdays.

Connect with them by using our Forums as well as our club's Facebook page.

## MOUNTAIN HIGH

## Upcoming Events

## SNOWSPORT CLUB

## Happy Hour

Jan. 18, 2023 (Wed.) 4 - 7 pm.



Come join your ski buddies at a Happy hour event at the **Claim Jumper Steakhouse & Bar** in Tualatin. 18000 SW Lower Boones Ferry Rd, Tualatin, OR 97224. This is west of I-5. It might be better to take the Durham exit, which is about a mile north of the Tualatin exit.

We'll be there from 4 to 7 pm. Come join us for a beverage or two and some yummy hors d'oeuvres. Spend the evening with friends and find out who's going where this ski season.

RSVP Debbi at [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net) or 503-314-7078 no later than Jan. 15th so we can ensure we have enough spots saved.

## NWSCC Meeting - via Zoom

Jan. 25, 2023, (Wednesday) - 7 pm.



Please join the meeting at 6:45 pm.

Official part of the meeting starts at 7:00 pm.

Guest speaker: TBA.

Join Zoom Meeting at:

<https://us02web.zoom.us/j/85761120685?pwd=ZnB6Tm5YUy93YkVuV3FhNGIyUUVQQT09>

Meeting ID: 857 6112 0685

Passcode: 365974

These meetings can be very informative and interesting, depending on the guest speaker. You can also find out what other local ski clubs are doing.

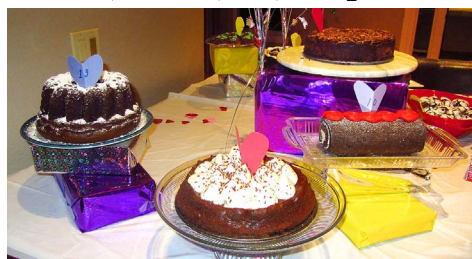
## Chasing the Line

Feb. 16, 2023, (Thursday) - 7 pm.

Clinton Street Theater, Portland. Check out this [movie about Franz Klammer](#), best race in 1976.

## Chocolate Party

Feb. 18, 2023 (Sat.) - 7 pm.



At the home of Terry and Brad Swan, 7225 SE Barbara Welch Rd., Portland, 97236.

Located a bit

south off of SE Foster Rd.

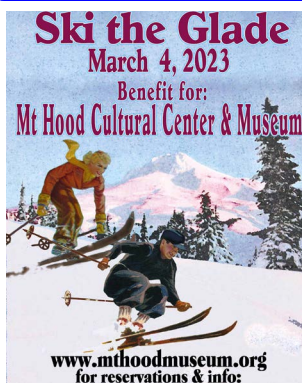
Please RSVP to Terry and Brad: 503-729-3435, or email [TerryLee.Swan@gmail.com](mailto:TerryLee.Swan@gmail.com).

Join your fellow club members at the annual Chocolate party. Bring your favorite chocolate dessert and enter it in the contest for:

- a) the Most Chocolatey / Decadent;
- b) the Most Creative, and
- c) the Most Healthy.

Entering the competition is optional. We also need people to taste test and judge the entries.

## Ski the Glade Trail Day



March 4 (Sat.) 9 am - 4 pm.

This will be the 21st annual Glade Trail Day. This is the only day in the year that the trail is groomed from Timberline to Government Camp. Timberline Lodge, an event sponsor, grooms the Glade Trail prior to the event.

Hosted by the Mt. Hood Cultural Center & Museum, this is an opportunity to ski three and a half miles of mountain terrain. This is a participatory living history and fund raising for the operation of the non-profit museum. Guides and Ski Patrol services will be available to keep everyone safe.

Tickets for the all-day event will be \$185 for museum members and \$195 for non-museum members. Only 75 tickets will be sold. To make your reservation and purchase your ticket, call the museum at: **(503) 272-3301**. Breakfast, lunch & apres ski included.

