



Lift Lines

= No. 183, March 2016 =

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



Mt. High

Man & Woman of the Year

Congratulations to our club's 2015/2016 Man and Woman of the Year:



Karen Michels, our Membership director, who has led a number of bike rides last summer and then led one of our best ski trips so far to Canada in January 2016.



Steve Royce, our club's Secretary, who has attended all our Board meetings and kept accurate meeting Minutes, and participated in the club's decision making.

Let's ski together this Spring



Walt, Moniquea, Debbie, Kurt, Gary, and Emilio at Timberline on Sunday, March 6.

We have held 10 club ski days so far this winter. See our TRIPS page (Weekend day trips) for a list of all of them. We went to Meadows, Skibowl, and Timberline. A few of the days were on a week-day.

The snow has been excellent lately, and more keeps coming!

We will continue to invite everyone to ski with us all Spring, till the end of May. We will now focus mainly on Timberline and the canyons and glades west of Timberline. We'll guide you there if it's your first time there. Any intermediate skier can do it. Join us for some fun! If you don't already have a Fusion pass, get a **Spring Pass** for just \$109.

We'll do this almost every weekend, meeting at McDonald's in Sandy at 7:30 am, or at Timberline's day lodge at 9:00 am. We'll always announce each of these outings in our **Forum**, and usually also via email to our members, and probably also on our **Facebook** page.

Ski For a Cause

Ski for a good cause. Take your pick.

March 12-13: Hope on the Slopes at Mt. Hood Skibowl. Details at: www.hopeontheslopes.org

March 13-14: Oregon Cancer Ski Out at Mt. Hood Meadows. Details at: www.cancerskiout.org

April 9: Ski to Defeat ALS. Details at: www.skitodefeatal.org

Note the color code.
Our club is blue.

2015/2016 CALENDAR

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

MARCH 2016

Mar. 5-6 (Sat-Sun): Masters Race - Skibowl
Mar. 5 (Sat.): Ski the Glade Trail day
Mar. 6 (Sat.): Mt. High Ski day - Timberline
Mar. 10 (Thur.): Quarterly Pizza Party
Mar. 6 (Sat.): Mt. High Ski day - Timberline
Mar. 12-13 (Sat-Sun): Hope on the Slopes
Mar. 13 (Sun.): NASTAR Race - CANCELLED
Mar. 13-14 (Sun-Mon): Oregon Cancer Ski Out
Mar. 16 (Wed): NWSCC meeting
Mar. 18-20: Crystal Mt. trip
Mar. 19 (Sat.): Bill Johnson Memorial Celebration
Mar. 20 (Sun): PACRAT Race 5 - Timberline
Mar. 28 (Mon.): Mt. High Board meeting

APRIL 2016

Apr. 3 (Sun.): PACRAT Make-up race - Timberline. Only if a race gets canceled
Apr. 9 (Sat.): Ski to Defeat ALS
Apr. 15 (Fri.): PACRAT Rat Attack dinner party - McMnamins Edgefield

JUNE 2016

June 8 - 12: FWSA Convention - Scottsdale

Montana was sunny, warm and welcoming!

February 21-27, 2016. Montana rolled out the red carpet for us. We had 5 sunny days, warm enough to be pleasant, but cold enough to preserve the good quality of the snow. We managed to find powder on north-facing slopes and in the trees, where the snow was protected from the sun. The locals were friendly and welcoming, at hotels, restaurants, on the slopes, and especially at the Discovery ski area.

We had our own chartered bus for the whole week. As usual, there was plenty of food sharing on the bus, jokes were told, we watched some entertaining short videos, and **Rich Horner** played the guitar and sang for us.



Montana Snowbowl: Bill, Linda, Bruce, Paula, Scott

The all inclusive trip price was just \$825, and this included 6 nights of lodging, 5 days of lift tickets, all transportation, as well as 4 breakfasts, 2 lunches, and 4 dinners.

This was a trip for real skiers, which suited us just fine, as we are known as “the club that really skis”. We were not pampered by ski-in/ski out lodging. Instead, we had to ride our bus to the nearest ski area every day, and then we skied hard until it was time to return to the hotel. There was never a line at the lifts, and no crowds on the slopes.

