



Lift Lines

= No. 204, December 2017 =

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

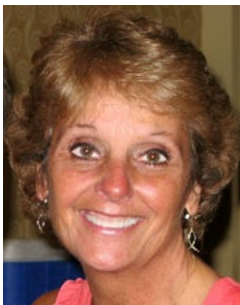


Our Man & Woman of the Year



The club's Board has just announced that our club's Man and Woman of the Year are Bill King and Debbi Kor.

Bill King is our club's Vice-President. He is also the NWSCC Treasurer. He has attended the last couple of FWSA Conventions. He has been very helpful with all the club's activities lately, including helping to post the Safety Boundary signs on Mt. Hood.

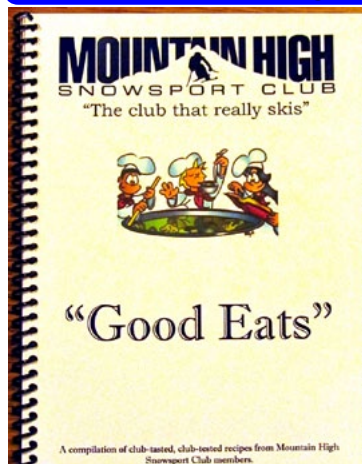


Debbi Kor has been our club's President for a few years now. She is also active at both the NW Ski Club Council and at the Far West Ski Association. She is also the editor of the FWSA News Flash. Debbi has also been our club's Social Activities director for many, many years. Most recently, she has produced our club's Cookbook. See below.

Apologies to our previous man and woman of the year: **Alan Bean** and **Nancy Pratt** for cutting their "reign" a bit short this year. Normally, their term would last until March or April. But the Far West Ski Association and the NWSCC have changed the rules. From now on, Men and Women of the Year will be announced at the end of each calendar year.

Debbi and **Bill** will now represent our club at the NW Ski Club Council level, and the two best candidates among all the local clubs will be selected to represent the Northwest at the next FWSA Convention, in Reno, NV, in June 2018. The two winners at the FWSA level will win a trip for two to Big White ski resort in British Columbia.

Mt. High Cookbook available now!



Debbi Kor has put together our new Mountain High cookbook, with recipes contributed by lots of our club members.

It contains dozens of recipes, sorted into several categories: Adult beverages, Breakfast goodies, Hors d'oeuvres, Salads, Soups, Entrees, Spirited desserts, Cookies, & Pies.

It is available for \$10. You can get one at our social events, or contact Debbi Kor at: ijustwannarun1@comcast.net or call 503-314-7078.

Merry Christmas

Get your
sno-park
permit



& a Happy New Year

In this issue: Let's ski together (p. 2)
Racing (p. 3) Ski Areas news (p. 5)
Events (p. 4) Knee Treatment (p. 6)

Note the color code.
Our club is blue.

2017 / 2018 CALENDAR

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

DECEMBER

Dec. 1 - 2: Sandy High Ski Swap
Dec. 6 (Wed.): Winter Fair (NWSCC) and PACRAT racers bib pickup
Dec. 30 (Sat.): History Happy Hour: Vintage Mt. Hood movie out-takes.

JANUARY

Jan. 3 (Wed.): Mt. High Board meeting
Jan. 5 - 7: Mt. Shasta/ Mt. Ashland trip
Jan. 15 (Mon): Rotary day at Meadows (\$15)
Jan. 20 - 27: Okanagan Adventure trip

FEBRUARY

Feb. 3 - 10: FWSA Ski Week - Banff, AB
Feb. 21 - 24: Brundage Mt / A-Lakes trip
Feb. 25 - Mar. 4: FWSA Mini Ski Week: Alyeska

MARCH

Mar. 3 (Sat.): Ski the Glade Trail Day
Mar. 3 - 4: Hope on the Slopes (Ski Bowl)
Mar. 4 - 11: FWSA International - France
Mar. 10 (Sat.): Ski to Defeat ALS (Meadows)
Mar. 11 - 12: Oregon Cancer Ski Out
Mar. 21 - 25: NASTAR Nationals - Squaw



Let's ski together!

This season started very early. Several of us had a few excellent days on the mountain in mid-November, a week before Thanksgiving. The best day was Saturday, Nov. 18, with 44 inches of snow base at Timberline and all the lifts open.

Unfortunately, a week of warmer weather and rain melted away much of the snow and we are now down to just 13 inches of snow.

But a series of storms in the last few days of November and a bigger storm the first weekend in December will bring cooler temperatures and fresh snow.

So, let's go skiing! And don't ski alone. It's more fun with a group of your ski club buddies. We do come in two varieties.

Many of our members are of the opinion that "There are no friends on powder days." But, there are also many among us who prefer to be social rather than competitive. As Peter Simons expressed it so well, many of us are **advanced NAPC skiers (Not A Pissing Contest)**. In other words, we'll stop to smell the roses and enjoy the views, and we'll keep an eye on each other, and wait to regroup. **Use the following tools to communicate and connect:**

a) **Forums.** Go to www.mthigh.org and click on either the All-club Forum or the Mid-Week Forum. Click on "Join this group" and participate in the chat. Select to receive all emails to be notified when someone responds to you.

b) **Mt. High Facebook page.** Find it on our web site, www.mthigh.org. Click on the Facebook button in the menu, and make sure to join this Facebook group, to be notified of new postings. You can also post photos here. Unfortunately, Facebook is quirky and unpredictable; it doesn't always notify you when an interesting discussion is

happening. For that, our Forums are much more reliable.