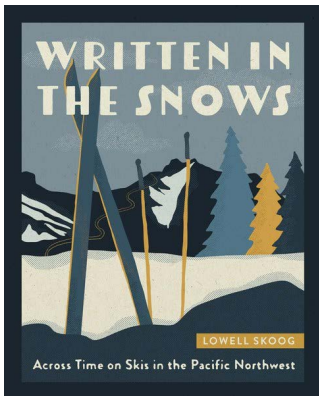


## History of Northwest Skiing

January 23, 2023 (Monday) - 6:30 - 8:30 pm

Location: Holman Auditorium  
Mazamas Mountaineering Center  
at SE 43rd and Stark.

The newly reformed **Mazama Programs Committee** is pleased to announce the return of the evening programs with a talk by skiing historian **Lowell Skoog**.



Join Lowell for an evening of Northwest ski culture from past to present. As a skier, climber, writer, and photographer, Lowell has been a keen observer of Northwest mountaineering since the 1970s.

His latest book, **Written in the Snows: Across Time on Skis in the Pacific Northwest**, is a visually rich history of the past century of Northwest skiing and winner of several awards, including the 2022 National Outdoor Book Award.

## Norway's Winter Sports Success

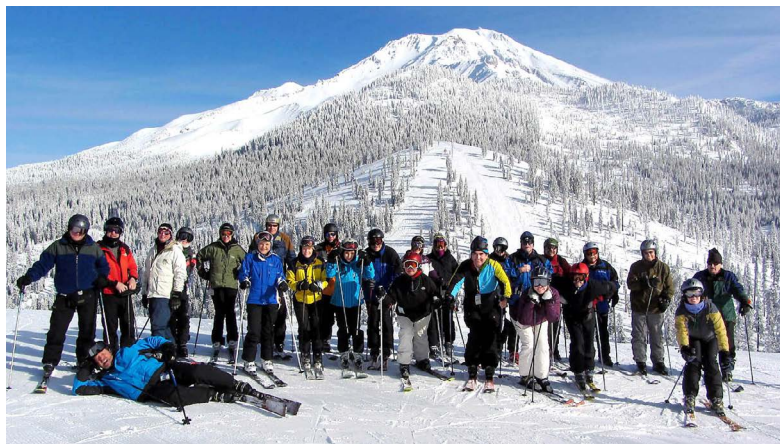
February 3, 2023 (Friday) - 7:30 pm.

Location: Nordia House, 8800 SW Oleson Rd.  
Portland, Oregon.

The Nordic Northwest (NNW) Friday Night Lecture series presents a 45-minute presentation on **NORWAY'S PATH TO WINTER SPORTS SUCCESS**. Registration is for either in-person or virtual attendance. Register at:

<https://www.nordicnorthwest.org/friday-night-lecture-series>

The Nordic Northwest (NNW) is a nonprofit organization providing community education for over 30 years.



## Payments for Mt. High Trips

**NOTE: Your spot on the trip is not guaranteed until you put down a deposit.**

You can make it official by mailing the trip deposits or by paying online.

You can now renew your membership and sign up for trips and more online on our “**Signup & Pay**” page at: <http://www.mthigh.org/Signup-Pay.htm>

Whenever you send any money to the club, please always send in a filled out **Dough Transmittal Form** (DTF). You can either mail it to the club's PO Box, or email it to [Forms@mthigh.org](mailto:Forms@mthigh.org).

**NOTE:** All of the above applies only to Mountain High trips, not FWSA or NWSCC trips, which have a separate signup process of their own.

## First Aid for Unconscious Person

Prolonged unconsciousness can cause severe complications. If left untreated, lack of oxygen supply to the brain may cause brain damage, and choking can even lead to death. There is also risk of injury when performing CPR, such as broken ribs, but it is important to attempt CPR and call for medical assistance ASAP.

Unconsciousness is a medical emergency where patient outcomes are optimized by early diagnosis and physiological stability. Such patients usually require a checkup by a medical professional or a physician.

