



Lift Lines

= **No. 263, November 2022** =

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



Get Ready for Winter

Please renew your club membership. It was due in October.

Come enjoy dinner and see the latest Warren Miller film "Daymaker". Page 3.

Help the Mt. Hood Museum by participating in a fun evening of food, drinks, and an auction. Page 3.

Come to the Pray for Snow Party - a multi-club event in Govy on Nov. 12. Then, just 2 days later, on Monday, Nov. 14 join us for a Mt. High Happy Hour. Page 3.

Don't forget Snowvana, the big ski show, happening for 3 days, Nov. 18-20.

Check out a lot of great ski area news on pages 9 - 10.

To stay in the loop this season, join our club's Forums and our Facebook page.

Tune up your skis (wax and sharpen edges). Winter is coming!

Note the color code.
Our club is blue.

2022 CALENDAR

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

NOVEMBER 2022

- Nov. 4 (Fri.)** Warren Miller's "Daymaker"
Dinner & a movie.
- Nov. 5 (Sat.)** Heritage Night at the Museum
Auction at Mt. Hood Museum in Government Camp..
- Nov. 7 (Mon)** Mt. High Board Meeting
- Nov. 12 (Sat.)** Pray for Snow Party
in Government Camp
- Nov. 14 (Mon)** Mt. High Happy Hour
Social in Bridgeport Village
- Nov. 18 - 20** Snowvana - annual ski show at the Oregon Convention Center

JANUARY 2023

- Jan.25 - Feb.1** Canada Ski Trip. Whitewater and Red Mt. by bus

FEBRUARY 2023

- Feb.26 - Mar. 1, 2, or 3.** McCall (Idaho)
Brundage Mt & Tamarack trip

FOR MORE TRIPS, SEE OUR [TRIPS PAGE](#).

Fun Stuff



Dinner & Warren Miller's new movie, Fri., Nov. 4.



Join our Forums and Facebook Group to be in the loop.



Participate in the Heritage Night at the Mt. Hood Museum, Nov. 5.



Participate in Social Activities Dinners, Parties, TGIFs ...

Mt. High

Membership Renewal

It's time to renew. Our membership year runs from **October 1st** till the end of September of the following year. If you have joined the club this summer, your membership applies to the whole coming winter.

You can renew in three ways:

- By mail.** Just fill out the **Dough Transmittal Form** (on the Forms & Docs page on our web site). Or use the shorter version of the same form on the last page of this newsletter.
- Online** with a credit card. Start the process on our "[Signup & Pay](#)" web page.
- Renew in person** at our annual **Kickoff Party** on Monday, October 24, 2022.

The Dalles to Discovery Center (Columbia River) Bike Ride

Oct. 15, 2022 (Saturday) -- 10 am.

Ten members and two guests enjoyed a ride on the Gorge Discovery Trail from The Dalles to the



Gorge Discovery Center Museum. The weather was perfect: sunny, warm (but not too warm) and no wind.

The paved trail travels along the Columbia River waterfront, passing by a historical site (Rock Fort), past Indian fishing platforms, beautiful waterfront businesses, both Google plants, coves, lakes, a tunnel underneath a train track, and a winding uphill to the Discovery Center. The downhill on the return swoops through the grassy hillside with views of the Gorge.

We stopped for lunch at the Bargeway Pub, right alongside the trail and right on the river.

See more photos on the PHOTOS page on our website, www.mthigh.org/Photos.htm

Kickoff Party & Club Elections

October 24, 2022 (Monday) -- At the Lucky Lab in the Multnomah Village.



Over 60 people attended our annual Season Kickoff Party. People renewed their membership and received new membership cards. Some signed up for trips. Some were looking for a team to participate in PACRAT racing.

We also held club elections. Bill King is now our President. Debbi Kor became our Vice-president, Nancy Pratt remained our Treasurer, and Michele Gunness is still our Secretary. All the other appointed positions remain the same as before.



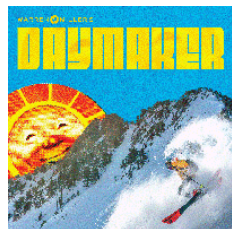
Warren Miller's "Daymaker"

November 4, 2022. (Friday) **Dinner & a movie.**

Dinner at 5:00 pm - at the Hop City Tavern inside the Hilton Hotel building. Dinner is optional.

Meet up: at 6:30 pm in front of the theater.

Movie: at 7:30 pm - Arlene Schnitzer Concert Hall.



Monashees storm, Adaptive skiing, Grass skiing, Alaska, Snowmass, Snowbasin, Europe's mountain guides, and more.

