



Lift Lines

= No. 223, July 2019 =

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



Mt. High

Upcoming Events & Trips

Mt. High

WINTER

SIGN UP FOR SKI TRIPS



Currently, there is still room for more participants on the Washington and Whitefish ski trips. But the trips are filling up fast, so don't procrastinate. Sign up as soon as you can. Secure your spot with a simple deposit. See our trips on pages 7 - 10 in this issue.

When signing up, keep in mind the following:

1. Your spot on the trip is NOT secure until you make a payment.
2. You can send payments to the club by mail or pay online by credit card, using the "Signup & Pay" button in our menu.
3. Always fill out and mail in a Dough Transmittal Form to tell us who is paying and for what. Do this regardless of how you make a payment.
4. Always contact the trip leader to let him/her know that you have sent your payment. The trip leader needs to know this ASAP.

SUMMER

Don't let your ski legs soften up during the summer. Exercise!

We have already had 1 hike and 2 bike rides. We now have just 3 more hikes and 2 more bike rides left for this summer.

HIKES

- July 13: Burnt Lake, 7.4 miles, moderate.
 Aug 10: Salmon Butte, 12 miles, moderate.
 Sept 14: Paradise Park, 12 miles, moderate.

BICYCLE RIDES

- July 27: The Dalles to Discovery Center.
 Sept. 1: Barlow Road History Tour <== (Not a club event)

TO DO LIST

Stay fit during the summer. Join us on some of the upcoming hikes and/or bike rides.



Lisa Miller on Still Creek Road.

Note the color code.
Our club is blue.

2019 CALENDAR

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

JULY

- July 13 (Sat.): **Burnt Lake Hike**
 July 27 (Sat.): **Columbia River bike ride**
 July 27 (Sat.): HHH - Forest Fire Lookouts

AUGUST

- Aug. 10 (Sat.): **Salmon Butte hike**
 Aug. 10 (Sat.): Steiner Cabins Tour
 Aug. 31 (Sat.): HHH - Barlow Road - Mt. Hood area ruts and sites - Lloyd M.

SEPTEMBER

- Sept. 1 (Sun.): Barlow Road Wagon Trail bike ride / hike
 Sept. 14 (Sat.): **Paradise Park hike**
 Sept. 28 (Sat.): HHH - Mt. Hood Trivia

OCTOBER

- Oct. 12 (Sat.): **Seafood Party**
 Oct. 13 (Sun.): **NWSCC 40th Anniversary**

NOVEMBER

- Nov. 1-3 (Fri-Sun): **Ski Fever Show - Expo Ctr.**



Letters to the Editor



Q I have heard that the January trip to Washington is already full. Does that mean it's too late to sign up?

A Don't believe any rumors. Instead, always contact the trip leader first. For the record, right now, at the start of July, there are still spots available on the Washington and Whitefish trips. On the January trip to Washington, we can accommodate at least another dozen people or so.



Tamanawas Falls Hike

June 15, 2019. (Saturday) Our first hike of the season. It was led by Diane Domina. We had a wonderful, warm, sunny day, but also plenty of welcome shade in the trees. Instead of starting from the official Tamanawas Falls trailhead, we started from the Pollalie trailhead, a mile further north (toward Hood River). The trail from there is approximately a mile longer, but much less crowded. In fact, we saw nobody along the trail until we got near the Falls.

After the hike, we had a pleasant lunch/happy hour at Cooper Spur. See more pictures at: <http://www.mthigh.org/Photos.htm> Then click on Tamanawas Falls.

Willapa Hills Trail Bike Ride

June 22, 2019. (Saturday) About 11 of our club members joined in the popular "Ride the Willapa" bike ride that was attended by over 500 people. The day started mainly cloudy, but the clouds gradually dissipated and by the afternoon, we had lots of sunshine.

Different people did it in different ways, starting from different trailheads, and riding either just one-way or doubled their mileage by riding both there and back. Six of us carpooled and left our cars in the town of Pe Ell, so that we rode only 22 miles from Chehalis to Pe Ell.

