



Lift Lines

= No. 145, January 2013 =

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



From the Prez



*I'm very happy on how well our trips are doing. We did things a little different this year by running longer trips that take us further away from home. We've been eying **Red Mountain** and **Whitewater** for some time now. They're both great places and I'm personally looking forward to my first time at Whitewater.*

*But don't forget those day bus trips. For less than the price of a Meadow's ticket you can get a bus ride to **Hoodoo** with your favorite ski buddies. For only a few dollars more, you can do **White Pass** with their newly expanded area.*

Hope to see you there.

*And ... I've actually got a scoop on Emilio. The **Shell 2 for 1** tickets are back. Most are limited to a single midweek day or nite skiing. <http://www.skifreedeals.com/ski-resorts-oregon.html>*

- Kurt

Mt. High Day trips

Jan. 12 (Sat.): Mt. Hood Meadows
Jan. 26 (Sat.): Mt. Hood Skibowl

These will be informal carpooling trips. Meet at **McDonald's** in **Sandy** around **7:00 - 7:15 am** or, meet us on the mountain at 9 am near the ticket office. Let's challenge ourselves to find something new we haven't skied yet!

Crab Feed

Jan. 12 (Sat.) 6 pm

The Schnee Vogeli club organizes this every year. This year, they invited us all to join them at Huckleberrry Inn. Crab or prime rib dinner for **\$20**.

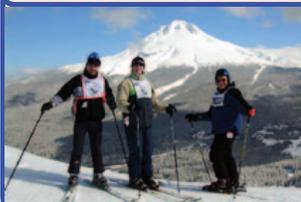
Please **RSVP** to **Eddie Rogers**, edrs skier@msn.com

One more lady for Idaho trip!



The Idaho trip could use one more woman. We asked for a single woman a couple of weeks ago, and we got 2 to sign up. So, our numbers are still un-even, and we could still use one more lady. Contact Emilio, 503-378-0171, Emilio2000@earthlink.net.

Ski + Chocolate Party



Jan. 26 (Sat.) Just like we can combine skiing and the Crab Feed on January 12, let's do something similar on January 26. Let's ski at Skibowl, and then top the day off with our annual Chocolate party. See page 3.

Note the color code.
Our club is blue.

2013 CALENDAR

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

Jan. 6 (Sun): NASTAR race - Skibowl

Jan. 12 (Sat.): "Something New" day trip - Mt. Hood Meadows

Jan. 12 (Sat.): Schnee Vogeli Crab Feed

Jan. 13 (Sun): PACRAT Race 1 Meadows

Jan. 18-21, 2013: Mt. High Idaho bus trip (Brundage Mt. & Tamarack)

Jan. 19 - 26: Whistler condo trip

Jan. 21 (Mon): Rotary Meadows \$10 day

Jan. 22 - 27: Park City Sundance trip

Jan. 26 (Sat.): "Something New" day trip - Mt. Hood Skibowl

Jan. 26 (Sat.): Mt. High Chocolate Party

Jan. 27 (Sun.): PACRAT Race 2 Skibowl

Feb. 2-9: FWSA Ski Week in Aspen.

Feb. 10 (Sun): PACRAT Race 3: Skibowl

Feb. 16 (Sat.): Hoodoo day trip

Feb. 22 - Mar. 1: Mt. High Utah trip
(Powder Mt. & Snowbasin)

Feb. 24 - Mar. 2: Lake Tahoe sampler
--Bergfreunde/NWSCC trip

Mar. 1-2 (Fri-Sat.): Hope on the Slopes

Mar. 2 (Sat.): NASTAR race - Skibowl

Mar. 2 - 10: FWSA Ski Week Innsbruck

Mar. 7 (Thur.): Mt High Quarterly Party

Mar. 16 (Sat.): White Pass day trip

Mar. 10-11 (Sun-Mon): Oregon Cancer Ski Out - Meadows

Mar. 23-30 : Mt. High Canada trip
Red Mt., Whitewater, 49° North

Mar. 25-30: FWSA mini ski week Bachelor

Mar. 31 (Sun): PACRAT Race 5: Timberline

Apr. 13 (Sat.): Ski to Defeat ALS Meadows

Apr. 26-28: Mt. Bachelor Springtacular

NASTAR Race + Race Training



Greg Dilger

Friday, January 5, 2013.

Coach Greg Dilger held a GS training day at Mt. Hood Skibowl.

These **training days** are open to all who want to improve their skiing and/or racing skills. They happen every Friday, starting at 9 am. The training session costs \$35.

Contact coach Greg at: gdilger2@yahoo.com

Sunday, January 6, 2013.

Our first of two NASTAR races was held at Mt. Hood Skibowl. It was pretty well attended, mostly by PACRAT racers.