TRIPS web page

Yes, a **day trip** to Mt. Hood is also a trip, so check out the **TRIPS** page on our web site, and look for announcements about either mid-week or weekend trips to Mt. Hood. Then join us on the slopes on the pre-announced days.

Facebook Page



Our club's **Facebook** page is another way for our members to communicate with each other, in addition to emails, our web site, and our two Forums.

Start on our web site, mthigh.org and click on Facebook button, or go to: <https://www.facebook.com/groups/1528330064067232/>

Join this Facebook group and post your thoughts and photos there!



Mt. High Forum(s)

Use our club's Forum to:

- Make announcements;
- Ask questions;
- Find buddies to ski with;
- Discuss gear & other issues.
- **You can also post a photo!**

Join in the fun. Check it out by going to www.mthigh.org, and clicking on the **Forum-All Club** button. Or, click here for **Mid-week forum**.

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.

c) **Meet us in Sandy** on the days we pre-announce. We can arrange for some possible carpooling from there, or we can simply drive up to the mountain together. It's easier to find us there than to try to find us on the mountain.

If you miss us in Sandy, connect with just before the lifts open. **At Timberline**, we'll gather just outside the rear exit to the slopes, near the Ski Check. **At Meadows**, find us in the cafeteria in the South day lodge 30 minutes before lifts open, or in the lift line 15 minutes before lifts open.

d) **Use a 2-way radio** to connect with us on the slopes by tuning to channel **6-19**. Just ask for any Mountain High members. If nobody answers, maybe they forgot to turn their radios on. Try again a half hour later.



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

PACRAT team captains, please keep me informed of the status of your team. Let me know if you need any more racers to complete your team. Contact me via the club e-mail: racing@mthigh.org.

New people joining the club and wanting to race, please contact me and I will help you find a spot on one of our teams.

This season, our club is expecting to have 13 teams of 10 people each. That's about 130 racers. Yay!

See our race schedule on the right.

Note that NASTAR races are optional but fun. PACRAT racers are expected to show up at all 5 of the scheduled PACRAT races. But note that, unless your team is very competitive, it is not a big deal if you miss one of the races. The final results at the end of the season are based on your 4 best results. One of your races (the one in which you performed the worst) will not be counted anyway.

NASTAR Nationals Qualifications have changed

This year you can qualify for the 2018 Liberty Mutual Insurance NASTAR National Championships at Squaw Valley if you win a medal on two or more race days before March 13th. But, if you competed in the 2017 NASTAR Nationals, you only need one race-day medal this season to qualify. We have also shifted the divisional criteria in order to more accurately place you in the correct ability group at Nationals. Read [this article](#) for further details. The link is:

www.nastar.com/news/2018-nationals-qualifications-have-changed

2018 race dates

Jan. 7: NASTAR Open race #1 - Skibowl

Jan. 21: PACRAT Race 1 - Skibowl

Jan. 28: PACRAT Race 2 - Meadows

Feb. 11: PACRAT Race 3 - Skibowl

Feb. 25: NASTAR Open race #2 - Skibowl

Mar. 3-4: Masters races - Skibowl

Mar. 11: PACRAT Race 4 - Meadows

Mar. 18: PACRAT Race 5 - Timberline

Mar. 25: **NASTAR Championships at Squaw**,
& possible alt. Pacrat makeup date

Apr. 8: PACRAT Makeup race - Timberline

Apr. 13: PACRAT Rat Attack awards dinner.

For more info, see the PACRATS web site:

www.pacrats.org, or our RACING EVENTS page: www.mthigh.org/Racing_Events.htm

Racers Bibs Pick-up

Dec. 6 (Wednesday).

PACRAT team captains should come to the Winter Fair on this day to pick up the race bibs for their team. Of course, all racers are welcome to come and participate in the prize drawings, the silent auction and the pizza. But team captains should definitely be there.

See more info on page 4.

Sandy Ski Swap + Warren Miller movie



Dec. 1 and 2. (Friday and Saturday) - FREE ADMISSION. **Friday:** 5 pm - 9 pm. **Sat.:** 10 am - 7 pm.

Ski and Snowsports Swap & Sale. Come and do some shopping before the movie and during the 30 minute intermission. There will be lots of new and used ski and snowsports equipment and clothing at great prices! See more at: <https://sandyskiteam.schoolauction.net/2017/>.

Then, see the latest **WARREN MILLER movie** Show times: 6:30 pm December 1st & 2nd. Tickets \$20 (a limited number available at the door). Note: This screening does not include the freebie coupons.

Location: New Sandy High School Auditorium, Sandy, Oregon.

NWSCC

Winter Fair and PACRAT Bib Pickup

PACRAT



Dec. 6 (Wednesday)

Starting at 6:30 pm

This is an event for all the local ski clubs and PACRAT racers.

See [Google Map](#) for location.

Location: Lucky Labrador Public House, 7675 SW Capitol Hwy., Portland.

