



Lift Lines

= No. 266-267, Feb.-March 2023 =

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



Ski Trips Will Be Re-evaluated

Everyone has been relaxing COVID restrictions. Canada has made it easier for us to enter the country. You just need to be vaccinated. But, it turns out that the COVID pandemic isn't over yet. Many of our club members on the recent Canada trip to Whitewater and Red Mountain have come down with COVID. Just a reminder that COVID is still here.

For now, the McCall, Idaho trip and the Ashland Shasta trips are still on, but they are now both drive-to and carpooling trips.

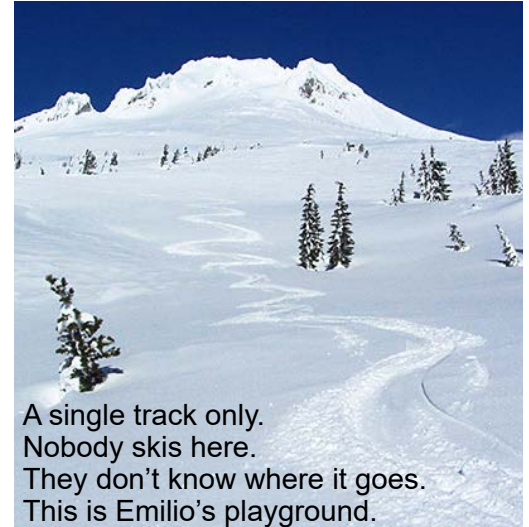
For next season, we will be re-evaluating and setting up some guidelines on conducting future ski trips and specifically bus trips.

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

Spring Skiing

Many people quit skiing for the season just when the best days arrive in the Spring, the sunny days, the corn snow, less crowded slopes, and the lowest ticket prices thanks to the affordable Spring Passes. All this is just a couple of weeks away, starting in March. More on page 3.

An additional incentive for Spring skiing is that Emilio likes to show people Timberline's side-country, the canyons west of Timberline. See where the safety boundaries are. Ski down to Government Camp, check out Zig Zag and little Zig Zag canyons. It's easy. Anyone can do it. Just don't get lost there. Ask Emilio to show you around.



Note the color code.
Our club is blue.

2022/2023 CALENDAR

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

FEBRUARY 2023

- Feb. 16 (Thur) Chasing the Line** a movie about the legendary Franz Klammer.
- Feb. 18 (Sat.) Mt. High Chocolate Party** at Terry and Brad Swan's place..
- Feb. 20 (Mon.) Mt. High Board meeting**
Via Zoom. Starting at 6:30 pm.
- Feb. 22 (Wed) NWSCC Zoom Meeting**
Speaker TBA. Starting at 7 pm.
- 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**
One or two days at each.

APRIL 2023

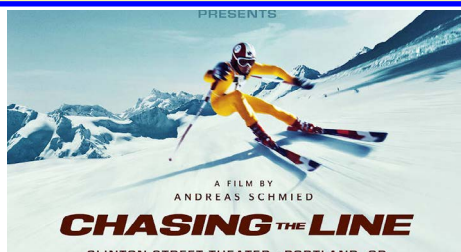
- Apr. 7 - 9. Bachelor Blast** Spring weekend open to members of all NWSCC clubs.

FOR MORE TRIPS, SEE OUR TRIPS PAGE.

Let's Have Some Fun!



Join us on a ski trip
(See pages 5 - 7)



Movie abt. Franz Klammer
(See page 2)



Chocolate Party
(See page 2)



Ski the Glade Trail Day
(See page 3)

Chasing the Line

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

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

Summary: It's 1976 and this is the story of Franz Klammer, "The Kaiser" and the most famous downhill race in the history of the sport. Barely 22, Franz Klammer finds himself at the "eye of the storm" when he shows up for the men's downhill competition at the 1976 Winter Olympic Games. It was the most watched ski race in the history of the sport

The charismatic newcomer has been winning almost every race. The pressure from the media and the public and the hopes of an entire nation are off the scales. His sponsor is pushing him to switch equipment right before the competition, and the weather is getting steadily worse. Franz senses that he has to find his own path and that only the love of his life can give him the strength to do that. This is the most important race of his life in which he skis a line that nobody even thought was possible, which made him a legend of the sport, to this day.

For movie information visit: www.chasingtheline.com

Buy your tickets by following [THIS LINK](#).

Chasing the Line Pre-Function Party

Join the ADL Ski Club and PACRAT Racing League at the Rogue Eastside Pub & Brewery for a 1970's themed pre-function party before the movie: 4-6 pm.

Mt. High Board Meeting

Feb. 20, 2023, (Monday) - 6:30 pm.

This is an organizational and planning meeting, attended mainly by Board members, trip leaders, activity organizers etc., but it is open to all. Anyone wanting to get more involved with the club is welcome.