This is a last minute addition to our calendar, so we are not purchasing group tickets this year. New:

1. No assigned seats this year. Come early for good seats. Doors open at 6:30 pm.
2. Buy your own ticket online for \$24 plus processing fees. See the Mt. High website for a link. It's too long to include here.

Please let Emilio know if you are coming to dinner before the movie. Emilio2000@earthlink.net or 503-510-1477. More at: <http://www.skinet.com/warrenmiller/events/arlene-schnitzer-concert-hall>

Heritage Night at the Museum

HERITAGE NIGHT 2022

FUNDRAISER
Mt Hood Cultural Center & Museum
Saturday November 5, 6-10 PM
www.mthoodmuseum.org
503-272-3301
Live, Silent & On-Line Auction



Nov. 5 (Saturday) 6-10 pm.

Don't miss the Fun & Fundraising at the Mt. Hood Cultural Center & Museum in Government Camp.

The annual Heritage Night at the Museum includes a silent auction fundraiser for the Mt. Hood Cultural Center and Museum. Wine

and hors d'oeuvres. The event is free to members of the Museum, or memberships will be sold at the door starting at \$20 for an individual membership, \$40 for family, etc. This fun evening includes food, beverages, a silent auction, a live auction, and awards.

An online auction will also be available from Monday, Oct. 31 thru Monday, Nov. 7. There is no charge to register and view items. To participate and bid, login to the museum website: <https://mthoodmuseum.org> and click on the Events tab.

Mt. Hood Cultural Center and Museum

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

Multi-club event

Pray For Snow Party

Organized by the Schnee Vogeli Club

Schnee Vogeli Ski Club
Presents:
PRAY FOR SNOW
Featuring:
HIT MACHINE
Saturday, November 12th, 2022
Charlie's Mountain View, Government Camp, OR
Doors open at 7:00pm - Must be 21 or older
Limited tickets available - Get yours soon!
Online ticket price \$25 (+charge) - OR - \$35 at the door
For tickets visit: TICKETTOMATO.com

Nov. 12, 2022. (Saturday) - 7 pm.

Location: Charlie's Mountain View Pub. 88462 Government Camp Loop, Government Camp, OR 97028. Organized by the Schnee Vogeli Club.

Come celebrate the upcoming winter. Live music, and door-prizes. All local skiers and riders are invited, regardless of which club they belong to.

There will be a live band, "The Hit Machine".

Hit Machine will be playing, door prizes and lots of fun.

Tickets are \$25 plus service fee, available online through TicketTomato.com, or \$35 at the door. NOTE: Tickets usually sell out completely before the event.

[See a larger flyer on the Schnee Vogeli club's website.](#)

Mt. High

Happy Hour



November 14, 2022. Monday, 4:30 - 6:30 pm.

Come join your ski buddies at a Happy hour event at the **PF Changs** located at Bridgeport Village.

Join us from 4:30 to 6:30. Happy Hour pricing goes till 6 pm.

RSVP Karen at 503 984 9210 no later than Nov 10th so we can ensure we have enough spots saved.

Snowvana

November 18 - 20, 2022.

Snowvana is our annual Ski Show at the Oregon Convention Center. It is also the largest gear sale and ski swap in Portland, Oregon. 40,000 square feet of skis, boards, boots and apparel from 50+ manufacturers and retailers. This is Snowvana's 6th season. Sponsored by Toyota.

Explore the manufacturer's village, tune into the year's biggest ski movie premiere, pick up a free pair of Next Adventure kid's skis, and choose between a huge list of ways to engage and enjoy the show.

It also includes the Mt. Hood FilmFest. Stay tuned for the 2022 lineup! Snowvana typically hosts the industry's best—Level 1, Teton Gravity Research, Matchstick, and more presented by Whiteclaw Hard Seltzer.

Hours: Friday 4 - 9, Saturday 11 - 7, Sunday 11 - 4

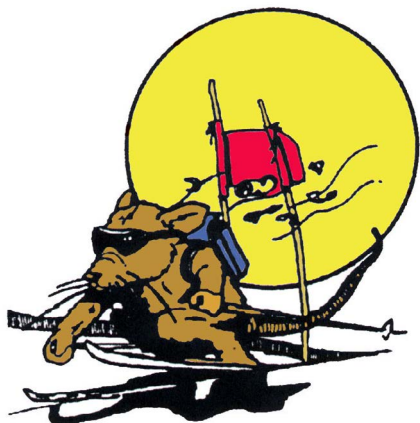
Tickets: A single day ticket costs \$12, or 2 for \$21. 3-Day Pass \$25, A 3-day VIP pass is \$79. Kids 12 & under are FREE thanks to Nokian Tires! Buy tickets [HERE](#).

