



# Lift Lines

= No. 221, May 2019 =

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



*Mt. High*

## Upcoming Events

*Mt. High*

**May 25 (Saturday).**



It's almost too hot to ski any more, but let's do it one last time on the last Saturday of the month. Then have lunch. Then enjoy a short hike on or near Mt. Hood. Or maybe snooze in your car. And then attend the presentation about the "**Ever Wild Mt. Adams**" at the History Happy Hour Social at the Mt. Hood Cultural Center in Government Camp.

**May 30 (Thursday).**

Come to our annual Social gathering and Elections at the Lucky Lab in the Multnomah Village.

- **Socialize with other club members over free pizza and salad.**
- **Sign up on this one-day-only early signup day for ski trips. Just put down a deposit. This will secure you a spot on the trip.**
- **We are seeking a President who has Leadership skills and experience, and a Secretary who has good secretarial skills to take notes and get them distributed to the Board each month.**

**June 22 - 23 (Sat. - Sun.).**



Join us for a fun bike ride from Chehalis to Pe Ell or beyond. Decide how far you want to ride. Overnight camping is optional, or you can do it as a single day ride. Let us know which option you prefer. The number of camping spots is limited. A number of us are planning just a day ride.



### Which canyon is this?

Join us on Saturday May 25 and find out. Also, come to the Mt. Hood Museum later that same day for the presentation about Mt. Adams.

Note the color code.  
Our club is blue.

### 2019 CALENDAR

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

#### MAY

**Saturdays:** Weekend skiing at Timberline

**May 25 (Sat.):** History Happy Hour

Ever wild - Mt. Adams

**May 28 (Tues):** Mt. High Board Meeting

**May 30 (Thur):** Mt. High Social & Elections  
and early trip signups

#### JUNE

**June 13 - 16:** Far West Convention

**June 19 (Wed):** NWSCC / PACRAT elections

**June 22 - 23:** Ride the Willapa bike/camp

**June 29 (Sat):** Mt. High Highway Cleanup

**June 29 (Sat.):** Social History Happy Hour

#### AUGUST

**Aug. 31 (Sat.):** Barlow Road - Mt. Hood area  
ruts and sites - Lloyd Musser.

#### SEPTEMBER

**Sept. 1 (Sun.):** Barlow Road Wagon Trail  
bike ride

### *Mt. High* Early trip signups - 1 day only!



**Trip signups** officially begin in July, when our new fiscal year starts. But, we are offering you a unique opportunity to sign up for trips at our May Social and Elections night on Thursday, May 30, at the Lucky Lab.

Use this opportunity. By putting down a deposit, you are ensuring 2 things:

1. That the trip won't get cancelled due to insufficient or late signups.
2. That you won't end up on a waiting list and maybe miss a trip because you signed up too late.

Bring your checkbook on May 30. All you need is to put down a trip deposit:

**\$100** for the January MLK weekend to 3 Washington ski areas;

**\$200** for the Feb. 8 - 15 trip to Whitefish, Montana.

**\$300** for the Feb. 22 - March 1 Powder highway trip to Canada

We will have Dough Transmittal forms (aka Membership signup forms) available at the Lucky Lab. Also, did we mention the free pizza & salad?

In the Spring, after all the trips and races were done, we skied locally, mainly at Mt. Hood Meadows and Timberline.

## Mt. Hood Meadows

**April 27, 2019. (Saturday)** One of the largest gatherings of Mountain High members on Mt. Hood. Usually we ski in smaller groups, but this time there were around 20 people at Meadows. Thanks to Lisa Miller for this photo. See more on the PHOTOS page on our website.



## Timberline

**May 4, 2019. (Saturday)** The snow was some of the best we've had at Timberline this season. And a bunch of people who usually ski at Meadows came over to Timberline on this day. Since the Palmer lift is now open, we were able to ski both Little Zig Zag canyon and (big) Zig Zag canyons. This one is Little Zig Zag.





## Mt. High

## Mt. High Trips Survey

## Mt. High

Please participate in this **14-question survey** about our club's ski trips. Tell us your trip preferences and help us to shape future club trips. **(Thanks to the 42 people who have already completed the survey.)**

We set up an online survey using **Survey Gizmo**. If you get a privacy or security warning, that is simply due to your own security settings, which might be too strict. Feel free to ignore any such alert for this survey.

If you prefer, you can fill out the same survey by printing the Word or PDF file and mailing it to us.

1. **Online Survey** at <https://www.mysurveygizmo.com/s3/4921286/2019-Mountain-High-Trips-Survey> or
2. **Word document** at: <http://www.mthigh.org/Documents/2019-Trips-Survey.doc> or
3. **PDF file** at: <http://www.mthigh.org/Documents/2019-Trips-Survey.pdf>

## Last Weekend of Winter/Spring Skiing at Timberline



**May 25 (Saturday).** Let's ski at Timberline one last time this season. Both winter and spring passes expire on Monday, May 27. This Saturday, we can ski in the morning, have lunch in Government Camp, and then attend the presentation about Mt. Adams at the Mt. Hood Museum in Government Camp.

At Timberline, let's meet at the bottom of the stairs in the day lodge at the time the lifts open, which might be 9 am or maybe 8 am. Check Timberline's website about lift opening times.