The **Montana Snowbowl** offered good terrain served by the highest lift, with both groomed and ungroomed terrain. Skiing down to the base lodge was good only on the groomed slopes, but when we tried the ungroomed, we encountered very choppy, icy, and grabby conditions. We should go back there on a good powder day!

The **Discovery** ski area made us feel especially welcome. In fact, they were responsible for this whole trip in



Ciche Pitcher

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

We visited three ski areas: the **Montana Snowbowl**, **Discovery** and **Lost Trail Powder Mountain**. At the end of the trip, we asked everyone about their favorite ski area among the three. Most people voted for Discovery. Lost Trail was a close second. But there were also several votes for the Montana Snowbowl. All three ski areas turned out to be larger than anyone expected. Lots of vertical, lots of challenge, lots of groomers, lots of variety and no crowds. Best of all, these less well known ski area won't hurt your wallet the way the more famous names will.



The Inn at Philipsburg, our bus, and Discovery

the first place, since they invited our trip leaders to come visit them last winter on a “Fam” trip. This was arranged by their sales manager, **Kris Smith**, who also greeted us and arranged for two events in town when our group arrived. The first night, we had a beer and cheese pairing at the Philipsburg Brewing Company. The second night, Kris had booked us for dinner at the Tommy Knockers restaurant.

The Discovery ski area owner, **Ciche Pitcher**, offered us a guided tour one morning. He showed us some hidden powder stashes in the trees, and led us



down the Good Finger double-black into a huge bowl populated by a whole suite of double-black diamond runs. At the end of the tour, Ciche took us to “Russell’s” a triple black diamond run! Fewer than half of us went there. We had a good photo-op at the top of the run, next to the sign, but once we looked down the steep and relatively narrow slope covered with trees, most of us decided it would be safer to ski around it on the single-black Trilby trail. Only Ciche himself and our **Bruce McGavin** actually skied the triple-black, and they did it in style!

There were also lots and lots of groomed cruisers at Discovery. Several of them very long, especially Claim Jumper on the front side and Winning Ridge on the back side.

Lost Trail Powder Mountain had a charm all its own. This ski area sits on the Idaho/Montana border, and we skied both sides. The Montana side seemed larger and more varied, offering both double-blacks such as Hollywood Bowl and long cruisers, such as Sacajawea and Lewis and Clarke.

The slope with the perfectly spaced trees was alluring but the snow was much heavier there than the previous winter, when some of us scouted the area. On this trip, it seems only our snow-boarder, **Phil Mant**, could glide easily through the snow in those trees. But, we found good powder a little farther out, on the far right of the trail map, a controlled side-country entered through a gate near the top.

We had some memorable meals on this trip. First at the “Stone of Accord” in Missoula, where some of us wished we had stayed another day so we could have dinner there again! The other memorable place was “Skalkaho Steakhouse” on a Montana ranch near Hamilton, where the food was good, the atmosphere special, and the staff both welcoming and entertaining. The word Skalkaho in the Salish language means “Many trails”.

Southwest Montana is now on our radar. We’ll visit again! See more trip photos at www.mthigh.org/Photos.htm.



Photo by Rich Horner

Kurt Krueger, Bruce McGavin



Photo by Bruce McGavin

John Davis



Photo by Emilio Trampuz

Paula Minear

Montana trip Feedback

After the trip, several people expressed their trip impressions.

I really loved the lack of crowds and was reminded immediately of how rare that was when we returned to race at Mt. Hood Meadows on Sunday. The group was forgiving and fun to be with. I liked Discovery Mountain and the fact that they went to great lengths to make us welcome, along with the variety of terrain. - Scott Andersen

The best week I can remember. I loved everyone as friends and the skiing. No better. Cannot wait for the next trip! - Russ Stanton

Bus was best ever – very quiet. Kerry (our driver) was great. - Scott Kelley

Can't decide on which area. If any of them had fresh snow, it would have been my favorite. But if I was chasing snow, I'd probably pick Discovery again. I like the layout of the back bowl. Challenging, steep, but (with the exception of Russell's) not life threatening. I ran into several places at Lost Trail where a fall or a missed turn would be, at the least, very painful. Preserving myself for skiing later in life is becoming a priority. The trip itself, the bus, food, etc. etc. was very good. Thanks so much for organizing it. - Kurt Krueger