The first thing to do when someone appears to be unresponsive or unconscious is to ask them if they are okay in a loud voice, then shake them gently, provided the victim does not appear to have a spinal injury. If after all these steps they do not respond then check if the person:

- Has any signs of blockage in the airway.
- Is breathing.
- Has a pulse or heartbeat.



If the person does not appear to breathe or if they have a weak or no pulse then have someone call 911. The steps for the first aid are decided on the basis of one question “Is the person breathing?”

### If the person is breathing:

If the person is breathing, seems to be dazed, and is not unconscious then ask them basic questions like their name, date of birth, or that day’s date. The patient may be facing a change in mental status if they are unable to answer or give a wrong answer.

If the person seems to have a spinal injury then try to keep the neck of the person supported and still and do not move them. Share all the information with emergency medical services.

### If the person is not breathing:

If the person is unconscious and is not breathing then it is important to move them onto their back carefully while protecting their neck, so that the person can receive cardiopulmonary resuscitation (CPR). Signs like breathing, moving, or coughing are great signs, but in the absence of these signs, CPR must be continued until emergency medical service providers arrive.

The frequency of complications and the consequent risks of CPR performed by a bystander on a victim are very low. If the victim seems to have inadequate respiration, it is reasonable to perform CPR promptly and confidently.

Assessment through look, listen and feel method was removed from the BLS algorithm in 2010, this was because these steps were inconsistent and time-consuming. Instead, the emergency response system must be activated while starting chest compressions for a person who is not breathing or who is gasping.

### Temporary unconsciousness:

Fainting and syncope can cause a sudden and temporary unconsciousness. The most common form of fainting is Neurally mediated syncope (NMS). It is mostly harmless and does not require any medical treatment. This condition occurs when something unpleasant or shocking happens, or when the brain does not respond correctly to a trigger. The incorrect response causes the person to pass out by cutting oxygen flow to the brain. Dehydration, low blood sugar or low blood pressure, heart problems, and hyperventilation also cause temporary unconsciousness.

**Things to avoid:** Do not try to make them drink water or any other liquid. Do not try to make the victim sit up. Do not splash water on an unconscious person or shake them. Do not place something under the head of an unconscious person as it may disrupt their breathing. If an object is lodged in a person’s throat, keep performing CPR and check the mouth for foreign objects before providing rescue breaths. Do not leave them alone or unattended.

## Web Site Tips for mthigh.org



### How to get back to the top of a long page.

Hit the “**Home**” key on your keyboard. It will take you to the top of the page. This is so much faster than scrolling back up until you reach the top of the page.

**How to go back to the previous page.** Most browsers have a back-arrow (pointing to the left) to go back to the previous page. But, you can do the same by hitting the **Backspace** key on your keyboard.



### Home



### How to get back to the Home page, www.mthigh.org.

There are two ways:

1. Click on the “**Home**” button on the menu. Or, ...
2. Click on the **Mountain High logo** at the top of the page. That will have the same effect. It will take you to our Home page, which is our Calendar of Events.

## To Share or Not

On the **Membership signup form**, we ask you if it's OK to share your email address. Let's clarify that.

Some people have asked us if we will ever publish a **Members' Directory**. We probably will never do that, in part because many members opted NOT to share their email addresses

We only give your email address to a few Board members (our President, Treasurer) and to trip leaders for trips you have signed up for.

Occasionally, a club member will ask for another club member's email address, in order to contact him/her about something. Before we give out the address, we consult your expressed preference. If you said NO, we will not give out your address. This is pretty much the only circumstance where your choice to share or not to share your address comes up. And that's the only reason we ask you that question.

## Passport

If you are going on a trip to Canada or Europe this year, make sure your passport is still valid.



## Facebook Page



We have a **Facebook** page you can use to communicate.

This is just one more way for our members to communicate with each other, in addition to emails, our web site, Bulletin Board, and our two Forums (which are in fact Google Groups).

