



Lift Lines

= No. 205-207, Jan - March 2018 =

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



From the Editor



Apologies for the long delay with this issue. And congratulations to all who have noticed; it means you are paying attention to the newsletter!

The explanation is simple. Your newsletter editor has been on too many ski trips this winter, including all 3 club trips in January and February, plus a special road trip with Kay Kinyon to Telluride, Colorado, which was the FWSA Safety Award - for safety boundaries on Mt. Hood.

In between two of those trips, Emilio was hit by a the flu, plus an injured knee, so he was either incapacitated or out of town. But you were still informed about upcoming events through **emails** and the **website**.

This is our first ever triple issue, covering January through March and beyond. The newsletter numbering tries not to skip any month, so the newsletter number indicates exactly how many months have gone by since Plaza and Edgeset ski clubs merged into one. The first combined newsletter was produced in January 2000.



In this issue: Let's ski together (p. 2)
 Timberline Adventures (p. 3)
 Bachelor Blast (p. 3)
 Knee Treatments (p. 6)

Note the color code.
 Our club is blue.

2018 CALENDAR

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

JANUARY

Jan. 5 - 7: Mt. Baker/ Snoqualmie 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. 17 (Sat): Chocolate Party
Feb. 21 - 24: Brundage Mt / A-Lakes trip
Feb. 25 - Mar. 4: FWSA Mini Ski Week: Alyeska

MARCH

Hope on the Slopes (Skibowl)
Mar. 3 - 4: Masters Mania Races - Timberline
Mar. 4 - 11: FWSA International - France
Mar. 10 (Sat.): Ski to Defeat ALS (Meadows)
Mar. 11 (Sun.): PACRAT Race 4 (Skibowl)
Mar. 11 - 12: Oregon Cancer Ski Out
Mar. 18 (Sun): PACRAT Race 5 (Timberline)
Mar. 21 - 25: NASTAR Nationals - Squaw
Mar. 26 (Mon): Mt. High Board meeting
Mar. 30 (Fri.): Ski for Sunshine (Skibowl)
Mar. 21 (Sat): History Happy Hour - Museum

APRIL

Apr. 6 - 8: Bachelor Blast
Apr. 29 (Sun.): Pond Skim at Meadows

Spring Skiing on Mt. Hood

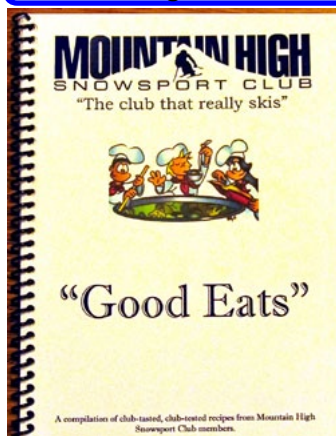
Now that our winter trips are over, let's focus on skiing locally! Spring Passes are now available. Almost 3 months of skiing for a low price:

Timberline Spring Pass, valid March 5 - May 28, costs \$139.

Meadows Spring Pass, valid March 12 till the end of season, is \$159, but the price will increase after March 11, so buy it now!

Skibowl offers free skiing on Friday, March 30, for 10 cans of food. It's the Ski for Sunshine day.

Mt. High Cookbook - Includes Chef Mezger's Recipes



Did you know that in addition to recipes from many of our members, this cookbook also contains recipes from Chef Kurt Mezger, from the Swiss Chalet in Welches. In fact, Chef Mezger is now a member of both our Mountain High club as well as of the Mt. Hood Ski Kats club.

The cookbook 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.



Let's go Spring Skiing together!

Now that all the trips and most of the races are over, let's enjoy some Spring skiing together! 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."** or **"If you can't keep up with us, you'll be left behind."** 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 (Not A Pissing Contest) skiers**. 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 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.

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.

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.

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 near the Schuss restaurant (aka The Hamburger Place) around 8-8:30 a.m.

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.

Timberline Adventures

You are invited to join Emilio almost every weekend on an excursion from Timberline onto less crowded slopes:

- a) To Government Camp along the Alpine, Glade, or Blossom trails. Or
- b) To ski the canyons west of Timberline: Zig Zag, Little Zig Zag, etc.

Mt. High

Timberline Adventures



Almost every weekend (either Saturday or Sunday) in March, April and May, at least some of our members will be skiing at Timberline. This is mostly the mellower group that tends to ski together and won't leave you behind. Please feel free to join us.

