



Lift Lines

= No. 290-291, Feb. - March 2025 =

Mountain High Snowspo8t Club, PO Bo x 2182, Portland, OR 97208



50th Anniversary and Other News



Our Mountain High Snowsport Club, aka the merged Plaza and EdgeSet Ski Clubs., is celebrating its **50th anniversary**. As part of the celebration, we are putting together a **club history** document, and we need your help to flesh it out. Send us a picture or two and/or a story or two about your most memorable moments in the club. See page 2.

SKI TRIPS. The first of our 3 ski trips, to Brundage Mt. & Tamarack, is under way, mid-February. At the end of February, we are going to **White Pass**. And in March, we have the **Bachelor Blast** and the **Whitefish** ski trips. Ski with us now, or you'll just be a year or two older when you do.



Chocolate Party is coming up this Saturday, Feb. 15, 2025. See the announcement on page 3, and click on the image of the kitten to see what she has to say.

Another social event is coming up in March, at **Famous Dave's** in Tualatin.

There are 4 charitable events coming up. Join at least one of them: the Glade Trail Day, Ski & Ride for a Cure, Ski ALS, and the Oregon Cancer Ski Out. Read all about it. Just scroll down.

Get some **race training**. See page 3.

The club really needs your help. See page 2.

Note the color code.
Our club is blue.

2025 CALENDAR

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

JANUARY 2025

- Feb. 9 - 14** **McCall (ID) trip: Brundage Mt. and Tamarack.**
- Feb. 15 (Sat)** **Chocolate Party** at Debbi's place. Bring a chocolate dessert to participate in the judging.
- Feb. 15 (Sat)** **History Happy Hour** at the Mt. Hood Museum in Govt. Camp
- Feb. 17 (Mon)** **Mt. High Board meeting** at the Round Table Pizza, Lake Oswego
- Feb. 19 (Wed)** **NWSCC Meeting** online, via Zoom, with guest speakers: Linda Westlund, FWSA President, and Debbi Kor, FWSA Convention.
- Feb. 23 - 25** **White Pass trip** with Shelly Seger

MARCH 2025

- March 1 (Sat)** **Ski the Glade Trail Day** - From Timberline to Government Camp
- March 1 - 2** **Ski & Ride for a Cure** - 24 hour at Mt. Hood Skibowl.
- March 6 (Thu)** **Mt. High Social at Famous Dave's** in Tualatin.
- March 8 (Sat)** **Ski ALS** at Mt. Hood Meadows
- March 9 - 10** **Oregon Cancer Ski Out** at Mt. Hood Meadows (Sunday - Monday)
- March 12 - 16** **Bachelor Blast trip** - Open to all clubs, but our club is usually in the majority.
- March 23 - 28** **Whitefish Mtn. trip** - Montana trip, with optional day trip to Blacktail Mountain.
- March 31 (Mon)** **Mt. High Board Meeting** at the Round Table Pizza, Lake Oswego.

Pole Flags



As of this winter, our club members will be able to find each other on the slopes more easily.

Pole flags with the club's name can help us identify other club members on the slopes. Attach the flag to your ski pole. They will be distributed to

everyone who wants them. If you didn't pick up your flag at the Kick-off Party in November, you can get one in any of the following ways:

- Contact Shelly Seger, sseger@comcast.net and she'll mail you one.
- Come to the Chocolate Party and pick up a flag.
- Trip and activity leaders will have flags for the trip participants. That includes Bill King, Linda McGavin, Shelly Seger, & Kurt Wilke.
- Kurt Wilke and Emilio Trampuz will have a few flags when skiing on Mt. Hood. Talk to them if you see them.

Mt.High

Mountain High Club 50th Anniversary - Club History

Our club is celebrating its **50th anniversary** this year. 1975 - 2025.

What is your favorite memory of any of the club's activities, parties, trips, races, etc.? Do you have a memorable picture? Or a story? Send us something. It would be very helpful.

