



Lift Lines

= No. 268, April 2023 =

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



From the Editor

Ski Season is far from over. We have at least another month of skiing at Meadows and Skibowl, and two months at Timberline. Plus there is the **Bachelor Blast**, our last ski trip of the season, happening this coming weekend.

Want to try skiing through some gates, just for fun? Participate in the Laura Green Memorial Race at Timberline on Sunday, April 23. It's open to all. You'll have some fun and will also contribute to the Mt. Hood Ski Patrol.

But also, get ready for the **next** season. **The Indy Pass** is becoming more and more prominent, and it will be a major factor in determining where we'll organize ski trips next season. See more on page 6.

Also, it's time to start thinking about **summer activities** as well. Thanks to Raj and Tanika for inviting us to a BBQ on Sunday, June 25. And also get ready for a variety of bike rides yet to be announced.

The Far West Convention is happening in Boise in June. In addition to all the ski-related stuff, there will also be some hiking and biking, a pub crawl and more. See page 6. Consider participating. It's a great annual event with so much going on that it is hard to even list it all. For the bike ride, consider bringing your own bicycle. We did that a few years ago, but at that time much of the Greenbelt trail was flooded. This time, we'll be able to see much more of it. Let Debbi Kor know if you are coming to the Convention.



Rich, Diane, and Mike at Mt. Bachelor

Note the color code.
Our club is blue.

2022/2023 CALENDAR

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

APRIL 2023

- Apr. 7 - 9.** **Bachelor Blast** Spring weekend open to members of all NWSCC clubs.
- Apr. 21 (Fri.)** **PACRAT Rat Attack Awards Party & Dinner. 6 pm** at the Abernethy Center, Oregon City
- Apr. 22 (Sat.)** **Mt. High Bowling Night**
Just for fun! - 7 - 9 pm.
- Apr. 23 (Sun.)** **Laura Green Memorial Race at Timberline**, benefiting the Mt. Hood Ski Patrol.
- Apr. 24 (Mon)** **Mt. High Board meeting**
Zoom meeting.
- Apr. 26 (Wed.)** **Informative NWSCC meeting 7 pm.** Guest speaker TBA.

JUNE 2023

- June 7 - 9.** **Far West Ski Association Convention** in Boise, Idaho.
- June 25 (Sun)** **BBQ with Raj & Tanika** - 4 pm

Let's Have Some Fun!



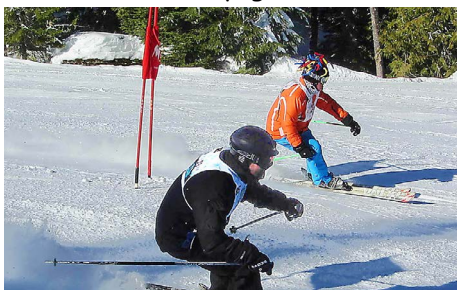
Bachelor Blast ski trip
(See pages 3)



Ski the canyons
(See page 2)



Bowling
(See page 4)



Ski Racing just for fun
(See page 5)

Mt. High

Spring Skiing? Hmm...

Timberline webcam, 04/01/23



total base now standing at 176 inches. That is 14 feet and 8 inches. And more snow is in the forecast. The above image shows Timberline Lodge snowed in. (Sorry for the date, but this is NOT an April Fools' joke.)

Mt. Hood Meadows also received 18" of snow within the past day, for a total of 150 inches at the base area and 230 inches mid-mountain. That is 19 feet and 2 inches. And there seems to be no end to more snow.

This is great for powder seekers, but so much fresh snow also brings a danger of tree wells and avalanches. Also, low visibility increases the risk of getting disoriented and lost. So be careful. Don't ski alone and keep an eye on your ski buddies.

On the next few pages are some ideas on what to do this Spring in addition to your regular ski habits.

March, April, May. Spring skiing is characterized by warm, sunny days and somewhat icy, hard snow early in the morning. When the snow softens up in the sun, there is a magic hour, when the skiing is just perfect. Depending on the weather, this magic hour can happen around 10 am, or 11 am, or even around noon.

But even though it is already the beginning of April, it still feels like winter. The mountains are being pummeled by one snow-storm after another. The snow just keep coming.

Just as an example, on Saturday, April 1, 2023, Timberline has received 18 inches of new snow in the past 24 hours, for a

Ski the Canyons west of Timberline

Emilio
Linda
Lisa
Kay
George
in Little
Zig Zag
canyon



Thanks
to Kurt
Wilke
for this
photo.

Check out the scenery just a little bit west of Timberline and dip into some of the canyons. The terrain is easy when the snow is good. But not all canyons are safe and it's easy to get lost in the forest if you ski below the tree line.