Ski areas with no lift lines were perfect on this vacation! - Karl Kunkle

Thank you very, very much for making this a special, fun, fantastic exploration of Montana ski areas. I thoroughly enjoyed the trip and plan on doing another club trip in the future. - Pat Barry

I enjoyed the trip overall. It would have been nice to have a hot tub at the last hotel, after several days of skiing. - Colleen Myers

Outside of Austria this is the best trip I have ever had, bar none. Got along well with my room mates, they made for great conversation and wonderful challenging skiing.

My favorite area was Discovery. It had great cruising runs along with some just right diamonds. The funniest time was watching and commenting on the Republican Debate with a large group of fellow skiers. The people of Montana were refreshing and helpful and gave laid back good humored service.

I would recommend a trip like this anytime. Emilio, your helpful, cheerful and informative information gave the trip the glue it needed, thank you. - Bill Hughes

Thanks for this really good trip. These lesser known ski resorts offer a more relaxed atmosphere that doesn't happen at the more "elite" ski areas. - Kay Kinyon

I liked all three places but my favorite place was Discovery (big wide runs and no people). Loved all the restaurants. Would have liked to maybe stay in Missoula and ski Discovery from there instead of Philipsburg. Thanks for all the hard work. Great trip. - Karen Michels



Winning Ridge at Discovery



Base area at Lost Trail

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

Mt. High

Mt. High Ski days

Almost every weekend in March, April and May. Sometimes on a week-day too.

Simple, informal, meet-ups, for a fun day on the slopes. Everybody is welcome, but it's never a crowd. Many people seem to prefer to ski by themselves. The average so far has been just 3, 4, or 5 people, and we have had 10 such ski days from December to mid-March.

Our tempo is adjusted to suit the group. Nobody is left behind. We ski as a group. If the group is large enough and people's skills and speed preferences are different enough, we'll split into two separate groups.

7:30 - 7:45 am. Meet at **McDonald's** in **Sandy** (left at 3rd traffic light in Sandy) You might find us either in the parking lot, or inside McDonald's, getting a cup of coffee. From there, we can either carpool or caravan (follow each other's cars) to the ski area.

Alternate ways to meet: (if you miss us in Sandy)

1. **On the mountain**, meet us around 9:00 am just outside the day lodge, ready ski.
2. **On a 2-way radio**, find us on **Channel 6-19**. Just ask for "Mountain High" people!

For more info, see our [All-Club Forum](#), or our [Week-end skiing](#) on the TRIPS page, or contact [Emilio](#).



Two photos of Lisa Miller on the Alpine trail, half way between Timberline and Government Camp.

HALF PRICE SKI DAY AT CRYSTAL



March 20, 2016.
(Sunday)

Show your NWSCC Club Membership card at the ticket window at Crystal Mountain, Washington, this Sunday, March 20, and receive a half price ticket - only \$36!!

Those of us on the Crystal trip will get this benefit.

Mt. High

Quarterly Social / Pizza

March 10 (Thursday).

6:30 - 9:00 pm

Round Table Pizza

10070 SW Barbur Blvd.
(near Capitol Hwy.)



WHAT: Our quarterly social gathering. We'll gather for some pizza. We'll have a selection of pizzas. The food is on the club! Just buy your own drink.

Good food and pleasant company. How much better can life get! As usual, we'll probably have some door prizes, some announcements, some questions.

The Round Table Pizza is not very visible from the street. It is between a McDonald's, a hotel, and a Japanese restaurant.

See our web site for directions and a map.

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

NWSCC Mreeting

March 16 (Wednesday), starting at 6:00 pm

Location: upstairs at the Buffalo Gap Saloon, 6835 SW Macadam Avenue, Portland, OR 97219



A general meeting of the NW Ski Club Council. It is open to all members of all local ski clubs. Starting with a meet and greet from 6:00-6:30 pm, followed by the meeting. Pizza will be provided; beverages on your own.

ALL club members and PACRAT racers are invited to attend!!