## History Happy Hour

## Ever Wild - A Lifetime on Mt. Adams



**May 25 (Saturday).** Photographer and author Darryl Lloyd shares his adventures, stories and personal views of Washington's Mount Adams. Doors open at 6:30 pm. Presentation at 7 pm.

Donations are welcome. There is no charge for the presentation. Beer, wine and soft drinks are available for purchase.

**Location:** Mt. Hood Cultural Center and Museum, Government Camp  
ph: 503-272-3301, [info@mthoodmuseum.org](mailto:info@mthoodmuseum.org) [www.mthoodmuseum.org](http://www.mthoodmuseum.org)

## NW Ski Club Council &amp; PACRAT Elections

**June 19 (Wednesday).** 6:00 pm. (3rd Wednesday of the month)

**Location:** The Buffalo Gap, 6835 SW Macadam Ave, Portland, OR 97219.

The focus of this meeting is ELECTIONS; both for NWSCC and PACRAT. Come learn the latest about what NWSCC is doing!

**The NWSCC welcomes people to run for a director position**, and 2 will be elected. Serving on the board of directors is a great way to get involved in club, council and Far West Ski Association activities. The board is made up of members from different clubs in NWSCC—bringing a variety of style and experience to the Council. All officer positions are open for one-year terms.

PACRAT elections will be held this same evening too.

See more info on our website, on the home page: [www.mthigh.org/#NWSCC\\_PACRAT](http://www.mthigh.org/#NWSCC_PACRAT)



Mt. High

## Mt. High Social &amp; Elections

Mt. High

May 30, 2019 (Thursday) 6:30 - 9:30 pm.

**Location:** Lucky Labrador Public House

7675 SW Capitol Hwy., Portland. See [Google Map](#).

Food will be on the club. Just buy your own drink.

Everybody is invited! Come meet other members, see what's new.

- Included:
- \* **Socialize, mingle with other club members.**
  - \* **Free food (on the club), but buy your own drink.**
  - \* **Participate in electing our club officers.**
  - \* **Early bird TRIPS signups!**



**ELECTIONS:** We will hold our annual club elections on this day, for President, Vice-president, Secretary and Treasurer. You can nominate someone and/or vote either by mail or email by sending your vote to [info@mthigh.org](mailto:info@mthigh.org), or vote in person this Thursday evening. Please send in your nominations right away to [info@mthigh.org](mailto:info@mthigh.org).

If you are interested in joining the Mountain High Snowsports Club Board of Directors, there are four positions that we will be voting on:

- President:** - **No candidate yet -**  
**Vice-President:** Bill King (incumbent)  
**Secretary:** - **No candidate yet -**  
**Treasurer:** Nancy Pratt (incumbent)

**We are still open for nominations.** If anyone else wants to run, please notify our elections coordinator and past club president: Kurt Krueger at [telek2@frontier.com](mailto:telek2@frontier.com) or 503-625-1492.

Other positions on the Board are nominated by the club President, including trip leaders, newsletter editor, racing director, social activities director, etc. Please let us know if you are interested in any of these positions. If you would like to be a "Board Member at Large", talk with Debbi Kor (our club president) about what you may have in mind.

**Please RSVP if you are planning to come to this event.**

**RSVP** by May 21 to Karen Michels at: [skiklynn@gmail.com](mailto:skiklynn@gmail.com)

Ballots will be available at the door, but we will also email you the ballots and make them available on our website.

Mt. High

## NOTE ABOUT SKI TRIPS

Mt. High

## Early Signups - One day only!

Normally, up till now, we have waited with trip signups until July 1st, for our new fiscal year.

But this time, we are making an exception! We will announce and open up our trips for signups a month earlier, on **May 30th**.

**One day only**, at this annual **Social and Elections night**, you will also be able to sign up early for our ski trips! Note that some trips filled up very early last year!

**So, bring a check for a trip deposit!**

## “Ride the Willapa” bike ride



**June 22 - 23, 2019** (Saturday - Sunday).

Back for its fourth year, Ride the Willapa is an all-ages and all-levels bike ride in the verdant Chehalis River Valley of southwest Washington state, for a leisurely-paced bike ride on the Willapa Hills Trail, Washington state's newest rails-to-trails project. 1 or 2 days from Chehalis westward, with optional camping and dinner.

**Check in between 7 and 10 am**, June 22, at the **Veterans Memorial Museum** in Chehalis, 100 SW Veterans Way, Chehalis, WA 98532. See [directions and Google Maps](#). Zoom into Chehalis to see how to get to the Museum.

This is not our club's event, but several of our members will participate. Everyone has to register for the ride and/or the optional camping all on their own. But, maybe we can coordinate with each other and ride as a group.

You can do this as a single day bike ride (on Saturday), from Chehalis to Pe Ell, 22 miles one way. Or sign up for a camping spot and also the optional dinner and breakfast the next day and ride both days.

Just remember that, whichever option you choose, you have to **sign up on your own**, directly at the “Ride the Willapa” website: <http://ridethewillapa.com/event-details/>

The number of camping spots is limited, so hurry to sign up if you want to do the whole weekend. But the number of day tickets is unlimited, if you want to do just the one day (Saturday).

### Route Options

All rides start from the eastern terminus of the the Willapa Hills Trail in historic Chehalis (west of I-5). From there, you can ride as far as you wish and at your own pace. There will be bathrooms (porta-potties) and aid stations along the way. The options are:

**Rainbow Falls Ramble (32 miles total)** This is the most popular option, especially for families with kids or novice riders. It's 16 miles one way and 16 back, and the trail is virtually level grade the entire way.