There will also be: 1000 Free Kids Skis from Next Adventure, Sled Dog Rides
Learn to Ski Ramp, High Cascade Halfpipe

All New Features: Next Adventure Backcountry Pavilion presented by Sierra Nevada Brewing Company
VR Lounge with Ski Race Challenge
In-Show Film Theater



PACRAT Racing - Pacific NW Area Clubs Recreational Alpine Teams



There will be 5 races. The [RACE SCHEDULE](#) is on the PACRAT website.

With a positive response from racers to last year's split-division format, your PACRAT Board has approved plans to continue the split-division for the 2023 season that will include Friday Division and Sunday Division races.

Similar to last season, racers will select either the **Friday** Division or the **Sunday** Division, and compete in that division throughout the season. Teams may have racers in either division. The race schedule will include **four** Friday Division races, **four** Sunday Division races, plus a final Combined Division race on a Sunday to wrap up the season.

We are working to schedule our races at Meadows, Skibowl and Timberline. The race schedule will be published on the [PACRAT website](#) once

the dates have been confirmed with the ski resorts.

New this year to the PACRAT race scene: Lycra stretch bibs! A huge thank you to our generous bib sponsors - **Hillcrest Ski & Sports** and **PDX Sliders** for making this possible!

To register, visit the REGISTER page on the PACRAT website at: https://pacrats.org/main_pages/register.htm

Start working on putting your team together or joining an existing team. If you don't know anyone yet but want to race, contact our Mountain High racing director, **Alan Bean** at: Racing@mthigh.org. He can help you find a spot on an existing team.



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.



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!

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.

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



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. & 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 (like the Schweitzer trip last year) 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 at our rate *if there is space*. 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.

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

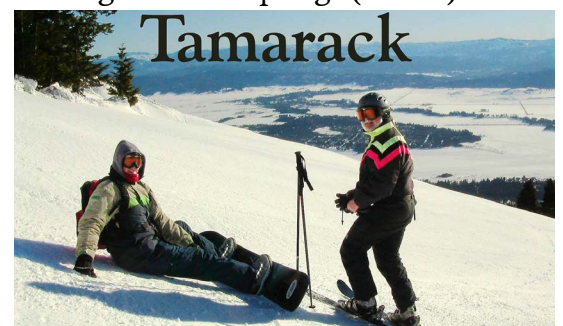
Everyone who signs up for this trip, please contact **Linda McGavin**, Trips@mthigh.org and let her know:

- Did you make your hotel reservations, and for how many nights (2 or 3 or more)?
- Where do you expect to ski? Which pass(es) do you have?

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



The Yurt at Brundage Mt.



Multi-Area Ski Passes

As stated in several previous issues, it is almost impossible to present an accurate and up-to-date comparison because the situation keeps changing. Some ski passes go on sale at the start of summer (or earlier), others will not be available nor will provide any useful information until November. And some passes, especially the Indy Pass, keep adding new ski areas almost every month. So, here is just a general overview.

1. **The sooner you buy your pass, the less it will cost.** The increase can be just \$20 or as much as \$200.
2. **Each pass has its own schedule of price increases in 2 or 3 steps.** Some prices have already been raised.
3. **EPIC or IKON?** If you plan on skiing Colorado or some of the biggest names elsewhere, such as Whistler, Park City, or the Palisades (formerly Squaw and Alpine Meadows), or Mammoth Mountain, then choose between the EPIC and the IKON passes, which have partitioned Colorado between the two of them and purchased or formed alliances with some of the other ski areas. Pick between the two based on where you want to ski.
4. **INDY Pass** keeps growing and adding new ski areas. Mt. Hood Meadows is the latest one to join. Timberline and Skibowl are NOT part of the Indy Pass. The total number of ski areas is now 104, and it will most likely grow even bigger before this coming winter.
5. **Our Ski Trips** should be taken into account too. For example, if you plan on joining us on the McCall, Idaho trip at the end of February 2023, keep in mind that both Brundage Mtn. and Tamarack are on the Indy Pass, which means you can have 2 free days at each of them for a total of 4 free days. A great deal!

SPECIFICS

Indy Pass 110 ski areas. Grown from 76 ski areas in 2021/22 to 111 in 2022/23. It offers 2 days at each ski area, for a total of 222 free ski days. A lot of the ski areas are in the East or Midwest. The Western ski areas currently number 37 ski areas (for a total of 74 free days). Cost was \$299 before September 13. Now it is **\$329**, regardless of age. Or \$429 with no blackout dates. Or \$219 for an add-on Indy Pass if you already have a season pass.

