



Lift Lines

= No. 146, February 2013 =

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



This February we only have the 3 trips to: Hoodoo, Utah, and Lake Tahoe. But, get ready for March - which will be full of activities. Sign up for something now!

1st week of March: Mt. Hood

HOPE ON THE SLOPES: March 1-2. Mt. Hood Skibowl. Ski & Ride For A Cure!! Cancer survivor recognition, Torchlight Parade, Live Music, BBQ, and More. Win Prizes. Vertical feet Challenge. More Info: www.hopeontheslopes.net. 253-207-5158. Also see page 7.

NASTAR OPEN RACE: March 2. Mt. Hood Skibowl. Race is open to everyone – skiers & riders, friends & family. Even beginners!! Nastar dual course event. Brought to you by PACRAT racing league in conjunction with Mt. Hood Skibowl. \$10.00 for two Nastar Race Runs. \$20 for unlimited number of runs. Discounted lift tickets are \$44 with signed release waiver. Meet Outback Lodge for race registration between 8:00-9:00am. Racing starts 10:00am. More Info: www.nastar.com. Gary Gunderson 503-706-1644. ggunderson@sapiazza.com.

SKI THE GLADE: March 2. Benefits Mt. Hood Cultural Center & Museum. \$100 per person (\$90 members). Limited to 75 skiers. Includes continental breakfast, ski shuttle, lunch, après ski party & prizes. Start at Timberline and end in Government Camp—3 miles. Shuttles and local guides are provided. Info: www.mthoodmuseum.org. 503-367-3946. Page 6.

2nd week of March: Portland & Mt. Hood

PIZZA PARTY: March 7. Round Table Pizza, 10070 SW Barbur Blvd., near Capitol Hwy.. This is our club's quarterly social. See page 6.

OREGON CANCER SKI OUT: March 10-11. Mt. Hood Meadows. 2 days of fun and racing. Your speed doesn't matter. What matters is consistency between your results on Sunday and on Monday. More on page 7.

3rd week of March: White Pass & Mt. Hood

WHITE PASS: March 16. This is Club Ski Day for all NWSCC club members. If you drive up on your own, just show your club membership card for a discount on lift tickets. If you come on our bus trip, that discount is already figured into the trip price. See page 9.

PACRAT RACE #4: March 17. Mt. Hood Meadows. See page 8.

MOVIE NIGHT: March 20. 7 pm at Gray Gables Estate, 009 SE Chestnut, Milwaukie. A moving film about the struggles of women ski jumpers to be allowed to participate in the Olympics. See page 6.

4th week of March: Canada & Mt. Bachelor

CANADA POWDER HWY TRIP: March 23-30. A week long trip to Whitewater, Red Mt., and 49° North. See page 11.

MT. BACHELOR: March 25-30. FWSA mini ski week. More on page 11.

PACRAT RACE \$5: March 31. Timberline. See page 8.

Man & Woman of the Year

Nominations for a man and a woman of the year are needed now. Nominate someone by February 18. Contact our club President, Kurt Krueger, 503-625-1492, President@mthigh.org

Note the color code.
Our club is blue.

2013 CALENDAR

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

Feb. 2-9: FWSA Ski Week in Aspen.

Feb. 10 (Sun): PACRAT Race 3: Skibowl

Feb. 16 (Sat.): Hoodoo day trip

Feb. 22 - Mar. 1: Mt. High Utah trip

(Powder Mt. & Snowbasin)

Feb. 24 - Mar. 2: Lake Tahoe sampler

--Bergfreunde/NWSCC trip

Mar. 1-2 (Fri-Sat.): Hope on the Slopes

Mar. 2 (Sat.): NASTAR race - Skibowl

Mar. 2 (Sat): Ski the Glade Trail Day

Mar. 2 -10: FWSA Ski Week Innsbruck

Mar. 7 (Thur.): Mt High Quarterly Party

**Mar. 10-11 (Sun-Mon): Oregon
Cancer Ski Out - Meadows**

Mar. 16 (Sat.): White Pass day trip

Mar. 17 (Sun.): PACRAT Race 4: Meadows

**Mar. 20 (Wed.) "Ready to Fly" NWSCC
Movie night**

Mar. 23-30 : Mt. High Canada trip

Red Mt., Whitewater, 49° North

Mar. 25-30: FWSA mini ski week Bachelor

Mar. 31 (Sun): PACRAT Race 5: Timberline

Apr. 7 (Sun): PACRAT makeup race: Meadows

Apr. 13 (Sat.): Ski to Defeat ALS Meadows

**Apr. 19 (Fri.): PACRAT Rat Attack Awards
party** (This date is still tentative.)

**Apr. 20 (Sat.): "Something New" day trip -
Timberline**

Apr. 26 - 28: FWRA Championships

Apr. 26-28: Mt. Bachelor Springtacular

Idaho bus trip

January 18-21, 2013 -- This was a 4 day trip, with skiing at 3 different ski areas. There were 39 of us on the bus.

We stayed in the town of McCall, Idaho and skied at nearby Tamarack and Brundage Mt. On the way back home, we stopped for one more night in Baker City, Oregon and skied at Anthony Lakes on Monday (Martin Luther King Day).

We had perfectly sunny days throughout the trip. See photos on the [Photos](#) page on our web site, at www.mthigh.org/Photos.htm.

Thanks to all who sent in photos from the trip. The photographers are named under each photo. If there is no name, then the photos are from Emilio's camera.



Kay Kinyon and others told jokes



Powder at Tamarack

Photo by Bruce McGavin



Many of us (but not all) at the top of Tamarack



We skied something new today!



Great dinner at Huckleberry Inn

Meadows Day trip

January 12, 2013 -- This was the first in a series of 5 day trips focused on the theme: "Show Me Something New". The challenge is to try to find some new trail or some part of a ski area that we haven't skied yet, even though we probably visited the ski area for many years.