We normally try to connect at **McDonald's** in **Sandy** around **7:30 - 7:45 am**. You can also meet us on the mountain, around **9 am**, at the Day's Lodge exit near the stairs, outside, near the Ski Check. Or connect with us on a **2-way radio**, channel **6-19**. See the info on

weekend skiing on our TRIPS page at: http://www.mthigh.org/Trips.htm#Weekend_day-trips and watch for specific date announcements in our [All-Club Forum](#) and on our website, as well as occasional email updates.

When snow conditions are good, we can show you a different face of Mt. Hood. We can ski to Government Camp, or we can head west and explore some of the canyons. This gets us away from the crowds, we see new sights, and when the snow is just right, there are many times when skiing ungroomed snow is actually better and easier than staying on the rutted and bumpy groomed trails.

Vintage Ski Fashion at History Happy Hour

The original Magic Mile lift



March 31, 2018. (Saturday) 6:30 pm.

Come see show ski fashion has changed over the years. This will be a ski fashion show, a feast for your eyes!

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@mt Hoodmuseum.org

NWSCC

Bachelor Blast



April 6 - 8, 2018. (Friday - Sunday) 2 days / 2 nights

A drive-to or carpooling trip.

All members of all clubs are invited!!

The NWSCC 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!

Click here for [Trip flyer](#).

Click here the [Signup form](#).

Contact: mcgavinski@gmail.com

Cost = \$285 per person, double occupancy. Seniors (65-69) pay **\$257**, Super Seniors (70+) pay **\$225**.
Signup deadline is **March 12**.

Timberline Shuttle, Mt. Hood Express

Introducing the Timberline Resort Shuttle

As of 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, about one lap hourly. 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.

<https://www.timberlinelodge.com/getting-here#transportation>



Or Use the Mt. Hood Express buses

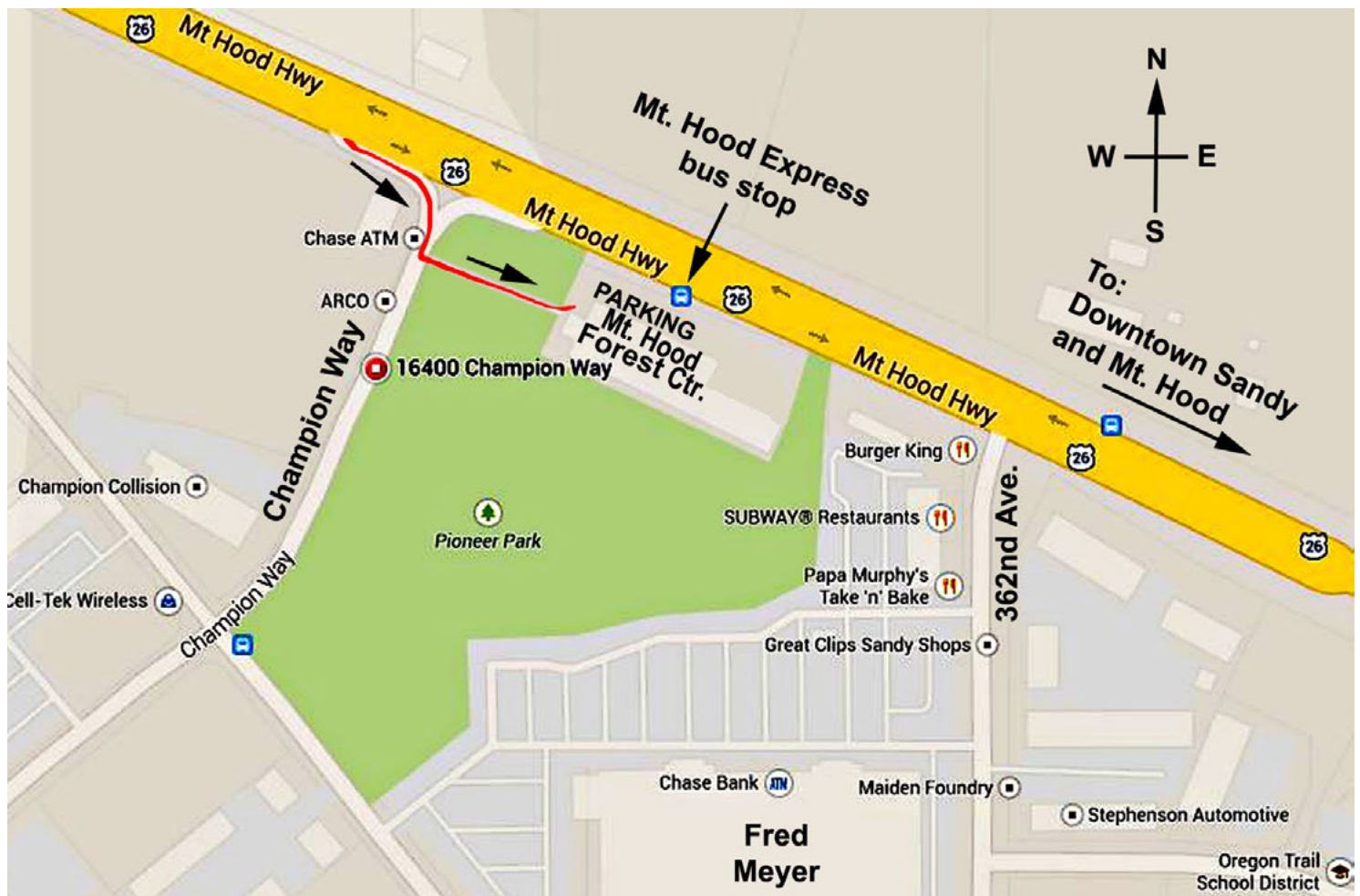
The Mt. Hood Express buses run **every day of the week**, starting from two stops in Sandy, making stops in Welches, Zig Zag, Rhododendron, Skibowl, and 3 stops in Government Camp. The cost is just **\$2** one way, regardless of where you start. See the schedule at:

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

Riding the Mt. Hood Express bus from Sandy to either Skibowl or Timberline will save you a lot of wear and tear on your car. And it costs just \$2 each way.

Or, you can park at Timberline, ski to Govy, and use the bus to take you back up.

Catch the Mt. Hood Express bus on the west end of Sandy. Plenty of parking at the Mt. Hood Forest Ctr.





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

With two races coming up back to back these next two Sundays, it will be a fast end to the official PacRat races, though the "Just for Fun" race may follow on **April 8th** to cap off the year. Also, don't forget to get the Rat Attack awards party on your Calendar April 14th.

The Mt. High Cup wraps up this Sunday the 11th and most of the top 10 teams below are in the hunt for their chance at lasting fame. The Cup is kept

at the Mt. Hood Museum but taken out once a year for engraving the of the winning team (top Mt. High team that is leading the Pacrat standings after 4 races). The current standings after three races are listed on the right. Good luck everyone!

Check out the dates for the **Mt. Hood Meadows Town Challenge** series. The three race series courses are set as either a banked slalom or PACRAT similar GS course where teams of 6 co-ed racers compete for the overall cup. The first two races are typically Friday nights with the last typically on a Saturday around spring break time. Individuals can also enter individual races if you happen to be up those days. Contact Kirt below with any questions.

Mt. High Cup Standings (after 3 races)

- 1 Will Ski for Beer (last year they tied for first)
- 2 Avalanche Express
- 3 Awesome tAles
- 4 Let R Rip
- 5 Rattitudes
- 6 Mt. Hoodlums
- 7 Chilled Brewskis
- 8 Moose On The Loose
- 9 Mixed Nuts
- 10 So Edgy 2 – (all downhill from here)
- 11 Schussing Shysters
- 12 Blizzardos
- 13 Vertigo Madness (190-199)

2018 race dates

- Mar. 11: PACRAT Race 4 - Skibowl
Mar. 18: PACRAT Race 5 - Timberline
Mar. 25: **NASTAR Championships at Squaw**
Apr. 8: Makeup race date - Timberline.
Apr. 14: 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

Town Challenge Series Races - Mt. Hood Meadows



March 9, 16, and 24. The Town Challenge Series is a recreational race series designed for skiers and snowboarders of all levels. The goal of the series is to provide teams and individuals the opportunity to enjoy Mt. Hood Meadows in a family friendly and recreational racing environment. Participants may race as an individual or as a team. A team consists of 4 - 6 skiers or snowboarders ages 8 and older. So get your coworkers, friends and family together and head to the mountain!

The Town challenge is a series of three races March 9, 16, and 24th March 9th and 16th racing begins at approximately 4:30 PM and ends at 7 PM. On March 24th racing begins at 11 AM and ends at 3:00 PM.

Teams: Teams consist of 4-6 people with at least one person from each discipline (ski or snowboard). Teams should select one member as a team captain to represent them.