Check out the Facebook page at: <https://www.facebook.com/groups/1528330064067232/>

The easiest way to get there is to simply click on the Facebook button on our website's main menu.

## Our Forums

We have 2 Forums on our website's main menu. One is focused on mid-week skiing, and one is a general forum for the whole club.

**Use these Forums to communicate with other members.** You can invite them to join you on the slopes, or respond to someone else's post.

If you are new to the club, know that you need to join a Forum first. Click on one of the Forum buttons and then click on “Join this group”. Provide your name and an email address, and you will be notified whenever someone posts something. There won't be a lot of emails. Only occasionally.

Not all our members have joined these Forums, and not all our members have joined our Facebook group either. So, it's best to join both places.

**THE MORE YOU PARTICIPATE, THE MORE FUN YOU'LL HAVE!**

## How to Find Info about our Club Events & Trips

Our website, **www.mthigh.org**, is full of information. For example, check out our **ARTICLES** section, where you can find useful articles on many ski related topics.

To find about **upcoming events and trips**, check out the **EVENTS** and **TRIPS** web pages.

To find out about **past activities**, such as: when was the last time we went on a trip to Crystal Mountain, WA, first go to our **Newsletter** page, which is a relatively simple table of contents for everything we do. Find the word “**Crystal**” on that page (Ctrl-F or Cmd-F or “Find on this page”). The first find shows you it was in **2016**. Then go to our **PHOTOS** page and click on the year 2016. You will find the **Crystal Mt. Trip** there. Click on it, and you will see a brief description of the trip as well as photos from that trip. Easy!



Mt. High

Canada Ski Trip: **Red White and Blue**

January 25 - Feb. 1, 2023.

Join us at **Red Mountain** and **Whitewater**, B.C.

Full trip price includes:

- roundtrip charter bus from Portland via Bluestar Coachlines Canada,
- 7 nights lodging, 3 Red lift tickets,
- 2 Whitewater lift tickets,
- a few meals and
- a bus load of club members to enjoy the trip with!!

**YOU NEED TO BRING:**

- 1. Passport**
- 2. Proof of vaccination**



We will start our trip in the vibrant mountain town of Nelson, British Columbia. We will stay 3 nights in traditional hotel rooms with TWO people per room. Rooms have QQ bedding. There is a restaurant onsite and we are located on the edge of downtown within walking distance to shops and restaurants.

We will ski **Whitewater Ski Resort**, less than a 25-minute drive from town, on Thursday and Friday.

**On Saturday, a surprise awaits us on our travel day to Rossland, British Columbia.**

Once we arrive at Red Mountain, we will stay ON MOUNTAIN at the **Josie Hotel** for 4 nights. All hotel rooms will be QQ set up with TWO people per room. There is a restaurant and bar onsite and the town of Rossland is a quick 5-minute shuttle ride away. In addition, for a fee there is an onsite spa and 2 slope side saunas to enjoy during our visit!!

**Whitewater Resort** is in the Selkirk Mountains and typically receives over 40 feet of powder!! Whitewater boasts over 2300 acres, 82 runs and 2044 feet of vertical. The trail break-down is about 11% double black, 47% black, 34% blue and 10% green. Whitewater also offers Nordic trails for cross country skiing, snowshoeing and fat-tire biking. Please note that Whitewater is off the grid. That means no cell service and no Wi-Fi while at the resort. You are there to ski anyway!!

**Red Mountain Resort** is located 5 minutes from the town of Rossland in the Monashee Mountains. It has 8 lifts, 119 runs, 3850 skiable acres with 2900 feet of vertical. Red receives over 300 inches of snowfall on average and has three separate peaks to enjoy. Trail breakdown is about 26 % expert, 23% advanced, 34% intermediate and 17% beginner so there is something for everyone.

**Pricing** is per person based on double occupancy:

- Adult = \$1725
- Senior (65-74) = \$1627
- Super Senior (75 and up) = \$1305

If you have a reciprocal pass that includes lift tickets to either of these resorts, please reach out to the trip leader for special pricing.