**Pedal to Pe Ell (45 miles total)** Make your way just a bit further than Rainbow Falls State Park and check out the Town of Pe Ell, complete with restaurants, a general store, coffee shop, and more. On the way, you'll want to check out Willapa Hills Cheese and Jones Creek Brewing.

**Rock On to Rock Creek (56 miles total)** Explore the newest segment of the Willapa Hills Trail and venture into Pacific County for the first time at a Ride the Willapa event. A gentle ascent takes you to milepost 28 and the final crossing over Rock Creek, and our final checkpoint of the ride. The gravel ends here, and this option is perfect for people who want to explore the longest continuous stretch of completed trail along the Willapa.

**Serious Riders Only (62 miles total)** Six more total miles — three out and three back — will take you to the Pluvius Hills, a relatively untouched area of trail that sees more wildlife than people. Home to the steepest grade on the trail, this area is for mountain bikes and fat-tire bikes only as it is completely unimproved.

### The Mountain High Option -- See Google Map

Some of us are planning to do it as a day ride from Chehalis to Pe Ell only, which is just 22 miles. If you choose this option, we can have lunch in Pe Ell, but don't sign up for dinner or breakfast, which is really just for the campers. For this option to work, we need to carpool between Chehalis and Pe Ell. So, please contact one of our coordinators so we can plan this ahead.

We'll need to leave all our bikes in Chehalis, with someone to guard them, and then take all our cars to Pe Ell, and finally we all pack into just one or two cars to take us back to Chehalis. It takes about 1.5 hours to drive from Portland to Chehalis. It takes about 30 minutes to drive from Chehalis to Pe Ell.

### Mt. High coordinators:

Kurt Wilke, [kurt.wilke1844@gmail.com](mailto:kurt.wilke1844@gmail.com)

John Davis, [hikedance@gmail.com](mailto:hikedance@gmail.com)

Emilio Trampuz, [Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net)

See more info on our website at: [www.mthigh.org/# Ride-the-Willapa](http://www.mthigh.org/# Ride-the-Willapa)





## Mt. Spokane Opened New Back Side



Mt. Spokane now has a new back side, with 7 new trails served by a new chair #6. This is in addition to the older back side, which now feels more like the side-side and is served by chair #4. The new back side is behind the Vista House, which stands at the top of the mountain.

## Mt. Hood Meadows New Building



The Sahale project is a new 23,500-square foot building that will allow Meadows to expand its dining options and revamp the learning and rental centers. The project will also create a new overflow parking lot with 250 additional spaces.

To help fund the project, Meadows offered 1,250 Sahale Gold Memberships: a five-year season pass with exclusive privileges. They have all sold out. Find out more at: <https://www.skihood.com/resort-services/sahale/introducing-sahale>

## 2018/2019 Ski & Ride Challenge

**Now is the time to submit your saved lift tickets**, receipts or photocopies of your ski pass to the NWSCC to qualify for a prize. If you haven't skied at least 7 ski areas, try to do it next winter!

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 2018-2019 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**, as well as our commercial member resorts in **British Columbia, Colorado, and Montana** - as shown on the [flyer](#).

**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.

Use the Entry form at <http://www.mthigh.org/Trips/NWSCC%20Ski-Challenge-entry-form-2018-2019.pdf>

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



## Upcoming FWSA Trips



The Far West Ski Association, which we are all part of, has several trips planned. See more details on the [FWSA web site](#) or by clicking on the links below.

Sept. 28 - Oct. 12, 2019 [FWSA Diving Trip to the Philippines](#)

Jan. 25 - Feb. 1, 2020 [2020 Ski Week at Big Sky, Montana](#), with Sports America Tours.

Mar.29 - Apr. 3, 2020 [2020 Mini Ski Week at Big White](#), British Columbia

March 2021 [2021 Mini Ski Week at "Zermatt Utah Resort and Spa"](#) with Ski.com

## A trip to Hokkaido Japan

by John Abbott



This past February (2019) I checked an item off my bucket list: a two week powder tour of Hokkaido Japan. I understand that the West was getting epic snow at the same time and while that is great, it only happens in the US about every 5-8 years while in Hokkaido, the snow is ridiculous ALL THE TIME!! It snowed every day and every night of the 12 days I was there. Light fluffy flakes anywhere from 4 to 12 inches every day such that we had perfect refreshes every morning. In Niseko, the streets and parking lots were canals and pits of snow. 10-15 foot walls of snow everywhere. And most surprising, this occurs at altitudes of between 1000 and 5000 feet. To get such light fluffy snow in the US, you have to be at 11,000 feet (and all the altitude problems that follow).

We had two groups of 6 with a guide for each. Ages ran from 28 to 67 (me). And while not the worst powder skier in the group, I was definitely in the bottom half. Everyone else seemed to have had a lot more powder experience than I. But I did get better as the 2 weeks progressed.

This was a true powder tour as we spent every day seeking out the deepest powder we could find - usually off piste - for 10 days at 9 different ski hills. Each morning at breakfast, the guides would find the hill with the best snow and weather so that we ended up skiing at Furano, Kamui, Asahidake, Sahoro, Moiwa (2x), Rusutsu, Niseko United, Kiroro and Kokusai. We stayed in skier hotels in Furano and Niseko - and the last two nights at a conventional hotel in Otaru on the coast.