The NWSCC will host a new event: **Winter Fair**. This will be a meet and greet event with club members, industry members, a big **silent auction** (think Christmas shopping for ski-related items!) and brown bag prizes. We'll announce and honor NWSCC's new Man & Woman of the Year. **This is PACRAT bib pickup night for teams.**

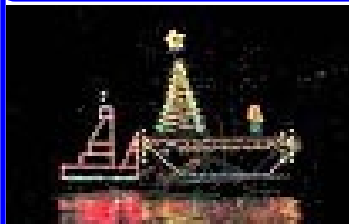
Admission is FREE for Winter Fair and this event is open to the public, so invite all your co-workers, friends & neighbors. Pizza and salad provided; beverages are no host.

The **SILENT AUCTION** will offer ski related items (including Jackson Hole and Aspen lift tickets), and the "brown bags" give you a chance to buy tickets and put them into the bags of items you want to win.

RSVP on the NWSCC Calendar nwskiers.org/calendar/2017/12/13/nwsc-winter-fair and get 2 prize tickets at the door instead of 1. We hope to see you there!! — Linda McGavin, NWSCC Director of Communications

Mt. High

Christmas Ships Parade



December 19, 2017 (Tuesday) - 6 pm

We'll gather at **Joe's Crab Shack**, on the Columbia River (just across the Interstate Bridge, on the Vancouver side) to watch the Christmas Ships.

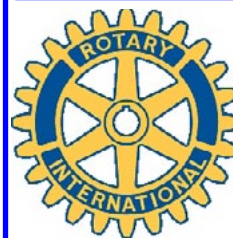
**Location:**

Joe's Crab Shack,
101 Columbia Way
Vancouver WA
Ph.: 360-693-9211.

We'll have some tables staked out, beginning around 6:00 p.m. The ships are due to arrive around 7:45, so come for drinks, stay for dinner and enjoy the evening with your fellow Mt. Highers.

Please RSVP to: **Debbi Kor**, 503-314-7078,
ijustwannarun1@comcast.net

\$15 Rotary Day at Meadows



January 15, 2018
(Monday) 2 - 9 pm

This is on Martin Luther King's Day, which is a holiday for many of us.

Mt. Hood Meadows will be selling lift tickets, valid e from 2 pm till 9 pm for just \$15 if purchased online on the Meadows web site, or \$20 on the day of the event.

This is a fund-raiser for Hood River Rotary Club.

You can't beat that price. So, come and enjoy some inexpensive skiing for a good cause.

Vintage Film Clips at History Happy Hour

The original Magic Mile lift



December 30, 2017. (Saturday) 6:30 pm.

Come see some historic and some funny old movies about skiing on our favorite mountain! Be entertained and learn something new.

Location: Mt. Hood Cultural Center & Museum
Government Camp, Oregon

Doors open 6:30, presentation at 7 pm.
\$5 cash at the door. Beer & Wine available for purchase.

For more info about the Happy Hour lecture series, call the museum at 503-272-3301, info@mthoodmuseum.org

Timberline Shuttle, Mt. Hood Express, Snow conditions

Introducing the Timberline Resort Shuttle

Starting November 24, 2017, Timberline's own shuttle bus operates on **weekends** and **holidays**, 10am - 6pm, through March. Riding the shuttle is **free** for Timberline and Fusion season pass holders and Timberline online lift ticket holders.

The shuttle offers continuous circulation. We anticipate one lap hourly but recognize factors such as road and crowd conditions will influence timing.

There are three stops in Government Camp at:

1. Mt. Hood Brewing Co.,
2. Collins Lake Resort, and
3. Chevron gas station

The final stop is up at the Crescent at Timberline's Wy'East Day Lodge.

Remember: It's free if you have a pre-paid lift ticket or season pass. It runs hourly on weekends and holidays.
<https://www.timberlinelodge.com/getting-here#transportation>



Or Use the Mt. Hood Express buses

Alternatively, you can ride the Mt. Hood Express buses **every day of the week**, starting from two stops in Sandy, making stops in Welches, Zig Zag, Rhododendron, Skibowl, and 3 stops in Government Camp. The cost is just **\$2** one way, regardless of where you start. See the schedule at:

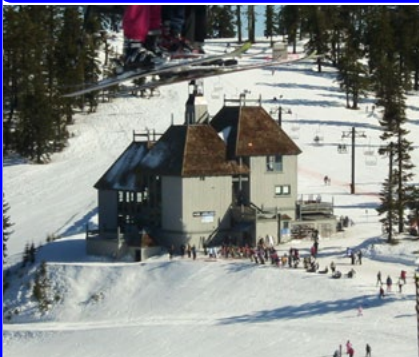
http://docs.wixstatic.com/ugd/b4f0b4_319dde947aaf4b34a7126e2950e32977.pdf

Snow Conditions

Conditions are rapidly improving. First, we had **44"** of snow in mid November. Then a week of warm weather melted much of it down to just a **13"** base. But by November 29, the snow at Timberline is back up to **30"**. Timberline will re-open Friday, Dec. 1. Meadows plans to open on Saturday, Dec. 2.

Snow is expected all week, culminating in a storm on the weekend of December 2-3, 2017. By the end of the weekend, we'll have about 4 feet of snow base again.