**Signing up.** Early bird signups in person were held at our club's social event at the Round Table Pizza on **Tuesday, August 9**. Those who signed up in person were be given priority. Spots remaining after social will be filled by postmark date. Mail in deposits accepted starting August 10th.

\$500 deposit to secure your spot.

**Trip leader: Karen Michels, 503 984 9210. Text preferred.**

[Click Here for full trip flyer and details.](#) **Important info on pages 2 and 3 of the flyer.**

See our Mt. High [Trip Cancellation Policy](#).

**The Josie Hotel  
at Red Mountain**



## Mt. High

## McCall (Idaho), Brundage Mt. &amp; Tamarack Ski Trip



**February 26 - March 1, 2, or 3, 2023.** (Mon. - Fri.)

**2-5 days skiing: February 27 - March 3** (Monday-Friday)

Your choice, depending upon your free lift tickets and how many days you want to ski.

**START DATE: Sunday, Feb. 26** – Drive to McCall & check in. You can book up to 5 nights at our group rate.

Note that this trip 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, select your own roommate or have a room to yourself. We will not assign roommates.
3. You are responsible for purchasing your own lift tickets, either day tickets, exchange tickets with Mt. Hood Meadows all access pass, or an Indy pass or Loveland pass.

**HOTEL** - Book your own room under our group rate at the [Best Western Plus](#) in McCall, 211 S. 3rd Street, McCall, ID; **208-634-2230**. [They are right across from the McCall airport, Raj.] Your trip leader usually books budget lodging, but this trip is an exception, as we will be staying at a beautiful hotel with lots of amenities (check out the pictures on their website!). Our group rate is **\$179.99 plus tax** (\$206.99 including tax) per night, per double queen room. To get this rate, just tell the hotel you are with the Mountain High club.

**Please book your hotel room early** – After January 15 our room block will expire, but you can still make reservations, just at a higher rate. We may have one room at the group rate available from someone who now can't go. There is no penalty for canceling up to one week before your arrival.

The hotel is located 11 miles from Brundage and 20 miles from Tamarack. The City of McCall operates a mini bus called McCall Transit from 7:00 a.m. to 7:00 p.m. 7 days a week, free public transport to anyone. In the winter time the city of McCall provides free transit for all hotel guests to their activity destination (skiing).

**SKIING AT BRUNDAGE:** 2 or 3 days (your choice, depending upon your pass). Brundage has been on an exchange program with **Mt. Hood Meadows all access passholders** and **Loveland Ski Area passholders**, who can get 3 days free skiing midweek. They are also on the **Indy Pass** (2 free days of skiing). Indy Pass holders do not need to pre-schedule visits. Simply bring your valid photo ID to the on-mountain Guest Services office to redeem your ticket for the day. In addition to the two days included in the pass purchase, you may purchase a third day at 25% off. You can make that purchase the day of your visit. Like many ski areas these days, Brundage will sell tickets online in advance, at some kind of discount which is not known at this time.

**SKIING AT TAMARACK:** 2 free days with the Indy Pass.

Both Brundage and Tamarack are on the **Indy Pass**. With this pass, you get 2 free day tickets at each place.

**Read the article about Senior discounts at Idaho ski areas.** See link to it on page 12 in this newsletter.

## OTHER ACTIVITIES

There are lots of restaurants in the area listed on the hotel website, which also lists many other activities in the area, including: HFP Sleigh Rides, a horse drawn sleigh to observe and feed elk in Donnelly (13 mi.), the Activity Barn tubing hill (3 mi.), Gold Fork Hot Springs (15 mi.), and Burgdorf Hot Springs (33 mi.).