Only 5 people came to this first such event. As you see by the show of hands, everyone in the group managed to ski something new that day.

Crab Feed

At the end of the day, we joined the Schnee Vogeli club's Crab Feed dinner at the Huckleberry Inn, in Government Camp. Choice of crab or steak dinner. It was well attended by several clubs: Schnnee Vogeli, Skiyente, and Mountain High.

See more photos at www.mthigh.org/Photos.htm.

Skibowl day trip

January 26, 2013 -- This was our second day trip to Mt. Hood this season, and also the second in the series of "Show Me Something New" challenges.

Again, only about 5 people showed up, but we also met up with others on the mountain. Again, everyone was able to find something new to ski. We found both some new groomers, as well as some new ungroomed slopes to ski, and that was even without venturing into the Outback!!! There's more at Skibowl than you might think!

We were too busy skiing to take photos this time, but among the new trails we skied were:

1. **Daddy Killer** (not named on the map)
2. **Roundhouse** (an easy green trail)
3. **Stumpgarden** (ungroomed, moguls)
4. **Fire Hydrant** (a groomed blue trail)
5. **Upper Surprise** (ungroomed and untouched black diamond slope)
6. **Un-named trail** under the lower bowl lift, might be a green slope except that is ungroomed.

There was something new for all ability levels!!! See if you can find these on your own!

Note that one can find something new just by reading the trail map more carefully.



Martha, Sandra, Jeannie, Emilio, Johm, Robert, and Henry Bendinelli, at the warming hut at Skibowl

NOTE about DAY TRIPS

Some people didn't show up because they thought that searching for new terrain would be too challenging. Others didn't show up because they thought it wouldn't be challenging enough. But, we found plenty of new stuff for everyone, including both groomed blue trails as well as steep ungroomed slopes. Intermediates need not worry. Nobody will be left behind. The steep slopes we found always had an easy way around them.



Chocolate Party

January 26, 2013 Just like with the Crab Feed two weeks earlier, this was another opportunity to combine skiing with food - this time Skibowl and the Chocolate party.

The party was better attended than the skiing. Are we the club that really skis or the club that really loves chocolate?

Prizes were given for the most chocolate, the most creative, and the lightest chocolate dessert.

Thanks to **Terry and Brad Swan** for offering their living room for this year's Chocolate party.



See more photos at www.mthigh.org/Photos.htm.

Where Have All the Skiers Gone?

In a recent email to all our club members, we asked why so few people participate in our club activities, especially the recent day trips to Mt. Hood Meadows and Mt. Hood Skibowl, as well as the Chocolate party. We received a lot of responses, most of them are quite positive. Many people have interesting ideas and suggestions. Read their responses here.

It seems that several intermediate skiers were put off by our challenge to find new terrain to ski. They thought we would venture into some difficult terrain. But that wasn't necessarily our intention. The challenge was mainly to read the trail map more carefully and find trails we may have missed all these years. Some of these were green and blue trails. A few were black and double black. But, again the challenge was to find these places, and only ski them if they felt doable. There is always an option to ski around the toughest spots, including simply staying on the road that circles around.

But people's responses actually include a variety of topics, including carpooling from places other than Sandy, bus trip to Mt. Bachelor, our attitude toward kids, short vs. long trips, free ski training, how to welcome newcomers to the club, and more!

RESPONSES

I am very impressed with Mt. High, all the great options, and enjoy racing with the Frosted Flakes. I do plan to participate more in the future. However presently I am committed to skiing on Sundays only. - Jeff Brooks

I'm not completely missing in action, as I'm a PACRAT racer, but I've been to very few ski club events, so nearly MIA. I've got kids in 8th and 11th grade that I'm really involved with, coaching teams, including my son's high school ski team. Once we become empty nesters (or even half empty nesters) I expect my wife's and my time will free up a lot, so I'm thrilled to keep hearing about events, even if they aren't ones I can swing currently. I would expect that may be the case with others - almost like a gym membership - they WANT to go, and therefore keep their membership active, but end up not finding the time. - Alan Polaski

I don't have a car, so I ride the Meadows Park and Ride bus that picks up at Gateway Max Transit. The bus only runs through March, so I'm hoping to get a ride with someone to Meadows during April. I would have liked to go to the Chocolate Party but the bus broke down and didn't get back

to Portland until nine that day. It would be great to have more opportunities to car pool, and I would be happy to help with gas. - Barbara Swayze

Is it that some people are simply too shy to show up at our events because they don't know anyone in the club? YES! As a new member last year and not knowing a soul, it's tough to "break -in". Although my team captain introduced me to the team, that was it. It's evident that many members have been around forever and know most of the club members that are present. As someone new, it's intimidating.

A suggestion might be some new member "mentors". Like a host at a party. At least for those who joined cold. Make new members feel welcome and introduce them around, go to events with them.

I am a single mom of an 8 yr old so the bus trips are tough...especially as he is in Meadows Race Team so I am there just about every weekend both days...will keep it in mind though. :) Maybe I can help out at some future event? - Emm Moore

I love Mtn. High. The events are always fun, and the trips are great. I haven't attended events this winter because of illness in my family. Sometimes a personal invitation to in event helps to get a new member involved. Maybe some of us longer-term members can do some outreach? - Jeannie Nyquist

I love the club, and the people in it. I was very disappointed there were no weekend trips this year. I have very limited vacation at work, so it's hard for me to take time off. So, I would have signed up for every weekend trip if there had been a few. I'm planning to go to White Pass, and may Hoodoo too.

I thought about attending one your "find something new days" at a local resort until I read what areas you were thinking of skiing. I am not an advanced skier, nor do I ski off piste. I have found that the bus trips offer the best option for intermediate skiers. Thanks for making sure there is always an intermediate group to ski with on bus trips. That sold me on the club the first trip I took. I realize you would need someone to "lead" for intermediate skiers.