To have your individual time count toward team results, team captains must email their team name and the name, discipline (ski or snowboard) and gender of each team member to **Kirt Davis** at kirt.davis@skihood.com. No later than 24 hours prior event day.

Registration: Registration is available at Concierge ending 45 minutes prior to the start of the race.

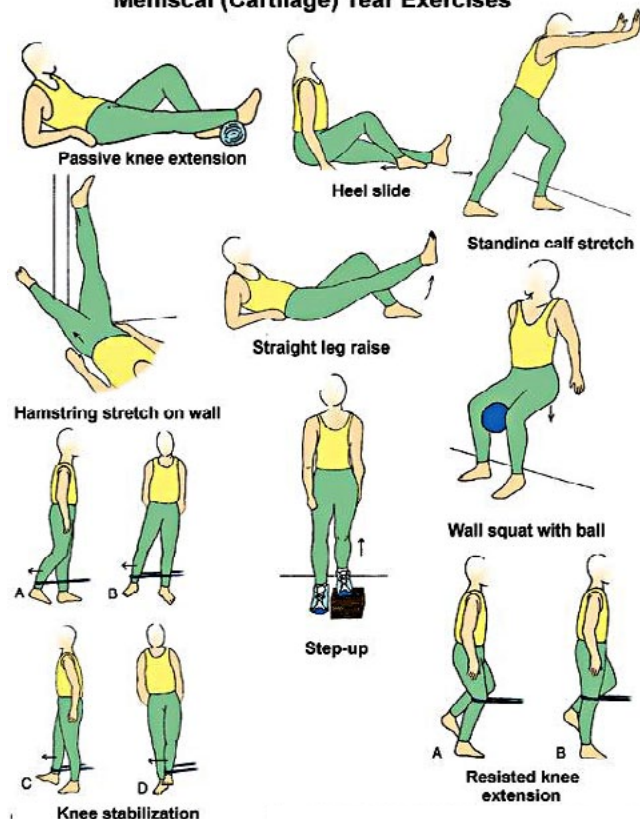
Tickets: With registration into the Town Challenge you may purchase a ticket for the racer price of \$54 for competitors only. Racer tickets must be purchased at the lodge, and are not available online.

Knee Treatments - Part 2 - Less Expensive treatments

by Emilio Trampuz

The most vulnerable part of a skier's body is the knee. We've all heard of ACL ligament tears. But a much more frequent injury is a tear in the **meniscus**. In the December issue of "Lift Lines" (#204), we published an article by **Gerry Ignatowski**. He listed several ever more expensive treatments that he has tried. In a future issue, we will also cover the most expensive of them all, the one based on Stem Cell transplants. But, in the meantime, let's explore what you can do yourself with simple over-the-counter supplements and knee strengthening exercises.

Meniscal (Cartilage) Tear Exercises



Physical therapy. For minor meniscus problems, don't rush to surgery. It is amazing how much knee strengthening exercises can help.

Stretch your legs and knees. Move your knees in a fluid motion, like riding a bicycle. It's not good for an injured knee to be still for a long time; it tends to stiffen. So, move it gently. Also, strengthen the muscles around your knee. Use a rubber band around your knees or ankles and step sideways. This helps to stabilize your knee.

I injured my knee by accidentally twisting it too much during the summer. With about a month of physical therapy, doing exercises just like the ones depicted in these images, I got to a point where there was no discomfort in my knee any more.

Unfortunately, I then injured my other knee when I fell on some icy moguls at Snoqualmie Central in January. After that, for a while, I felt too weak to exercise some more, especially as I also caught the flu.

Instead, I treated the knee with some inexpensive over-the-counter supplements, which helped enough to carry me through the whole winter and lots of ski trips that I had already signed up for.

Glucosamine & Chondroitin. Glucosamine helps to rebuild cartilage and alleviate arthritis. It also has anti-inflammatory properties. Glucosamine occurs naturally in cartilage. The powdered glucosamine in pills is produced from the shells of shellfish. Of the several varieties, Glucosamine Sulfate is the one most promising. Chondroitin is a protein that comes from shark or cow cartilage. Note that Glucosamine can have side effects. It can thin your blood and it can raise your blood sugar level since glucose is part of glucosamine. Discontinue using it if you notice any side-effects.



Hyaluronic acid naturally exists in fluids in the eyes, skin and joints. It acts as a lubricant.

Gerry had this acid injected directly into his knees. But you can also buy it in the form of capsules that you can take orally. It is a supplement. No prescription is needed.