Location: Zoom Online. Join us from your computer, tablet, or smartphone. Just follow a link which will be posted on our website announcement at: http://www.mthigh.org/#Mountain_High_board_mtg.

NWSCC Meeting - via Zoom

Feb. 22, 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.

Mt. High

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.

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 Chocolaty / 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.

21st Annual Ski the Glade Trail Day


Ski the Glade
March 4, 2023
 Benefit for:
Mt Hood Cultural Center & Museum

**WEARING VINTAGE
 SKI CLOTHING
 ENCOURAGED**

www.mthoodmuseum.org
for reservations & info:
503-272-3301

TIMBERLINE


 **NEXT
 ADVENTURE**
 Inform · Outfit · Excite | Est. 1997

This event under special use permit for USDA-Forest Service-Mt Hood National Forest

March 4, 2023 (Saturday) - 8:30 am - 4 pm.

This is the only day of the year that the trail is groomed all 3 miles from Timberline to Government Camp.

This unique event combines 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.

Participants are encouraged to wear vintage ski clothing.

Hosted by the **Mt. Hood Cultural Center & Museum**. 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**.

The ticket price includes breakfast snacks, lunch, an apres-ski party, door prizes and an unlimited number of shuttle bus rides back up to Timberline during the day. There will be 3 buses circling non-stop.

After beginning the day at the museum with a continental breakfast, participants receive shuttle transportation to Timberline, ski the trail at their leisure, and meet the bus at the end of the trail to return to the top.

When ready for a break, attendees can drop by the museum for a hot lunch featuring homemade gourmet soups and delicious accompaniments. All shuttles stop at the Museum, so you can take a break at any time

Mt. High

Spring Skiing



March, April, May. The ski areas haven't announced it yet, and they will not announce it until the first days of March, but starting right after the first weekend in March (after the Glade Trail Day, Spring Passes will go on sale.

Spring Passes are a great deal. Prices have not been announced yet, but they will probably cost somewhere around \$200 or less. For that amount, you get unlimited skiing for almost 2 months at Meadows or 3 months at Timberline. The cost of a Spring Pass is

approximately equal to 2 or 3 day lift tickets. So, you'll be ahead even if you only ski 3 times during the Spring.

Spring skiing can be some of the best skiing, with the exception of really light powder snow skiing. The weather gets warmer, the days are sunny, and the slopes are less crowded than in January or February. And how about some Spring corn snow? What's there not to like? Grab a Spring Pass as soon as they go on sale in March.

This is your opportunity to experience more variety of terrain. If you normally use the Meadows Pass, try getting a Timberline Spring Pass, and vice-versa.

Mt. High

McCall (Idaho), Brundage Mt. & 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

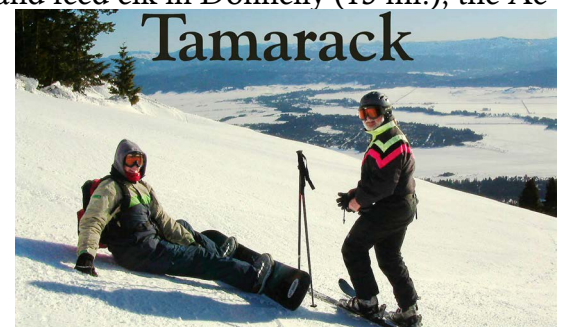
Everyone who signs up for this trip, please contact **Linda McGavin**, Trips@mthigh.org and let her know:

- 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. Just a weekend trip, March 17 - 19, 2023 with optional extension of another 2 days.

**VERY IMPORTANT CHANGES
ANNOUNCED BELOW**

The Mt. Shasta / Mt. Ashland trip is definitely happening, but in a somewhat different way. Much more flexible now. So far, we have about 12 people going, and maybe more. Not everyone has responded yet.

We are not collecting any money for this trip. In fact, everyone will receive a refund. Instead, everyone should now make their own hotel reservations. See details below.

There have been several significant changes and updates. Please read carefully:

LIFT TICKETS are not included any more. Many of the participants already have an Indy Pass, which means free skiing at both Mt. Shasta and Mt. Ashland. And we don't have enough other participants to be able to qualify for a group discount. So, everyone will have to get their own tickets when we get there.

TRANSPORTATION. We have canceled the bus. This will now be a drive-to trip, everyone driving their own car or carpooling.

LODGING. We have switched hotels to a very nice one but less expensive than the Stratford Inn. Our hotel will now be the [Plaza Inn and Suites](#), 98 Central Ave, Ashland, Oregon 97520. Phone: 855-516-1090. Located in the heart of Ashland, near Lithia Park. The rack rate is in the range of about \$129 per room per night plus tax, but you can get a better deal if you make your reservations through a service such as Booking.com, Hotels.com, Tripadvisor.com, or Priceline.com.