Pictured here are **Dan Lane, Stevie Viaene, and Nancy Pratt.**

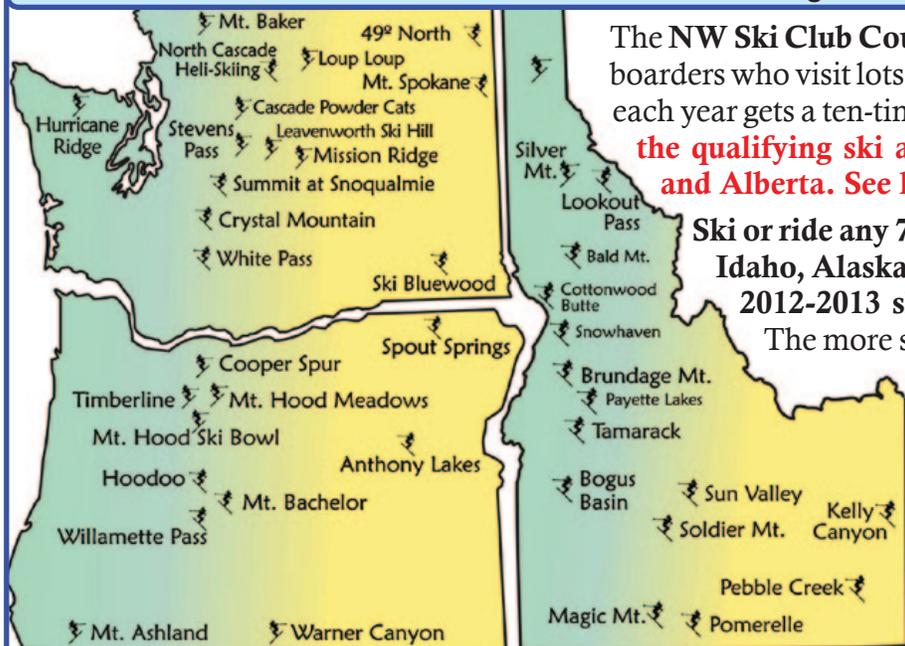
Behind them is Mt. Hood, just emerging from the fog.

Our second NASTAR race, open to all, will be on Saturday, March 2, 2013.



NWSCC

Northwest Ski Challenge -- ongoing!



The NW Ski Club Council has been rewarding skiers and snowboarders who visit lots of Northwest ski areas. One lucky winner each year gets a ten-time pass to Mt. Hood Meadows. **This year, the qualifying ski areas include Alaska, British Columbia and Alberta. See list on our [Ski Areas](#) web page.**

Ski or ride any 7 or more resorts in Oregon, Washington Idaho, Alaska, British Columbia or Alberta during the 2012-2013 ski season to be eligible to win a prize.

The more ski areas you visit, the greater your chance of winning. Just save your lift tickets or receipts, and qualify a prize! The winners of the drawing will be announced in September 2013.

To qualify for a prize, submit your lift tickets (or receipts) to: **NWSCC**, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

More info on our Council's web site: www.nwskiers.org. Also, see the [Articles](#) page on the Mt. High web site for several articles documenting some of the previous Ski Challenges.

See more photos at www.mthigh.org/Photos.htm.

Chocolate Party

DATE: Saturday, Jan. 26.
TIME: 7:00 pm
PLACE: Terry & Brad Swan
 7225 SE Barbara Welch Rd.
 Portland, OR 97236
 Phone: 503-729-3435



WHAT: Our annual sweet party. Come to sample the goodies, or enter the contest yourself by bringing your own chocolate dessert. Three prizes will be awarded for:

- The **most chocolaty (or decadent)** dessert.
- The **most creative** dessert.
- The **lightest (healthiest)** dessert.

After the three un-corruptible and un-bribeable judges pronounce the winner, everyone will be able to taste ALL the desserts, or as many as you can handle!

CONTACT: Please **RSVP** to:
Terry Swan: 503-729-3435 or swans761@juno.com



Mt. High Forum

As the new season kicks into gear, it's time to revive our club's forum. You can use it in various ways:

- To make announcements;
- To ask questions;
- To find buddies to ski with;
- To discuss gear & other issues.
- You can now post a photo too!

Join in the fun. Check it out by going to www.mthigh.org, and clicking on the **Forum** button. Or, just click on the word **Forum** here.

If you are new to the Forum, you can view all the messages, but if you want to post your own, please click on "**Join this Group**" in the upper right of the Forum page.

Note that we have a separate forum for mid-week skiers.



Mid-week skiers

Q How can I join the mid-week skiers?

A These are regular club members, just like you and me, who like to ski during the less crowded weekdays, especially when there is fresh powder on the slopes.

The group was started by **Harry & Lisa Scribner**. Then **George Yun** took it over, and right now the man in charge is **Ken Brundige**, KenBrundidge@comcast.net



Ken Brundige
Mid-week skiing
coordinator

Email him to get on his email list, or simply join the **mid-week Forum** and you will then receive email updates every time someone posts something there.

Newsletter options

You can receive the newsletter in two different ways. We can:

1. **Attach** the complete PDF file to an email sent to you once a month.
2. Send you just the **link** to the newsletter posted on our web site.

We mail a paper copy only to those who don't have an email address.

Bulletin Board

Our online **Bulletin Board** is a great place to post items for sale or make public announcements for all our members to see.

You can't edit the Bulletin Board yourself. Instead, just send in your text and/or photos (separately) to **Emilio:** Newsletter@mthigh.org

Mt. High Calendar



Follow the link on our home page, www.mthigh.org to print out your own 15-month Mt. High wall calendar October 2012 – December 2013.

The calendar is meant to be printed 2-sided, then folded in half, and stapled in the middle. Then punch a hole at the top to hang it on a wall.

Alternatively, you can ask Emilio to print, fold, staple and punch a calendar for you, for a small fee:

- a) Letter sized = \$5 b) Tabloid size = \$10.

Make check payable to Emilio Trampuz and mail it to: Emilio Trampuz, 4742 Liberty Rd. S., #296, Salem, OR 97302. (Add \$3 for postage.)

