



Lift Lines

= No. 286 October 2024 =

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

From the Editor

Please renew your club membership now, if you haven't already. It's great if you do it in person at our Kickoff Party, Thursday, October 24.

A lot is happening in October and November, including the Warren Miller movie and Snowvana, plus a special day of discounted shopping at Columbia Sportswear. See our calendar.

And then there's the Heritage Night at the Mt. Hood Museum and Cultural Center in Govy, and the Pray for Snow party at the Ratskeller.

Also, check out all the ski trips that have just been announced on these pages and on our club's website.

Note the color code.
Our club is blue.

2024 CALENDAR

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

OCTOBER 2024

- Oct. 12 (Sat.)** Lake Oswego Ski Swap at Lakeridge High, 8 am - 1 pm.
- Oct. 21 (Mon)** Mt. High Board Meeting at the Round Table Pizza, Lake Oswego
- Oct. 23 (Wed.)** NWSCC meeting at the Columbia Store Shopping, door prizes, and more.
- Oct. 24 (Thur)** Season Kickoff Party at the Lucky Lab in the Multnomah Village. Renew your membership. Free food (on the club).

NOVEMBER 2024

- Nov. 1 (Fri)** Warren Miller new movie at the Aladdin Theater, 7:30 pm.
- Nov. 1 - 3** Snowvana ski show (Fr-Sun) at the Portland Expo Center.
- Nov. 2 (Sat.)** Mt. Hood Heritage Night at the Mt. Hood Museum.
- Nov. 16 (Sat.)** Pray for Snow party at the Ratskeller in Government Camp.

SKI TRIPS 2025

- Feb. 9 - 14** McCall, Brundage, Tamarack trip
- Feb. 23 - 25** White Pass (WA) ski trip
- Mar. 23-28** Whitefish Mtn. (MT) ski trip.

Fun Stuff

LAKE OSWEGO SKI SWAP
SATURDAY OCTOBER 12
8 am - 1 pm

buying on 1000s and slightly used skis, boots, boards, apparel and accessories.

If you wish to sell your gear on consignment you'll receive 60% of the sale price.

entry fee: individual, \$10 per family, and under free

Drop off at LHS Cafeteria October 11, from 4-7

LAKERIDGE H.S.
www.lakeoskiswap.com

Lake Oswego Ski Swap
Saturday, Oct. 12



NWSCC at the Columbia Store
Wednesday, Oct. 23



Season Kickoff Party
Thursday, Oct. 24



Warren Miller's movie "75"
Friday, Nov. 1

Membership Renewal

It's time to renew. Our membership year runs from October 1st till the end of September of the following year. If you have joined the club this summer, your membership applies to the whole coming winter, so no need to pay again at this time..

You can renew in three ways. See details on our Membership page: www.mthigh.org/Membership.htm .

- a) **By mail.** Just fill out the **Dough Transmittal Form** (on the Forms & Docs page on our web site). Or use the shorter version of the same form on the last page of this newsletter.
- b) **Online** with a credit card. Start the process on our "[Signup & Pay](#)" web page.
- c) **Renew in person** at our annual **Kickoff Party** on Thursday, October 24, 2024.

Lake Oswego Ski Swap

Oct. 12, 2024 (Sat.) 8 am - 1 pm

Lake Oswego HS and Lakeridge HS are holding their annual Ski Swap at the Lake Oswego High School on Saturday, October 12 from 8:00 a.m. until 1:00 p.m. at Lakeridge High.

There will be 1000s of new and slightly used skis, boots, and snowboards. There is a Swap entry fee of \$5 per individual, or \$10 per family. Kids 12 and under enter for free.

A great way to get rid of old ski gear and get some money for it! You will receive

60% of the sale price. Also a great event to pick up some decent racing gear at a reasonable price.

If you have something to sell, bring it in on Friday, 4- 7 pm. Any unused gear must be picked up on Saturday, 2 - 3 pm.



Mt. High Board Meeting - in person, with pizza!

October 21, 2024 (Monday) - 6:00 pm.

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.

Place: Round Table Pizza, 16444 Boones Ferry Rd., Lake Grove, Lake Oswego, OR. See [Google map](#).