Socialize with your friends from other clubs or teams, learn what NWSCC and PACRAT are doing, and have a chance to win some GREAT door prizes, including

- a \$50 gift certificate to Valian's in Government Camp,
- Timberline lift tickets, and
- some surprises!

Chocolate Party

Sat., Feb. 13. Our annual Chocolate party was hosted by **Lisa and Harry Scribner**. It was a sweet time!

We enjoyed some appetizers, followed by the home-made chocolate desserts, and prizes were given for

1. The most chocolaty (most decadent) - won by **Joanne Lindberg**
2. The most creative, shared by **Debbi Kor & Chris Moon**
3. The lightest and healthiest dessert - won by **Linda McGavin**.



Chris

Joanne

Debbi

Linda



Diane

Bob



Debbi

Mary



Lisa

Kurt



Linda



Joanne



Chris

Lisa



Speed Racers Corner

Edited by Alan Bean
Mountain High Racing Director
503-849-8009 or Racing@mthigh.org



PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Alan Bean
Mt. High Racing Director

While we have four races completed, just the results of the third race are published at press time. Mt. High is still holding onto the top spot after three races with Schussing Shysters shooting to the top replacing The Ocho Plus gang. The next and final race is on March 20th, weather permitting.

With the onset of March come nearly unlimited recreational race and practice opportunities for all levels and racing abilities.

Currently we are trying to gather folks interested in participating in **Mt Hood Meadows Town Challenge** series of three races taking place Friday evenings (March 11th and 18th) at 4pm for the first two races with the final race occurring on Saturday morning March 26th, 10am to 1pm. Cost of the series is \$10/race and purchased individually on Meadows website. The awards party will follow in the afternoon of the last race and while the series is sponsored by **Laurelwood Brewing Company, Everbody's Brewing** and **Double Mountain**, the last race also corresponds with Meadows Spring Brew Fest 12pm-4pm that will add another 6 to 8 breweries and include a cider or two.

While it would be great to add a trophy to our Mt. Hood Museum display, I want to emphasize that we are just treating this as an opportunity to practice as it is one of the few chances to run a PacRat style course as many times as you like. Our goal will be to organize one or more teams skiing under the Mt High moniker so please contact me at 503-849-8009 or Racing@mthigh.org even if you're only interested in one or two races. Conveniently, Meadows spring pass skiing begins on that first race day the 11th so as long as you purchase the pass by the 10th it is \$139.

Speaking of practice opportunities, an open NASTAR race (\$10 for two runs and \$20 for as many more as you can get in) was scheduled for Sunday March 13th at Ski Bowl, but had to be cancelled.

A similar open race honoring the late **Bill Johnson** is on the following Saturday **March 19th** (free). The forecast shows snow returning to Ski Bowl but we recommend checking in with Ski Bowl on race day prior to traveling.

Mt. High Team Standings After Three Races

1. Schussing Shysters
2. The Ocho Plus
3. Awesome tAles
4. Moose on the Loose
5. Rattitudes
6. Mixed Nuts
7. Avalanche Express
8. Mt Hoodlums
9. Chilled Brewskis
10. Vertigo Madness
11. Frosted Flakes

2016 race dates

Jan. 3 (Sun): NASTAR Open race - Skibowl
Jan. 10 (Sun): PACRAT race 1 - Skibowl
Jan. 24 (Sun): PACRAT race 2 - Meadows
Feb. 21 (Sun): PACRAT race 3 - Skibowl
Feb. 28 (Sun): PACRAT race 4 - Meadows
Mar. 5-6 (Sat-Sun): Masters races - Skibowl
Mar. 11 (Fri.): Town Challenge race 1 - Meadows
Mar. 13 (Sun): NASTAR Open race - Skibowl
Mar. 18 (Fri.): Town Challenge race 2 - Meadows
Mar. 20 (Sun): PACRAT race 5 - Timberline
Mar. 26 (Sat.): Town Challenge race 3 - Meadows
Apr. 3 (Sun): PACRAT Make-up race (only if needed)
Apr. 15 (Fri.): Rat Attack awards dinner party

Helmets

Helmets are strongly encouraged, but there is no longer a helmet rule for PACRAT racing.