Extra Virgin Olive Oil has anti-inflammatory properties, and this is good if your joints feel inflamed. It has been shown that 3½ tablespoons of olive oil packs the same anti-inflammatory power as a 200 mg dose of ibuprofen.

You don't have to swallow pure oil. Add it to your salads and soups.

Mt. High Weekend bus trip to Mt. Baker & The Summit at Snoqualmie**The Canyon at Mt. Baker**

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

About 40 of our club members enjoyed a weekend bus trip to Mt. Baker and the Summit at Snoqualmie (including Alpentel).

We stayed both nights at a Quality Inn in Mt. Vernon, WA, about half way between the two ski areas.

At Mt. Baker, it was mostly too foggy to take pictures, but we did take a few when we skied through the Canyon that separates the two hills that form the ski area.

The thing to remember for any future visit to Snoqualmie is that of the 3 Snoqualmie areas (West, Central, and East), the **East** has the most vertical, the most interesting terrain, the least fog, no crowds, and on this day it also had the best snow. See more photos at: www.mthigh.org/Photos.htm#Mt_Baker_Snoqualmie_trip

Mt. High**Okanagan Adventure to Sun Peaks & Silver Star****Silver Star**

January 20 - 27, 2018 - 7 night trip.

About 46 of our club members enjoyed a week-long trip to Canada, with 2 days and nights at Sun Peaks and 4 days and 5 nights at Silver Star. We had **ski-in/ski-out** accommodations at both places.

At **Sun Peaks**, one of the highlights was an opportunity to ski with **Nancy Green**, who won Olympic gold in Giant Slalom at the Winter Olympics in Grenoble, France, in 1968. Nancy Greene now owns a hotel in Sun Peaks and is also a member of Canadian Senate. She was very playful, and hospitable. She took us to a few secret spots we might not have discovered on our own.

Also at Sun Peaks, some of us did a complete circle of all 3 peaks, using the "Back in Time" trail to complete the circle.

At **Silver Star**, we had great conditions, two days of snowing deposited several inches of fresh powder, followed by a couple of cold but sunny days.

One of the attractions was seeing dozens of Australian young people celebrating **Australia Day** by skiing in swim suits and bikinis.

Another special attraction was a **sleigh ride** and a **dinner** outing.



See more photos at: www.mthigh.org/Photos.htm#Canada_trip

Mt. High

Chocolate Party



February 17, 2018. (Saturday)

Only about 20 of our membrs showed up for the Chocolate Party. The rest missed some great desserts, some entertaining games we played and overall some great socializing.

We had appetizers and drinks, chocolate desserts galore, ... and it was all free!

Janice Jessen won the prize for the **Most Decadent Dessert**.

Manus and Sara O'Donnell won for the **Healthiest Dessert**.

Barbara Bousum won for the **Most Chocolaty Dessert**.

See more photos at: www.mthigh.org/Photos.htm#Chocolate_Party

Mt. High

Brundage Mt. & Anthony Lakes bus trip



Feb. 21 - 24, 2018 (Wednesday - Saturday) - 4 days/ 3 nights.

Linda McGavin led this trip with 35 of our club members. We enjoyed a 4- day tip trip to McCall, Idaho. We skied Brundage Mountain two days and then headed homeward. But we stopped for a night at Baker City, Oregon, and then skied Anthony Lakes for a day.

We had the best conditions imaginable. The night we arrived in McCall, Idaho, it started snowing heavily and Brundage Mountain received about 6 or 7 inches of fresh snow. So much snow that all the trails that had been groomed the night before seemed totally ungroomed.

Brundage Mt. did an excellent job of grooming several of their trails again

early in the morning, before opening. These double-groomed slopes still collected one or two inches of fresh powder, so, according to Michael Hayes (the Brundage Mt. representative) we were all skiing on their famous "**powderoy**" (powder + corduroy).

The next day turned out to be a perfect bluebird day.with blue skies, sunshine and great visibility.

The third day, we skied at Anthony Lakes, Oregon, which has the highest base area in Oregon at 7,100 feet above sea level. The top of Anthony Lakes ski area is at 8,000 feet. Once again, we received tons of fresh powder, so that there were almost no groomed trails. All the slopes consisted of "powderoy".

On this trip, even those who had never imagined they would be skiing in deep powder became powder skiers. And the powder was very light, dry, and fluffy.

During our first day at Brundage Mountain, 10 of us went **Snowcat skiing** on a hill adjacent to the resort. Everyone had a blast. See a [short video](#) of the snowcat skiers here. The video was produced by **Jack Hardy**.