Fusion Pass/Powder Alliance (21 areas)

Unlimited skiing at Timberline and Mt. Hood Skibowl + 3 free tickets at each of 14 other ski areas. Note that there is no single “Powder Alliance” pass. Instead, this is just a cooperation between the ski areas that have decided to honor each other’s season passes. For us in Oregon, that means purchasing the Fusion Pass to Timberline and Skibowl. Cost: **\$369 for seniors** (65+) or **\$899 for adults**. **Prices go up Nov. 1st. Pass not available after Nov. 27.**

Mountain Collective Pass (24 areas) 2 tickets at each of them, for a total of 48 free days. Cost is \$549 for both adults and seniors.

Epic Pass (Vail Resorts and more): Unlimited access to 34 ski areas, of which 11 are in the West, plus either 5 or 7 days at a few other ski areas. **Cost: \$859** for both adults and seniors..

IKON Pass (Aspen/Snowmass and more). It comes in two flavors: a) Unlimited access to 13 ski areas with some blackout dates plus additional 5 days at another 30 ski areas, for a cost of **\$869**. Or b) Unlimited access at 14 resorts without any blackout dates plus up to 7 days at 35 other destinations, for a cost of **\$1,179**.

Loveland with Powder Alliance Unlimited skiing at Loveland, CO, plus 3 free days at **all Powder Alliance ski areas**, plus: 3 days at another 15 ski areas. This pass is better than a Fusion Pass if you will travel a lot and won’t ski more than 3 days each at Timberline & Skibowl. Cost: **\$179 for seniors**, **\$549 for adults**. **Prices will go up December 1.**

No More COVID Testing Restrictions for Travel to Canada



COVID-19 border measures ended on October 1, 2022.

Starting October 1, 2022, all COVID-19 border requirements, including vaccination, mandatory use of ArriveCAN, and any testing and quarantine/isolation requirements ended for all travellers entering Canada whether by land, air or sea.

World Cup Comes to Palisades Tahoe



One of only four U.S. resorts featured on the World Cup circuit this season, Palisades Tahoe (formerly known as Squaw Valley) will host men's slalom and giant slalom events February 24–26, 2023.

Volunteer opportunity. Join the Palisades Tahoe Crew and help be a part of the 2023 Audi FIS World Cup event this winter as a volunteer. We're looking for those to help with course prep, registration, security, hospitality and so much more. That's Mikaela Shiffrin in the photo.

See more at: <https://worldcup.palisadestahoe.com/> .

Squaw Valley and Alpine Meadows Connected



A new 2.5 mile long gondola now connects the former Squaw Valley with Alpine Meadows. The two have merged back in September 2011, but they remained physically unconnected until this year.

The new gondola travels the 2.4 miles in 16 minutes and has a mid-station at KT-22.

Lookout Pass (Idaho/Montana) Almost Doubles in Size

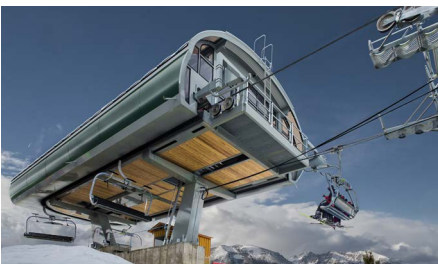


Lookout Pass has expanded its terrain to Eagle Peak, almost doubling its skiable acreage with the addition of a new quad chairlift and the opening of several new trails.

Lookout Pass is Idaho's oldest ski area, located right next to the I-90 freeway on the Idaho/Montana border.

The picture shows the towers for the new quad chair being installed.

Arapahoe Basin upgrades a lift



Arapahoe Basin, also known as A-Basin, has replaced the old fixed grip triple chair (Lenawee lift) with a detachable express 6-passenger chairlift.

Arapahoe Basin is usually among the first ski areas to open each season. True to form, it has already opened for the 2022-23 ski season. It opened on October 26, 2022. Back in 2009, it opened on October 6.

Mt. Hood Meadows Bringing a 6-pack lift

Mt. Hood Meadows will close on April 29, 2023 so they can start work on the 6-pack express lift to replace Mt. Hood Express (which is a quad chairlift). The new lift will be ready for the 2023/2024 season.

This will increase the lift's capacity by 50%.



Beginner Special at Mt. Hood Meadows

Meadows has a special for beginners in early December, from opening day through December 19, 2022.