The lifts ranged from a single cable car (Asahidake) to small 4-lift hills (Kamui) to more conventional resorts with multiple detached quads and gondolas (Rusutsu, Niseko United). Most every hill had at least one small 4-6 person gondola with low clearance doors. More than once did I bash my helmet on the door getting in or out. That said, considering all the tree runs we did, not all those marks on my helmet were due to lifts. All of the high speed chairs were "bubble lifts" - that is, they had a plastic bubble that came down over the chair automatically with the safety bar (see the previous sentence for marks on my helmet!). Clearly the lifts were not designed for people six feet or taller. At Annapurna there is a "pizza box" lift which is a fixed grip single chair with a seat the size of a pizza box (not a drag lift but a suspended chair). It has a very low back and no sides. You wrap your left arm around the support pole and hang on. Of course this lift is high off the ground and serves an area with strong, cold winds (see photo). We didn't encounter any drag lifts (T-bars, J-bars or plate lifts) but there were a number of abandoned lifts. If they don't want to use it any more, they just turn it off and leave it. Sometimes they remove the chairs from the cable and sometimes not. Apparently there are a lot of abandoned small ski areas all over Hokkaido so there is probably no market for used chairs. One place played music on the lift through speakers on the towers. And when the lift was about to close they would play Auld Lang Syne.

Even if you are not used to them USE WIDE SKIS! - 100 mm under foot or wider and put powder baskets on your poles. Also, be in shape! We almost always skied off-piste usually through marked gates but occasionally under the ropes. These would usually result in long winding, narrow, occasionally uphill, roller coaster run-outs through creeks and gullies - often a mile or more in length. We did a LOT of tree runs. LOTS! My helmet, pants and jacket all show the marks. These are deciduous trees and bamboo glades, not the pines and firs of the US. Lots of little branches you had to block with your poles with trunks as little as 18" apart. Snow was DEEP! At times it was up to my waist with the occasional face shot.

Temperatures were COLD! - as low as 0 degrees F on a couple of days. But I was always warm if not sweating. Skiing powder and the run-outs is tougher than it looks. All in all, it was the most challenging ski adventure I have ever done. Japan's famous "Japow" is all it is cracked up to be and the guides knew where to take us. Was it worth it?: Absolutely! It was a true bucket list, once-in-a-lifetime experience. It was frustrating at times, exhilarating and definitely exhausting. And great fun.





## My Knee Replacement Story

by Bob Nesoff

Reprinted with permission from SeniorsSkiing. com

Conditioning Makes A Huge Difference To This Skier's Post-Op Experience.

A lifetime of abusing my body never really bothered me until it did. Coming down a blue trail five miles long at Park City, UT, one of my all time favorites because of the killer views, suddenly posed a problem.

My knees were killing me. The pain traveled into my hips and the last three miles of the slope seemed to be as long as a trip around the world. It was never going to end. My knees seemed to be grinding into each other.

What a new knee looks like when it is all over. Credit: Bob Nesoff

At the base, the skis came off, and I used them as crutches on the way to the lodge. With some help, I made it back to our accommodations and iced my knees. Walking they felt as though the bones were rubbing against each other. Fortunately, this was the last day of the trip, and before the flight home, I called and made an appointment with my orthopedist.

The day after arriving home, he x-rayed my knees and, as I feared, was told my ski season was over. The bones in the joint were actually rubbing against each other and the only realistic course of action was a replacement. The question then became one knee or both at the same time.

The skier's mind went to work. I'm 80 years old and not getting any younger. The surgery won't be any easier when I'm 81 and why do one at a time and then have to come back and rehab all over again.

With a recommendation from my doctor, I made an appointment with Dr. Gregg Klein of the Hartzband Center for Hip & Knee Replacement, Paramus, NJ. Doing due diligence, I looked them up and found out that they arguably do more knees and hips than any other medical facility in the country. That gave me some comfort.

Meeting Dr. Klein for the first time I was pleasantly surprised to learn that he too was a skier and was able to not only answer my questions, but had an understanding of my special desire with regard to skiing.

"Age is not a problem in knee replacement surgery," Dr. Klein said. As long as the candidate is in relatively good health, there is no adverse problem.

"However," he said with a smile on his face, "you won't

be doing moguls any more. You'll be able to ski more comfortably, but stay away from high impact slopes."

Physical conditioning is one of the most important factors both prior to and following the surgery. Dr. Klein prescribed six weeks of physical therapy, three times weekly, both prior to and following the operation. I added another two days of workout at my home gym. That, I was told later, made the operation and recovery go faster.



Three hours after the surgery I was up, standing and walking. No great distance, but there was far less pain that I anticipated. That, according to the nurses was due to my pre-op workout regimen.

After only two nights in the hospital, I was released and the following week a therapist visited daily for two weeks. He called my recovery "absolutely amazing," again due to the workout I had done before surgery.

The two weeks at home were followed up by six weeks of outpatient physical therapy three times a week. Here I threatened the life of my therapist when he bent my legs into positions God never intended them to go.

Less than three weeks following surgery, I was walking without a walker. For jaunts outside of the house I used a cane but was able to walk comfortably without one at home. Another couple of weeks and things returned to normal.