## KEEP OUR TRIP LEADER INFORMED

Everyone who signs up for this trip, please contact

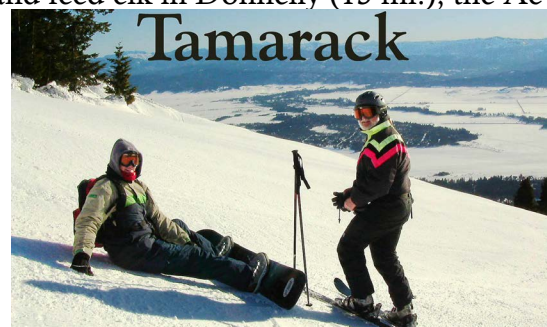
**Linda McGavin**, [Trips@mthigh.org](mailto:Trips@mthigh.org) and let her know:

- Did you reserve your hotel room, and for how many nights?
- Where do you expect to ski? Which pass(es) do you have?

See our Mt. High [Trip Cancellation Policy](#).



The Yurt at Brundage Mt.





## Mt. High

## Mt. Shasta and Mt. Ashland weekend trip



**March 17 - 19 2023.** Weekend bus trip (Fri. - Sun.)

2 nights / 2 days skiing. Free breakfast at the hotel.

Saturday at: Mt. Shasta - Click here for [webcam](#).

Sunday at: Mt. Ashland - Click here for [webcam](#).

Our bus trips are usually the club's best and most fun events. The best way to get to know other club members is by taking a bus trip. This trip is a good introduction into what our club is all about.

No need to pack and move every day. We'll stay in the same hotel both nights. Non-skiers are welcome too. Ashland is a fun place.

**Bus ride:** We'll start the trip on Friday at 2 pm and ride the bus to Ashland. We'll return Sunday night, by 8 or 9 pm. The bus ride itself will be fun. We'll share some food, play games, tell jokes, watch some short videos etc.

**Lodging:** We'll stay at the Stratford Inn, near downtown. The hotel offers free Wi-Fi, a fitness room, an indoor hot tub and swimming pool. Each room has a coffee-maker, microwave, refrigerator/freezer, a hair dryer, and ultra-fast internet. Free breakfast is included.

**On Saturday,** we'll drive a little over an hour to Mt. Shasta ski area, offering 4 lifts on 4 separate hills.

**On Sunday,** we'll ski at nearby Mt. Ashland. We'll ski till 3 pm, and then ride the bus back home. We'll return to Portland around 9 pm on Sunday.

**The following trip prices are tentative.** We still don't have all the information about lift ticket costs. We estimated high. Chances are the actual prices will be lower. For now, send us only a **deposit**. We'll let you know your balance as soon as we have all the info.

Prices: Adults	= \$510 per person
Seniors (65+)	= \$492
Anyone with Indy Pass	= \$395
Non-skiers	= \$395

**Please sign up by mid February to secure your spot.**

All prices are based on double occupancy, i.e. sharing a room with one other person. Additional cost if you want a room all to yourself = \$128.

**Also, note that the price per person will be lower if we get more people to sign up for it.** The more people, the lower the price per person. So, sign up soon with just a **\$200 deposit**.

**Price includes** all bus transportation, 2 nights lodging, and 2 lift tickets, as well as daily breakfast at the hotel. If you have an Indy Pass, your lift tickets will be free at both ski areas. Otherwise, we will get discounted group tickets as long as there are at least 15 people without an Indy Pass.

Space is limited by the size of the bus. This trip is open to members of other clubs as well, so please sign up early!

**To reserve your spot:** Please send in a deposit check of **\$200 per person**.

**Full payment** due by February 15, 2023. No refunds after February 15, unless you can fill your spot. See our Mt. High Trip Cancellation Policy

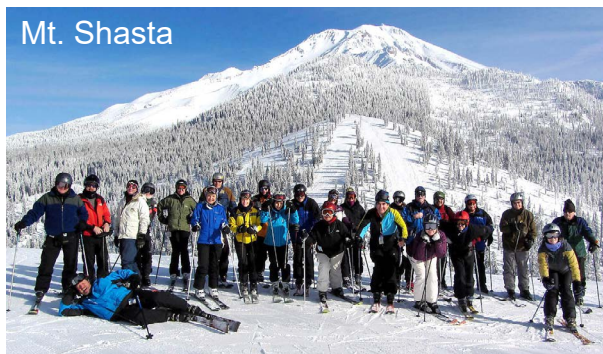
Please use the [Dough Transmittal form](#) on the **Forms & Docs** page on our web site, or on the next to last page in our newsletter. Make check payable to Mountain High Snowsport Club, and mail it to: Mountain High, PO Box 2182, Portland, OR 97208.