At the end of the ride, we had lunch at "Evey's Cafe" in Pe Ell and then drove back home. See more pictures at: <http://www.mthigh.org/Photos.htm> Then click on Willapa Ride.



Highway Cleanup

June 29, 2019. (Saturday) Only 6 people showed up for the highway cleanup of our adopted 2 miles of highway 26 just west of Government Camp. But they did a good job of keeping the highway clean and presentable at the start of the summer tourist season.

After 2 hours of cleanup, we had lunch in Government Camp. See more at: <http://www.mthigh.org/Photos.htm> Click on Highway Cleanup.

Trillium Lake / Still Creek Rd. bike ride

June 30, 2019. (Sunday) Twelve people showed up for the bike ride around Trillium Lake and then down Still Creek Road all the way to Zig Zag, where we had lunch at the Zig Zag Inn.

See more pictures at: <http://www.mthigh.org/Photos.htm> Then click on Trillium Lake.



Mt. High

Burnt Lake Trail Hike

July 13, 2019. Saturday. 10 am.
Length = 7.4 miles.
Elevation gain = 1,978 feet.
Lunch/happy hour at Zig Zag Inn.

MEET at **10 am** at the Zig Zag Ranger Station and we'll drive to the trail head together.

NOTE: This will be an opportunity to learn how to



identify the trees, shrubs and flowers on the hike and any known uses of the plant. Diane will be telling us about it. For example, can you tell the difference between a fir tree and a pine tree? Did you know that a Douglas Fir is not a fir?

Directions to the Zig Zag Ranger Station. Follow highway 26 west of Sandy. Go past the traffic light at Welches for another mile or so to Zig Zag. The Ranger station is almost directly opposite the beginning of Lolo Pass Road. It's the next driveway on your right after Zig Zag Inn.

Please **RSVP** to Diane Domina, dianedomina@yahoo.com.

Mt. High

The Dalles bike ride



July 27, 2019.
Saturday. 10 am
at The Dalles

Ride along the Columbia River from The Dalles to the Discovery Center. and back. It is 6 miles each way, for a total of 12 miles. The

trail is paved all the way.

We might stop to take a look inside the Discovery Center.

Other optional places in The Dalles we might visit are:

1. End of the Oregon Trail (in a park on Union St.).
2. A list of things "TO DO Before I Die".
3. Pulpit Rock, on 12th Street.
4. The Talking Murals all over the Dalles.

We'll have lunch in The Dalles at the end of the bike ride either at the Baldwin Saloon, on Court Street, or at the Petite Provence Boulangerie and Patisserie, a place which impressed us when we did this a few years ago.

On the way back home, we have two other optional stops along the way:

1. Follow the Historic Columbia River Highway to the Rowena Crest Viewpoint.
2. A short half-mile hike in Mosier, to the Mosier Swimming Hole, and past an Oregon Pioneers' cemetery.

More at: www.mthigh.org. Then, in the calendar, click on Columbia River bike ride.

Contact John Davis, hikedance@gmail.com and/or Emilio Trampuz, Emilio2000@earthlink.net.



At the end of the day, stop in Government Camp for this:

History Happy Hour - A Look Back at Forest Fire Lookouts

Lige Coleman



July 27, 2019 (Saturday) 6:30 pm.

Lecture and photographs presentation by **Lloyd Musser**, Curator of the Mt. Hood Museum.

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

Doors open 6:30, lecture starts at 7 pm. Beer & Wine can be purchased. Presentation is free. Donations to the museum gladly accepted.

For more info, contact: Mt. Hood Cultural Center and Museum, Phone: 503-272-3301, info@mthoodmuseum.org, Web site: www.mthood-museum.org

Mt. High

Salmon Butte Hike

Mt. High



August 10, 2019 (Saturday). 10 am. .

12 miles moderate trail.

Elevation gain 3,170 feet.

A long steady climb on a gentle slope. Old growth forest. Fantastic views.