We are compiling a small booklet of our club's history. The first 15 pages are already posted on our website, on the [HISTORY page](#), under the sub-heading of **Mt. High Club History**. See

item #2, which is also titled: [Mt. High Club History](#). Item #1 is an introduction to our club as it is now. Or follow this link: <http://www.mthigh.org/History/Mt-High-Club-History.pdf>

Check it out and add to it. Help us to enlarge this document by adding your pictures and stories. Ideally, send us a picture and a short description or short story to go with it. Or send just a story.

It doesn't have to be very old stuff. What today seems new will soon be history. Just wait another 10 or 20 or 50 years. If a photo is just a printed copy and not digital, try scanning it in, or mail it to us, we'll scan it, and then return it to you.

Contact **Emilio Trampuz**, Emilio2000@earthlink.net, or mail Emilio, 4742 Liberty Rd. S., #296, Salem OR 97302.



Mt.High

The Club Needs You

Yes, you! The club needs you. We are not just saying that. We really need you to contribute something to the club. We need more fresh energy and fresh ideas.

Also, some of us have been contributing to the club for decades, and we could use some help in various ways.

If you are interested in helping the club, it is probably best if you simply **start coming to our monthly Board meetings**. See how our club works, and see how you can best fit in. Then volunteer for something.



Here are a few things where you could help, and we can show you how.

1. Help edit this newsletter. Maybe just one page. A PACRAT racing page. Or a Social activities page.
2. Help maintain our website. Just one page at a time. Or one article at a time. We'll show you how.
3. Help edit, rename, crop and resize photos after various club events.
4. Help maintain and update our Dough Transmittal Form, approximately twice a year.
5. Help maintain our TRIPS pages, both online and in Lift Lines.
6. Welcome new members to the club, sending a welcoming email.
7. Organize an activity for the club, some hiking, pickleball, kayaking, a party, a walk in the park, ... etc.

Mt. High

Chocolate Party

February 15, 2025 (Saturday), starting at 7:00 pm.

Join your fellow club members at the annual Chocolate party. Note that this little kitten really wants to come too. Click on her image to find out why.

Bring your favorite chocolate dessert and enter it in the contest for:

- the Most Chocolaty or Most Decadent;
- the Most Creative,

Entering the competition is optional. We also need people to taste test and judge the entries. Everyone will be a judge! Everyone will taste all the desserts and write down their own selections and put them in a box. We will then count them out, rather than having judges. Everyone is a judge.

At the home of Debbi Kor
8513 NE 149th Avenue
Vancouver WA 98662

DIRECTIONS: From I-205, follow Padden Hwy. toward the east.
Turn **LEFT** onto NE 152nd Ave.
Turn **LEFT** onto NE 86th Street
Turn **LEFT** onto 149th Avenue

Please RSVP to Debbi at ijustwannarun1@comcast.net, or call: 503-314-7078.



Click on me to hear me



History Happy Hour

February 15, 2025

(Saturday)

Doors open 6:00 pm.

Presentation starts at 7 pm.

Andy Poorman, the creator of the "Mt. Hood Podcast" will be our speaker. He will talk about his two-year old podcast, his motivation for starting it and his plans for future episodes.

Andy has agreed to collaborate with MHCCM to record oral histories with some of our community members. This will be a great addition to our historical archives.

There will be wine, beer and soft drinks available for purchase. Enjoy your drink and then sit back and enjoy the presentation.

The presentation is free. Donation to the Museum are welcome. For more information call the museum at 503-272-3301.

Mt. Hood Cultural Center and Museum

ph: 503-272-3301, info@mthoodmuseum.org

www.mthoodmuseum.org



Race Training

Every Thursday, Friday, Saturday, and Sunday
(except when there is a race scheduled)



Coach Greg Dilger has been offering race training for many, many years. He is also a PACRAT racer himself.

Train Giant Slalom all 4 days, unless there is a storm. Improve your skiing precision.

Training is offered at Timberline. Training fees are \$60 per session, and if you haven't trained with us yet there is a one time \$25 fee.

Always email **Greg Dilger** that you are coming, then meet in the day lodge **on the 3rd floor** before 9:00.