Emilio knows this terrain well and wants to show you how to safely and legally ski in and out of the canyons and back to the ski lifts. Or how to ski all the way down to Government Camp.

Last Spring, we tried to do it every Saturday. But this year, we'll do it only once

or twice, and by invitation only. We already have a list of over a dozen people who have expressed interest. People on that list will be informed when the time comes. How to get on the list? Just email Emilio and let him know you are interested in the Timberline Adventures into the canyons. Emilio2000@earthlink.net

THINGS TO KNOW. 1. The terrain is mostly intermediate. You can also choose your own level of challenge. Some steeper sections can easily be bypassed. Some easier sections also have a steeper alternative.

2. In the Spring, the deep snow settles under its own weight and then repeated cycles of freezing and thawing create a solid surface that can be even easier to ski than some groomed trails. But we received so much fresh snow lately that we need to wait until it solidifies, to make it both easier and safer.

3. The tour can be short, just 15 - 20 minutes, returning to the ski lifts. Or we can make the tour much longer, over an hour, and end up in Government Camp. and catch the Mt. Hood Express bus back.



NWSCC's Bachelor Blast

April 7 - 9, 2023. -- TOO LATE TO SIGN UP NOW --

Start: Friday, April 7, 2023, at 5:00 PM

End: Sunday, April 9, 2023, at 3:00 PM

Optionally, you can add Thursday and/or Sunday night lodging.

This trip is open to members of all local ski clubs in the Northwest.

The trip coincides with the First Friday Art Walk in Bend.

Lodging: La Quinta Inn by Wyndham Bend

61200 S Highway 97 Bend, OR - 10 minutes to downtown Bend.



All rooms include free parking, deluxe continental breakfast, high speed internet, fitness center, indoor swimming pool (salt water). It's a non-smoking hotel - pet friendly. 10 minutes from downtown Bend. 35 - 40 minutes to Mt. Bachelor.

Prices are per person, based on double occupancy. Choice of a King bed or 2 Queen beds.

Sign up with your roommate of choice or pay a single supplement of \$130. We will not assign roommates for this trip.

The price of \$320 (PP/DO) for adults includes 2 nights' lodging, 2 continental breakfasts, and a 2 consecutive day lift pass. Prices are lower for seniors, super seniors, children and teens!

Seniors 65-69 and teens 13-18** pay only \$250 - \$275.

Super seniors 70+ and youths 6-12** pay only \$220 - \$245.

Non-skiers pay only \$150 .

** With 2 paying adults, children stay at no extra charge – just pay group rate for lift tickets.

Sign Up & Pay. Form is on the NWSCC Website at: <https://nwski.org/trips> .

Questions? - Contact: **Linda McGavin** at editor@nwski.org / www.nwski.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 use the signup form mentioned above.

But also note that most of the people signed up so far are Mountain High club members.

UPDATE: It is now too late to sign up for this trip. All the lodging and lift tickets have already been paid.



Upcoming FWSA Trips



The Far West Ski Association, which we are all part of, organizes several trips each season. Most of this winter's trips are now in the past, but new ski trips are already being planned for next season.

See more details on the [FWSA web site](#).

For now, let's just mention the Scuba diving trip coming up in October.

Oct. 7 - 14, 2023 [2023 FWSA Scuba Diving trip to the Little Cayman Island.](#)

Mt. High

Bowling Night

April 22, 2023, (Saturday) - 7 pm.

Starting at 7 pm.

Ending around 9-ish.



We haven't done any bowling in a few years, but it has always been a lot of fun, and will continue to do be! So, let's do it again!

We have reserved 6 lanes, with 4 people per lane. This means participation is limited to 24 people.

FOOD & DRINKS: The kitchen, unfortunately, closes at 7 pm so if anyone wants food, they should come before hand. The bar will be open all evening, though. A small group of us do plan to head over to Pietros Pizza, on Main Street in Milwaukie for pizza and beer afterwards. Please feel free to join us at the.

Milwaukie Elks
13121 SE McLaughlin Blvd.
Milwaukie, OR

This is about a mile south of downtown Milwaukie.

Please RSVP to Debbi to let her know if you plan to bowl with us.