**Contact trip leaders:**

**Bill King**, 614-371-4762, [President@mthigh.org](mailto:President@mthigh.org)

**Linda McGavin**, 503-781-5809, [Trips@mthigh.org](mailto:Trips@mthigh.org)

**Emilio Trampuz**, 503-378-0171, [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net)







## NWSCC's Bachelor Blast

**April 7 - 9, 2023.**

Start: Friday, April 7, 2023, at 5:00 PM

End: Sunday, April 9, 2023, at 3:00 PM

Optionally, you can add Thursday night and/or Sunday night lodging.

This trip is open to members of all local ski clubs in the Northwest.

The trip coincides with the First Friday Art Walk in Bend.

Lodging: La Quinta Inn by Wyndham Bend

61200 S Highway 97 Bend, OR (See map) - 10 minutes to downtown Bend.



All rooms include free parking, deluxe continental breakfast, high speed internet, fitness center, indoor swimming pool (salt water). It's a non-smoking hotel - pet friendly. 10 minutes from downtown Bend. 35 - 40 minutes to Mt. Bachelor.

Prices are per person, based on double occupancy. Choice of a King bed or 2 Queen beds.

Sign up with your roommate of choice or pay a single supplement of \$130. We will not assign roommates for this trip.

**The price of \$320 (PP/DO)** for adults includes 2 nights' lodging, 2 continental breakfasts, and a 2 consecutive day lift pass. Prices are lower for seniors, super seniors, children and teens!

Seniors 65-69 and teens 13-18\*\* pay only \$250 - \$275.

Super seniors 70+ and youths 6-12\*\* pay only \$220 - \$245.

Non-skiers pay only \$150 .

\*\* With 2 paying adults, children stay at no extra charge – just pay group rate for lift tickets.

**Sign Up & Pay By March 1, 2023** / Form is on the NWSCC Website at: <https://nwski.org/trips> .

**Questions?** - Contact: Linda McGavin at [editor@nwski.org](mailto:editor@nwski.org) / [www.nwski.org](http://www.nwski.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.



## Upcoming FWSA Trips



The Far West Ski Association, which we are all part of, has several trips planned. See more details on the [FWSA web site](http://fwsa.org) or by clicking on the links below.

Jan. 21 - 28, 2023

[2023 FWSA Ski Week in Jackson Hole, WY.](#)

Feb. 25 - Mar. 12, 2023

[2023 FWSA International Adventure to Zermatt, Switzerland](#)

Feb. 25 - Mar. 2, 2023

[2023 FWSA Mini Ski Week at Taos, NM.](#)

Oct. 7 - 14, 2023

[2023 FWSA Scuba Diving trip to the Little Cayman Island.](#)

NOTE: There is more detailed information about all these trips on our Mountain High website, on the TRIPS page at: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm).

## PACRAT

## Recreational PACRAT Racing

Greetings PACRAT Racers,



**PACRAT Racing season has begun.** Our first race was held on Friday and Sunday, January 6 and 8, 2023, at Mt. Hood Meadows. We raced on the Stadium run accessed by the Stadium lift.

We are allowed back in the lodge to boot up this year, and are planning to hold optional Captains meetings before each race.

Please be sure to wear your **PACRAT bib** during the race, and for safety purposes, please do not wear backpacks or hydration packs during race runs.