PS I'm one of those who won't ski at Meadows. It is too expensive. - Lisa Ratzlaff

I think the bus trips are too long, too much time spent on the bus. We would gladly go if we had bus trips closer, like Bend. - Diane Zhitlovsky

The level of participation seems about right, given that there is so much more in people's lives. I hope you get

more participation, yet I think having more than half participating now is really awesome. I participate by sending in my membership dues and reading your publications, both newsletter and emails. If I find something I want to do beyond that, I'll do it. Right now I'm so busy that something has to give. I still think it's the best club of all available. - John Jessen

My big question is why we don't have more trips to Bachelor? I realize people in Portland need/want to spend the night in Bend, but it is such a fun city with much variety. Also, it is rarely crowded so you can get more skiing in in less time at the mountain which can allow you to quit earlier--to play in town or drive home. - Patty Ignatowski

I was a member of Bergfreunde for one year and realized quickly how few members actually down-hill ski. I asked the Bergies why they don't ski Mt Hood and they said they were bored with it. Most of the members had grown up in Portland and after 30 years of skiing that mountain, they were looking for new places, so they go to the out of town mountains.

Is it possible that your members have met like minded people through club activities and now prefer to ski with them outside of the club planned activities? You made some excellent points in your email and I'm curious as to what your members say. I'm going on the Hoodoo trip because I don't know anyone that wants to go besides ME! I hope to meet new ski buddies! - Diane Domina

I do believe we are the best club - but one of the reasons I joined has sort of gone away - and that was a couple of race training sessions just for Mt High. I think Gordy wore himself out trying to organize something, and maybe early in the season someone should work on that again. - Stevie Viaene

It is mostly the cost. ... Also, the idea of finding new routes actually put me off a little. I am not very comfortable on the steep, ungroomed bowls at the top of Skibowl. I would like to know that there are some people at a similar level like me. When I was in a running club in London, every week one member was assigned to run with any new runners who showed up. This was to ensure that nobody turned up new at the club and found themselves running alone. I wonder whether it would help if there were also a carpool option from Portland as well as Sandy?

PS For a single guys like me, it is very hard to tell which are the hot chicks when they are covered in ski gear, goggles, helmets etc !!! - Gareth Price

Life is busy! Since 1992 I have been involved in Bergies, Mt. High and PACRAT racing and have made many long-lasting friendships throughout the years since moving to Portland and am grateful for the opportunities provided by those clubs and events for hooking me up, but now I find I'm just happy to see those folks at the Ski Expo, Ski Fair, and PACRAT races as many club events and trips are not kid friendly (even the apres ski PACRAT race parties - maybe a kid's fee for the apres ski party and not the "look"?). ... If I can be of assistance, let me know. - Brenda Becerra

Your questions about where are skiers are good ones. We (Pete, myself, Linda and Steve Coxen, George and Sharon P.) spent last week at Park City and Deer Valley, Utah. So that is where we have gone.

Hopefully your article will hit some people in the head; or maybe the club just shouldn't be having quite so many events. I'm certain club officers will figure it out. - Marie & Pete Melin

We have the same problems over at the Schnee Vogeli club. - John Orefice

I usually attend lots of events. I have moved 3 times this year. Also shared the purchase of 2 ski trips at the Silent Action. I have a grandson now and I babysit a bit. My life has changed quit a bit recently. - Kristine Canham

It could be the economy! People just don't have the extra money, and maybe the price of a weekend lift ticket at Meadows at almost \$ 80.00 plus lunch and gas, over \$ 100.00. - Steve Shaw

I think you and the other organizers of trips/activities are doing a bang up job and it's nothing you ARE or NOT doing. It's just as you said... personal reasons, money, weather, etc. Participation always ebbs and flows no matter what the organization. Just keep on keep'n on! - Jan Siverts-Smith



Thanks for the great feedback, everyone! It's great to know that everyone is with us, at least in spirit, if not always in bodily presence!

We do have a great club. And we'll try to make it even better. Your ideas and suggestions will be discussed by the Mountain High Board members and activity organizers.



Mt. High

Mt. High Pizza Party

DATE: Wednesday, March 6**TIME: 6:30 pm****PLACE: Round Table Pizza**

10070 SW Barbur Blvd.
Portland, OR 97219
Near Capitol Hwy.
(by McDonald's)



WHAT: Everybody is invited! Come meet other club members, check out what's new. Enjoy some "Maui Zau" and other kinds of pizza!

Included:

- * Door prizes
- * Slide show/video of recent ski trips and/or club activities.
- * Socialize, mingle with other club members.
- * The pizza is free (on the club), but buy your own drink.

CONTACT: Debbi Kor, 503-314-7078, ijustwannarun1@comcast.net

Why I Love to Ski or Ride

Warren Miller Entertainment Inc. is running a new video contest on their Facebook page. It's called: "Why I Love to Ski or Ride". It runs from January 1st to February 15th, 2013. You can do two things:

a) **Upload your own video** to enter the contest. Start here: https://www.facebook.com/learntoskiandsnowboard/app_226105637428999 or

b) **View the videos and vote** for a winner. Start here: <https://apps.facebook.com/contestsapps/viewallentries/How-Skiing-or-Riding-Changed-My-Life-Video-Contest>

Ski the Glade Trail Day



March 2, 2013 (Saturday) On the first Saturday of March, by special permit from the Mt. Hood National Forest, the Glade Trail is opened and groomed for this living history event. This full-day event is a chance to experience a historical way of skiing on Mt. Hood. Skiers are shuttled to Timberline Lodge by bus, escorted down the 3.0 mile

trail to Government Camp by local guides and the Mt. Hood Ski Patrol. Lunch, Apres ski party and prizes are included in this unique fund-raiser.