One way to search for a good deal is to start with Google Maps, type in the hotel name and the town of Ashland, and then scroll down a bit through the left-hand column to see all the offerings and prices. Note that this list and their prices change from day to day. If you see a good deal, grab it.

We are asking everyone to make their own reservations. That way, you can choose whichever room you want, including one with a jacuzzi or one with a fireplace, or just a standard room. Note that their Studio and their Deluxe rooms are their least expensive rooms and are priced the same. Other rooms are more expensive. Also, ask for an AAA discount if you are an AAA member.

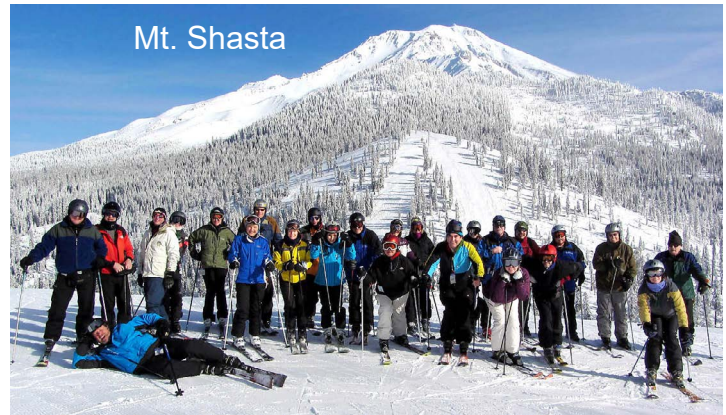
Most of the agencies selling reservations offer free cancellation until 2 days before, pay at the property, and no booking or credit card fees.

You will receive a refund of your \$200 deposit from the club. But remember to make your own room reservations.

TRIP LENGTH. Now that we are driving, feel free to stay in Ashland longer and ski both Shasta and Mt. Ashland for 2 days each, if you want. That's to take full advantage of the 2 free days that the Indy Pass gives you. The core of the trip will be the weekend of March 18-19. But you can come in a day or two early and or stay a day or two later. It's totally up to you. That's part of the reason we are asking everyone to make their own reservations.

Some of us are still planning to stay just for the weekend. Others are planning to come a day or two early and ski on Friday as well as on Monday. Or ski Thursday and Friday. Your choice. The only challenge is finding a carpool or roommate for the same dates.

Please let us (Linda, Bill, or Emilio) know when you are planning to arrive and how many days/nights you are planing to stay. See our contact info below.



SKIING. We will all hopefully ski together on Saturday and Sunday. One day at Mt. Ashland and one day at Mt. Shasta. But if you plan on extending the trip, please keep in mind the following:

- a) Mt. Ashland is CLOSED on Tuesdays and Wednesdays.
- b) Mt. Ashland is open for night skiing (9 am – 9 pm) on Thursdays & Fridays.
- c) St. Patrick's Day is on Friday, March 17, 2023. Come early to join the revelry.
- d) Mt. Shasta Ski Park is open every day of the week.

INDY PASS. The NWSCC still has 2 Indy Passes available at a great discount. If you don't have one yet, please contact Linda McGavin at Trips@mthigh.org to purchase one for just \$150 or best offer. The current value of each pass is actually \$369. Remember that the Indy Pass gives you 2 free days at not only Mt. Ashland and Mt. Shasta, but also at Brundage and Tamarack (in Idaho), and also 2 free days at Mt. Hood Meadows, plus 2 free days at another 30 ski areas in the West.

HOW TO BUY IT. Contact NWSCC President **Chris Ciardi** at president@nwskiers.org to purchase these passes (or just one of them) by February 15 at 8:00 pm.

WHY DID WE CANCEL THE BUS? The bus had to be canceled for two very good reasons.

1. **Only 12 people had signed up for this trip**, and that is not enough to cover the cost of the bus.
2. **The COVID pandemic is still rampant and a potential health hazard if we all pack into a bus for several hours.** Just one infected person could potentially infect everyone else. This has actually happened on the recent Red, White and Blue trip to Canada. Well, not everyone got infected, but we estimate about 30% of the participants got COVID during the trip.

So, terribly sorry, but we can't do this trip by bus.

However, no one knows when this pandemic might be over. Maybe COVID will never totally go away. So, it is quite likely that we will not be able to do another bus trip anywhere for a long time.

In other words, don't wait for another bus trip. If you want to ski Mt. Shasta and Mt. Ashland, do it now, by car. Still, we will understand if you decide to cancel your participation and we will send you a refund of your deposit. Well, actually, we will be sending refunds to everyone anyway.