5th annual Hope on the Slopes

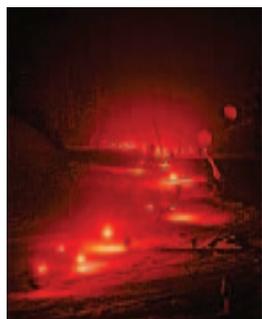


March 1-2: (Fri.-Sat.)
at **Ski Bowl**. 1 pm - 1 pm.

This is a 24 hour vertical challenge. Earn points for both dollars raised and the total vertical feet skied. Teams can consist of between 5 and 15 people. You can also compete individually.

THE FUN PART

It will be 24 hours of fun. You can ski 24 hours for just \$35. There will be **live music**, a **barbeque**, a ceremony honoring cancer survivors, and a **torchlight parade** on Friday at 8 pm. Also, Friday night there will be a midnight pizza for the participants.



If you wish to be a torch-bearer, please contact **Emilio** at Emilio2000@earthlink.net. Only about 30 spots are available.



THE LOGISTICS

Each participant gets a personal web page to customize with own message or photo.

Registration is \$35 for individuals or \$150 per team. A team can have up to 15 members. Each participant is encouraged to raise a minimum of \$150 to participate in the vertical challenge.

Volunteers are needed to help with the event. To help out as a volunteer for a 3 hour shift, please contact **Devin Jenkins** at proboarder4life@gmail.com

Funds raised go to cancer research, education, advocacy, and service. OHSU is a beneficiary. Sign up at: <http://hopeontheslopes.net/> or for Skibowl go to: <http://HOTS.kintera.org/MtHoodSkiBowl>

25th Oregon Cancer Ski Out



March 10-11 (Sunday-Monday): Register your 5-person team for this fun fundraiser for Cancer Research and hospice care.

THE FUN PART

The event consists of 2 races at Meadows in which speed is not a factor, but consistency is. The winner is the team whose total time in race 1 most closely matches the time in race 2.

Sunday night there's a dinner and party at the Hood River Best Western, where you can also get a room for \$70 if you mention the event.

Participants are encouraged to dress up in eye-catching garb, to draw attention to the cause.



THE LOGISTICS

Registration is \$199 per person. It includes lift tickets, 2 breakfasts, 2 lunches, and 1 dinner. There will also be a casino night and dance.

Lots more info on our [Mt. Highweb site](http://Mt.Highweb.site)

For the official info, and to register online, go to: www.cancerskiout.org

NW Skiers' Directory

The NW Skiers' Directory is now available online. You can flip pages by clicking in the lower right corner, or swiping if you have a touch sensitive screen. You can also zoom in and out by clicking anywhere else on the page. See it at: <http://www.nwskiers.org/SkiersDirectory/SkiersDirectory/>

You can also find free printed copies of this 74 page booklet at local ski shops. Our very own **Linda McGavin** is the editor of this annual publication.

What Can Kill You

In 1993, after running out of things to study, the Consumer Product Safety Commission decided to track the number of people who died from product-related falls in a single year. Of the 2,561 people who tumbled to their deaths, the top causes were:

- * falling down stairs (1,091 deaths),
- * falling out of bed (256 deaths),
- * falling off ladders (230).
- * falling off toilets (20),

All these are more than those who died in falls while snow skiing (13).

New type of Snow Chains

Thanks to Bob Burns for this news. Thule introduced the new Easy Fit Snowchains which can be mounted in about 9 seconds. They snap on with a foot lever, and they tighten automatically as you drive off.



See a short article and two amazing videos posted on Ski Magazine's SkiNet.com at: <http://www.skinet.com/ski/article/stuff-we-thule-easy-fit-snow-chains?cmpid=news010213&spPodID=030&spMailingID=13676940&spUserI>

Why I Love to Ski or Ride

Warren Miller Entertainment Inc. is running a new video contest on their Facebook page. It's called: "Why I Love to Ski or Ride". It runs from January 1st to February 15th, 2013. You can do two things:

- a) **Upload your own video** to enter the contest. Start here: https://www.facebook.com/learntoskiandsnowboard/app_226105637428999 or
- b) **View the videos and vote** for a winner. Start here: <https://apps.facebook.com/contestsapps/viewallentries/How-Skiing-or-Riding-Changed-My-Life-Video-Contest>

As of mid-January, there are only two entries so far:

1. Emilio's 2 minute video titled: "Skiing Makes You Scream". Go see it and LIKE it right now!
2. Aguy from Vermont posted a terrain park video titled: "Kickin It to the 70s".

Hey, Bruce Kuper, enter one of your videos too!

\$10 Rotary Day at Mt. Hood Meadows

Jan 21, 2013. (Monday) 2 pm - 9 pm.

At this fundraiser organized by the Hood River Rotary Club, Mt. Hood Meadows lift tickets will be just \$10. Monday only, (night skiing). 2 pm - 9 pm.

This is Martin Luther King Day, a holiday for many of us. Of course, some of us will be on the Idaho trip.

On the day of the event, the Rotary tickets should be purchased from Rotarians who stand at the top of the breezeway stairs by the Coffee/deli. Also there is another Rotarian posted at the ramp corner across from the entrance to the ski clothing shop.

Tightwad Tuesdays at Hoodoo

Tightwad Tuesday is back at Hoodoo. Ski for just \$25. Be sure to check their website for other fun events <http://www.hoodoo.com/events/>

Schweitzer Mt. discount

Schweitzer Mt.



Schweitzer Mt., Idaho, has offered our club members a group discount, even if we purchase the tickets individually, one at a time.