NASTAR Open Race

March 13 (Sunday) - Skibowl. This race has been cancelled, due to insufficient snow to hold a race at Skibowl

Each year in June, at the **Far West Ski Association's** annual convention, held in a different city each year, several individuals and ski clubs and Councils are awarded prizes of recognition. Here are just some of them. **You too can win.** Make an effort to do something positive and valuable for your club and/or for snow sports, and then either apply directly or let someone nominate you.

The FWSA deadline for nominations is March 20, but it is better to apply earlier than that. For more info on the FWSA awards, check out the FWSA web site, www.fwsa.org, or contact Debbi Kor at: 503-314-7078, ijustwannarun1@comcast.net

Man & Woman of the Year

This is a series of recognitions on different levels.

First, each club recognizes their own man and woman of the year. Our two winner from the past year are posted on page 13.

The two people from each club then proceed to the next level (the Northwest region). The NW Ski Club Council selects just one pair (not necessarily from the same club) among all the local club nominees. Those two people then represent the NWSA at the Far West Convention.

At the Far West Convention, one final pair is selected among all the Ski Club Councils in the west.

The grand prize is a trip for two to **Big White**, Canada.

To see who within our club has won in past years, see our AWARDS page on the web site: www.mthigh.org/Awards.htm.

It is now again time to nominate a man and a woman of the year.

Please send in your nominations by February 29, 2016, to any member of our club's Board of Directors. See the list on page 13 and/or on our "Contact Us" web page: www.mthigh.org/Contacts.htm

Simply let us know who you would like to nominate and why. If you put it in writing (an email), so much the better, because then all our Board members can read it.

Safety Person of the Year

This annual award honors the person who has done the most to promote safety consciousness within the association. This can be done through a variety of methods including safety articles, on mountain activities, presentations, public speaking, working ski patrol, creating posters or banners, and many other activities.

The winner receives a 5-day ski/board package to **Telluride** for two that includes: 5 nights lodging at Mountain Lodge Telluride, 4 day lift ticket, and 4 days of rentals. Our latest winner was **Gordon Lusk**.

Resume & Entry Form must be sent to chairman by the March 20 deadline. See: <http://www.fwsa.org/Awards/awards-recognition/recognition-awards-safety.html>

Western Ski Heritage Award

The aim of the award is to raise the awareness of the contributions made by individuals or groups to all aspects of snowsports – competitive as well as recreational. Also to convey the positive role snowsports has had in its contributions to the communities in the West. It recognizes outstanding effort in the area of snowsports history to find, preserve, document and share the history of snowsports in the West.

The winner receives a 5-day ski/board package to **Steamboat** for two: 5 nights lodging, 5 days skiing, 5 day rentals, a lesson, a tour, and lunch. Our latest winner was **Emilio Trampuz**.

Submit entry by March 20th. See: <http://www.fwsa.org/Awards/awards-recognition/recognition-awards-wsh.html>

Environmental Award

This award is designed to encourage good stewardship of our environment, to inspire and reward creative efforts to conserve and protect our environment. This award should recognize actions that made a difference. For example: Volunteering at the community level, particularly in some leadership role; Organizing environmentally oriented events for the club or council; Writing a series of columns regarding environmental conservation, education or protection in your club newsletter.

The winner receives a 5-day ski/board package to **Aspen/Snowmass** for two: 5 nights lodging split between Aspen & Snowmass, 5 day lift ticket, and 5 days of rentals, a day group lesson. This is a new award.

Submit entry by March 20th. See: <http://www.fwsa.org/Awards/awards-recognition/recognition-awards-environment.html>



How Often should we Wax?

This question was posed in our club's Forum. Several people responded with some interesting advice. See below.



Regular Tune ups:

1. Sharpen Edges
2. Smooth Base
3. Wax



IceBeard

- a) If you flip them over and pour water on the bases, and the water beads up, you are more or less good to go.
- b) Always hot wax, and work it long enough that the wax stays liquid for about ten seconds after you remove the heat. Scrape and brush well to open the structure, especially when the snow is water loaded, or your skis can catch and suddenly stop.
- c) If you're skiing champagne powder, wax doesn't matter much.

lisalm3

About every other week. At the end of the season, I wax them but don't scrape and brush them. Store them with the thick wax on to keep the bases from getting dried out.