Mt. Ashland Ski Lodge improvement



Mt. Ashland's day lodge is getting a \$1.7 million facelift.

Workers are in the process of completing a makeover of Mt. Ashland Ski Lodge just in time for the ski season.

The lodge will have an additional 1,000 square feet by enclosing two decks, relocating the rental shop, and creating better guest services. A central stairwell has been moved to one of the enclosed decks, opening up the main floor. The rental shop has been moved to the basement of the lodge.

The \$1.7 million project began in July and is expected to be finished in early December 2017.

Just in time for our ski trip in January 2018.

Videos

See some interesting videos here:

1. **Mt. Ashland ski lodge renovation** (November 2017) update. This video also shows the amount of snow already at Mt. Ashland. <https://www.youtube.com/watch?v=EoVrYIfG5U0>
2. **Uniquely Rouge** - Come ski Mt. Ashland with Danielle. <https://youtu.be/h7ujQ8n6dw>
3. **Backyard Paradise - Mt. Ashland.** Beautiful aerial views of Mt. Ashland. Note that the side of the mountain that has more trees on it is the FRONT side. The back side looks really skiable with fewer trees on it and more open spaces. <https://youtu.be/z9nLWX3N93Y>
4. **Big Air day at Mt. Shasta Ski Park.** A lot of aeri-als in the middle, but the first 2 minutes and the last minute show some of the beauties of the terrain at Shasta Ski Park: <https://youtu.be/kEwGuIW3iDE>

Knee Treatments

by Gerry Ignatowski

About 10 years ago I broke my leg and didn't realize it and continued to run on it daily...about 3 miles per day. Then, six months of pain lead me to see a doctor and after an x-ray it was determined I broke the crown of my **tibia** (larger of the two lower leg bones). The fracture was healing, but in the process of continued running I damaged my **meniscus**.

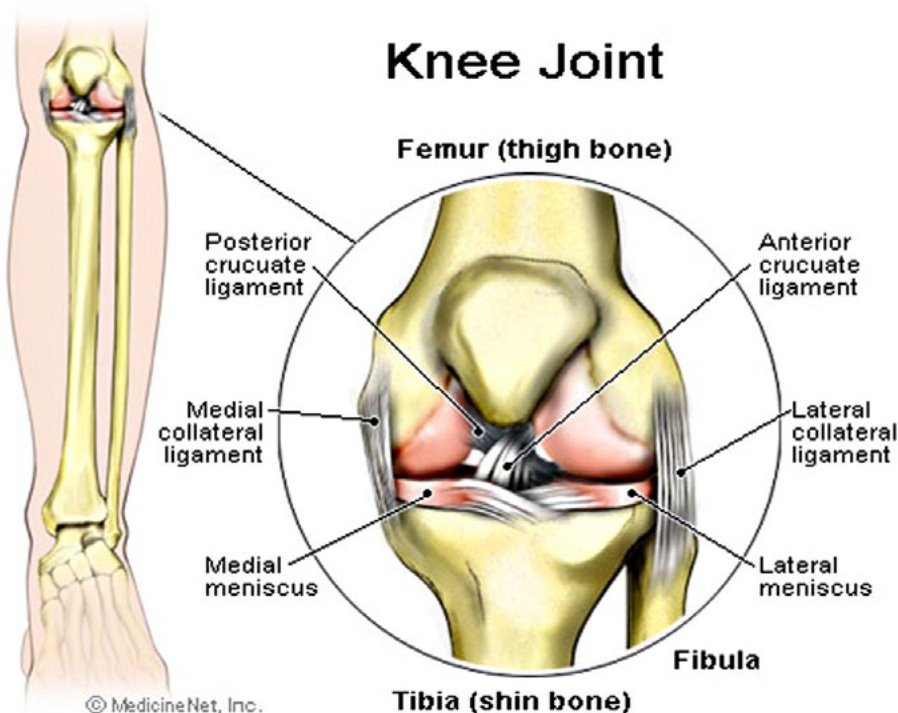
About a year later I had knee surgery, then another year later another surgery on the same knee to clean up the torn meniscus. The result of the surgeries and many decades of running left me with **osteoarthritis**, mostly in my right knee; however my left knee was painful too.

I was considering **knee replacement**, but was hesitant because I didn't consider myself to be 'old' only being in my mid 50's. So, I sought other options.

I can't recall how I ended up visiting the **Reflex Clinic** in Portland (near Washington Square) but I made a visit to the clinic. They are proponents of treatments other than surgical. The first treatment was to wear a **knee brace** on the right knee (the most damaged and most painful) for about four months. It worked great and the majority of the pain dissipated.



The next step in the clinic's treatment was **hyaluronic injections**. These are injections derived from the comb of a rooster and injected directly into the knee joint. The injection is a lubricant for the joint. This process worked great also, but lasted only about six months. Then another set of injections was needed.



A few years ago the clinic started doing **PRP (Platelet Rich Plasma) injections**. I started this treatment and have been very pleased with it. PRP is the process of extracting some blood and having it spun down to a plasma which is then injected into the knee. This is a form of stem cell replacement and works to repair the knee joint tissue. I've had this type of injection twice. The treatment lasts about a year however my last PRP injections were about 18 months ago and my knees feel fine. I'm sure I will need further injections but that will likely be after the upcoming ski season.