On daily tickets, you'll save \$11 on each ticket.

On a 3-day pass, you save \$42. Instead of \$201, you pay only **\$159**. The 3 day pass is valid on any 3 days in a season. They don't have to be consecutive days.

To get this discount, you must purchase and print the tickets through a **Schweitzer Mt. web page** that has been specifically customized for our **Mt. High club**. Click here: <https://tickets.schweitzer.com/affiliate.asp?ID=17D3854F-9D13-4D87-9805-3837BA537DE5>.

You will need the following password: **MtHigh-tix**

Hoodoo ski area

Mt. High bus day trip

Feb. 16, 2013 (Saturday)



Our least expensive trip! Just **\$80** covers both the lift ticket and round trip bus transportation. No wear an tear on your car, no need to fill up your gas tank, and you can even

catch up on your sleep on the bus!

Being a bus trip, you get all the benefits of our longer bus trips: socializing, food, fun, games, jokes, videos, and a relaxed ride to the ski area.

There are no lodging expenses. We'll start at 6 am from the Tualatin Park & Ride, and return by 7 pm.

HOODOO is a volcanic cone, with 4 main lifts. When the snow is good, you can ski 360° around it. About 180° of it is delicious ungroomed powder, including several steep areas like:

- Ski directly into the crater at the top, and then ski out of it on the east side, which is lower.
- The east side offers lots of other lines, spreading 180 degrees in all directions.
- Skiing around some small trees (new growth) on the south side. These are shorter runs, but fun.



Not much competition for the powder!
Leave your own tracks here!

- There is a steep north slope, directly under the chair (near the top), where we once saw a bit of a "duel" between Ed Palmer and Bruce McGavin skiing fast and furious down that slope while dodging moguls.

If you don't like ungroomed snow, enjoy the numerous cruiser trails, some of them surprisingly long.

Additional reasons to go:

- No crowds!
- Great views!
- Our least expensive trip! Just \$80. Compare that with the \$89 Mt. Hood Meadows lift ticket plus gas.
- An opportunity to get to know other club members.

This day trip is one of a series of "**Show Me Something New**" day trips we are planning. Contact Emilio.

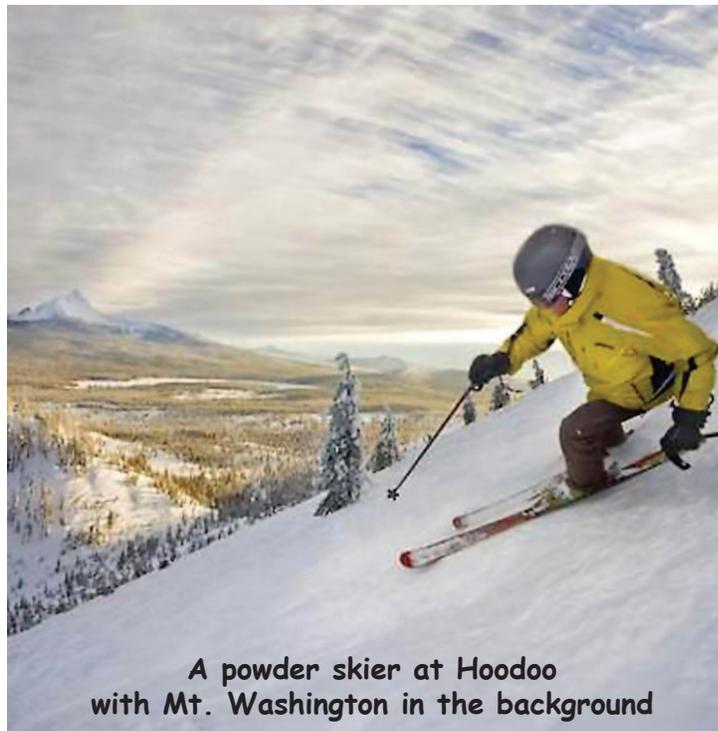
To sign up, please use the **Dough Transmittal form** either the one on page 13, or get it on our FORMS & DOCS web page.

Just print the form, fill it in, indicate what you are paying for, and enclose a check payable to "Mountain High Snowsport Club". Then mail it to the address printed at the top of the form, which is:

Mountain High Snowsport Club
PO Box 2182
Portland, OR 97208



Let's go explore Hoodoo! And let's see if we can spot the mythical, dragon-like Hodag!



A powder skier at Hoodoo
with Mt. Washington in the background

NOTE: This page highlights just one of our trips. For a complete list of all our trips, see pages 9 - 12.

White Pass ski area

Mt. High bus day trip

March 16, 2013 (Saturday)

How would you like 2 ski areas for the price of one? Well, White Pass has recently doubled its terrain. So, if you liked it before, you now have twice the reasons to like it even more! This is our second and last bus trip.

No wear an tear on your car, no gas expenses, and you can even catch up on your sleep on the bus!

As on every bus trip, you get: socializing, food, fun, games, jokes, videos, and a relaxed ride.

There are no lodging expenses. We'll start from the Gateway Transit Center at 6 am, and return by about 7:30 pm.

White Pass now offers two separate hills, each served by an express quad plus a few slower lifts.

The original hill offers steeper terrain, some moguls, lots of challenging tree skiing, and lots of pleasant cruisers.



The newer hill offers mostly intermediate terrain, but with lots of glades in between.