You can pay any way you want, but if you are paying cash please include your name with it and try to get to Greg in the lodge. Contact Greg at gdilger2@yahoo.com

Mt.High Mt. High Board Meeting

February 17, 2025. (Monday) and again on
March 31, 2025 (Monday)

Meet for socializing at 6:00 pm.
Meeting starts at 6:30 pm.

This is an organizational and planning meeting, attended mainly by Board members, trip leaders, activity organizers etc., but it is open to all. Anyone wanting to get more involved with the club is welcome.

Meeting is open to all, especially to those who want to help the club.

Place: **Round Table Pizza**,
16444 Boones Ferry Rd., Lake Grove,
Lake Oswego, OR. See Google map.

NWSCC Meeting - online, via Zoom

February 19, 2025 (Wednesday) - online.

EVERYONE IS WELCOME!

This NWSCC meeting will be held by Zoom.
Social 6:45. Meeting starts at 7:00 pm.

Special Guest Speakers:

Linda Westlund, FWSA President

Debbi Kor, FWSA Convention

Seewhat the Far West Ski Association has to offer.

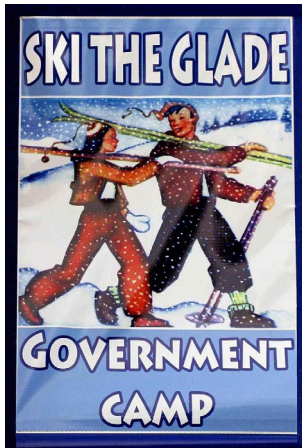
Join Zoom Meeting any time after 6:45 pm.

<https://zoom.us/j/99019265279?pwd=b0dqYTI0UFY4M3IKSHk4ZlQxcWhldz09>

Meeting ID: 990 1926 5279, Passcode: 346306

Ski the Glade Trail Day

March 1, 2025 (Saturday), starting at 8:00 am.



Ski from **Timberline** to **Government Camp** down the historic Glade Trail.

This is an annual event, commemorating how people used to ski on Mt. Hood before there were any ski lifts. They had to climb up from Government Camp. But now, there will be 3 shuttle buses to transport people up to Timberline. Skiing down approximately 3.5 miles of the Glade Trail can be done as many times as you wish.

This is the only day in a year that the Glade Trail - about 3 miles - is groomed and patrolled. Several ski patrollers participate in the event.

This event is a fund-raiser for the Mt. Hood Museum in Government Camp. Included in the event is a breakfast, lunch, and an apres ski party at the Museum at the end of the day. There are also door prizes. The cost is \$150 per person. More details are available on our club's website.

The number of participants is limited to 75, which is how many can fit onto the 3 shuttle buses, and it sells out every year.. To reserve your spot for the Glade Trail Day, just phone the Museum at: **503-272-3301**.

Ski & Ride for A Cure

March 1 - 2, 2025 (Saturday- Sunday)



24-hour skiing at Mt. Hood Skibowl.

In the quest to find a cure for cancer, this is a partnership with the Willamette Valley Cancer Foundation and the "See Ya Later" Foundation - Seeds of Hope. In addition, you are still able to split your donation to one of many other cancer-fighting organizations that matter the most to you.

There will be prizes for those who raise the most funds and for those who ski the most vertical in 24 hours.

Go to: <https://skiandrideforcure.org/> for more info and to register.

Mt. High

Club Social at Famous Dave's

March 6, 2025 (Thursday), starting at 6:00 - 8:30 pm.

Come to our quarterly social at Famous Dave's in Tualatin.

Place: **Famous Dave's Barbeque**

7121 SW Nyberg St,
Tualatin, OR 97062 See [Google map](#).

Food is on the club! Just buy your own drink.
We hope to see you there!!!

DIRECTIONS

From I-5 :

- Take exit 289.
- Turn EAST onto Nyberg Street, for just one block.
- Turn LEFT into the first shopping center driveway.
- Famous Dave's will be on your LEFT.

Please RSVP to Debbi at ijustwannarun1@comcast.net, or call: 503-314-7078.