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

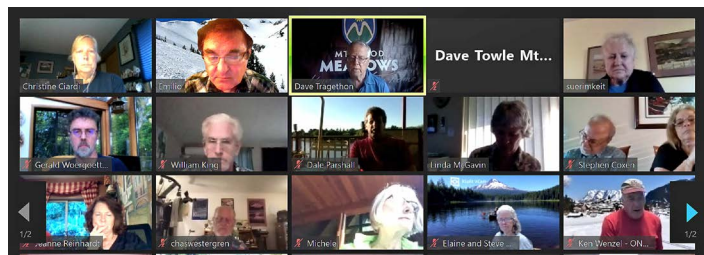


Mt. High Mt. High Board Meeting

April 24, 2023, (Monday) - 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.

Location: Zoom Online. Join us from your computer, tablet, or smartphone. Just follow a link which will be posted on our website announcement at: http://www.mthigh.org/#Mountain High board mtg .



NWSCC Meeting - via Zoom

April 26, 2023, (Wednesday) - 7 pm.



Please join the meeting at 6:45 pm.

Official part of the meeting starts at 7:00 pm.

Guest speaker: TBA.

Join Zoom Meeting at:

https://us02web.zoom.us/j/85761120685?pwd=ZnB6Tm5YUy93YkVuV3FhNGIyUUVQQT09

Meeting ID: 857 6112 0685

Passcode: 365974

These meetings can be very informative and interesting, depending on the guest speaker. You can also find out what other local ski clubs are doing.

PACRAT

Rat Attack - End of Season Awards Party & Dinner**April 21, 2023 (Friday).**

The annual end-of-season PACRAT Award Party & Dinner.

Location: The Abernethy Center,
606 15th St,
Oregon City, OR 97045



An Italian themed dinner, drinks from the full bar, and awards; followed by music by Hit Machine on the PDX Sliders stage. The final race results of the season will be announced.

Everyone will receive two drink tickets: beer or wine for one ticket, mixed drinks for two tickets. After that, Plan to bring cash, Pacrat will sell CASH ONLY Beverages for \$5.00 until 10:20 pm. (Absolutley NO outside alcohol will be allowed)

This is a party for our PACRAT racers and their guests. The event is free for PACRAT racers. Guests pay \$30 at the door for dinner, dessert, and entertainment.

Please RSVP to PACRAT racers ASAP and let them know how many guersts you will bring.

More info on the PACRAT website: https://www.pacrats.org/main_pages/other/2023%20Rat_Attack.htm .

OPEN TO ALL

Laura Green Memorial Race to Benefit Ski Patrol**April 23, 2023 (Sunday).**

A fun, fundraising race. **Open to the public.** All are welcome. Both skiers and snowboarders. Parent/guardian permission and signature required for all racers under 18.

Event Location: Timberline - Pucci Chairlift

Race Course Location: Pucci Main Run

Online Race Registration: Laura Green Memorial Registration

Onsite Race Registration: 8:00-9:30am Wy'East Day Lodge - 3rd floor.

Race Start Time: 10:00am Race Finish Time: 1:30pm

Registration limited to 100 maximum participants - so register early!

Timberline Liability Waiver (REQUIRED): Timberline Race Waiver

Post Race Barbeque at the Government Camp Ski Patrol Building: 2:30-6:30pm Race Start Order: Every participant will start on a first-come/first-served basis. Participants will be asked to slip race course to maintain safe racing conditions

Race Donation: \$25 minimum donation for as many runs as you can make until the courses are pulled - all proceeds will be donated to the Mt Hood Ski Patrol

Non-Racers: If you are not planning to race, but would like to make a donation in Laura Green's name to the Mt Hood Ski Patrol, please visit the Laura Green Memorial Facebook page located at: Laura Green Memorial Fundraiser Facebook Page.

Additional Information, Registration and Results available at: www.pacrats.org



Mt. High Mt. High BBQ & House Party



June 25, 2023.
Sunday - 4 pm.

House party & BBQ at the home of Raj Savara and Tanika Barsegian.

A Mexican theme is planned. Mexican BBQ.

This is a potluck. Bring something to share. A side dish, a salad, or some dessert.

Location: Raj's place

15311 SE River Forest Dr
Portland, 97267

Hosted by Tanika Barsegian, (503) 473-4444.

See more details and please RSVP at:

<http://evite.me/WdB2qMnJAB>

Crystal Mt. News

Crystal Mountain (Washington) has great plans for renovation and expansion.

The first on the list is building a new 25,000 square foot day lodge, which is already being built in order to be ready by the start of the next 2023/24 winter season.



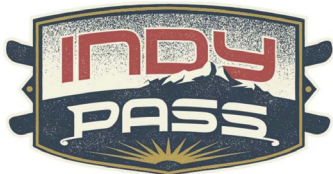
The new owner, Alterra Mountain Company (IKON Pass) is pouring about \$500 million dollars into this development.

Next on the agenda is building more slopeside lodging. Then adding more lifts and opening more terrain.