Here are just some of the special attractions:

1. Ski among trees and tree islands in the middle of groomed trails. Experience tree skiing the easy way!
2. Easy tree skiing in ungroomed snow on the back mountain. More challenging trees on the front.
3. See the house where Olympic medalists Steve & Phil Mahre grew up. Yes, folks! White Pass produces Olympic gold!
4. Check out the new on-mountain day lodge!

This day trip is one of a series of "**Show Me Something New**" day trips we are planning. Contact Emilio.

To sign up, please use the **Dough Transmittal form** on page 13, or get it on our FORMS & DOCS web page.

Just print the form, fill it in, indicate what you are paying for, and enclose a check payable to "Mountain High Snowsport Club". Then mail it to the address printed at the top of the form, which is:

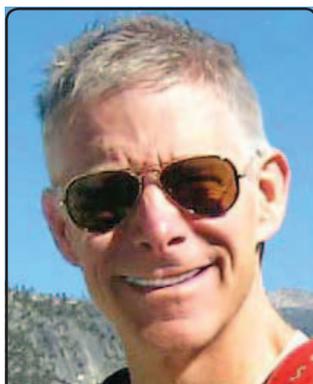
Mountain High Snowsport Club
PO Box 2182
Portland, OR 97208

This trip is developing into a multi-club trip. The **Bergfreunde** club is organizing its own bus on the same day. Also, members of several Seattle and Tacoma ski clubs might be there. We might have some inter-club mingling during the apres ski at the base day lodge.

NOTE: This page highlights just one of our trips. For a complete list of all our trips, see pages 9 - 12.

PACRAT News

Pacific NW Area Clubs Recreational Alpine Teams



Bruce Ellison
Mt. High Racing Director

Our first race of the season is on Sunday, January 13, at Mt. Hood Meadows. Some of our teams still need a few people.

If you're interested in racing this winter please check out www.mthigh.org/Racing.htm.

If you haven't been assigned to a team yet, contact Bruce: Yuffiet@comcast.net or: 503-697-7892.

2012/2013 PACRAT Race Dates

Date	Location
January 6	NASTAR Open race Mt. Hood Skibowl
January 13	Race 1: Mt. Hood Meadows
January 27	Race 2: Mt. Hood Skibowl
February 10	Race 3: Mt. Hood Skibowl
March 2	NASTAR Open race Mt. Hood Skibowl
March 17	Race 4: Mt. Hood Meadows
March 31	Race 5: Timberline
April 7	Make up race; only if a race is canceled
April 5-7	FWRA Championships, Mammoth Mt.
April 19 (Fri.)	Rat Attack Awards Party

Mt. High Team captains

Team name	Team captain	Email address / Phone #
Avalanche Express	Gary Gunderson	ktgpdx@frontier.com
Blizzardos	Linda Eidemiller	2lindaloo@gmail.com
Chilled Brewskis	Brenda Becerra	LetsPlayOnTheMt@hotmail.com
Frosted Flakes	Stevie Viaene	stevie.viaene@gmail.com
Infra-Rats	Bruce Ellison	yuffiet@comcast.net
Lab Rats	Lonny Schiller	jandjkarsten@msn.com
Mixed Nuts	Samy Fouts	samyfouts@comcast.net
Mt. Hoodlums	Chuck Westergren	Chashisk@Yahoo.com
Psychothermia	Chris Coleman	christophercoleman@hotmail.com
Rat Racers	Eric Ort	eort@mail.com
Rattitudes	Chris Wiley	Chris2007@Yhuji.com
Schussing Shysters	McCoy Smith	McCoySmith@comcast.net
Slack Rats	Beth Paraskeva	alnbeth@gmail.com
Vertical Junkies	Bob Lawrence	BobL_Vjunkies@nwretractablescreens.com
Vertigo Madness	Tom Cansler	tomcansler@qualitytank.com

NASTAR Race

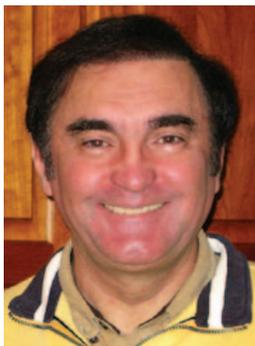
Jan. 6 (Sunday) at Mt. Hood Skibowl. Open to all. Just show up. Bring \$10 for 2 runs, or \$20 for unlimited number of runs. Registration in the Outback Lodge 8 - 9 am.

Anyone over 18 can be a PACRAT racer!

At the November Board meeting, the PACRAT Board has lowered the age requirement for racers from 21 to 18.

Don't be Like Me

Emilio Trampuz



I was a PACRAT racer for 24 wonderful years! I had a lot of fun participating in the racing and being a team captain. I introduced a lot of new people to our fun, recreational form of racing.

But for the first 12 years, I did not do anything with the ski club other than race. I never went on

any ski trips with the club, and I only attended a club event maybe only once a year. I never attended any of the the club parties. I didn't know what I was missing!

Then I discovered how much fun the club's ski trips are, and I also started attending the parties, the rafting trips, the biking, the bowling, and other fun events, and I got hooked. But this happened only after I missed those first 12 years!

So, don't be like me. Don't wait so many years before taking the plunge and sampling some of the other stuff the club has to offer.

For sure, PACRAT racing is a very social activity too. When you join a team, you get 9 instant ski buddies for the season. PACRAT apres ski parties are fun. Skiing with your team-mates is fun.

But PACRAT racing keeps you busy just 5 days of the season. Or 6 if you also count the Rat Attack awards party at the end of the season.