There is some debate as to whether holding the prosthesis in place with special cement or using one that adheres to the bone is better for sports such as skiing. The cement holds and heals more quickly. Waiting for the bone to adhere to the replacement will take longer. The opinion appears to be that one is not better than the other.

"If you are a good skier and enjoy the sport," Dr. Klein commented, "keep on doing it."

There are a couple of long scars on my knees but they'll fade with time. I won't be doing moguls or extreme blacks, but I don't care. I'm working out on a regular basis and by the time of the first decent snowfall in the fall of 2019, I'll be waxing my boards and heading for the hills. As a prelude to the ski season, I'm also planning on making a parachute jump this summer. Hey, George H.W. Bush ain't the only one who can do that kind of stuff.



# TRIPS

Only a few summer trips are listed here.

Next winter's trips are announced in the following pages.

A special **early signup day** will be at our next Mountain High Social on **Thursday, May 30**. You don't need to pay in full. Just put down a deposit. See page 4.

In the meantime, please help us shape our future ski trips by participating in our **Trips Survey**. Just 14 short questions. See more on page 3, or take the survey at:

<https://www.mysurveygizmo.com/s3/4921286/2019-Mountain-High-Trips-Survey>

## NWSCC

## Philippines Diving Trip



**Sept. 28 - Oct. 12, 2019** - (Pre-trip + Main trip). **Passport required!**

**Pre-Trip: Sept. 28 - Oct. 3:** Azure Dive Resort in Dumaguete (5 nights)  
Pre-trip price = \$1,139 includes 4 days (16 boat dives)

**Main trip: Oct. 3- 12:** Marco Vincent Resort in Puerto Galera  
8 days of diving (24 boat dives)  
2 Day Trips to Verde Island and Anilao

**Price = \$2,621 includes:**

9 Nights in Deluxe Hotel Room\* (dbl occ)  
Breakfast, Lunch & Dinner daily; Limited Wi-Fi  
Complimentary 1-hour Massage; Welcome Drink; Coffee, Tea, Water  
Philippine Culture & Entertainment  
Transfers to and from airport to resort  
Resort fees, government taxes & gratuities (dive tips not included)

**Not Included:** – Air Transportation

– Departure Tax (verify if included in your purchased airfare)

**Contact: Randy Lew**, 829 SE 11th Place, Battle Ground, WA 98604  
530-304-0802 [c], email: [divetrips@fwsa.org](mailto:divetrips@fwsa.org)

More info at: <http://www.fwsa.org/Travel/Dive/2019-FWSA-Philippines/Philippines-basics.html>

## NWSCC

## Eastern Europe Danube River Cruise

### Eastern Europe to the Black Sea

**NOTE: Passport required!**

**August 29, 2019** - A 14 day trip.

Cruise through Hungary, Croatia, Serbia, Bulgaria, and Romania. See the towns of Budapest, Osijek, Vukovar, Novi Sad, Belgrade, Vidin, Ruse, Constanta, and Bucharest.

Total price with air fare from Portland, Oregon = \$4,795.

Included in the price of the trip is:

- Air-fare from Portland, Oregon.
- 10 nights lodging on board the cruise ship.
- 2 nights at the Sheraton Bucharest or similar.
- All meals (breakfasts, lunches, and dinners).
- 7 tours
- 5 exclusive discovery events
- Gratuities, all port charges, and baggage handling.

There were early bird discounts if you booked several months in advance. But now that the trip is only 3 months away, there are no more discounts. Sorry!

Reservations and Info: 1-800-597-2452, Press 2.

For questions, call **John Reinhardt**, 530-330-3838.

See more info on our website: [http://www.mthigh.org/Trips.htm#Eastern Europe to the Black Sea](http://www.mthigh.org/Trips.htm#Eastern%20Europe%20to%20the%20Black%20Sea)



Click on the map to enlarge it.

See the official [trip flyer](#)

More ski trips info at: [www.mthigh.org/Trips.htm](http://www.mthigh.org/Trips.htm).

## Mt. High

## Washington Trip: 49° North, Mt. Spokane, Bluewood



3.5 days / 3 nights / 3 ski days.

**January 17 - 20, 2020.** MLK Weekend (Friday - Monday).

Saturday at: **49 Degrees North** - Great terrain!

Sunday at: **Mt. Spokane** - New lift and 7 new trails on back side.

Monday at: **Bluewood** - has the best powder.

All 3 of these ski areas count toward the NWSCC Ski & Ride Challenge. You can win a prize just by saving your lift tickets.

**Bus ride:** We'll start the trip on Friday at 1 pm and ride the bus to Spokane. We'll return Monday night (MLK day), by 8 or 9 pm. The bus ride itself will be fun. We'll share food, play games, tell jokes, watch short videos, etc.

**Lodging:** At La Quinta in North Spokane for the first two nights. Last night at Best Western in Dayton, WA, 35 minutes from Bluewood.

Both hotels have a hot tub and indoor swimming pool. Also free Wi-Fi and free breakfast. All rooms have a hair-dryer, coffee-maker, and microwave and refrigerator.



**49 Degrees North** ski area, offers 5 lifts serving interesting terrain. Everyone likes the variety, which includes skiing the "7 deadly sins", Mahre's Gold, Angel Peak, 2 Ullr's bells to ring for good luck (one at the top and one at the bottom of the ski area), plus lots of long cruisers and a variety of powder runs and glades.