After the hike, we'll have lunch/happy hour at Mallards.

Please RSVP to **Diane Domina**, dianedomina@yahoo.com .

MEET at 10 am at the Zig Zag Ranger Station and we'll drive to the trail head together.

Directions to the Zig Zag Ranger Station. Follow highway 26 west of Sandy. Go past the traffic light at Welches for another mile or so to Zig Zag. The Ranger station is almost directly opposite the beginning of Lolo Pass Road. It's the next driveway on your right after Zig Zag Inn.



History Happy Hour

August 31 (Sat.). 6:30 pm

Lloyd Musser, curator of the Mt. Hood Museum in Government Camp, will give a presentation on the history of Barlow Road, which was part of the Oregon Trail.



Just come to the History Happy Hour social at the Mt. Hood Museum in Government Camp, located next to the Taco Shoppe.

The presentation is titled: "Barlow Road - Mt. Hood area ruts and sites."

The presentation is free. Donations to the Museum are very welcome. There will be beer, wine, and soft drinks on sale at the door.

Doors open at 6:30. Presentation begins at 7:00 pm.

See details on our website: http://www.mthigh.org/index.htm#History_Happy_Hour

Barlow Road History Tour

September 1 (Sun.).

Where exactly is the Oregon trail around Mt. Hood?

How did the Oregon pioneers travel? What did they eat and drink? See the original wagon ruts.

This is really a tour of historic sites, not just a plain bike ride. Bicycles are just the best mode of transportation between sites. We will also have a hiking option.

Come join us if you are interested in how the Oregon Pioneers traveled, which way they drove their wagons and why, and maybe also hear some of their own words and adventures. It will be both fun and educational.

This event as part of the celebration of the 176th anniversary of the Oregon Trail. The migration started in 1943.

Everyone with a bicycle should meet at the Zig Zag Inn in Zig Zag a few minutes before 9:30 am.

Hikers should meet at the Mt. Hood Museum in Government Camp at 10 am.

More info at: <http://www.mthigh.org/>. Then, in the calendar, click on the Barlow Road bike ride.

Bike riders RSVP to Emilio, 503-510-1477, or Emilio2000@earthlink.net.

Hikers RSVP to Lloyd, info@mthoodmuseum.org .

Mountain Shop is Moving

As of August 2019, The Mountain Shop is moving just 7 blocks west on Sandy Blvd. It is moving to 2975 NE Sandy Blvd., Portland, OR 97232. Their phone number remains the same: 503-288-6768.



The Mountain Shop is moving to the first floor of the same building where the Oregon Mountain Community is currently located. The OMC will not be moving out. And they are not merging, just sharing the building. They are adopting a new practice of collaboration. This new collaborative business alliance will help them both better serve their communities.

The new site offers convenient free parking and greater ease of access. A newly renovated building adjacent to the current OMC retail space will be used for expanded rental and shop service departments.

OMC will be located on the second floor of the building, while the Mountain Shop will occupy the ground floor. Items purchased online from OMCgear.com will be available for pickup at the street level from the Mountain Shop.

For any questions about this move, contact: answers@mountainshop.net.

Ski Trips Survey

Thanks to the 3 additional people who responded to our survey. A total of 48 people have responded so far. The survey was an online questionnaire with 14 questions. The results are available in this PDF file: <http://www.mthigh.org/Documents/Trips-Survey-Report-2019.pdf>.

Many of the responses are all over the place. Some people like shorter trips, some like longer trips. The list of ski areas people would like to visit is long, but no one area particularly stands out. It's interesting to read all the individual write-in comments.