**Ski ALS**

March 8, 2025. (Saturday) - at Mt. Hood Meadows - 8 am to 5:30 pm.

Ski to Defeat ALS is a team and individual skiing and snowboarding event to be hosted at Mt. Hood Meadows. Participants engage in competitions for most dollars raised and for most vertical feet skied or ridden. For more information about the event, visit https://secure.alsnorthwest.org/site/TR?fr_id=1190&pg=entry.

Every registered participant 11 years or older is required to meet a \$150 fundraising minimum.

ALS or Amyotrophic Lateral Sclerosis is a progressive neurodegenerative disease that slowly robs a person of the ability to walk, speak, swallow and, eventually, breathe. It is also known as Lou Gehrig's disease.

Contact:

Victoria Thompson, Development Coordinator
The ALS Association Oregon and SW Washington
700 NE Multnomah Street, Suite 1180
Portland, OR 97232.

Phone: 503.238.5559 x107

Email: VictoriaThompson@alsa-or.org

or: ski@alsnorthwest.org or

Holly.Miller@alsnorthwest.org 503-908-2442

Oregon Cancer Ski Out

March 9-10, 2025. (Sunday and Monday)

This is a unique and fun two-day ski/snowboard event at Mt. Hood Meadows, raising money for hospice, cancer research, education and prevention programs.

Beneficiaries are: the OHSU Cancer Institute, the Willamette Falls Hospice, the Candlelighters (a grass-roots organization supporting children with cancer), Breast Friends and Camp Erin.

This is not a race to see who is the fastest - the goal is for consistency, and the team whose times are the closest between two days of racing is the winner. Slow or fast, everyone has the same chance! And you are coached by the best, usually including **Phil** and sometimes Steve Mahre.

For more info, check out the [Oregon Cancer Ski Out Brochure](#). See a wonderful, inspirational video: www.youtube.com/watch?v=3yo8cgULE8o

Team registration (for the 5-person team) = \$995. (That's \$199 per team member.)

You can also register as a single racer for \$250.

You can [register ONLINE](#).

Go to: www.cancerskiout.org and click the **register button**.

Trips

As promised in the previous issue of Lift Lines, 2 more trips have been added to the list. For details on each trip, please see the **TRIPS** page on our website, www.mthigh.org.

Mountain High Club Trips



1. Feb. 9 - 14, 2025. **Brundage / Tamarack / McCall trip.** Drive to trip. Lodging at the Best Western McCall: \$154 + tax = \$177.10 per room. INDY Pass. Contact Linda McGavin.
2. Feb. 23-25, 2025. **White Pass ski trip.** Drive to trip. Lodging in Packwood. Indy Pass. Contact: Shelly Seger, sseger@comcast.net.
3. March 23 - 28, 2025. **Whitefish Mountain Trip.** Drive to trip. Last week of March. Lodging at the Kandahar Lodge, with ski in and almost ski-out access (requiring just a short walk across a parking lot. Contact Bill King.



NW Ski Club Council Trips

The NWSCC trips are always open to all ski clubs in the Northwest, but our Mountain High club members are often in the the majority at the Bachelor Blast. More info at www.nwskiers.org.

1. Feb 7 - 15, 2025. **Ski trip to Zermatt, Switzerland.** This trip is organized by the S'no Jokes club in Seattle. There is room for more. Open to all clubs.
2. Feb. 21 - March 1, 2025. **Ski trip to the Dolomites** and optional Venice add on. This trip is organized by the Bogus Basin Ski Club from Boise, ID. They are a member of the NWSCC.
3. March 12 - 16, 2025. **Bachelor Blast.** Organized by our very own Linda McGavin.



Far West Ski Association Trips

The FWSA trips are open to hundreds of clubs throughout the western States. These are usually trips to the largest and most well known destination resorts. A few of our club members are regular participants, but for the most part, our club members will be in the minority. However, you will get to meet skiers from all over the West. More info at: www.fwsa.org

1. [March 1 - 8, 2025](#): FWSA International Ski Week in Val d'Isere, France.
2. March 23 - 28, 2025. - FWSA Mini Ski Week to Big White, BC, Canada.
3. July 31 - August 10, 2025. FWSA Summer SKi Week in Valle Nevado, Chile. Optional visit Santiago.
4. Sept. 9 - 19, 2025. Canadian Fall Foliage Cruise. Adventure trip.