Shuttles will run from 9:00 AM to 4:00 PM allowing ticket holders to make several trail runs. The events of the day are recounted at the Apres ski wine party, where prizes are awarded. Wearing vintage ski clothing is encouraged.

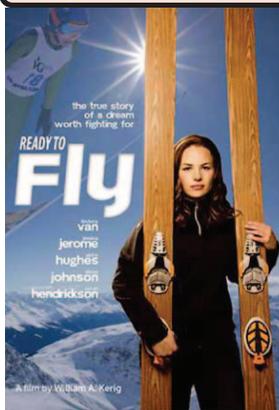
The event is possible through the support of Timberline Lodge, Luxury Accommodations, Valians Ski Shop and Mt. Hood Ski Patrol.

Participation is limited to 75 skiers. Tickets are \$100.00 per person. Members of Mt. Hood Cultural Center & Museum receive 10% discount. For more info, contact Lloyd Musser at 503-367-3946.

Tickets may be purchased at the museum in Government Camp, or call 503-272-3301. Visa is accepted.

See more useful info and maps in our [February 2011 issue of Lift Lines #122](#), pages 6 - 10.

NWSCC Movie Night: "Ready to Fly"



March 20 (Wed.) - 7:00 pm. Movie starts at 7:30 pm. No Host Bar. Snacks Will Be Served.

COST: \$10.00 per person. Limited seating. Tickets sold in advance and at the door.

BENEFIT: US Women's Ski Jumping.

LOCATION: Gray Gables Estate
3009 SE Chestnut, Milwaukie

FOR TICKETS, CONTACT: Debbi Kor, 503-314-7078, events@nwskiers.org

More info at: www.nwskiers.org

Since childhood, as a wide-eyed 7-year-old ski jumper with a dream of Olympic flight, **Lindsey Van** has been an outsider in a man's world. Thrust into a fight that's far bigger than her dreams, larger than ski jumping or even sport, Lindsey and her ad hoc women's ski jumping family battle entrenched attitudes and seemingly omnipotent gatekeepers to prove that women deserve to compete at the highest level: in the Winter Olympics.

This powerful true story tells a tale of sacrifice and determination, of pluck and tragedy, as a very special group of unlikely heroes triumph over massive obstacles to achieve a dream and change the world for other women in the process. It's a stand-up-and-cheer movie.

5th annual Hope on the Slopes

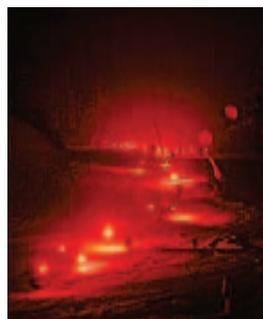


March 1-2: (Fri.-Sat.)
at **Ski Bowl**. 1 pm - 1 pm.

This is a 24 hour vertical challenge. Earn points for both dollars raised and the total vertical feet skied. Teams can consist of between 5 and 15 people. You can also compete individually.

THE FUN PART

It will be 24 hours of fun. You can ski 24 hours for just \$49. There will be **live music**, a **barbeque**, a ceremony honoring cancer survivors, and a **torchlight parade** on Friday at 8 pm. Also, Friday night there will be a midnight pizza for the participants.



If you wish to be a torch-bearer, please contact **Emilio** at Emilio2000@earthlink.net. Only about 30 spots are available.



THE LOGISTICS

Each participant gets a personal web page to customize with own message or photo.

Registration is \$35 for individuals or \$150 per team. A team can have up to 15 members. Each participant is encouraged to raise a minimum of \$150 to participate in the vertical challenge.

Volunteers are needed to help with the event. To help out as a volunteer for a 3 hour shift, please contact **Devin Jenkins** at proboarder4life@gmail.com

Funds raised go to cancer research, education, advocacy, and service. OHSU is a beneficiary. Sign up at: <http://hopeontheslopes.net/> or for Skibowl go to: <http://HOTS.kintera.org/MtHoodSkiBowl>

25th Oregon Cancer Ski Out



March 10-11 (Sunday-Monday): Register your 5-person team for this fun fundraiser for Cancer Research and hospice care.

THE FUN PART

The event consists of 2 races at Meadows in which speed is not a factor, but consistency is. The winner is the team whose total time in race 1 most closely matches the time in race 2.

Sunday night there's a dinner and party at the Hood River Best Western, where you can also get a room for \$70 if you mention the event.

Participants are encouraged to dress up in eye-catching garb, to draw attention to the cause.



THE LOGISTICS

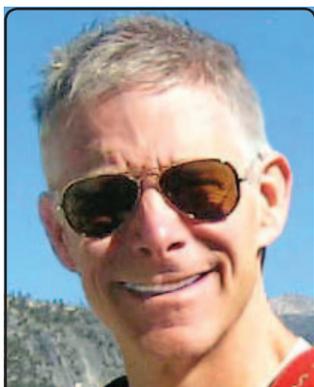
Registration is \$199 per person. It includes lift tickets, 2 breakfasts, 2 lunches, and 1 dinner. There will also be a casino night and dance.

Lots more info on our [Mt. Highweb site](http://Mt.Highweb.com)

For the official info, and to register online, go to: www.cancerskiout.org

PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Ellison
Mt. High Racing Director

Our third race of the season is on Sunday, February 10, at Mt. Hood Skibowl. Come see if you can improve on your own previous handicap. For more info on racing this winter please check out www.mthigh.org/Racing.htm.

If you haven't been assigned to a team yet, contact Bruce: Yuffiet@comcast.net or: 503-697-7892.

2012/2013 PACRAT Race Dates

Date	Location
January 6	NASTAR Open race Mt. Hood Skibowl
January 13	Race 1: Mt. Hood Meadows
January 27	Race 2: Mt. Hood Skibowl
February 10	Race 3: Mt. Hood Skibowl
March 2	NASTAR Open race Mt. Hood Skibowl
March 17	Race 4: Mt. Hood Meadows
March 31	Race 5: Timberline
April 7	Make up race; only if a race is canceled
April 5-7	FWRA Championships, Mammoth Mt.
April 19 (Fri.)	Rat Attack Awards Party

Race Training every friday



Every Friday, coach Greg Dilger offers race training, usually at Mt. Hood Skibowl on the Dog Leg trail. Cost is just \$35.