I would wax them more often in warmer winter/spring days but I am too lazy.

k2

I find that I need to wax about every 5 to 7 days. If I go longer I notice a severe lack of glide on the run outs.

Usually I get hints in that the wax is no longer shiny. Then I'll wax. I'm also a lazy waxer, I don't scrape the bases afterwards. Instead I try to get a thin layer well ironed. After a run or two, they look just like I've scraped them. I rarely have any trouble with the skis sticking and it usually just lasts until I get moving.

kaykinyon

I usually wax after every third day of skiing. Snow conditions seem to make a difference. Wetter snow tends to scrub the wax off sooner.

I feel keeping my edges sharp is as important as wax. That may be due to the type of ski I use. They are more of a crud and powder type. Not really great on hard snow/ice. Sharp edges make it slightly easier to negotiate icier conditions.

Gene Dohn

Usually hot wax after five ski days but this year added the TL quick wax. It is 60.00 allowing one quick wax each day for the season. This year the snow and skis have been great. Have to wait for the spring too see if there is a real benefit. If you ski 30+ days at TL very cheap.

Mt. High

Crystal Mountain, WA



March 18-20, 2016 A weekend bus trip, 2 nights/2 days. We leave Friday around 5:00 pm. Lots of fun on the bus – this is the best way to get to know other club members! We'll return Sunday by 8:30 pm.

Crystal Mountain is the largest ski area in Washington with 3,100 vertical feet of skiing, with over 50 named runs. There's everything from gentle groomed cruising runs for beginners to challenging steeps - backcountry, glades, chutes and unbelievable black runs for the more adventurous. This is why SKIING Magazine voted Crystal Mountain the #7 top mountain in North America.



There is one 8-passenger gondola (included in all tickets as of this year), 2 six-pack hi-speed lifts, 2 hi-speed quads, 2 triples, and 3 doubles., serving 2,300 acres of lift served terrain, plus 500 acres of back-country.

NEWS: Two lifts have been replaced by new ones :

1. **The High Campbell Chairlift**, for experts only, which was destroyed in an avalanche this past season, was replaced by a new fixed grip double chairlift made by SkyTrac, the only American ski lift manufacturer.
2. **The Quicksilver fixed-grip double chairlift**, serving intermediate terrain, was replaced by a fixed-grip quad lift.

Lodging: We'll stay in the town of Enumclaw, 45 minutes from the mountain. Most of us will be in queen beds, but the first 3 couples who sign up and request it will get a king bed. There is no breakfast in the hotel, but there's Charlie's Cafe, a breakfast place right across the parking lot that opens at 5 am.

Price = \$250. This includes all bus transportation, 2 nights' lodging, one dinner, and one lift ticket.

The reason for only one lift ticket is that on Sunday, March 20, Crystal Mountain is allowing all NWSCC club members to buy tickets at half price, but you have to go to the ticket window yourself and show your NWSCC card (i.e. your club membership card; you'll get it when you renew your club membership for this season).

Use the [Dough Transmittal form](#) on the page before last (or on our FORMS web page) to send **\$100 deposit**, due by November 30. Full payment due by February 15, 2015. No refunds after February 15 unless you can fill your spot. Contact trip leader **Linda McGavin** at (503) 652-2840 or e-mail Trips@mthigh.org.



Linda McGavin
at Crystal Mt.

FWSA Far West Ski Assoc. Trips

Click on underlined blue links or go to www.FWSA.org.

FWSA Mini Ski week: Crested Butte, CO.

March 21-26, 2016 (5 nights / 3 or 4 days of skiing). Price TBA.

Included: 5 nights lodging. Contact: Nancy Ellis, VP North American Travel, P.O. Box 9681, Truckee, CA 96162. 530-414-8261 [C]

**FWSA European Ski Week: Cortina, Italy.**

March 5-12, 2016. Price for land package: TBA pp. Includes: 7 nights lodging, daily breakfast, welcome and farewell parties, 5 nights dinner (2 nights free to explore local restaurants). Air and lift tickets not included.

Optional post-trip to Florence and Rome.