For \$69 the person gets rental equipment, a lift ticket (lower lifts only), and a 2 hour lesson. If they like it they can buy it once more and learn some more. That is one hell of a deal!

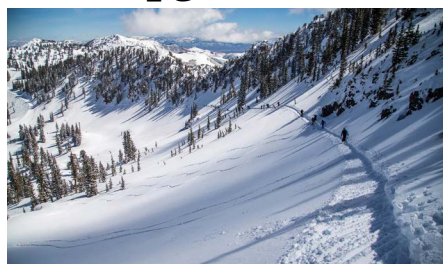
Amtrak Ski Train to Winter Park



The popular ski train from Denver to Winter Park will operate again this season, only on weekends. The fare costs \$29 each way. It is called the Winter Park Express. It's a popular train, so if you plan to use, make reservations in advance.

Winter Park ski area has expanded its terrain in The Cirque territory, and further expansions are being planned both in The Chutes and on Mary Jane.

Alta Upgrades Lift and Requires Reservations for Parking



Alta has replaced its Sunnyside fixed grip triple chairlift with a new 6-pack lift.

Parking reservations have been required on weekends, but this requirement now applies to Fridays as well.

Sundance Mountain Resort Expands



Sundance Ski Area was founded by actor Robert Redford in 1969.

For the 2022-23 season, it has added a new mid-mountain lift that will access 10 new runs and 40 acres of novice, intermediate, and advanced terrain south of Jake's Lift. The 5-minute lift ride will increase variety for families and novice/intermediate skiers in an area never skied before. The new trails will have early season snowmaking coverage as part of Sundance's newly upgraded snowmaking system.

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.

November 7 (Mon.): Open to all who want to get involved with the club.

Gather at **6 pm**. Start at **6:30 pm**. **This will be an online meeting via GOTO Meeting.**

Mountain High snowsport club contacts:

- | | | | |
|-----------------------------|-----------------|-------------------|--|
| President: | Debbi Kor | H: 503-314-7078 | President@mthigh.org |
| Vice-President: | Bill King | H: 614-371-4762 | willie2k@ymail.com |
| Secretary: | Michele Gunness | | Secretary@mthigh.org |
| Treasurer: | Nancy Pratt | H: 503-593-9427 | Treasurer@mthigh.org |
| Past President: | Kurt Krueger | H: 503-625-1492 | PastPresident@mthigh.org |
| Membership Director: | Karen Michels | H: 503-984-9210 | skiklynn@gmail.com |
| Racing Director: | Alan Bean | H: 503-849-8009 | Racing@mthigh.org |
| Newsletter Editor: | Emilio Trampuz | H: 1-503-378-0171 | newsletter@mthigh.org |
| Social Activities: | Debbi Kor | H: 503-314-7078 | ijustwannarun1@comcast.net |
| Trips Director: | Linda McGavin | H: 503-652-2840 | 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 (same as last year)
 - Club news & events (between newsletters): yes no
 - 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. Tell them you are with Mt. High.
 - 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 November 2022 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.

Count Your Ski Areas

Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2022-03-03.xls>

Mt. High Credit Card Payments



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

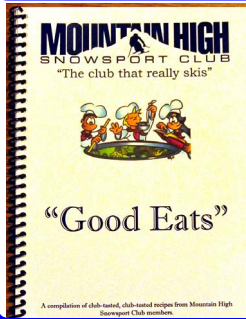
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "Signup & Pay" at: <http://www.mthigh.org/Signup-Pay.htm>

Stories from Skiing History Magazine

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

- * [Grouse Mountain, BC](#)
- * [Identifying & Dating Antique Skis](#)
- * [Ski Mag slashed to one per year](#)

Mt. High Cookbook

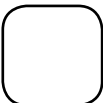
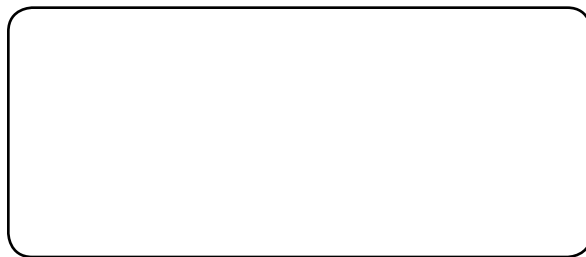


This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.
The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: ijustwannarun1@comcast.net , or call 503-314-7078.

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:

- * [To Do List Before the Season](#)
- * [How to Get Fit For Ski Season](#)
- * [Better Quality Skiing](#)



Emilio Trampuz
Mountain High Newsletter editor
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Please check our web site,
www.mthigh.org
for updates.