Meet by 8:30 in day lodge.

If you want to come, please email coach Greg at: coachgreg@mthoodadultraceclub.com and show up at Skibowl on Friday, bright and early.

Remember to fill out the Ski Bowl release for training. Skibowl requires a separate release for training.

Occasionally, the training is held at a different location, so always check with Greg first.



Mt. High Team captains

Team name	Team captain	Email address / Phone #
Avalanche Express	Gary Gunderson	ktgpdx@frontier.com
Blizzarddos	Linda Eidemiller	2lindaloo@gmail.com
Chilled Brewskis	Brenda Becerra	LetsPlayOnTheMt@hotmail.com
Frosted Flakes	Stevie Viaene	stevie.viaene@gmail.com
Infra-Rats	Bruce Ellison	yuffiet@comcast.net
Lab Rats	Lonny Schiller	jandjkarsten@msn.com
Mixed Nuts	Samy Fouts	samyfouts@comcast.net
Mt. Hoodlums	Chuck Westergren	Chashisk@Yahoo.com
Psychothermia	Chris Coleman	christopherdcoleman@hotmail.com
Rat Racers	Eric Ort	eort@mail.com
Rattitudes	Chris Wiley	Chris2007@Yhuji.com
Schussing Shysters	McCoy Smith	McCoySmith@comcast.net
Slack Rats	Beth Paraskeva	alnbeth@gmail.com
Vertical Junkies	Bob Lawrence	BobL_Vjunkies@nwretractablescreens.com
Vertigo Madness	Tom Cansler	tomcansler@qualitytank.com

NASTAR Race

Mar. 2 (Saturday) at Mt. Hood Skibowl. Open to all. Just show up. Bring \$10 for 2 runs, or \$20 for unlimited number of runs. Registration in the Outback Lodge 8 - 9 am.

Anyone over 18 can be a PACRAT racer!

At the November Board meeting, the PACRAT Board has lowered the age requirement for racers from 21 to 18.

Meadows Town Challenge Series

Andy Hobart, our new PACRAT Director of Communications, tells us that **Ben Webster** of Mt. Hood Meadows has informed him of an interesting Friday night racing opportunity at Meadows. They're calling it the **Town Challenge Series**.

What's most interesting is that they're alternating racing and training each week.

This is a pretty interesting series that many PACRAT racers may enjoy. And when else can you get a Meadows ticket for under \$20?

See details on the Mt. Hood Meadows web site, www.skihood.com. Look for "Town Challenge" on the Events Calendar. Or click on this link:

<http://www.skihood.com/Events-and-Teams/Calendar/2013/02/01/Town-Challenge?duration=Non e&year=2013&month=2&day=1&category=>

"Show Me Something New" Day Trips



During the coming winter we will have at least 5 simple day trips to the following 5 destinations: **Mt. Hood Meadows, Timberline, Mt. Hood Skibowl, Hoodoo, and White Pass.** The Mt. Hood days will be simple carpooling trips. But for **Hoodoo and White Pass**, we'll hire a bus

If there are enough of us at any of these day trips, we could get discounted group lift tickets. For Hoodoo and White Pass this is practically guaranteed, but let's also keep this in mind for the less formal day trips to Mt. Hood ski areas.

The focus on these trips will be fun skiing, exploring, enjoying the sights, and showing each other new nooks and crannies we may not have noticed before. We can find new stuff just by reading the trail map more carefully.

Racers are welcome to join in on any of these non-race days. But, remember that the focus will be on skiing together as a group. Faster skiers are welcome to go ahead on their own, but we will commit to adjusting our speed to the slowest people in the group. Nobody will be left behind.

Oh and then in the Spring (March, April and May), we will again have those **out-of-bounds adventures** around Timberline. In addition to the usual canyons, we already have some other hidden stashes to show you.

Mt. Hood Day Trips



Jan. 12 (Sat.): Mt. Hood Meadows

Jan. 26 (Sat.): Mt. Hood Skibowl

Apr. 20 (Sat.): Timberline canyons

These will be informal carpooling trips. We'll meet at **McDonald's** in **Sandy** around **7:00 - 7:15 am** and either drive in a caravan or arrange for some carpooling on the spot.

Or, meet us on the mountain just minutes before 9 am near the ticket office, ready to go skiing.

Or, contact us by 2-way radio on channel 6-19.

Hoodoo day trip



**Feb. 16, 2013
(Saturday)**

A day trip including bus and lift ticket for only **\$80**.

Meet the bus at the **Tualatin Park &**

Ride, which is at the Durham exit (one exit north of the Tualatin exit). Get on Lower Boones Ferry Road just west of the freeway, and turn left at the first traffic light.

Load the bus from 5:30 am. Depart at 6:00 am. At Hoodoo, the bus leaves at 4:30 pm. Arrive in Tualatin by 7 pm.

Trip leaders:

Sandra Smith, sandra@pacifier.com, 503-646-4591.
Emilio Trampuz, Emilio2000@earthlink.net, 503-378-0171.

Please use the [Dough Transmittal form](#) to send in your \$80 payment to the club.

White Pass day trip



**March 16, 2013
(Saturday)**

A day trip including bus and lift ticket for only **\$95**.

This costs a bit more than Hoodoo

because White Pass is farther away and also has higher lift ticket prices. But remember that it recently doubled its skiable terrain!

Meet the bus at the **Gateway Transit Center**, near the junction of I-84 and I-205.

Load the bus from 5:30 am. Depart at 6:00 am. At White Pass, the bus leaves at 4:30 pm. Arrive in Portland by 7:30 pm.