Mt. High Indy Pass ski trip McCall, Idaho Brundage Mountain & Tamarack

3 - 5 nights. 2 - 4 ski days. Travel by car, train, or plane.

February 9 –14, 2025. -- Join us for a wonderful adventure. Up to 4 days skiing February 9-14 (Monday-Friday) Your choice, depending upon your free lift tickets and how many days you want to ski

START DATE: Sunday, Feb. 9 – Drive to McCall & check in. You can book as many as 5 nights at our group rate. Any other nights will be at the hotel's full rate – no discount. Book as many as you want.

This is a driving trip like the past few years.

1. Everyone will be driving their own car. We will NOT have a bus.
2. For lodging, you can select your own roommate (optional), or simply have a room to yourself. Your choice. We will not assign roommates.
3. This trip is designed to use the **Indy Pass** (2 free days at each ski area). If you do not have a pass we suggest you buy lift tickets online in advance to get the best price. We will not have enough people to get group lift tickets.



HOTEL - Book your own room under our group rate at the **Best Western Plus** in McCall, 211 S. 3rd Street, McCall, ID; **208-634-2230**. The hotel is located 11 miles from Brundage and 20 miles from Tamarack.

Our group rate is \$154 + tax = **\$177.10** per room per night, per double queen room or king room (quantities limited). If you have a roommate, the cost will be only half of that per person. This is less than last year.

To get this rate, just tell the hotel you are with the Mountain High club. **Deadline is January 15.**

The hotel offers free parking, wireless internet, non-smoking spacious rooms, a 24-hour indoor swimming pool, oversized jacuzzi tub, spa, sauna and gym. Enjoy a daily, complimentary full hot buffet breakfast which includes freshly made breakfast burritos, breakfast sandwiches, cereal, fruit, yogurt, juice, pastries (and they will deliver to your room from 6:30 to 9:30 a.m.). They have an omelette chef also on some days.

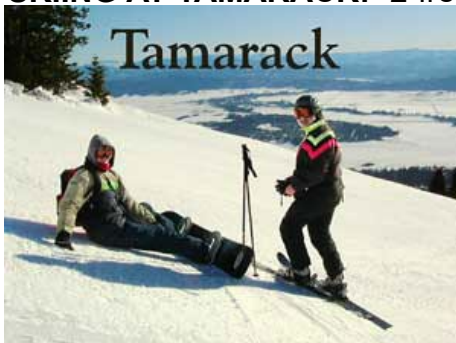
The rooms have premium bedding, High Speed Wireless Internet, Refrigerator, Microwave, DirectTV, Hairdryer, Iron/Ironing board, Desk, and Alarm Clock. Note that there is an elevator!

Please book your hotel room early – we only have a certain number of rooms. After **January 15** our room block will expire, but you can still make reservations at our rate if there is space. There is no penalty for canceling up to one week before your arrival.

NEWS: On arrival day, Feb. 9, there will be a pizza party, organized by the Bogus Basin Ski Club.

SKIING AT BRUNDAGE: Indy Passholders do not need to pre-schedule visits. Simply bring your valid photo ID to the on-mountain Guest Services office to redeem your ticket for the day. In addition to the two days included in the pass purchase, you may purchase a third day at 25% off. You can make that purchase the day of your visit. Like many ski areas these days, Brundage will sell tickets online in advance, at some kind of discount which is not known at this time. They've opened the online ticket buying page, so check ahead.

SKIING AT TAMARACK: 2 free days with the Indy Pass (you may purchase a third day at 25% off), or buy tickets online the night before.



TO SIGN UP: Just reserve your hotel room and then contact Linda, our trip leader, to let her know you will participate in this trip,

KEEP OUR TRIP LEADER INFORMED

Everyone who signs up for this trip, please contact Linda McGavin and let her know the following:

- Did you make your hotel reservations, and for how many nights?
- Where do you expect to ski, and do you have an Indy Pass?