The injection treatment is not inexpensive.

The hyaluronic injections were about \$700 total for both knees

and were covered by my insurance. The PRP injections are not covered by my insurance and they are \$1800 for both knees.

The newest treatment is **SCT (Stem Cell Transplant)** is derived from taking stem cells from fatty tissue and injecting them in the knee. This the actual stem cell replacement to generate new tissue growth, from what I'm told. I think the treatment cost is about \$9000 and is not covered by insurance.

Linda McGavin is getting the SCT treatment, so I'm interested to get her appraisal of the results.

[Editor's note: We will publish Linda's account in a future issue of *Lift Lines*.]

Mt. High

Weekend bus trip to Mt. Shasta & Mt. Ashland



Mt. Shasta+ Mt. Ashland

January 5 - 7, 2018 (Friday - Sunday) - 2 days/ 2 nights.

2 nights / 2 days skiing. Saturday at: Mt. Shasta

Sunday at: Mt. Ashland

No need to pack and move every day. We'll stay in the same hotel both nights. The hotel has a hot tub and indoor swimming pool. It also has free Wi-Fi and free continental breakfast. All rooms have a hair-dryer, coffee-maker, microwave and refrigerator, and ultra-fast internet.



We'll start the trip on Friday at **2 pm** (to beat rush hour traffic) and just ride the bus to Ashland.

Lodging: We'll stay at the **Stratford Inn**, within walking distance of most downtown restaurants.

On Saturday, we'll drive a little over an hour to Mt. Shasta ski area, offering 3 lifts on 3 separate hills.

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

Price:	Adults	= \$300 per person
	Seniors (65+)	= \$290
	Super-Seniors (70+)	= \$260
	No lift tickets	= \$248

Price includes all bus transportation, 2 nights lodging, and 2 lift tickets, and a dinner.

The free continental breakfast includes a "make your own bowl" yogurt breakfast bar, fruit juices, coffee, an assortment of teas, bagels, whole-wheat bread, cereal and oatmeal. There is also an in-house coffee shop.

Space is limited by the size of the bus. Also, this trip is open to members of other clubs as well.

To reserve your spot: Please send full payment by **December 1, 2017**. No refunds after December 1, unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page)

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

Contact: trip leader **Emilio Trampuz**, 503-378-0171, Emilio2000@earthlink.net



More ski trips info at: www.mthigh.org/Trips.htm.

Mt. High

Okanagan Adventure (BC, Canada)



Sun Peaks + Silver Star

NOTE: Passport required!

January 20 - 27, 2018 - 7 night trip.

We will stay ON MOUNTAIN at both resorts with easy access to all village amenities. Full trip price includes: round trip charter bus transportation, 7 nights lodging, 3 Silver Star lift tickets, 2 Sun Peaks lift tickets and several meals. FYI: Silver Star is part of the Powder Alliance and if you have the local Fusion Pass for Timberline/Skibowl you get three free tickets to Silver Star. Fusion pricing is lower as it takes into account those three free lift tickets. In addition, you can customize your trip with an optional lodging upgrade (limited availability) or adjusting the number of lift tickets you want.



Sun Peaks

At **Sun Peaks**, we will stay in traditional hotel rooms at the **Sun Peaks Lodge** with TWO people per room. Rooms have QQ or K setup.

At **Silver Star**, we will stay in two bedroom condos at **Chilcoot Lodge** with FOUR people in each condo. Room #1 QQ, room #2 Q + twin bunks. Each unit has two bathrooms. There is a kitchen and a living room with a pullout sofa in each condo that will be shared by all four. There will also be a limited number of two bedroom condos at **Snowbird Lodge** in Silver Star resort for those that want to upgrade. Room #1 K, room #2 K or T/T and there is a pull out in the living room. The units also have three bathrooms and a PRIVATE HOT TUB on the deck. The Snowbird Lodge units are first come, first serve by request with deposit and I will only place pre-arranged groups in them. To upgrade to the Snowbird Lodge, please add \$100 to the trip price.

Silver Star is located about 12 miles from Vernon in the heart of the Okanagan region and is the 3rd largest in British Columbia. It offers both Nordic and downhill options. It is known for champagne powder and averages over 23 feet of snowfall each year. Silver Star has over 3200 acres of downhill skiing, 11 lifts and 132 runs with 15% easiest, 40% intermediate, 35% most difficult and 10% extreme. If you want to take a day off from skiing at Silver Star, there are tons of optional activities to enjoy including: fat biking, tubing, snowshoeing, ice skating and shopping. Check it all out at www.Skisilverstar.com.

Sun Peaks is located about 35 miles from Kamloops, British Columbia. It is the 2nd largest resort in British Columbia and averages over 20 feet of snowfall annually. They boast 12 chairlifts and 2800 feet of vertical for downhill skiers and almost 25 miles of groomed and track-set trails with optional lift access via Morrissey express for Nordic skiers. They have over 4200 acres of terrain with 10% beginner, 58% intermediate and 32% expert. In addition, they offer optional snowmobiling, sleigh rides, ice skating, tubing and snowshoeing. Check it out at www.Sunpeaksresort.com.