NWSCC Meeting with Shopping at the Columbia Sportwear Store

October 23, 2024 (Wednesday) - Shopping 4:30- 6 pm. Meeting: 6 pm

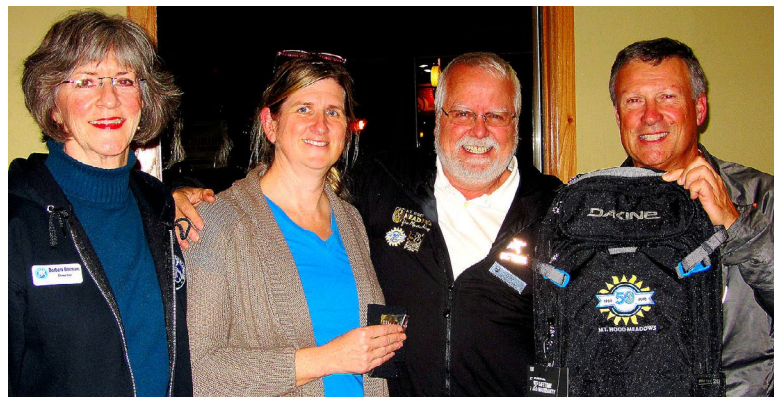
The October NWSCC Council meeting will be held at the COLUMBIA SPORTSWEAR FLAGSHIP STORE. 911 SW Broadway, Portland, OR 97205/

This meeting is open to all our local ski clubs, including Mountain High.

Come early - 4:30-6:00 for shopping with a 20% discount!

Meeting starts after 6:00, when the store closes to the public.

There will be: Pizza and beverages
Fashion Show!



Kickoff Party & Club Elections

October 24, 2024. Thursday

6 - 9 pm. **Plus: We will have a mini ski swap. Also a food drive. Bring something non-perishable!**

Location: Lucky Labrador Public House, 7675 SW Capitol Hwy., Portland. See [Google Map](#).

Our biggest party of the year, marking the start of a new ski season.

- There will be free food. But buy your drink.
- Join the club or renew your membership
- Pick up your new membership card.
- Sign up for ski trips.
- Join a 10-person PACRAT racing team.
- Win some door prizes!
- Meet other members. Have a great time!

RSVP to Debbi Kor at: ijustwannarun1@com-cast.net or call 503-314-7078.

We will be holding elections at this Kick-Off meeting/party.



If you are interested in running for one of our many Board Positions, please read the job description, and let us know of your interest to be put on the ballot. See the list of positions below.

Mt. High Board Positions Descriptions

Here are our club's Board positions and what is generally expected of the people filling these positions.

PRESIDENT: The President shall be the CEO of the Club. Job duties include but are not limited to:

- Chair the Board of Directors
- Preside over BOD and business meetings
- Appoint any additional Directors
- Shall delegate duties to officers, directors and committees as necessary
- Attend monthly meetings
- Estimated average time per month: 5 hours plus monthly meeting.

VICE PRESIDENT: The Vice President shall perform the duties of the President in the absence or inability of the President to act.

- Shall be the liaison between the President and committees
- Attend monthly meetings
- Any other duties that may be assigned by the President
- Estimated average time per month 2 hours plus meeting.

TREASURER: The Treasurer shall have custody of all funds and all items of value that may come into Club's possession.

- Will keep complete records of funds
- Provide financial reports at or before all regular Board meetings
- Be responsible for the management of all financial programs
- Draft Club's billings
- Provide basic budget information
- Pick up club's mail at the P.O. Box.

Warren Miller movie "75"

November 1, 2024 (Friday). At the Aladdin Theater. **7:30 pm.**
3017 SE Milwaukie Ave,
Portland, OR 97202

Get a jump start to your 2025 ski season and see the latest Warren Miller Entertainment film, "75" with your Mountain High friends!

We will be getting group tickets for the Friday, November 1st showing at the Aladdin Theater, 3017 SE Milwaukie Ave., Portland, OR 97202.

Doors open at 6:30 pm and the movie starts at 7:30pm. Tickets are general admission so you'll need to get there early for the best seats.

Our group ticket price is **\$23** each. If you purchase a ticket on your own, it will cost you **over \$30**. To get your ticket(s), contact our event captain **Sandra Busch Smith** at Sandra@pacifier.com.