Trip leaders: **Emilio Trampuz**, 503-378-0171, Emilio2000@earthlink.net, and **Linda McGavin**, 503-652-2840, Trips@mthigh.org

Please use the [Dough Transmittal form](#) to send in your \$95 payment to the club.

Mt. High Utah: Powder Mt. & Snowbasin 🚗✈️

Feb. 22 - March 1, 2013

7 nights trip. Friday is travel day. We'll start skiing Saturday. On the last day, March 1, you will either drive or fly home. We will stay in Eden, 20 minutes from Ogden, 1:15 from the Salt Lake City airport.

Powder Mt. offers 2,000' vertical 5,500 acres. **Snowbasin** has 2,959' vertical. 2,800 acres.

The trip price includes 7 nights in a Luxury Condo and a pizza party. Lift tickets will be worked out later.

Couples Pricing (per bedroom for 2 people for a week):

- \$600 Master Suite with private bath (2 available)
- \$525 Queen Bedroom (3 available initially)

Singles Pricing (total price per bed for a week):

- \$325 Queen Bedroom **<== Still available!**
- \$250 Twin Bed (2 available in loft)
- \$200 Sleeper Sofa (3 available)

Use [Dough Transmittal form](#) to send \$200 deposit. No refunds after Dec. 20.

Linda McGavin, 503-652-2840, Trips@mthigh.org
Gordy: 503-804-8363, GordyLusk@hotmail.com

Bergfreunde Lake Tahoe Sampler 🚗

Feb. 24 (Sun.) - Mar. 2 (Sat.). Mt. High members are invited to join this flexible carpooling trip.

Cost: \$318 (ppdo, land only) includes:

- 6 nights lodging
- Group dinner Tues. & Thurs.
- Hospitality room Sun, Mon, Fri.
- Legendary Wed. night dinner dance cruise on the M.S. Dixie II paddle wheeler; and
- A trip souvenir.

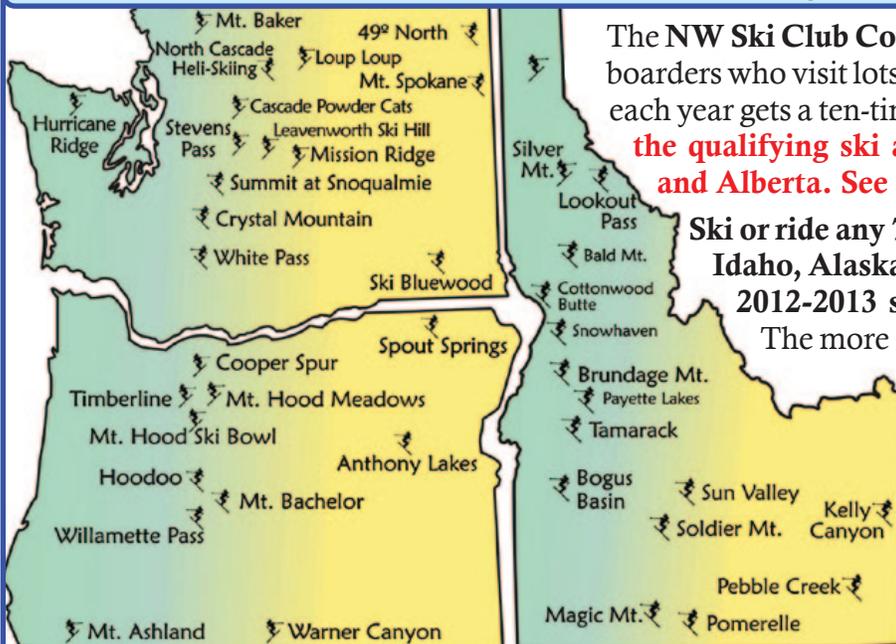
Lodging: at the Bluelake Inn, within a few blocks of the casinos and the Heavenly gondola. Each room has a refrigerator and microwave.

Skiing: We'll be taking advantage of any lift ticket deals that are offered by the 16 different ski areas.

Contact: Bob Burns: 503-524-5261 (phone/fax), bob@inkjetman.com.

Make checks payable to **Bergfreunde Ski Club**.

Send payments to: Bob Burns, 9980 SW Citation Place Beaverton, OR 97008. Include: Your name; club name; address; phone numbers; and email address.

NWSCC**Northwest Ski Challenge -- ongoing!**

The NW Ski Club Council has been rewarding skiers and snowboarders who visit lots of Northwest ski areas. One lucky winner each year gets a ten-time pass to Mt. Hood Meadows. **This year, the qualifying ski areas include Alaska, British Columbia and Alberta. See list on our [Ski Areas web page](#).**

Ski or ride any 7 or more resorts in Oregon, Washington, Idaho, Alaska, British Columbia or Alberta during the 2012-2013 ski season to be eligible to win a prize.

The more ski areas you visit, the greater your chance of winning. Just save your lift tickets or receipts, and qualify a prize! The winners of the drawing will be announced in September 2013.

To qualify for a prize, submit your lift tickets (or receipts) to: **NWSCC**, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

More info on our Council's web site: www.nwskiers.org. Also, see the [Articles](#) page on the Mt. High web site for several articles documenting some of the previous Ski Challenges.

FWSA Bachelor Mini Ski Week 



March 25-30, 2013

A shorter version of FWSA's Ski Week. Only 5 days instead of a whole week.