Trip leader: Linda McGavin, trips@mthigh.org, 503-652-2840.

Mt. High Indy Pass ski trip White Pass (WA)

2 nights. 2 - 4 ski days. Travel by car.

February 23 – 25, 2025. -- Sunday - Tuesday.

2 nights lodging, 2 - 4 days of skiing.

The official nights are Sunday the 23rd and Monday the 24th, but discounted hotel pricing is good from 2/19/2025 – 2/28/2025 if you want to extend your trip

Lodging: Cowlitz River Lodge

Info: <https://www.elodging.net/cowlitz>

Reservations: Use this link to get discounted pricing:

<https://hotels.cloudbeds.com/reservation/8oP2t5#promo=Mountain%20High%20Snowsport%20Club>.



Details:

- Welcome Party Potluck and no-host drinks in Lodge dining/lobby area. Time: 6:pm
- Located downtown Packwood. Shelly will arrange for Monday night meal at brewery. Likely Longmire Springs Brewery which is 1/4th mile walk from Lodge.
- All rooms include microwave
- The lodge does not have any pool/spa facility

Pricing: Does not include 2% hotel tax. The price below is for 2024 and includes a 10% discount applied when placing on-line reservations with priority code. Pricing will likely increase closer to year-end so reserve early for best price.

- King Room: \$134 per night
- 2 Queen Beds: \$134 per night
- 4 Queen Suite with kitchen and fireplace: \$242 per night

White Pass Group Pricing

We need to know if you have an Indy Pass, or any other qualifying pass for White Pass ski area. If we have 15+ members not having or not using their pass, then we can get a mid-week group discount.

Breakfast Restaurant – Santo Milagro

Located on the way to White Pass. Shelly will continue to work with this Restaurant while contacting other locations in Packwood and perhaps the Ski Lodge.

The owner is considering a breakfast special for our club or a free cup of coffee with breakfast purchase. This may be limited to one day.

How to sign up for this trip:

1. Make lodging reservation on-line using provided link
2. Email Shelly to confirm you're going.
3. In the email -- specify if you intend to use a ski pass or if you want to be included in a group ski discount. Group ski discount requires 15 or more people.

Trip Leader: Shelly Seger, slseger@comcast.net



Mt. High

Whitefish Mtn. Resort Trip



March 23 - 28, 2025. 5 nights by car, or plane, or +2 nights on train.

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.

This will be a flexible, arrange your own transportation trip. Amtrak runs overnight from Portland or Vancouver to Whitefish and return. Current prices



start as low as \$79 per person each way reserved coach. There are a limited number of sleeper berths available. If you prefer to drive, it is a ten-hour drive, and you can stop to ski at other places along the way.

We will be staying at the **Kandahar Lodge**, a very nice on-mountain hotel with a Swiss or

Austrian feel. The lobby/great room has a huge fireplace, an award-winning restaurant open only for dinner, and a small separate bar. There is no elevator. All the rooms are on the 2nd and 3rd floors.

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 50 yards across a parking lot to ski out to a lift. Or take the free van.

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 March 22, not March 23..
- * 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; those will be assigned on a first-come first-served basis.

Everyone arrives on Sunday, March 23, 2025 and checks out on Friday, March 28 (5 nights). We will do our best to connect people needing a roommate but the final choice of roommate is your responsibility. If you end up without a roommate, you would have to pay a single supplement (double room price less \$15).

The Club will be providing one **pizza party with beverages**.

Lodging and lift tickets **will be purchased through the Club**.

Trip leader:

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

Pricing

Lodging (2 people per room) for all 5 nights:

\$415/person for 5 nights - 2Q room

\$440 for 5 nights - 1Q studio, kitchen

\$440 for 5 nights - Exec suite, sold out.

All lodging starts Sunday, March 23 and ends on March 27. We all check out in the morning of March 28.