Here are just a few samples and comments:

1. TRIP LENGTH. The majority voted for trips that are 4 - 5 days long. But week-long trips are a close second. And 40% of responders said that any trip length would be fine with them. But in a separate comment, it was also said that we need to focus more on providing shorter trips.
2. NUMBER OF TRIPS. 40% said that they could easily participate in 2 or 3 trips of any length. Looks like we have many retired people among us.
3. HOW MANY WEEK-LONGS? 42% said that one week-long trip per season is enough. 39% said they could take 2 week-long trips.
4. FLYING. 63% said they would be prepared to fly to a destination, despite the hassles with ski gear. At least one person suggested we fly to a destination where we can use Southwest Airlines so we don't have to pay extra for ski gear.
5. FLEXIBILITY. A clear majority expressed flexibility in several areas. For example, ski-in/ski-out lodging, Powder Alliance or Epic Pass discounts, and the availability of non-skiing activities. The majority of responders said that all of these would be nice to have, but are not a pre-requisite for a ski trip.
6. WEEKEND TRIPS. 35% don't like weekend bus trips, but 46% do like them.
7. FRIDAY DEPARTURES. Regarding a Friday departure, the vast majority agreed it is best to leave early in the morning, to make the most of the day. Most working people need to take that Friday off anyway, so why wait with the departure?

It's not too late to add your own opinions and preferences. Go to the survey at: <https://www.mysurveygizmo.com/s3/4921286/2019-Mountain-High-Trips-Survey>.



Far West Convention at Indian Wells, CA June 13 - 16, 2019



A lot of interesting, recreational, informative, and educational things happened during the 87th annual Convention of the Far West Ski Association, held at the Hyatt Regency Indian Wells Resort in California. The schedule was full of events during this 4-day convention.

Let us just single out a few items related to our Northwest Ski Club Council and our clubs.

1. **Linda McGavin** received the **Hans Georg Award** - the highest FWSA Award.

This is given for distinguished accomplishment and long-term contribution to skiing. This award is given to an individual who has contributed significant achievements to skiing. It reflects a long term contribution and is the highest award of the Far West Ski Association. This award may only be received once and is based on a ten-year minimum service in the Far West region.

Hans Georg came from the St. Moritz Ski School in Switzerland to the US in 1936 to become a pioneer ski tracker, rope tow operator and ski instructor.



Hans eventually made his way to Soda Springs to teach skiing. In 1939, Hans became the head of the Eastern Sierra Ski Club School at the "Ski Ranch" near the McGee Creek Lodge.

Hans taught thousands to ski, using the best of the Reverse Shoulder, Arlberg and French techniques, mainly at Mammoth Mountain, CA. In 1940 and 1946, Hans attempted to develop a summer ski school at the 12,500-foot level eastern side of Mt. Whitney. Often, Hans was called to Hollywood to direct ski sequences. He wrote many books on skiing, including "Modern Ski Systems," "Reverse Shoulder Technique," and "Simplified Skiing."



2. **Debbi Kor** received the **President's Award**.

The President's Award is given to the individual who the President of FWSA feels has done the most to advance the immediate goals of the Association during the previous year.

3. **Emilio Trampuz** won the 1st place in **Communications - Outstanding Web Site Award**.

1st Place in the Masters category. The "Masters" category simply means that our web site was competing against other clubs' webmasters who had already competed and won in past years.

4. **Emilio Trampuz** won 2nd place in the **Wentworth Outstanding Club Publication Award**.

2nd place in the Masters category, competing against other clubs' newsletters who had already participated and won in previous years.

5. **Becki Robinson** from the **Bend Ski Club** in Bend, Oregon, won the FWSA Woman of the Year Award. First, she was nominated by her club. Then, among all the Northwest Clubs, Becki Robinson and Ryan Rooper were awarded the Man and Woman of the Year award for the Northwest. Finally, at the Far West level, competing against other Councils' nominees, Becki won the title of FWSA Woman of the Year.



Next Far West Convention Portland, OR



The next FWSA Convention will be held at the Red Lion Inn on Jantzen Beach, Portland, OR, **May 28 - 31, 2020**. It will be hosted by the Northwest Ski Club Council. Several local ski clubs will participate in organizing it.

Jot down the dates and plan to attend at least part of the Convention. This will be an opportunity to meet with ski area representatives, with ski celebrities, and members of other ski clubs. And much more. Stay tuned.