**Snowsport approved helmets** are required to be worn during all PACRAT races.

**Live race times** will be posted to [Live-Timing.com](https://live-timing.com) for viewing on smartphones to keep track of the race progress. Following your race run, be sure to check your time on our PACRAT reader board next to the finish area, then return to the top of the race course and complete another slip through the course with your team. Please see slipping instructions in the Document Links

**Following the race, any help from racers to dismantle the course** would be greatly appreciated. If you are willing to haul gear off the hill, please meet at the top of the course at the end of the race.

### PACRAT 2023 Party Update

PACRAT is excited to welcome new beer and wine sponsors – Rogue and Top Box! Our party schedule has been confirmed. For up-to-date party schedule and details, visit the PACRAT 2023 schedule page at: [https://pacrats.org/main\\_pages/schedule.htm](https://pacrats.org/main_pages/schedule.htm)

### Mountain High club racers

Our club has 7 PACRAT teams, and they are all full. Each team consists of 10 people. So, we have a total of 70 racers in our club.

On top of that, there are racers from other local ski clubs, for a grand total of 21 teams or 210 racers. (92 Friday, 118 Sunday)

But only 181 showed up for the first two races.

**For questions about racing**, contact our club's Racing Director, Alan Bean, [Racing@mthigh.org](mailto:Racing@mthigh.org)





## MOUNTAIN HIGH

## Contacts / Club info

## SNOWSPORT CLUB

## 2022 Volunteer of the Year



**Bill King** is our club's 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.

The Far West Ski Association has discontinued the Man & Woman of the Year competition and replaced it with the Volunteer of the Year.

**NOTE: Who should we nominate for the 2023 Volunteer of the Year?**

## Mountain High Board Meeting

Usually last Monday of the month.

**February 2 (Thur.):** Open to all who want to get involved with the club.

Gather at **6:15 pm.** Start at **6:30 pm.**

**This will be an online meeting via Zoom.**

## Mountain High snowsport club contacts:

**President:** Bill King H: 614-371-4762  
**Vice-President:** Debbi Kor H: 503-314-7078  
**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)  
[Vicepresident@mthigh.org](mailto:Vicepresident@mthigh.org)  
[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): \_\_\_\_\_

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) \$ \_\_\_\_\_

☐ **CANADA trip: Whitewater & Red Mtn.** (January 25 - Feb. 1, 2023) \$ \_\_\_\_\_  
 Adult = \$1725.00, Senior (65-74) = \$1627.00, Super Senior (75+) = \$1305.00

☐ **McCall (Idaho): Brundage Mtn. & Tamarack** (Feb. 26 - March 1, 2, or 3, 2023) \$ \_\_\_\_\_  
 The club is not collecting money for this trip. Make your own hotel reservations.

☐ **Mt Shasta & Mt. Ashland bus trip** (March 17 - 19, 2023). Deposit = \$200. \$ \_\_\_\_\_  
 Please wait for full payment until we announce the final prices.

☐ **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.

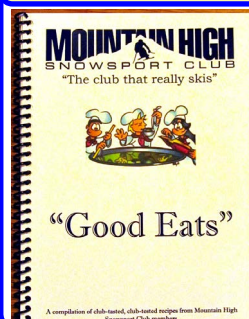
**Club membership = 203    Newsletter Distribution**

The January 2023 issue is posted on our web site. Also:  
**203** copies sent via email (as PDF file)  
**0** paper printed copies sent via US Mail.  
 Copies are also sent to potential members, other clubs, the Mount Hood Museum, etc.

**Mt. High    Credit Card Payments**

You can pay your membership fee and your trip payments by **credit card**. We are processing 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>

**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.

**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>

- \* [Klaus Obermeyer - still young](#)
- \* [Grouse Mountain, British Columbia](#)
- \* [Identifying & Dating Old Skis](#)

**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:

- \* [Senior Discounts in Idaho](#)
- \* [Fog Free Prescription Goggles](#)
- \* [Age Concerns - Skiing on the Edge](#)

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 for updates.