October 15th 2017 is the cancel date for this trip. After October 15th, you will only receive a full refund if we can fill your spot. Full payment is due October 15th. See our Mt. High [Trip Cancellation Policy](#).

Silver Star is part of the Powder Alliance, so the Fusion Pass will save you about \$200.

Prices:	Adult	1099.00
	Senior	1045.00
	Fusion	899.00
	Senior fusion	880.00
	Nordic	810.00
	Non-skier	770.00

Upgrade to Snowbird Lodge at Silver Star: Add \$100.

Update

This trip is now full, and there is a long waiting list. Ask Karen to get on the list.



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

Contact trip leaders: **Karen Michels:** skiklynn@gmail.com

Bill King: willie2k@ymail.com

Mt. High

Brundage Mt. bus trip



Brundage Mt.+ Anthony Lakes

Feb. 21 - 24, 2018 (Wednesday - Saturday) - 3 days/ 3 nights.

We will stay 2 nights in McCall, Idaho and one night in Baker City, OR.

Wednesday = Travel day. Ride the bus to McCall, Idaho.
 Thursday = Ski Brundage or go Snowcat skiing (optional).
 Friday = Ski Brundage.
 Saturday = Ski Anthony Lakes and then drive straight home.
 Return home by Saturday night.
 (PACRAT racers can then participate in the NASTAR race on Sunday.)

Brundage Mt., ID is located just 8 miles from McCall, Idaho. It offers some of the best snow in Idaho, a vertical of 1,921', and 1920 skiable acres, served by 5 lifts: 1 hi-speed quad, and 4 triples. It has 46 named trails, plus lots of glades

Brundage Mt. Snowcat Adventures offers an additional 18,000 acres accessible by snowcat. On our trip, you can sign up for an optional day of **snowcat skiing** on our first day (Thursday) for an additional \$275.

Anthony Lakes, OR has the highest base elevation in Oregon, at 7,100', ensuring a high quality, dry snow. It offers 1,100 acres and 900 vertical feet. Good snow on good terrain keeps us returning to this ski area again and again.

Prices:	1. Adult full price	= \$435	OPTIONAL: Snowcat skiing day = \$275 extra.
	2. Senior full price (70 and over)	= \$365	
	3. Base Price without any lift tickets	= \$310	
	4. Nordic price (regular & senior)	= \$310 (No Nordic at Brundage. At A-Lakes buy your own.)	

Price includes all bus transportation, 3 nights lodging, and 3 lift tickets. The trip also includes: 1 dinner, 1 motel breakfast, and 2 restaurant meals on the way from and to Portland.

Full payment due by January 15, 2018. No refunds after January 15 unless you can fill your spot. See our Mt. High [Trip Cancellation Policy](#) (on our web site, FORMS & DOCS page).

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

Mountain High, PO Box 2182, Portland, OR 97208

Contact: trip leader **Linda McGavin** (trip leader) at 503-652-2840, Trips@mthigh.org



Brundage Mt.



**Anthony Lakes
(Oregon)**

More ski trips info at: www.mthigh.org/Trips.htm.

FWSA

FWSA Ski Week in Banff, Alberta, Canada



Lake Louise + Sunshine Village + Mt. Norquay

February 3 - 10, 2018

Annual ski week organized by the Far West Ski Association.

Join us for a week of skiing and partying in beautiful Banff, skiing Lake Louise, Sunshine, and Norquay on one lift ticket. Reserve your spot by making a \$150 deposit now! Lodging preferences will be granted by date of received deposit & sign-up sheet.

See the latest [trip flyer](#) on the NWSCC web site.

Lodging will be in two adjacent hotels. Your choice:



Banff Park Lodge (restaurant on premises) Well-located property close to shopping, restaurants, ski buses, and activities

3 rooms with 1 King bed **SPACE FOR 1 MAN AVAILABLE**

9 rooms with 2 Queen beds

Package Price: \$979 per person (without parking)

Fee to park \$10.50 - \$15.75/night

Bow View Lodge located just behind the Banff Park Lodge, sharing amenities with the Banff Park Lodge. **THIS LODGE IS NOW FULL.**

Available rooms are:

2 rooms with 1 Queen + 1 Twin beds

2 rooms with 2 double beds

Package Price: \$879 per person

Free outdoor parking

Lodging and Amenities Package per person includes:

7 nights lodging (double occupancy per bedroom)

Welcome Party at Banff Park Lodge

Mountain Tour

NWSCC Council Night Dinner at Balkan Restaurant

Mountain Picnic at Lake Louise (for skiers & riders)

Racing

Banquet with Dancing at Banff Springs hotel

Après Ski Party & Race Awards at Banff Park Lodge

Not included: Price does NOT include lift tickets, nor air or ground transportation. You are free to make your own transportation arrangements, using frequent flyer programs.

Lift Tickets cost extra:

1. Adults: 5-day = \$292, 6-day = \$345

2. Seniors (65+): 5-day = \$263, 6-day = \$310

3. Mountain Collective Pass valid for 2 days each at Sunshine Village and Lake Louise, plus at several other resorts (but not at Mt. Norquay), costs \$469.