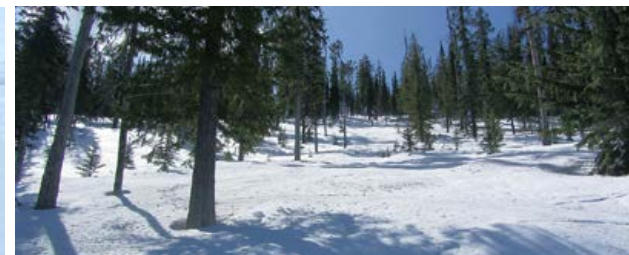
**Mt. Spokane** has 5 lifts (not counting the beginner ones) serving 3 separate faces of the mountain: the front side, the old back side, and now an entirely new back side with it's own new lift (chair 6) and 7 new trails. Visit and have lunch at the historic Vista House at the top of the mountain.



**Bluewood** has so far proven to have the best powder most of the time, even when other ski areas don't have much. It has 2 lifts serving 2 separate hills. Lots of groomers, but also epic tree skiing.

Bluewood is already almost half way home, so our ride home will be shorter than if we stayed in Spokane all 3 nights.

We'll ski till about 2:30 or 3 pm, and then ride the bus back home. We'll stop for dinner on the way home and will return to Portland around 9 pm on Monday.



### Prices (per person):

**Adults** = \$546

**Seniors (65+) = \$541**

**Super-Seniors (70+) = \$503**

**No lift tickets** = \$413

Price includes all bus transportation, 3 nights lodging, and 3 lift tickets. A lunch and 2 dinners are included. Both hotels offer a free breakfast.

Space is limited by the size of the bus. Also, this trip is open to members of other clubs as well, so please sign up early!

To reserve your spot: Please send in a deposit check of **\$100** per person.

Full payment due by **December 6, 2019.**

No refunds after December 6, unless you can fill your spot.

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

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

Trip leader:

Emilio Trampuz, 503-378-0171,  
[Emilio2000@earthlink.net](mailto:Emilio2000@earthlink.net)





## Mt. High

## Whitefish Mtn. Resort Trip



4, 5, or 7 day trip. By train, car, or plane..

**February 8 - 15, 2020.** - Saturday - Saturday. 4, 5, or 7 days.

**Whitefish Mountain Resort** offers 3000 acres of skiing on all sides of Big Mountain. It has 11 chair lifts (3 express quads). It has 2,353 vertical feet and 105 named runs plus vast amounts of bowl and tree skiing. Twelve percent of the terrain is rated green, 38% blue, 44 % black and 6% double black.

This will be an arrange your own transportation trip. Amtrak runs overnight from Portland or Vancouver to Whitefish and return. Current prices start as low as \$78 per person each way reserved coach. There are a limited number of sleeper berths available. Or if you prefer to drive or carpool it is about a ten-hour drive.

We will be staying at the **Kandahar Lodge**, a very nice on-mountain hotel with a Swiss or Austrian feel to it. It has a lobby/great room with a huge wood-burning fireplace, an award-winning restaurant open only for dinner, and a small separate bar.

It has a free van that will take you where you want to go on the mountain (not into town, there's a free public snow bus for that). The van only runs during the day. At night it's less than a five-minute walk to the bars and restaurants in the upper village, or to catch the snow bus into town.

You can ski-in but would have to walk about 50 yards across a parking lot to ski to a lift. Or you can just take the free van. There is no elevator, and all the rooms are on the 2nd and 3rd floors.

#### For those traveling by train:

- \* You will spend 2 nights on the train. The first and the last. You can sleep in the reclining seats, but it is highly recommended to ask for a sleeper car.
- \* The train leaves Portland at 4:45 pm the day before and travels through the night. You need to reserve a ticket for February 7 (not Feb. 8).
- \* Train arrives in Whitefish early in the morning (at 7:41 am), and you can go skiing right away, after leaving your luggage in Kandahar lodge.
- \* The train leaves Whitefish late in the evening, at 8:56 pm. You can ski all day and still have time for dinner in town before boarding the train home.

#### Price includes:

Free European-style continental breakfast, après ski cookies, freshly made popcorn, hot chocolate, coffee, and tea. Heated boot rooms and ski rooms. Free Wi-Fi, laundry, 24-hour front desk, large outdoor jacuzzi, steam room, and fitness center. Massages are available by appointment. All rooms have at least a small refrigerator and microwave. Some rooms have small kitchens. Rooms with kitchens will be assigned on a first-come first-served basis.

We have reserved all rooms for 7 nights from 8-15 February 2020, but we will also be able to offer either 4- or 5-night stays.

Because we will receive the 7th night comped, 6-night pricing will be the same as 7-night. To make the logistics manageable and simplify matching of roommates,

4-night stays must begin on either Feb 8th or Feb 11th and

5-night stays must begin on either Feb 8th or Feb 10th.

We will do our best to match you with a roommate who wants the same nights as you, but you are ultimately responsible for finding a roommate who wants the same nights as you to fill your room.

#### Pricing

##### Lodging

\$420/person for 6 or 7 nights (we get the 7th night free)

\$350 for 5 nights

\$280 for 4 nights.

For fewer than 6 nights, everyone in the room would need to have the same arrival and departure dates. These prices include shuttles from and to the Whitefish Amtrak Station.