Price: \$460 - \$495 includes:

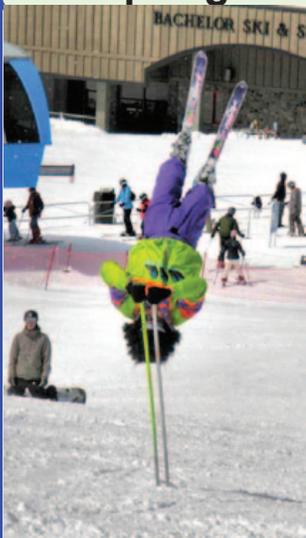
- * 5 nights lodging at The Riverhouse
- * Welcome reception * Full breakfast daily
- * 3 or 4 day lift tickets
- * Last Tracks Apres Ski Party
- * Tubing Party, * Farewell Party
(Transportation not included.)

Contact: **Gloria Raminha**, FWSA Travel, at: Fwsa.natravel@bak.rr.com

See www.fwsa.org for more details.

Note: Don't confuse this trip with the Mt. Bachelor Springtacular Blast at the end of April.

Springtacular BLAST 



April 26-28, 2013

A flexible 2 - 5 days trip to **Mt. Bachelor**. This year, the NWSCC is not organizing this, but it is supporting it. This trip will be open to clubs all across the country. So, think of this as a multi-club trip.

It will be totally different this year. We'll

have LOTS of options for skiing, golfing, kayaking, biking, etc., with lots of flexibility, and also another chance to ski with the Legends, the original hot dogs of skiing, who can still teach you a trick or two.

All reservations will be made directly with ski.com.

Mt. High Canada Powder Hwy. (Red, White & You) 

March 23 - 30, 2013 - Red Mt., Whitewater, 49° North. 6 nights lodging, 5 days lift tickets at 2 ski areas in British Columbia. Red Mt. is famous for its powder, but Whitewater, just an hour north, gets even larger quantities of it.

On Sat., March 23, we'll just drive and/or carpool up there. We'll spend 4 days and nights in the charming town of **Nelson**, B.C., just 15 minutes from the **Whitewater** ski area. 3 Whitewater lift tickets are included. 1 dinner is included.

The 4th day is an optional day of relaxation. We might visit the **Ainsworth Hot Springs**, about 30 miles north of Nelson, on the shores of Kootenay Lake, or go ski again.

Whitewater ski area gets 40 feet of snow annually, on 2,044' vertical, 1,184 acres, served by 1 triple chair and 2 double-chairs. As of 2010, the ski area doubled its size with the opening of the Glory Ridge chairlift. Ymir Peak towers majestically over the ski area. Click here for a great [video](#).



Red Mt., just north of the US border, near Rossland, we will ski for 2 days, staying in a motel in Rossland, just 2 miles away. Red. Mt. has 2,919' vertical, 4,200 acres, of which 1,685 are lift served by 1 quad, 2 triples, and 1 double chair. On the way back home, if you still have energy, there is an optional \$70 1-day ski package with lodging in the town of Chewellah, WA, and skiing at **49° North**, where you can ring Ullr's bell for good luck and then ski the 7 deadly sins. 49° North is opening a new chair this season on Angel Peak.

Price depends on your age and type of room.

All prices are per person	Adult	Senior (65-69)	Super senior 70+
	1 queen bed (double occupancy)	\$695	\$620
2 beds per room (dbl. occupancy)	\$725	\$650	\$510

Deposit: \$100 will reserve your spot. Please use our [Dough Transmittal form](#). Make check payable to **Mountain High**, and mail to: **Mountain High**, PO Box 2182, Portland, OR 97208.

Linda McGavin, 503-652-2840, Trips@mthigh.org or **Emilio Trampuz**, 503-378-0171, Emilio2000@earthlink.net.



Mt. High Forum

As the new season kicks into gear, it's time to revive our club's forum. You can use it in various ways:

- To make announcements;
- To ask questions;
- To find buddies to ski with;
- To discuss gear & other issues.
- You can now post a photo too!

Join in the fun. Check it out by going to www.mthigh.org, and clicking on the [Forum](#) button. Or, just click on the word [Forum](#) here.

If you are new to the Forum, you can view all the messages, but if you want to post your own, please click on "**Join this Group**" in the upper right of the Forum page.

Note that we have a separate forum for mid-week skiers.

How to Get the Most out of your Club

The more you participate, the more you get involved, the more you can get from your membership in the Mountain High club.

Use the tools, such as our online Forum, read the newsletter, check out the web site, show up at a party, sign up for a trip, participate in a fund-raising activity (such as the Cancer and ALS skiing events).

FORUM: Communicate with other club members by joining our online Forum. This doesn't happen automatically. You have to click on the Forum button on our web site, and click on "Join this Group" - since the Forum is really just a Google Group. Provide a name and your email address. Then you can start posting messages.

Any message posted in our Forum is both published on the Forum and also emailed to all the other Forum members. Once you have joined the Forum, you don't even need to go online to leave a message. Just send an email to the whole group by emailing: MtHigh@googlegroups.com (for the whole club), or to: MtHigh-midweek@googlegroups.com (for mid-week skiers), and your message will automatically be sent to everyone who has joined the Forum.



Print the newsletter!

It's the only way you will read all of it.

Take it on a trip with you. Put it in the bathroom, next to the throne! Or have it in your car's glove box for those situations when you are driving to a club event and suddenly can't remember the address!

By the way, this is Sandra, reading the January issue of Lift Lines during the bus trip to Idaho.

Schweitzer Mt. discount

Schweitzer Mt., Idaho, has offered our club members a group discount, even if we purchase the tickets individually, one at a time. On daily tickets, you'll save \$11 on each ticket. On a 3-day pass, you save \$42. Instead of \$201, you pay only **\$159**. The 3 day pass is valid on any 3 days in a season. They don't have to be consecutive days.

To get this discount, you must purchase and print the tickets through a **Schweitzer Mt. web page** that has been specifically customized for our **Mt. High club**. Click here: <https://tickets.schweitzer.com/affiliate.asp?ID=17D3854F-9D13-4D87-9805-3837BA537DE5>.