You can pay Sandra directly via **PayPal** ([paypal.me/sandyski](https://www.paypal.com/merchot?p=paypalme/sandyski)) or **Zelle**, or **mail a check**. Include .75c to your total if you want your tickets mailed to you.

Please contact Sandra first for more information. Sandra@pacifier.com

See more movie details at:

<https://warrenmiller.com/film-tour>



NOTES:

1. We are looking for a suitable place to meet for drinks, dinner, socializing, probably around 2 hours - or at least 1.5 hours before the movie starts. Stay tuned for further info about this.
2. Warren Miller screenings happen on Friday and Saturday, coinciding with Snowvana. There is no way to avoid the conflict, regardless of which day you pick.
3. This might be a "last hurrah". Our club has been organizing dinner and a movie events around Warren Miller films for decades. Thanks to Sandra Smith for organizing this for so many years. This year might be our last one. So, come join us one last time.

Snowvana - Ski \$ Snoboard Show

November 1 - 3, 2024 (Friday - Sunday)

Location: Portland Expo Center,
2060 Marine Dr W, Portland, OR 9721
See Google Map.

Hours: Friday: Noon – 8pm
Saturday: 11am – 7pm
Sunday: 11am – 4pm

NEW THIS YEAR:

Snowvana will also come to Seattle for the first time, on October 18-19, at Magnuson Park Hanagar 30.

A winter celebration with ski and snowboard films, local ski shops holding their annual sale event, live music, fun contests, and also a ski swap.

This is Snowvana's 8th season.

Explore the manufacturer's village, tune into the year's biggest ski movie premiere, pick up a free pair of Next Adventure kid's skis, and choose between a huge list of ways to engage and enjoy the show.

It also includes the Mt. Hood FilmFest including the best films from Level 1, Teton Gravity Research, Matchstick, and more.

Tickets: A single day ticket costs \$17 + processing fees. Parking: \$13 per day.
3-Day Pass \$27 + processing fees,
Kids 12 & under are FREE.

[Buy tickets HERE.](#)

Also: Mt. Hood Film Festival
Gear Sale & Swap Gear
Kids' Zone
Over 50 manufacturers' reps and their booths.
Live music, acoustic artists.
Alpine Artist Gallery - Region artisans.

See more details at: <https://snowvana.com/>



VOLUNTEERS NEEDED for NWSCC Booth

Want to get into Snowvana for free, or just help out your ski club or council? Volunteer for a two-hour shift staffing the Northwest Ski Club Council booth. We have the following shifts available.

The number in parenthesis indicates how many people are needed.

Friday, November 1st	Saturday, November 2nd	Sunday, November 3rd
2-4 PM (need 2 people)	11-1 (1)	11-1 (1)
4-6 (2)	1-3 (2)	1-3 (2)
6-8 (1)	3-5 (2)	
	5-7 (1)	

Contact

Bill King - willie2k@gmail.com

Heritage Night at the Museum

November 2, 2024 (Sat.) 6 pm - 10 pm

You're invited to the Mt. Hood Cultural Center & Museum's (MHCCM) biggest fundraiser of the year. It will be held at the Mt. Hood Museum & Cultural Center, 88900 Government Camp Loop, Government Camp, OR.

An annual membership covers your admission ticket for this wonderful event; you'll also receive additional benefits throughout the year. An individual membership is \$30; a family membership is \$50. You can join at the door.

This fun event marks the beginning of winter activities on Mt. Hood and is an opportunity to socialize with old and new friends, enjoy heavy hors d' oeuvres, libations (donated by local restaurants and businesses) and partake in silent and live auctions.

Now is also the time to donate items to the Museum for this annual fundraiser. If you have anything to donate to the auction, please call the Museum (503) 272-3301 or email: info@mthoodmuseum.org.

There is something for everyone and for every price range, in the Heritage Night auctions. Cabin décor items and collectibles are popular. Theme gift baskets and gift certificates from local businesses make nice holiday gifts. These auctions are also a great source of artwork by local artists. Recreation passes and sports game tickets are always available. Attendees should be prepared to bid on vacation packages, guided outdoor adventure trips, vintage ski lift chairs, and other unique items only available at the annual Heritage Night auction.