What can you do during the rest of the winter? Well, join the club that really skis in some of the many other activities, the day trips, the weekend trips, the week-long trips, the Chocolate party, Seafood party, picnic, Pizza parties, the summer rafting, and so much more!

Have some fun! As Warren Miller says: "If you don't do it this year, you'll just be a year older when you do."

"Show Me Something New" Day Trips



During the coming winter we will have at least 5 simple day trips to the following 5 destinations: **Mt. Hood Meadows, Timberline, Mt. Hood Skibowl, Hoodoo, and White Pass.** The Mt. Hood days will be simple carpooling trips. But for **Hoodoo and White Pass**, we'll hire a bus

If there are enough of us at any of these day trips, we could get discounted group lift tickets. For Hoodoo and White Pass this is practically guaranteed, but let's also keep this in mind for the less formal day trips to Mt. Hood ski areas.

The focus on these trips will be fun skiing, exploring, enjoying the sights, and showing each other new nooks and crannies we may not have noticed before.

Racers are welcome to join in on any of these non-race days. But, remember that the focus will be on skiing together as a group. Faster skiers are welcome to go ahead on their own, but we will commit to adjusting our speed to the slowest people in the group. Nobody will be left behind.

Oh and then in the Spring (March, April and May), we will again have those **out-of-bounds adventures** around Timberline. In addition to the usual canyons, we already have some other hidden stashes to show you.

Mt. Hood Day Trips



Jan. 12 (Sat.): Mt. Hood Meadows

Jan. 26 (Sat.): Mt. Hood Skibowl

Apr. 20 (Sat.): Timberline canyons

These will be informal carpooling trips. We'll meet at **McDonald's** in **Sandy** around **7:00 - 7:15 am** and either drive in a caravan or arrange for some carpooling on the spot.

Or, meet us on the mountain just minutes before 9 am near the ticket office, ready to go skiing.

Or, contact us by 2-way radio on channel 6-19.

Hoodoo day trip



**Feb. 16, 2013
(Saturday)**

A day trip including bus and lift ticket for only **\$80.**

Meet the bus at the **Tualatin Park &**

Ride. which is at the Durham exit (one exit north of the Tualatin exit). Get on Lower Boones Ferry Road just west of the freeway, and turn left at the first traffic light.

Load the bus from 5:30 am. Depart at 6:00 am. At Hoodoo, the bus leaves at 4:30 pm. Arrive in Tualatin by 7 pm.

Trip leaders:

Sandra Smith, sandra@pacifier.com, 503-646-4591.
Emilio Trampuz, Emilio2000@earthlink.net, 503-378-0171.

Please use the [Dough Transmittal form](#) to send in your \$80 payment to the club.

White Pass day trip



**March 16, 2013
(Saturday)**

A day trip including bus and lift ticket for only **\$95.**

This costs a bit more than Hoodoo

because White Pass is farther away and also has higher lift ticket prices. But remember that it recently doubled its skiable terrain!

Meet the bus at the **Gateway Transit Center**, near the junction of I-84 and I-205.

Load the bus from 5:30 am. Depart at 6:00 am. At White Pass, the bus leaves at 4:30 pm. Arrive in Portland by 7:30 pm.

Trip leaders: **Emilio Trampuz**, 503-378-0171, Emilio2000@earthlink.net, and **Linda McGavin**, 503-652-2840, Trips@mthigh.org

Please use the [Dough Transmittal form](#) to send in your \$95 payment to the club.

Whistler condo trip



Jan. 19 - 26, 2013

7 nights lodging /
8 days skiing, Car-
pooling possible.

Lodging is in the
Sundance Creek-
side 3 bedroom con-

do. This is a 3 bedroom / 3 bathrooms penthouse
at Creekside that sleeps 8. (Sofa bed in the living
room) See details about the condo at:

<https://www.worldmarktheclub.com/resorts/sd/>

This is the same week that Bill Leeper has his
Whistler cabin trip, but Bill's cabin is already full.

Cost= \$50 per person per night. It includes most
meals. Julie will be cooking most of the meals.

Contact: **Julie:** tattin187@aol.com , 503-319-
9988

FWSA

Aspen Ski Week



Feb. 2 - 9, 2013.

A full week of
activities and rac-
ing in spectacular
Aspen / Snow-
mass. For lodging,
choose Aspen or
Snowmass. Rac-

ing and most social events take place in Snow-
mass. Bus transportation between Aspen and
Snowmass is frequent and free.

\$1,365 The Gant in Aspen, OR

\$1,385 Crestwood Condos in Snowmass.

Price does NOT include air, but includes:

- * 7 nights lodging (double occupancy);
- * Welcome Party; Mountain Picnic;
- * Races
- * Pub Crawl specials (no-host)
- * Ski Week Banquet
- * Awards Après Ski Party
- * 5 of 7 day Lift Ticket

Contact:

Barbara Bousum, 503-224-3584, bbousum@gmail.com

Chris Ciardi 503-297-5351, c2blondie@hotmail.com

Mt. High

Idaho bus trip



January 18-21, 2013 -- Our shortest trip this season!

3 nights lodging, 3 days lift tickets at 3 ski areas. The price
includes lodging, lift tickets, bus transportation and a
lunch on the way to Idaho. Trip leaders: Linda & Emilio.

We'll leave Portland on Friday morning, around 8 am,
have lunch in Pendleton, and arrive in McCall, Idaho
just in time for dinner. We will stay in McCall 2 nights
and ski at:

Tamarack, the newest ski area in Idaho, just 17 minutes
south of our hotel in McCall. 2,800' vertical, 900 acres,
2 high-speed quads (the 3rd one was taken away), plus
a few minor beginner lifts.