Lift Tickets

Adult 1-day \$83

Adult 2+ days \$76.60/day

65-69 1-day \$71

65-69 2+ days \$65.50/day

70+ 1 day or (2+) \$30 (\$28.20)

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

Holders of a full Mt. Hood Meadows season pass get 3 free days.

Let our trip captain know how many lift tickets you need.

Payment and cancellation details

\$200 deposit due at signup.

Remaining balance is due by January 10.

Final date to cancel with full refund is January 10.

We hope you join us for this exciting trip.

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

or email it to Forms@mthigh.org

Trip leader:

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

NWSCC Bachelor Blast

4 nights, with 2 or 3 nights options

March 12 - 16, 2025.

Start: Wednesday, March 12, 2025, at 5:00 PM

End: Sunday, March 16, 2025, at 3:00 PM

Everyone from all NWSCC clubs is invited to join us!

Lodging: We are staying at the **Element by Westin**, 1526 NW Wall St., Bend, Oregon, just 3 blocks from downtown Bend. Sign up early. Rooms are limited. **Prices go up February 18, 2025.** Price is per person, double occupancy. Find your own roommate or pay a single supplement.

DEADLINE: To get the group discount on lodging, please reserve your room by February 17, 2025.

Contact Linda if it appears that the type of room you want is sold out. Linda will readjust the rooms so you can sign up.

Mt. Bachelor is on the IKON Pass. It offers 4,000 skiable acres and 3,365 vertical feet.

Questions? - Contact: Linda McGavin at editor@nwskiers.org / www.nwskiers.org

NOTE: This is a multi-club trip open to all Northwest ski clubs. It is organized by the NW Ski Club Council. Payments for this trip should be sent to the NWSCC; not to our club. Instead of the Dough Transmittal Form, please sign up directly with the NWSCC. **Details on the [NWSCC website, www.nwskiers.org](http://www.nwskiers.org), on the TRAVEL & EVENTS / TRIPS page.**



Spring Skiing & Spring Passes

The best kept secret among ski areas, and the best deal for skiers!

Spring skiing is the best deal on the mountain. The days get warmer and sunnier, the crowds get thinner, the lift lines get shorter. And the ungroomed snow gets as easy to ski as the groomed trails.

Nobody is even mentioning it yet, but at the beginning of March, both Timberline and Mt. Hood Meadows will offer a **Spring Pass**.

The prices have not been revealed yet for this season, but the usual cost is approximately equivalent to about 2 regular lift tickets, or slightly more. So, if you will be skiing at least 3 days this Spring, there is no better deal than a Spring Pass. For the cost of slightly more than 2 regular day tickets, you get unlimited skiing for almost 3 months.

Watch out for announcements from both Timberline and MEadows about Spring Passes within the first week of March.

Timberline Adventures

March, April, May, 2025.

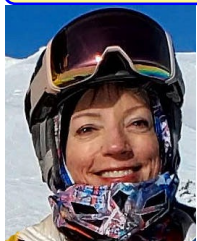
Let's ski some of the canyons west of Timberline. Or at least take a look at them and ski around them. This is a bit out of bounds, but it is well worth checking out, at least for the views. The scenery changes quite dramatically. The terrain is mostly intermediate. If the snow is good, anyone can do it. If the snow is bad - wet, heavy, or too icy - then we simply don't go there.



Emilio is offering a free, just for fun, guided tour, whenever there is anyone interested in doing it. The tour can be short, returning back to the ski lifts. Or, we can make a longer tour that would take us all the way down to Government Camp.

It is not recommended to go there in the middle of winter, when the snow is deep. But by Spring, the snow has gone through a series of freeze and thaw cycles, and it solidifies into a firm and smooth surface that is easy to ski.

2023/2024 Volunteer of the Year



Sandra Kaufman has been selected as our club's Volunteer of the Year. She has been a social spark-plug in our club for years. More recently, she has accepted the position of our club's Secretary as well as Membership director.

UPDATE: Sandra has recently accepted the position of the FWSA VP Marketing and Sponsorship, a position that Debbi Kor had held for many years.