See more photos at: www.mthigh.org/Photos.htm#Brundage_Mt





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 or copy your season pass.



Also included:

COLORADO
Breckenridge

IDAHO
Bogus Basin
Brundage Mt.
Schweitzer Mt.
Sun Valley

MONTANA
Whitefish Mt.

WYOMING
Grand Targhee
Jackson Hole

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



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

2017/2018 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 2017-2018 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, Colorado, Idaho** and **Wyoming** - as shown on the flyer here.

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!

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 26, 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. See the [Awards](#) page on our web site for a list of past winners.

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 NWSCC 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.

This year, we have already submitted our club's nominees to the NWSCC. They are: Bill King and Debbi Kor.

Bill King has also won the NWSCC nomination, so he will now go on to the last stage to the Far West Convention in Reno, NV, as our Northwest Man of the Year. FWSA will then select the final winner among a dozen western Ski Councils.

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 will receive a Gift Certificate for Telluride for \$750.

Resume & Entry Form must be sent to chairman by the March 25 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. Past winners were **Emilio Trampuz**, and the **Mt. Hood Museum**.

Submit entry by March 25. 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 25. See: <http://www.fwsa.org/Awards/awards-recognition/recognition-awards-environment.html>

MOUNTAIN HIGH

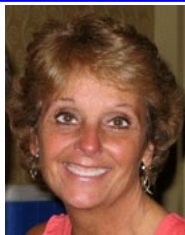
Contacts / Club info

SNOWSPORT CLUB

2018 Man & Woman of the Year



Bill King is our club's Vice-President and the NWSCC Treasurer. He has helped to post the Safety Boundary signs on Mt. Hood.



Debbi Kor, our club's President and Social Activities director. She is also the FWSA VP Marketing & Sponsorship, and the FWSA News Flash Editor.

Mountain High Meeting

Usually last Monday.

March 26 (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:	Bill King	H: 614-371-4762	willie2k@ymail.com
Secretary:	Debbie Geiger	H: 971-716-9949,	pdxdebbie@gmail.com
Treasurer:	Nancy Pratt	H: 503-593-9427,	Treasurer@mthigh.org
Past President:	Kurt Krueger	H: 503-625-1492,	PastPresident@mthigh.org
Membership Director:	Karen Michels	H: 503-984-9210,	skiklynn@gmail.com
Racing Director:	Alan Bean	H: 503-849-8009,	Racing@mthigh.org
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Social Activities:	Debbi Kor	H: 503-314-7078,	ijustwannarun1@comcast.net
Trips Director:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org
Bike rides:	Jackie Bonillo	H: 503-663-3359,	jbon1960@comcast.net
Mid-week skiing:	Ken Brundidge	H: 503-720-0620,	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

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

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, 2016 - Sept. 2017): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2018) \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> Mt. Shasta trip (Jan. 5-7, 2018). Deposit = \$100.		
Prices: Adult=\$300, Senior(65+)= \$290, Super senior(70+)= \$260, w/o lift tix=\$248.	\$ _____	_____
<input type="checkbox"/> 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.	\$ _____	_____
<input type="checkbox"/> Brundage Mt. trip (Feb. 21-24, 2018). Deposit = \$150. Total = \$435 or less.	\$ _____	_____
* Snowcat skiing (optional) ... Add \$275.	\$ _____	_____
<input type="checkbox"/> 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 March 2018 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.

Read More at Shred Hood

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

- * [Eight Facts about Active Volcano Mt. Hood](#)
- * [Where to Rent or Buy Gear around Mt. Hood](#)
- * [Where to Eat and Drink on Mt. Hood](#)
- * [The History of Mount Hood: A Timeline](#)
- * [How To Find Your Lost Ski with a Metal Detector](#)
- * [Yes You Can Fall Off a Chairlift](#)

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

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-2018-02-28.xls>

Seniors Skiing

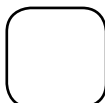
Here's another good resource for skiers and riders. Check out: SeniorsSkiing.com.

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

Here are some examples:

- * [New Discounts for Senior Skiers \(15-20%\)](#)
- * [Taos - High, Dry, and Full of Culture](#)
- * [Mystery Glimpse - Who and Where?](#)
- * [Learning From Injury](#)
- * [US Women Win XC Olympic Gold](#)

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



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 Please check our web site,
www.mthigh.org
 for updates.