Some people like it. Some are worried that if Crystal becomes more of a destination resort, it might get more crowded.

Thanks to Ron Reichardt for giving us this information.

Mt. High Indy Pass & Our Trips



The Indy Pass has grown to well over 120 independent ski areas around the US, over 30 of them in the West. And it is continuing to grow.

Brundage Mountain has decided to drop out of all other passes and stay only on the Indy Pass.

Our club is planning to organize next season's ski trips to visit a number of Indy Pass ski areas, where skiing is free for 2 days at each of them.

Linda McGavin says: "I'll try to find something that includes both Mt. Hood Meadows passholders and the Indy Pass."

Many of us who have had the Indy Pass last season received a special discounted if we purchased next season's pass in March. So, many of us did.

The Indy Pass is now on sale to the general public. The basic pass costs **\$319** (with some blackout dates) or **\$419** without blackout dates.

Mt. Hood Meadows Pass holders can buy the Indy Pass as an add-on for just **\$239**.

So, get ready for next winter and [buy your Indy Pass](#) now. **The number of passes is limited this year.**

FWSA Convention

June 15 - 18, 2023. The 90th annual Far West Ski Association Convention will be held in Boise, Idaho.

This is a great opportunity to interact with other skiers, ski area representatives, and ski celebrities who are invited as guests.

It is also a time for ski clubs, ski councils, and individuals to get some recognition through a variety of awards.

There is also an educational programs with a series of lectures on various topics of interest to skiers.

And there are also fun activities during the first 2 days (Wednesday evening thru Friday), including:

1. Dinner at a Basque Restaurant (Wed.)
2. Greenbelt Bike Tour (Bike included or bring your own)
3. River Rafting on the Payette. Half day on Thursday
4. Pub Crawl (Thursday evening)
5. Top Golf - a unique experience (Friday)
6. A Day on the Mountain at Bogus Basin (Friday).

The Convention is fun, educational, inspiring, and more. Registration costs \$179 for the full package including all meals and all meetings, seminars, etc. This does not include lodging. Let [Debbi Kor](#) know if you are coming.

Our club will provide a partial sponsorship to all those who want to attend as our full delegates.

2023 Volunteer of the Year



Linda McGavin has been selected as our club's Volunteer of the Year. She will next be considered a candidate for Volunteer of the Year by the NW Ski Club Council, where she stands an excellent chance of winning since she has also been nominated by another local ski club as well - the Interlachen Ski Club.

The Far West Ski Association has discontinued the Man & Woman of the Year competition and replaced it with the Volunteer of the Year.

Mountain High Board Meeting

Usually last Monday of the month.

April 24 (Mon.): Open to all who want to get involved with the club.

Gather at **6:15 pm**. Start at **6:30 pm**. **This will be an online meeting via Zoom.**

Mountain High snowsport club contacts:

- | | | | |
|-----------------------------|----------------|-------------------|--|
| President: | Bill King | H: 614-371-4762 | President@mthigh.org |
| Vice-President: | Debbi Kor | H: 503-314-7078 | Vicepresident@mthigh.org |
| Secretary: | | | Secretary@mthigh.org |
| 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): _____

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.

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

Please take my money, and apply it toward the following Ski Club fun stuff: Deposit? Paid in full?

Annual Membership (Oct. 1 - Sept. 30): Single (\$30); couple (\$50) \$ _____

Mountain High Cookbook: 34 pages of recipes from our members \$10 \$ _____

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 = 172 Newsletter Distribution

The April 2023 issue is posted on our web site. Also:
204 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-2022-03-03.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.

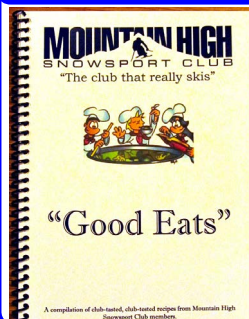
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "Signup & Pay" at: <http://www.mthigh.org/Signup-Pay.htm>

Stories from Skiing History Magazine

Find the Skiing History Magazine at: <https://www.skiinghistory.org/skiing-history-magazine>

- * [Michaela Shiffrin, Warren Miller, etc.](#)
- * [Canada's Team at the 1936 Olympics](#)
- * [Pete Totemoff - pioneer in New Mexico](#)

Mt. High Cookbook

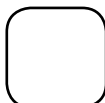


This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.
The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: ijustwannarun1@comcast.net , or call 503-314-7078.

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 Cervinia, Italian side of Matterhorn](#)
- * [5 Things to Know When Skier Crashes](#)
- * [Health Tips for Spring Skiing](#)



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