More info: <http://www.fwsa.org/Travel/NAski/naski.html> Questions? Contact travel@nwskiers.org

How to Sign Up

1. Print and fill out the [sign up form](#). It is on page 3 of the PDF file which also contains a flyer.

2. Make your check payable to: **Northwest Ski Club Council.**

3. Mail should be addressed to: NWSCC | Banff Trip
Box 438, 5331 SW Macadam Ave., Suite 258
Portland, OR 97239

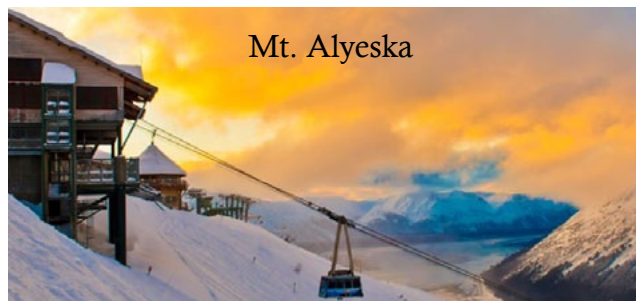


FWSA

Mini Ski Week - Alaska Iditarod + Mt. Alyeska



Alaska Iditarod + Ski & Snowboard Mt. Alyeska



Mt. Alyeska

February 25 - March 4, 2018

A trip to Alaska.

Mt. Alyeska, 40 miles south of Anchorage, offers:

Vertical = 2,500 feet

Acreage = 1,610 acres

9 lifts: 2 high speed detachable quad,
2 fixed quads, 2 doubles, 2 magic carpets,
1 60-passenger Aerial Tram

Price: from \$1,130 to \$1,410 (Does not include Air or transportation from the airport.)

Included: 7 nights lodging at Hotel Alyeska (ski-in/ski-out) and at Hotel Captain Cook in Anchorage, plus:

- ~ Welcome Party
- ~ Farewell Dinner Party
- ~ Lift Tickets
- ~ The Northern Lights
- ~ Iditarod Events
- ~ Fur Rendezvous

Contact: Gloria Raminha garski2011@gmail.com

Trip Leader

12707 Windy Ridge Dr., Bakersfield, CA 93312

661-800-8229 [C]

661-829-5996 [H/F]

Trip details: <http://www.fwsa.org/Travel/NAski/2018-FWSA-Alaska/2018-FWSA-Alaska.html>

A snowpark permit is needed whenever you park at a ski area on Mt. Hood.



A whole season snowpark permit costs \$25 at the DMV, and \$30 everywhere else.

NWSCC

Bachelor Blast



April 6 - 8, 2018. (Friday - Sunday)

A drive-to or carpooling trip.

Two days of skiing and two nights lodging.

News Flash! NWSCC just announced it has scheduled a Bachelor Blast trip for April 6-8, 2018, staying in downtown Bend at two Marriott properties: the **Fairfield Inn** and **Townplace Suites**.

April 6 is First Friday in Bend, so come over in time to enjoy the event!

Further details will be provided soon. Check the NWSCC website for details. www.nwskiers.org

All members of all clubs are invited!!

Cost = \$285 per person, double occupancy. Price reductions for Seniors, Super Seniors, and Youths.

FWSA FWSA International France Trip 2018 - Les Trois Vallées / Brides les Bains

March 4-11, 2018 (SFO & LAX Group Air departs Mar. 3rd) Far West Ski Association's international trip. Plus an optional trip extension or Stand Alone trip to Lyon, Beaune & Paris: March 11-18, 2018.

Les Trois Vallées (The Three Valleys) is a ski region in the Tarentaise Valley, Savoie, south of the town of Moûtiers, partly in the Vanoise National Park. Since 1973, it has been possible to ski the interlinked valleys using a single ski pass. Thus, Les Trois Vallées is **the largest ski area in the world** which is connected solely by ski lifts and slopes. It claims to have about 370 miles of ski slopes. Les Trois Vallées has 183 ski lifts, which can transport 260,000 skiers per hour. There are 424 ski patrollers and 1,500 ski instructors. Les Trois Vallées are home to eight ski resorts that are linked together by a unique network of ski lifts and ski runs. The resorts and villages lower down in the valley should also be added to these: Brides-les-Bains is a spa resort that is linked by cable car to Méribel which provides easy access to the ski area.

Land Package - The Mercure Grand Hotel des Thermes in Brides les Bains. (Not including air transportation)

- Approximate lodging package costs - **\$1517.00 – \$1730.00** pp Dbl. Occupancy
- Upgraded rooms, Single Supplement rooms and Suite rooms are available – quantities are limited.

Land Package includes:

- All airport ground transfers with Multi-lingual guide meeting the FWSA Group Air people upon arrival
- 7 nights accommodations with breakfast daily and Free Wi-Fi throughout the hotel
- Daily Breakfast, 5 Dinners at the hotel – 2 nights on your own to dine at the local French restaurants of your choice.
- Welcome/Orientation and Farewell Party; Transportation for “Night on the Town” in Meribel
- Gratuities to bus drivers, transfer guides and restaurant staff
- Après ski party – details to be provided
- Optional day tour – details to be provided

Air Transportation Information:

- Estimated SFO & LAX air = \$927.00 - \$1030.00
- Stand Alone Trip Air will be booked individually – contact Debbie Stewart for price quote.