Make checks out to: Far West Ski Association (FWSA) for "FWSA 2015 Int'l Trip". Send to: Debbie Stewart, FWSA VP of Int'l Travel, 430 S. Church St., Visalia, CA 93277. FwsaIntlTrvl@prodigy.net

In Memory Of

Stein Ericksen

Dec. 11, 1927 - Dec. 27, 2015



Stein Ericksen died in his home in Park City, Utah, on December 27, 2015, at the age of 88.

Born in Oslo, Norway, he won a gold medal in giant slalom and a silver in slalom at the 1952

Winter Olympics in Oslo. Later, he won three gold medals at the 1954 World Championship in Are, Sweden.

He moved to the United States shortly after the 1952 Olympics and lived and worked at Sun Valley (ID), Boyne Mountain (MI), Sugarbush (VT), Heavenly (CA), Aspen/Snowmass (CO), and Park City and Deer Valley (UT).

He was famous for his reverse shoulder technique, which everyone wanted to emulate. People wanted to ski like Stein.

He also performed aerial acrobatics and is especially famous for his "Swan dive" flip which he performed at least once a week in front of a crowd of spectators.



Bill Johnson

March 30, 1960 – January 21, 2016



Bill Johnson died in Oregon on January 21, 2016, after a long illness, at the age of 55.

Born in Los Angeles, CA, he moved with his family to Boise, ID,

where he learned to ski at Bogus Basin. In 1969, the family moved to Brightwood, OR. Bill attended Sandy High school, and later the Mission Ridge ski academy.

In 1984, at the age of 23, he won Olympic gold in downhill in Sarajevo (Bosnia).

At age 40, he attempted a comeback. While training for the 2002 Salt Lake City Olympics, he crashed on a training run in March 2001 at Whitefish Mt. (MT). He was in a coma for 3 weeks, and suffered permanent brain damage. Later, he suffered a series of strokes that left him unable to move one side of his body.

In the last years of his life, he needed constant care. He died at a care facility in Gresham, OR.



Sarajevo, 1984



Northwest Ski Club Council Ski & Ride Challenge

Qualify for a prize: ski or snowboard in a single season at least 7 ski areas shown here: in British Columbia, Colorado, Hawaii, Idaho, Oregon, Montana, Washington, and Wyoming. Just save your lift tickets and/or receipts.



Also included:

COLORADO
Aspen/Snowmass

IDAHO
Brundage Mt.
Schweitzer Mt.
Sun Valley

MONTANA
Whitefish Mt.

WYOMING
Grand Targhee
Jackson Hole

BRITISH COLUMBIA
Big White
Sun Peaks
Whitewater
Kicking Horse
Fernie
Kimberley
Nakiska



Entry Form and Rules are posted on the NWSCC website at www.nwski.org

Ski & Ride Challenge

The NW Ski Club Council wants to encourage you to see and ski more places, ... and don't forget the small ones!

Ski or ride any 7 or more resorts during the 2015-2016 ski season to be eligible to win a prize. Just save your lift tickets or receipts, and mail them in at the end of the season.

Ski areas that count are all those in **Oregon, Washington, Hawaii**, as well as our commercial member resorts in **British Columbia** (Big White, Sun Peaks, Whitewater, Kicking Horse, Fernie, Kimberley and Nakiska), one in **Colorado** (Aspen/Snowmass), 3 in **Idaho** (Brundage Mt., Schweitzer Mt., and Sun Valley), and 2 in **Wyoming** (Grand Targhee, Jackson Hole).

Save your lift tickets or receipts! Then, at the end of the season, mail them to the Northwest Ski Club Council, Ski Challenge, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

Winners will be announced at the start of the following winter season, most likely in December.

Hillcrest Sports 10% discount



Hillcrest Ski & Sports (our PACRAT bib sponsor) in Gresham, Oregon, will give NWSCC members a 10% discount by showing your card.

It's your Mt. High membership card, which also doubles as an NWSCC and FWSA membership card.

Hillcrest Sports is located on your way to and from Mt. Hood at: 2506 SE Burnside, Gresham, Oregon. 503-665-4455.

The Taco Shoppe 20% discount



Kevin Bastin, the owner of the Taco Shoppe in Government Camp and also a Mountain High member, has offered us an even better deal than in the past. Instead of just an offer on the burritos, our members can now get a **20% discount off of any item on the menu!** Thanks Kevin!