You will need the following password: **MtHigh-tix**

Club meetings

Remember, each month, we have one or two club meetings, held at different places. Some are outdoors, or at people's homes, or at various public spaces. Don't miss our next one:

March 6 (Wed.): Mt. High Quarterly Social/Pizza Party. Free pizza! Life is good!

Man & Woman of the Year

Our club's 2012 Man and Woman of the Year, **Bruce Ellison** and **Debbi Kor**, have been also selected as the Northwest Ski Club Council's Man and Woman of the Year.

NOTE: Nominate someone for 2013. Contact any Board member.



Bruce Ellison



Debbi Kor

Mountain High Meeting

Usually the last Monday.

Feb. 18 (Mon.): Open to all who want to get more involved with the club. Gather at **6:00 pm**. Start at **6:30 pm**.

Location: Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol Hwy.)

Mountain High snowsport club contacts:

- President:** Kurt Krueger H: 503-625-1492,
- Vice-President:** Terry White H: 503-781-4558
- Secretary:** Chris Brooks H: 503-764-5323,
- Treasurer:** Nancy Pratt H: 503-593-9427,
- Membership Director:** Terry Swan H: 503-729-3435
- Race Director:** Bruce Ellison H: 503-697-7892,
- Newsletter Editor:** Emilio Trampuz H: 1-503-378-0171,
- Social Activities:** Debbi Kor H: 503-314-7078,
- Golf:** Cal Eddy H: 503-631-3115,
- Hiking:** Elisabeth Fontaine H: 503-524-5774,
- Mid-week skiing:** Ken Brundidge H: 503-720-0620,
- Trip Director:** Linda McGavin H: 503-652-2840,
- Trip Leader:** Gordon Lusk H: 503-804-8363,

- President@mthigh.org
- TWhite223@msn.com
- jruffman@al.com
- Treasurer@mthigh.org
- swans761@juno.com
- Yuffiet@comcast.net
- newsletter@mthigh.org
- ijustwannarun1@comcast.net
- W: 503-805-8606, baebaw@ccgmail.net
- Lise518@msn.com
- KenBrundidge@comcast.net
- Trips@mthigh.org
- GordyLusk@hotmail.com

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 Renewal

Name(s): _____

Address: _____

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

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

By joining the Mountain High Snowsport Club, 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, 2012 - Sept. 2013): Single (\$25); couple (\$40) \$ _____
- PACRAT Racing (2013)** \$95 for the whole season . Team: _____ \$ _____
- Idaho trip** (Jan. 18-21, 2013). Deposit \$100. Total: \$379. Over 70: \$304. due by Dec. 15. \$ _____
- Utah trip** (Feb. 22 - March 1). Dep. \$200. Singles: \$200-\$325, Couples: \$525 or \$600 \$ _____
- Canada trip** (Mar. 23-30). Dep. \$100. Total: \$695 (1 bed). or: \$725 (2 beds) by Feb.20 \$ _____
- Canada trip** (Mar.30) Optional last night in Chewellah & lift ticket at 49° North = \$70 \$ _____
- Hoodoo day trip:** (Feb. 16) Most likely \$80 - to be confirmed. \$80 will hold your place \$ _____
- White Pass day trip:** (Mar. 16) Most likely \$95 -to be confirmed. \$95 will hold your place \$ _____
- Other:** _____ \$ _____

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 = 322 Newsletter Distribution

The February 2013 issue is posted on our web site. Also:
 386 copies sent via email (as PDF files)
 24 paper printed copies sent via US Mail.
 Copies are sent to potential members, other clubs, etc..
Please help us minimize the cost of mailing paper copies.
Send your email address to: newsletter@mthigh.org.

For Sale on Bulletin Board

Check out recent items posted on our Bulletin Board.

- 1. Wanted: Used Phat Luv skis.** Contact: jbon1960@comcast.net
- 2. The Taco Shpppe in Govy: \$3 off any burrito!** This discount is available to all our club members, thanks to owner Kevin Bastin, who is also a Mountain High member. You can also find this announcement among the Member Benefits on our web site.

See details and other items on our Bulletin Board:
<http://www.mthigh.org/BulletinBoard.htm>

Fundraisers, Good karma

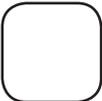
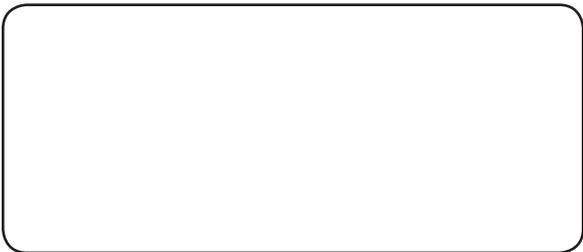


- Mar. 1- 2, 2013: [Hope on the Slopes](#),**
 a 24 hour ski challenge and fundraiser for the American Cancer Society, held at Mt. Hood Skibowl Friday afternoon - Saturday morning.
- Mar. 10 - 11, 2013: [Oregon Cancer Ski Out](#),**
 a fun 2-day event (Sunday & Monday) at Mt. Hood Meadows. Teams of 5 compete for best consistency (not speed).
- Apr. 13 (Sat.), 2013: [Ski to Defeat ALS](#),** a fund raiser for ALS (Lou Gehrig's Disease). Inspired by **Fred Noble**, held at Mt. Hood Meadows.

NOTE: The Charitable fund-raisers listed on the left are not just fund-raisers. They are also a lot of fun. Each event provides something special. Check out the details on our Mountain High web site.

NW Ski Club Council

As of 2013, NWSCC meetings will be held bi-monthly (February, April, June, August, October, December); the location may vary, so check the NWSCC website. These meetings are open and participation by club members is encouraged. Next meeting is **Wednesday, February 20, 2013.**



Emilio Trampuz
 Mountain High Newsletter editor
 4742 Liberty Rd. S., #296
 Salem, OR 97302
 Please check our web site,
www.mthigh.org
 for updates.