Mt. Hood Cultural Center & Museum

NOVEMBER 2, 2024 6-10 PM

www.mthoodmuseum.org

503-272-3301

LIVE & SILENT AUCTION



Pray for Snow Party

November 16, 2024 (Saturday) - Starting at 7 pm

It's time for the annual Schnee Vogeli Ski Club Pray for Snow Party in Government Camp. This year it will be at The Ratskeller on November 16.

Location: Ratskeller, 88335 Government Camp Loop, Government Camp, OR 97028.

Tickets are \$20 at Ticket Tomato (<https://www.tickettomato.com/event/9040/schnee-vogeli-ski-club-s-nbsp-annual-nbsp-pray-nbsp-for-nbsp-snow-nbsp-party>) (\$30 if you wait to buy at the door – if any are still available, tickets are limited to 150). Music will be provided by Full Zoo! Come join us for a great time.

Come celebrate the upcoming winter. Live music, and door-prizes. All local skiers and riders are invited, regardless of which club they belong to.



Saturday, November 16th, 2024
The Ratskeller - Government Camp, OR
Doors open at 7:00pm - Must be 21 or older

Limited tickets available - Get yours soon!
Online ticket price \$20 - or - \$30 at the door
For tickets visit: TICKETTOMATO.com



Pickleball

**November 9, 2024 (Sat.) 2 pm - 4 pm, or
November 16, 2024 (Sat.) 2 pm - 4 pm**

There was a good response to participate in a Pickleball outing. Let's see if we can make it happen.

The location will be **Jumbo's Pickleball** located at 16340 NW Bethany Ct., Beaverton, OR 97006. It's a short hop off of Hwy 26. <https://www.jumbospickleball.com/>

The cost per person will be \$20 for a 2 hour session. If you do not have a paddle, the rental cost is \$6 for 2 paddles. I may be able to round up some loaner paddles, but please don't count on that.

Before I can reserve courts at Jumbo's I need commitments to determine the number of courts to reserve.

Need a minimum of 6 people to commit.

The dates to consider are:

- Nov 9, 2pm to 4pm
- Nov 16, 2pm to 4pm

What I need from you:

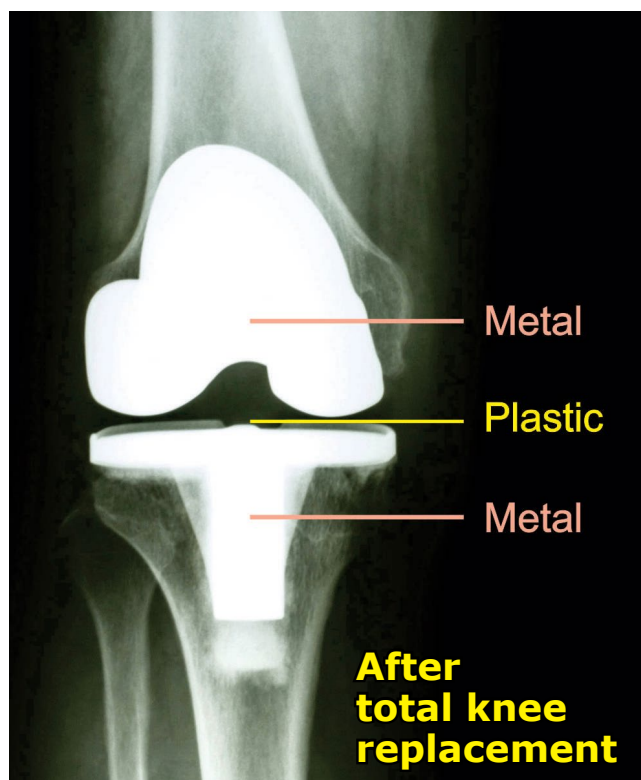
- 1) your email / phone number
- 2) your skill level
- 3) which date(s) you can commit to.
- 4) any questions or input

Send emails to me at: kurt.wilke1844@gmail.com

Kurt Wilke



Knee Prevention, Treatments, and Replacement



Knee Treatments and Prevention

We have published articles on various knee treatments in Lift Lines from December 2017 to January 2020. These articles, as well as a couple of entries from SeniorsSkiing.com have been assembled into a comprehensive 10-page booklet. It covers everything from knee braces to total knee replacement. It's free on our website:

<http://www.mthigh.org/Articles/Knee-Treatments.pdf>.