So, stop at **The Taco Shoppe** in Govy, right next to the Mt. Hood Museum, and get ready to experience something delicious. And say thanks to Kevin!

MOUNTAIN HIGH**Contacts / Club info****SNOWSPORT CLUB****Man & Woman of the Year nominations**

Each year, usually in March, our club honors a Man and Woman of the Year for their contribution to our club and to the sport in general. For a list of previous winners, see the Awards page on our web site.

This year's winners are Karen Michels and Steve Royce.

Congratulations to both of them. See page 1.

Mountain High Meeting

Usually last Monday.

March 28 (Mon.): Open to all who want to get involved with the club. Gather at 6 pm. Start at 6:30 pm.

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

Mountain High snowsport club contacts:

President:	Debbi Kor	H: 503-314-7078,	President@mthigh.org
Vice-President:	Terry White	H: 503-781-4558	TWhite223@msn.com
Secretary:	Steve Royce	H: 503-413-0493,	wsroyce49@frontier.com
Treasurer:	Nancy Pratt	H: 503-593-9427,	Treasurer@mthigh.org
Past President:	Kurt Krueger	H: 503-625-1492,	President@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
Golf:	Cal Eddy	H: 503-805-8606,	baebaw@ccgmail.net
Hiking:	Chris Brooks	H: 503-764-5323,	jruffman@aol.com
Bike rides:	Jackie Bonillo	H: 503-663-3359,	jbon1960@comcast.net
Bike rides:	Karen Michels	H: 503-984-9210,	skiklynn@gmail.com
Biking / Hiking:	Chas Westergren	H: 971-506-7699,	Chashisk@Yahoo.com
Mid-week skiing:	Ken Brundidge	H: 503-720-0620,	KenBrundidge@comcast.net
Trip Director:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org
Trip Leader:	Sandra Smith	H: 503-646-4591,	sandra@pacifier.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 or ☐ Renewal

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

Address: _____

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

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

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

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

<input type="checkbox"/> Annual Membership (Oct. 1, 2014 - Sept. 2015): Single (\$25); couple (\$40)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2015) \$99 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> Canada trip (Jan 24-30). Adult=\$1095, w/Fusion=\$888. Senior=\$1033, w/Fusion=\$849. Dep.=\$250	\$ _____	_____
<input type="checkbox"/> Montana trip (Feb 21-27). Total=\$825. Dep.=\$250 (Please circle your choice above)	\$ _____	_____
<input type="checkbox"/> Crystal Mt. trip (March 18-20). Total=\$250. Dep.=\$100	\$ _____	_____
<input type="checkbox"/> 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 = 245 Newsletter Distribution

The March issue is posted on our web site. Also:
277 copies sent via email (as PDF files)
18 paper printed copies sent via US Mail.
 Copies are also sent to potential members, other clubs,
 the National Ski Club Newsletter, etc.

NW Snowsports Guide



The NW Snowsports Guide, edited by Linda McGavin, is available online. You can flip pages by clicking in the lower right corner, or swiping if you have a touch sensitive screen. You can also zoom in and out by clicking on the page. See it at: <http://www.nwskiers.org/SkiersDirectory/Skiers-Directory/#/1/>

Also find free printed copies of this 60 page booklet at local ski shops.

See the El Niño article on page 28, and Sue Rimkeit's safety article on page 54.

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-2014-5-25.xls>

Shred Hood



Shred Hood, a very informative online magazine, published by **Ben Jacklet**, covers everything related to Mt. Hood, including:

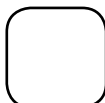
- * [Cliff Droppers Don't Want to Land On You](#)
- * [8 Sources for Mt. Hood Conditions](#)
- * [Climber Lost & Found on Mt. Hood south side](#)
- * [Return of Ski the Glade Trail Day on Mt. Hood](#)

This is just a very small sample of the wealth of information available on the Shred Hood site. Subscribe for free. Just enter your email address in the blue box on the right side of the page at ShredHood.org

Sno-Park Permit



Remember to buy a sno-park permit. You can get it at the DMV and at local ski stores.



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