Let us know if you want to join us on this trip to Shasta/Ashland. Please contact any of the 3 of us:

Bill King, 614-371-4762, President@mthigh.org

Linda McGavin, 503-781-5809, Trips@mthigh.org

Emilio Trampuz, 503-378-0171, Emilio2000@earthlink.net

See photos of that 2019 trip to Shasta and Ashland on our website at: <http://www.mthigh.org/Photos2019.html#Shasta-Ashland-trip>.



Our club members at Mt. Ashland



The Bowl at Mt. Ashland



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://nwskiers.org/trips> .

Questions? - Contact: Linda McGavin at editor@nwskiers.org / www.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.



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.

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.

PACRAT

Recreational PACRAT Racing

Greetings PACRAT Racers,



Upcoming Social Opportunities

There will not be hosted PACRAT parties following our next race since Sunday is the Super Bowl. We will have PACRAT-hosted parties following race #3 at Cascade Ski Lodge.

Thursday, February 16 - ADL presents Chasing the Line movie (flyer below):

Chasing The Line Pre-Function Party - Come join ADL Ski Club at the Rogue Eastside Pub & Pilot Brewery for a 1970's themed pre-function party before the movie: 4-6pm. Dress in your favorite 1970's outfit for a chance to win prizes. 1970's themed dinner and drink specials during the event.

Chasing The Line Tickets - Franz Klammer is Chasing The Line - February 16th at the Clinton Street Theater. For movie tickets and information, visit: <http://www.chasingtheline.com>.

Wednesday, February 22nd - First Ever PACRAT PDX Happy Hour
With fewer opportunities to bring all our racers together, your PACRAT

Board thought it would be fun to coordinate a couple of no-host happy hours with our sponsors. The first of which will be at Rogue, our new beer sponsor! Come have a few beers, some food and laughs with your extended PACRAT family on Wednesday, February 22nd from 6-9pm at Rogue's Eastside Pub 928 SE 9th Ave., Portland 97214.

Another happy hour is in the works for March at PDX Sliders in Sellwood. If y'all haven't been to Sliders, you've gotta make this happy hour. Hands down they make the best burgers and sliders in Portland! Details will be released soon.

Come show our Sponsors some love! We couldn't do this without them.

Friday, March 3rd - Post-Race Party for Friday Session at Cascade Ski Lodge

Sunday, March 5th - Post-Race Party for Sunday Session at Cascade Ski Lodge

Friday, March 17th (St. Patrick's Day) - PACRAT Combined Party

After Friday race #4, PACRAT is hosting a combined Friday/Sunday racer party at Mt Hood Museum with a GREEN theme. We invite and encourage all PACRAT racers to attend (no separate Sunday party). Guests can attend for a fee.

For up-to-date party schedule and details, visit the PACRAT 2023 schedule page at: https://pacrats.org/main_pages/schedule.htm.

For questions about racing, contact our club's Racing Director, Alan Bean, 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 20 (Mon.): 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:
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
Vicepresident@mthigh.org
Secretary@mthigh.org
Treasurer@mthigh.org
PastPresident@mthigh.org
skiklynn@gmail.com
Racing@mthigh.org
newsletter@mthigh.org
ijustwannarun1@comcast.net
Trips@mthigh.org

General info:
info@mthigh.org

Web site:
www.mthigh.org

DOUGH TRANSMITTAL FORM

Mail check payable to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY: ☐ New membership or ☐ Renewal

Name(s): _____ Birthday (MM/DD) _____

Address: _____

Phone (Hm): _____ Phone (Wk): _____

Email (Hm): _____ Email (Wk): _____

I certify that I am 21 years of age or more. I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

Email Preferences: - Newsletter (once a month): ☐ yes, link only ☐ yes, complete file ☐ no
☐ No changes - Club news & events (between newsletters): ☐ yes ☐ no
 (same as last year) - Other ski news (NWSCC, FWSA, ski areas, trips...): ☐ yes ☐ no
 - Is it OK to share your email address with other club members? ☐ Yes ☐ No

Please take my money, and apply it toward the following Ski Club fun stuff: Deposit? Paid in full?

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

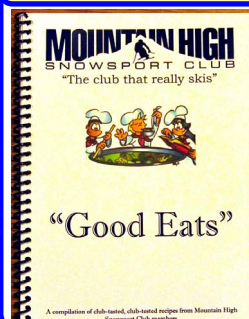
Club membership = 169 Newsletter Distribution

The February - March 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, 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>

- * [Remember the Taos St. Bernard Hotel](#)
- * [Joe Jones, Founder, 4 Seasons Club](#)
- * [The Age of Locke, RCR Owner](#)

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:

- * [How Alta Has Changed in 50 Years](#)
- * [Connections: Diet, Longevity, Skiing](#)
- * [New IKON Pass Resort in California](#)

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