**Subtract \$20 if you are driving.**

##### Lift Tickets

Adult 1-day	\$65
Adult 2+ days	\$59/day
65-69 1-day	\$56
65-69 2+ days	\$51/day
70+	Free

2+ days tickets have a 2-day grace period (2 of 4; 3 of 5; 4 of 6, etc.)

Holders of full season passes for Mount Hood Meadows get 3 free days.

#### Payment and cancellation details

**\$200 deposit due at signup.**

**½ of total minus deposit is due by October 15th.**

**Remaining balance is due by December 15th.**

**Final date to cancel with full refund is November 25th.**

We hope you join us for this exciting trip. Reserve your spot now with a **\$200 deposit.**

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

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

Trip leader:

Bill King, [willie2k@gmail.com](mailto:willie2k@gmail.com) or 360-977-7482.

See our TRIPS page: <http://www.mthigh.org/Trips.htm#Whitefish-trip>

## Mt. High

## Canada Powder Highway Trip



Panorama, Fernie, Kimberley, Kicking Horse

**February 22 - March 1, 2020** - Saturday - Sunday.

We will stay on mountain at **Panorama Mountain Resort** for 6 nights with easy access to all village amenities. In addition, we will stay one night at the Prestige Rocky Mountain resort in Cranbrook, B.C. and one night at the Best Western Plus Kootenai River Inn located in Bonners Ferry, Idaho. Full trip price includes: roundtrip charter coach transportation, 8 nights business class lodging, 4 Panorama lift tickets, 1 Fernie lift ticket, 1 Kimberley lift ticket and a few meals. In addition, there will be several optional activities including a day trip to Kicking Horse Mountain Resort, snowmobiling, paragliding and a heli-ski adventure in the Purcell Mountains.



We will stay the first night of our trip in the town of Cranbrook, British Columbia in order to ski Fernie the following day. We will stay at the Prestige Rocky Mountain Resort in traditional hotel rooms with two people per room. Rooms will have 2 queen beds or 1 king bed. Fernie Alpine Resort has over 2500 acres of skiable terrain with 3550 feet of vertical and 142 trails. Terrain is comprised of 30% beginner, 40% intermediate and 30% advanced.

After skiing at Fernie we will head north to Panorama. We will stay at the Panorama Springs Lodge in two-bedroom condos with direct ski in/out access. We will have 4 people in each two-bedroom condo unit. Most condos have a queen bed in room 1 and two single beds in room 2. Each unit has two bathrooms, a full kitchen and a gas fireplace. The property is also well known for Canada's largest slope-side hot pools!! Panorama offers 2975 acres of skiable terrain with more than 4265 vertical feet and 120 trails. The resort has 10 lifts including 1 gondola, 2 express quads, 2 quad chairs, 1 triple chair, 1 double chair, 1 platter and 2 carpets. The terrain is approximately 25% beginner, 50% intermediate and 25% expert. Midweek during our stay at Panorama there will be an optional day trip to Kicking Horse Resort (Wednesday). The day trip option includes transportation and lift ticket. You will depart about 7:30 am and return about 5:30 pm.

On our last morning at Panorama we will depart early in order to spend our final ski day at Kimberley Alpine Resort. Kimberley Alpine Resort offers over 1800 skiable acres with 2465 feet of vertical and more than 68 runs. The resort has 1 high speed quad, 1 triple chair, 1 double chair, 1 T bar and 1 magic carpet. The terrain is approximately 20% beginner, 42% intermediate and 38% advanced.

After skiing at Kimberley on Saturday we will travel 2 hours south to northern Idaho and spend the last night of the trip at the Best Western Plus Kootenai in Bonners Ferry, Idaho. We will stay in traditional hotels rooms with two queens per room. The following day we will travel home to Portland. Don't miss out on this unique itinerary.

Prices

No Lifts	950.00
Adult	1375.00
Senior 65-74	1310.00
Super Senior 75+	1051.00
Kicking Horse option add	106.00
Contact trip leader for heli-ski and paragliding pricing	

Payment and cancellation details

**Save the date: May 30th. One night only early bird sign-ups will be held at Lucky Lab Brewing in Multnomah village. Regular sign ups begin July 1st via mail and website.**

**All participants must be paid Mountain High members for 2019-2020.**

**300.00 deposit due at signup.**

**500.00 payment due by September 15th.**

**Remaining balance is due by December 15th.**

**Final date to cancel with full refund is November 30th.**

**We hope you join us for this exciting trip. Contact trip leader if you have a season pass that includes any of these resorts for individual pricing.**

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

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

Trip leaders:

Karen Michels: [skiklynn@gmail.com](mailto:skiklynn@gmail.com)

Bill King, [willie2k@ymail.com](mailto:willie2k@ymail.com) or 360-977-7482.

See our TRIPS page: <http://www.mthigh.org/Trips.htm#Powder-Highway-trip>



## MOUNTAIN HIGH

## Contacts / Club info

## SNOWSPORT CLUB

## 2019 Man &amp; Woman of the Year



**Karen Michels** is our club's Membership director. She is also a ski trip leader, and has organized several bike rides, as well as social activities.



**Kurt Krueger** is our past President. He has updated our Bylaws, organized our elections, he proofreads our newsletter & monitors our data backups.

## Mountain High Board Meeting

Exception this month. Usually last Monday.