Brundage Mt. is less than 10 minutes from our hotel. It
has: 1,800' vertical, 1,500 acres, 1 high-speed quad and
4 fixed-grip triples.

On the way back home, we will stop for one more night
(Sunday night) at Baker City, OR. We'll return to Port-
land on Monday (MLK Day), by 9 pm, after skiing at:

Anthony Lakes: The ski area with the highest base in
Oregon, at 7,100'. It offers: 900' vertical, 1,100 acres,
and the lightest powder in Oregon.

Cost per person, double occupancy = **\$379** per person.
Price for those over 70: **\$304**.

Payment schedule: \$100 deposit due now to reserve
your spot.

Please use our [Dough Transmittal form](#) on our web site
or the smaller version of it on page 11. Make your check
payable to **Mountain High Snowsport Club**, and mail it
to: **Mountain High**, PO Box 2182, Portland, OR 97208.

Contact:

Linda McGavin, 503-652-2840, Trips@mthigh.org or

Emilio Trampuz, 503-378-0171, Emilio2000@earthlink.net.



**Our previous trip to
Brundage Mt. in 2006**

Mt. High Utah: Powder Mt. & Snowbasin  **Feb. 22 - March 1, 2013**

7 nights trip. Friday is travel day. We'll start skiing Saturday. On the last day, March 1, you will either spend the day driving home, or ski one more day and catch an evening flight home.

We will stay in Eden, 20 minutes from Ogden, 1:15 from the Salt Lake City airport.

Powder Mt. offers 2,000' vertical 5,500 acres.

Snowbasin hosted the Olympic Downhill in 2006. It has luxurious new lodges, 2,959' vertical. 2,800 acres.

The trip price includes 7 nights in a Luxury Condo and a pizza party. Lift tickets will be worked out later.

Couples Pricing (per bedroom for 2 people for a week):

- \$600 Master Suite with private bath (2 available)
- \$525 Queen Bedroom (3 available initially)

Singles Pricing (total price per bed for a week):

- \$325 Queen Bedroom (single supplement price)
- \$250 Twin Bed (2 available in loft)
- \$200 Sleeper Sofa (3 available)

Use [Dough Transmittal form](#) to send \$200 deposit. Full payment due by December 20. No refunds after December 20 unless you fill your spot. Trip leaders:

Linda McGavin, 503-652-2840, Trips@mthigh.org
Gordy: 503-804-8363, GordyLusk@hotmail.com

Bergfreunde Lake Tahoe Sampler 

Feb. 24 (Sun.) - Mar. 2 (Sat.). Mt. High members are invited to join this flexible carpooling trip.

Cost: \$318 (ppdo, land only) includes:

- 6 nights lodging
- Group dinners Tues. and Thurs.
- Hospitality room Sun, Mon, Fri.

- Legendary Wed. night dinner dance cruise on the M.S. Dixie II paddle wheeler
- A trip souvenir.

Lodging: at the Bluelake Inn, within a few blocks of the casinos and the Heavenly gondola. Each room has a refrigerator and microwave.

Skiing: We'll be playing it by ear and taking advantage of any lift ticket deals that are offered by the 16 different ski areas. We'll discuss our findings at a pre-trip meeting.

Contact: Bob Burns: 503-524-5261 (phone/fax), bob@inkjetman.com.

Make checks payable to **Bergfreunde Ski Club**. \$150 down, balance by January 2nd

Send payments to: Bob Burns, 9980 SW Citation Place Beaverton, OR 97008. Please include: Your name; club name; address; phone numbers; and email address.

Cabernet ski club**Park City / Sundance Festival** **January 22-27, 2013**

Join the Cabernet Ski & Sail Club trip to Park City, Utah. Open to all NWSCC club members. Trip package includes:

- ~ 5 Nights Lodging Park City Peaks Hotel
Includes full buffet breakfast daily and Cookie Man freshly baked cookies each evening
 - ~ 4 Days Skiing
2 days at Deer Valley Resort
2 days at Park City Mountain Resort
 - ~ Airfare from Portland to Salt Lake City via Southwest Airlines *
- *Based on air prices August 2012

~ Shuttle transportation round trip from SLC to Park City provided by Canyon Transportation

~ Welcome party and Farewell event

Package price is \$1,175.00*

*Single occupancy add \$470. Without air deduct \$275

Not included – tickets to Sundance Film Festival. We will provide options to attend the Festival to all participants.

Trip limited to 24 participants.

Initial deposit \$100 payable to **Cabernet Ski & Sail Club**. Mail to **Steve Coxen**, 19510 Suncrest Dr, West Linn, OR 97068. Contact stevecoxen@yahoo.com or 503.679.9022.

FWSA Bachelor Mini Ski Week 

March 25-30, 2013

A shorter version of FWSA's Ski Week. Only 5 days instead of a whole week.

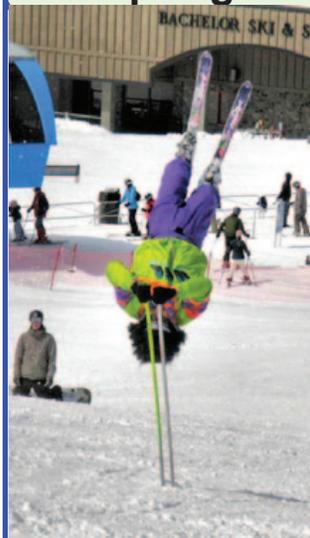
Price: \$460 - \$495 includes:

- * 5 nights lodging at The Riverhouse
- * Welcome reception * Full breakfast daily
- * 3 or 4 day lift tickets
- * Last Tracks Apres Ski Party
- * Tubing Party, * Farewell Party
(Transportation not included.)