Mountain High Board Meeting

Usually last Monday of the month.
Feb. 17 (Mon.): Open to all.
March 31 (Mon.)
 Gather at **6:00 pm.** Start at **6:30 pm.**
Round Table Pizza, 16444 Boones Ferry Rd., Lake Grove, Lake Oswego, OR. See [Google map.](#)

Mountain High snowsport club contacts:

President: Bill King M: 614-371-4762
Vice-President: Debbi Kor H: 503-314-7078
Secretary: Sandra Kaufman H: 503-810-7787
Treasurer: Nancy Pratt H: 503-593-9427
Past President: Kurt Krueger H: 503-625-1492
Membership Director: Bill King M: 614-371-4762
Racing Director: Alan Bean H: 503-849-8009
Newsletter Editor: Emilio Trampuz H: 503-510-1477
Social Activities: Debbi Kor H: 503-314-7078
Trips Director: Linda McGavin H: 503-652-2840

President@mthigh.org
Vicepresident@mthigh.org
Secretary@mthigh.org
Treasurer@mthigh.org
PastPresident@mthigh.org
Membership@mthigh.org
Racing@mthigh.org
newsletter@mthigh.org
ijustwannarun1@comcast.net
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 (same as last year) - Club news & events (between newsletters): yes no
 - 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"/> Mountain High Cookbook: 34 pages of recipes from our members \$10	\$ _____	_____
<input type="checkbox"/> Whitefish Mountain trip (March 23 - 28, 2025). Deposit: \$200. (with optional day trip to Blacktail Mt.)	\$ _____	_____
<input type="checkbox"/> Other: _____	\$ _____	_____
Total:	\$ _____	_____

Comments (For whom you are paying. Roommate requests,...): _____

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

NOTE: Ever since COVID hit us, we are not doing any bus trips and are not collecting any money for trips. Instead, everyone now arranges for their own lodging and transportation to our destination. We are getting a group discount on lodging.

See our Trips cancellation policy on our web site: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

Checkmark all desired options.

Club membership = 154 Newsletter Distribution

The Feb. - March 2025 issue is on our web site. Also:
149 copies sent via email (as PDF file)
0 paper printed copies sent via US Mail.
Copies are also sent to potential members, other clubs, the Mount Hood Museum, 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.xls>

Mt. High Credit Card Payments



You can pay your membership fee and your trip payments by **credit card**. We are processing it through PayPal.

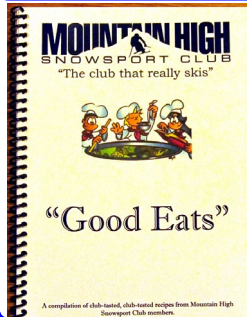
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "Signup & Pay" at: <http://www.mthigh.org/Signup-Pay.htm>

Videos from Mt. High Archives

Over the years, we have accumulated a lot of interesting videos. Check out some of these:

- * [Ski the Glade Trail Day on Mt. Hood](#)
- * [Sitzmark Ski Area in Washington](#)
- * [Brundage Mt. Snowcat Skiing](#)

Mt. High Cookbook

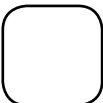
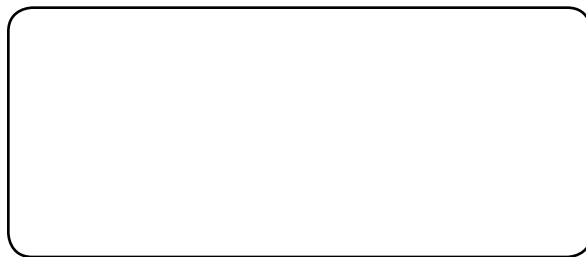


This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.
The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: ijustwannarun1@comcast.net , or call 503-314-7078.

Stories from 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:

- * [Skiing After Both Knees Replaced](#)
- * [Biggest Fear - Getting Hit](#)
- * [2nd Career as Ski Patrol at age 72](#)



Emilio Trampuz
Mountain High Newsletter editor
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Salem, OR 97302
Please check our web site,
www.mthigh.org
for updates.