(We're happy to book an alternate airport and/or a deviation to extend your trip for you - they are limited)

*Air prices DO include estimated Fuel surcharges, Taxes and current Exchange Rate – subject to change.

It is HIGHLY recommended to use FWSA air transportation!

If you arrange your OWN flights but wish to take the FWSA bus transfers, you must coordinate your flight schedule with the FWSA group air schedule. No special alternate pick up or drop off by the bus will be permitted.

Brides les Bains Lodging/Land Package Information:

The Brides les Bains land package pricing is based on a minimum of 64 people and the Extension pricing is based on a minimum of 34 people – subject to change if requirements are not met. All local taxes are included.

The pricing is based on the Exchange Rate of 1.08 US Dollar vs.1 Euro – subject to change.

Make checks out to: Far West Ski Association (FWSA). Please reference “FWSA 2018 FRANCE Trip” on each check. **Send to:** Debbie Stewart, FWSA VP of International Travel, 430 S. Church St., Visalia, CA 93277, FwsaIntlTrvl@prodigy.net or cell: 559/737-0882 (CST # 2036983-40).

Optional Extension to Lyon, Beaune & Paris, France: March 11-18, 2018

Approximate Land Package – Double Occ. = **\$1595.00** pp



MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

2017 Man & Woman of the Year (For 2018, see page 1)



Nancy Pratt, is our club's best Treasurer so far. She processes all our payments for membership, trips, racing, and provides timely reports to trip leaders and to our racing director.



Alan Bean, our Racing Director, coordinates all our teams, helps place new racers, and has been writing the Speed Racers' column in Lift Lines.

Mountain High Meeting

Usually last Monday. This is an exception.

January 3 (Wed.): 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,

Vice-President: Bill King H: 614-371-4762

Secretary: Debbie Geiger H: 971-716-9949,

Treasurer: Nancy Pratt H: 503-593-9427,

Past President: Kurt Krueger H: 503-625-1492,

Membership Director: Karen Michels H: 503-984-9210,

Racing Director: Alan Bean H: 503-849-8009,

Newsletter Editor: Emilio Trampuz H: 1-503-378-0171,

Social Activities: Debbi Kor H: 503-314-7078,

Trips Director: Linda McGavin H: 503-652-2840,

Bike rides: Jackie Bonillo H: 503-663-3359,

Mid-week skiing: Ken Brundidge H: 503-720-0620,

President@mthigh.org

willie2k@ymail.com

pdxdebbie@gmail.com

Treasurer@mthigh.org

PastPresident@mthigh.org

skiklynn@gmail.com

Racing@mthigh.org

newsletter@mthigh.org

ijustwannarun1@comcast.net

Trips@mthigh.org

jbon1960@comcast.net

KenBrundidge@comcast.net

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?**

☐ **Annual Membership** (Oct. 1, 2016 - Sept. 2017): Single (\$30); couple (\$50) \$ _____

☐ **PACRAT Racing (2018)** \$110 for the whole season. Team: _____ \$ _____

☐ **Mt. Shasta trip** (Jan. 5-7, 2018). Deposit = \$100. \$ _____

Prices: Adult=\$300, Senior(65+)= \$290, Super senior(70+)= \$260, w/o lift tix=\$248. \$ _____

☐ **Okanagan Adventure - Canada** (Jan. 20 - 27, 2018) Deposit = \$250. \$ _____

* Snowbird Lodge upgrade ... Add \$100. \$ _____

* Extra lift ticket at Silver Star (instead of rest day) = Adult \$65. Senior=\$52. \$ _____

☐ **Brundage Mt. trip** (Feb. 21-24, 2018). Deposit = \$150. Total = \$435 or less. \$ _____

* Snowcat skiing (optional) ... Add \$275. \$ _____

☐ **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 = 250 Newsletter Distribution

The December 2017 issue is posted on our web site. Also:
258 copies sent via email (as PDF files)
15 paper printed copies sent via US Mail.
 Copies are also sent to potential members, other clubs,
 the National Ski Club Newsletter, 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-2017-03-16.xls>

Read More at Shred Hood



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

- * [Six Places to Ski & Shred on Mt. Hood](#)
- * [Time to Wax Up](#)
- * [Where to Eat and Drink on Mt. Hood](#)
- * [The History of Mount Hood: A Timeline](#)
- * [Got Your SnoPark Permit Yet?](#)
- * [Seven Classic Ski Descents on Mt. Hood](#)

This is just a very small sample of the wealth of information available on the Shred Hood site. Check it out.

Subscribe to it for free. Just enter your email address in the blue box at ShredHood.org

Seniors Skiing

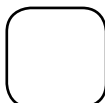
Here's another good resource for skiers and riders. Check out: SeniorsSkiing.com.

The title is "Seniors Skiing", but there is tons of information here of interest to people of all ages.

Here are some examples:

- * [Lift Maintenance 101](#)
- * [Urban Legends: Woman Skier Loses It](#)
- * [X-C Olympian Celebrated 98th Birthday](#)
- * [Nostalgia: Remember When?](#)
- * [Short Swings: Skier abandons wife](#)

You can subscribe to weekly or monthly emails from Seniors Skiing by clicking on the Community tab and then selecting "Subscribe".



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