**May 28 (Tue.):** 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:

<b>President:</b>	Debbi Kor	H: 503-314-7078,	<a href="mailto:President@mthigh.org">President@mthigh.org</a>
<b>Vice-President:</b>	Bill King	H: 614-371-4762	<a href="mailto:willie2k@ymail.com">willie2k@ymail.com</a>
<b>Secretary:</b>	Debbie Geiger	H: 971-716-9949,	<a href="mailto:pxdebbie@gmail.com">pxdebbie@gmail.com</a>
<b>Treasurer:</b>	Nancy Pratt	H: 503-593-9427,	<a href="mailto:Treasurer@mthigh.org">Treasurer@mthigh.org</a>
<b>Past President:</b>	Kurt Krueger	H: 503-625-1492,	<a href="mailto:PastPresident@mthigh.org">PastPresident@mthigh.org</a>
<b>Membership Director:</b>	Karen Michels	H: 503-984-9210,	<a href="mailto:skiklynn@gmail.com">skiklynn@gmail.com</a>
<b>Racing Director:</b>	Alan Bean	H: 503-849-8009,	<a href="mailto:Racing@mthigh.org">Racing@mthigh.org</a>
<b>Newsletter Editor:</b>	Emilio Trampuz	H: 1-503-378-0171,	<a href="mailto:newsletter@mthigh.org">newsletter@mthigh.org</a>
<b>Social Activities:</b>	Debbi Kor	H: 503-314-7078,	<a href="mailto:ijustwannarun1@comcast.net">ijustwannarun1@comcast.net</a>
<b>Trips Director:</b>	Linda McGavin	H: 503-652-2840,	<a href="mailto:Trips@mthigh.org">Trips@mthigh.org</a>

General info:  
[info@mthigh.org](mailto:info@mthigh.org)

Web site:  
[www.mthigh.org](http://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"/> <b>Annual Membership</b> (Oct. 1 - Sept. 30): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> <b>PACRAT Racing (2020)</b> \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> <b>North-East WA trip</b> (49° North, Mt. Spokane, Bluewood) (Jan. 17-20, 2020) Adult=\$546, Senior (65+)= \$541, Super-senior (70+)= \$503, No lift tax=\$413. Deposit=\$100.	\$ _____	_____
<input type="checkbox"/> <b>Whitefish Mt. lodging</b> (Feb. 8 - 15, 2020) 4, 5, or 7-day trip. Deposit=\$200 I intend to stay: <input type="checkbox"/> 6 or 7 nights = \$420, <input type="checkbox"/> 5 nights = \$350, <input type="checkbox"/> 4 nights = \$280.	\$ _____	_____
<input type="checkbox"/> <b>Whitefish Mt. Lift tickets</b> (Feb. 8 - 15, 2020) I intend to ski _____ days. Adult 1-day=\$65, Adult 2+ days = \$59 /day, Senior (65+)= \$56. Seniors 2+ days=\$51/day. 70+=Free	\$ _____	_____
<input type="checkbox"/> <b>Powder Highway Canada trip</b> (Feb. 22 - Mar. 1, 2020. Deposit = \$300. Prices: Adult=\$1375, Senior(65-74)= \$1310, Super-Senior (75+)=1051.	\$ _____	_____
<input type="checkbox"/> <b>Powder Highway optional Kicking Horse trip</b> Add \$106.	\$ _____	_____
<input type="checkbox"/> <b>Other:</b> _____	\$ _____	_____
<b>Total:</b>	\$ _____	_____

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 = 253      Newsletter Distribution**

The May 2019 issue is posted on our web site. Also:

**286** copies sent via email (as PDF file)

**6** 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-2018-02-28.xls>

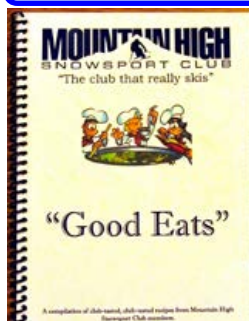
**NWSCC Man & Woman of the Year**

Our club selected **Kurt Krueger** and **Karen Michels** as our Man & Woman of the Year. But the NW Ski Club Council had candidates from many NW Ski clubs, and the winners were: **Ryan Rooper** and **Becki Robinson**. They will now be our Northwest candidates competing against other ski councils in the West for the Far West Ski Association's Man & Woman of the Year.

**Mt. High Credit Card Payments**

We are now able to process your payments by **credit card**. We are doing it through PayPal.

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

**Mt. High Cookbook**

This 34 page cookbook is available for \$10. It contains soups, salads, entres, desserts, and more!

You can get one at our social events, or contact Debbi Kor at:

[ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)

or call 503-314-7078.

**Seniors Skiing**

A good resource for skiers and riders of all ages. Check out: [SeniorsSkiing.com](http://SeniorsSkiing.com). Subscribe to weekly or monthly emails from them. Click on the Community tab and select "Subscribe". Examples:

- \* [Putting Away Your Skis and Stuff](#)
- \* [Ötzi the Ice Man in the South Tyrol Museum](#)
- \* [Season Ending: The Last Perfect Turn](#)

for updates.

[www.mthigh.org](http://www.mthigh.org)

Please check our web site,

Salem, OR 97302

4742 Liberty Rd. S., #296

Mountain High Newsletter editor

Emilio Trampuz