Contact: **Gloria Raminha**, FWSA Travel, at: Fwsa.natravel@bak.rr.com

See www.fwsa.org for more details.

Note: Don't confuse this trip with the Mt. Bachelor Springtacular Blast at the end of April.

Springtacular BLAST 

April 26-28, 2013

A flexible 2 - 5 days trip to **Mt. Bachelor**. This year, the NWSCC is not organizing this, but it is supporting it. This trip will be open to clubs all across the country. So, think of this as a multi-club trip.

It will be totally different this year. We'll

have LOTS of options for skiing, golfing, kayaking, biking, etc., with lots of flexibility, and also another chance to ski with the Legends, the original hot dogs of skiing, who can still teach you a trick or two.

All reservations will be made directly with ski.com.

Mt. High Canada Powder Hwy. (Red, White & You) 

March 23 - 30, 2013 - Red Mt., Whitewater, 49° North. 6 nights lodging, 5 days lift tickets at 2 ski areas in British Columbia. Red Mt. is famous for its powder, but Whitewater, just an hour north, gets even larger quantities of it.

On Sat., March 23, we'll just drive and/or carpool up there. We'll spend 4 days and nights in the charming town of **Nelson**, B.C., just 15 minutes from the **Whitewater** ski area. 3 Whitewater lift tickets are included. 1 dinner is included.

The 4th day is an optional day of relaxation. We might visit the **Ainsworth Hot Springs**, about 30 miles north of Nelson, on the shores of Kootenay Lake, or go ski again.

Whitewater ski area gets 40 feet of snow annually, on 2,044' vertical, 1,184 acres, served by 1 triple chair and 2 double-chairs. As of 2010, the ski area doubled its size with the opening of the Glory Ridge chairlift. Ymir Peak towers majestically over the ski area. Click here for a great [video](#).



Red Mt., just north of the US border, near Rossland, we will ski for 2 days, staying in a motel in Rossland, just 2 miles away. Red Mt. has 2,919' vertical, 4,200 acres, of which 1,685 are lift served by 1 quad, 2 triples, and 1 double chair. On the way back home, if you still have energy, there is an optional \$70 1-day ski package with lodging in the town of Chewellah, WA, and skiing at **49° North**, where you can ring Ullr's bell for good luck and then ski the 7 deadly sins. 49° North is opening a new chair this season on Angel Peak.

Price depends on your age and type of room.

All prices are per person	Adult	Senior (65-69)	Super senior 70+
	1 queen bed (double occupancy)	\$695	\$620
2 beds per room (dbl. occupancy)	\$725	\$650	\$510

Deposit: \$100 will reserve your spot. Please use our [Dough Transmittal form](#). Make check payable to **Mountain High**, and mail to: **Mountain High**, PO Box 2182, Portland, OR 97208.

Linda McGavin, 503-652-2840, Trips@mthigh.org or **Emilio Trampuz**, 503-378-0171, Emilio2000@earthlink.net.

Club membership = 322 Newsletter Distribution

The January 2013 issue is posted on our web site. Also:
 386 copies sent via email (as PDF files)
 24 paper printed copies sent via US Mail.
 Copies are sent to potential members, other clubs, etc..
Please help us minimize the cost of mailing paper copies.
 Send your email address to: newsletter@mthigh.org.

Fundraisers, Good karma



Mar. 1- 2, 2013: **Hope on the Slopes,**
 a 24 hour ski challenge and fundraiser for the American Cancer Society, held at Mt. Hood Skibowl Friday afternoon - Saturday morning.

Mar. 10 - 11, 2013: **Oregon Cancer Ski Out,**
 a fun 2-day event (Sunday & Monday) at Mt. Hood Meadows. Teams of 5 compete for best consistency (not speed).

Apr. 13 (Sat.), 2013: **Ski to Defeat ALS,** a fund raiser for ALS (Lou Gehrig's Disease). Inspired by **Fred Noble**, held at Mt. Hood Meadows.

For Sale on Bulletin Board

Check out recent items posted on our Bulletin Board.

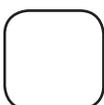
1. **A spot on Bill Leeper's week-long Whistler cabin trip** for just \$280. Call Jayne at: 503-364-4371.
2. **Wanted: Used Phat Luv skis.** Contact: jbon1960@comcast.net
3. **For sale: 4 Winter Goodyear 235/65R17/108H Ultragrip SUV XL tires.** Call Kevin, 503-784-4018, or email: kviaene0624@yahoo.com
4. **The Taco Shpppe in Govy: \$3 off any burrito!**

See details and other items on our Bulletin Board:
<http://www.mthigh.org/BulletinBoard.htm>

NOTE: The Charitable fund-raisers listed on the left are not just fund-raisers. They are also a lot of fun. Each event provides something special. Check out the details on our Mountain High web site.

NW Ski Club Council

As of 2013, NWSCC meetings will be held bi-monthly (February, April, June, August, October, December); the location may vary, so check the NWSCC website. These meetings are open and participation by club members is encouraged. Next meeting is **Wednesday, February 20, 2013.**



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