TRIPS

NOTE 1: **There are still spots on the Washington and Whitefish trips.**

NOTE 2: At our social and **early signup day on Thursday, May 30**, a lot of people put down their names on the trip signup sheets, but did not back it up with a trip deposit.

Your spot on the trip is not guaranteed until you put down a deposit.

You can make it official by mailing the trip deposits or by paying online.

Online credit card payments via Pay Pal have been enabled again after July 1st. You can now renew your membership and sign up for trips, racing and more online on our "Signup & Pay" page at: <http://www.mthigh.org/Signup-Pay.htm>

FWSA

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

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

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. 10 nights lodging on the cruise ship. Total price with air fare from Portland, Oregon = \$4,795.

This trip might NOT happen. Not enough people have signed up.



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](http://www.fwsa.org) 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

NOTE: There is much more detailed information about all these trips on our Mountain High website, on the TRIPS page at: www.mthigh.org/Trips.htm.

More ski trips info at: 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 could 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.



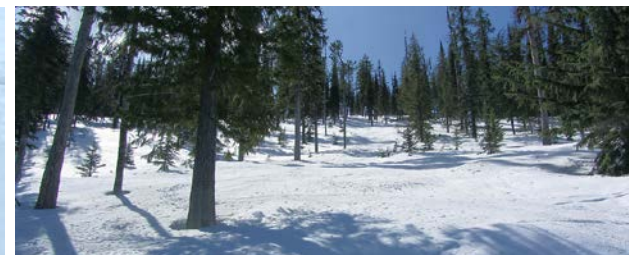
Mt. Spokane has 5 lifts (not counting the beginner ones) serving 3 separate faces of the mountain: the front side, the old back side, and now an entirely new back side with its own new lift (chair 6) and 7 new trails. Visit and have lunch at the historic Vista House at the top of the mountain.



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



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 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@ymail.com or 360-977-7482.

See our TRIPS page: www.mthigh.org/Trips.htm Then click on the 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

Regular signups open July 1st by mail and PayPal. Deposit postmarks will be used for wait-list order.

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

Bill King, willie2k@ymail.com or 360-977-7482.

See our TRIPS page: www.mthigh.org/Trips.htm Then click on the Powder Highway trip.

MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

2019 Man & 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

Usually last Monday of the month.

July 29 (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
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171,	newsletter@mthigh.org
Social Activities:	Debbi Kor	H: 503-314-7078,	ijustwannarun1@comcast.net
Trips Director:	Linda McGavin	H: 503-652-2840,	Trips@mthigh.org

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 - Sept. 30): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2020) \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> Northeast WA trip (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"/> Whitefish Mt. lodging (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"/> Whitefish Mt. Lift tickets (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"/> Powder Highway Canada trip (Feb. 22 - Mar. 1, 2020. Deposit = \$300. Prices: Adult=\$1375, Senior(65-74)= \$1310, Super-Senior (75+)=1051.	\$ _____	_____
<input type="checkbox"/> Powder Highway optional Kicking Horse trip Add \$106.	\$ _____	_____
<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 = 253 Newsletter Distribution

Th July 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 were our Northwest candidates at the Far West Ski Association's Man & Woman of the Year. **Becki Robinson** won as the FWSA Woman of the Year.

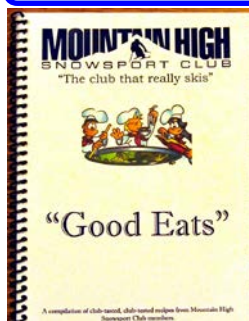
Mt. High Credit Card Payments



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



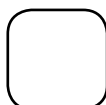
This 34 page cookbook is available for \$10. It contains soups, salads, entres, desserts, and more!

You can get one at our social events, or contact Debbi Kor at: ijustwannarun1@comcast.net or call 503-314-7078.

Seniors Skiing

A good resource for skiers and riders of all ages. Check out: 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](#)
- * [Skiing and Cycling Similarities](#)
- * [Stem Cell Injection vs. Knee Replacement](#)



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