Total Knee Replacement Surgery

When all else fails and your knee deteriorates, the final step is having a total knee replacement. It's a simple but serious surgery that takes a few months to recover from. But the good thing is that you will be able to ski again!

Several of our club members have already had this surgery, and all have recovered well and are skiing and riding their bikes again. So, we have prepared another little 17-page "booklet", telling you what to expect, what you will need, how to prepare, and how long the recovery might take.

<http://www.mthigh.org/Articles/Knee-replacement-needs-experience-and-recovery.pdf>.

You can find both these and many more useful articles on the [ARTICLES page](#) on our website.

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. Sept. 27 - Oct. 7, 2024. FWSA Africa Adventure to Tanzania and Zanzibar.
2. Oct. 19 - Nov. 2, 2024. FWSA Dive trip - the Best of the Phillipines.
3. Jan. 25 - Feb. 1, 2025: FWSA Ski Week at Banff / Lake Louise / Sunshine Village, Canada.
4. February 2025: FWSA International Ski Week in Val d'Isere, France.
5. March 23 - 28, 2025. - FWSA Mini Ski Week to Big White, BC, Canada.
6. Summer 2025. FWSA Summer SKi Week in Valle Nevado, Chile. Optional visit Atacama Desert.
7. 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**.

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.

The hotel is located 11 miles from Brundage and 20 miles from Tamarack.

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 can then contact Linda, our trip leader, to

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.



The yurt at Brundage Mt.

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 March 27. We all check out on 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 11, 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 10, 2025.

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

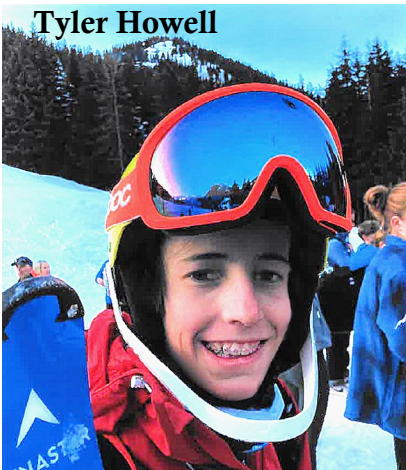
Questions? - Contact: Linda McGavin at editor@nwskiers.org / www.nwskiers.org

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.

FWSA Athletic Scholarship

Tyler Howell



The Far West Ski Association operates a scholarship fund to help young racers of high school age, to cover their expenses for travel to major competitions, etc.

Our Mountain High club contributes to that scholarship program and usually selects a specific local

athlete to support.

Our scholarship recipient for the past season has been **Tyler Howell**, and we will continue supporting him for the next season as well.

Tyler is going to be 18 in December. He's from Hood River and skis for Mt. Hood Race Team. His ranking is number 4 in downhill and slalom, and number 2 in GS and Super G for his age group in Northwest Division of US Ski and Snowboard. He also had 3 top 10 finishes.

Powdr Corp to Sell Mt. Bachelor



Back in August 2024, Powder Corporation had announced plans to sell Mt. Bachelor and 2 other ski areas as well.

A buyer has not been found yet.

Locals are trying to buy the ski area. Local donors have already donated over \$39,000 mainly to pay for accountants and lawyers hired to form a corporation that would oversee the purchase.

There will be a community kickoff event on Saturday, October 12, at 3 pm, at Drake Park. Bend Mayor Melanie Kebler will participate.

2023/2024 Volunteer of the Year

Mountain High Board Meeting



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.

Usually last Monday of the month. Oct. 21 (Mon.): Open to all who want to get involved with the club. 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): _____

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 (NWSA, 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: _____

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 October 2024 issue is on our web site. Also:
245 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.

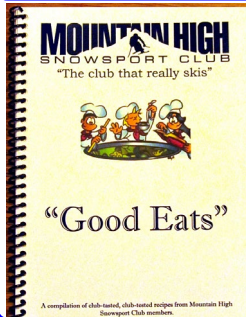
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "Signup & Pay" at: <http://www.mthigh.org/Signup-Pay.htm>

Videos from Mt. High Archives

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

- * [Why Canadians love Turner Mt. \(MT\)](#)
- * [What's so Magical about Magic Mt.](#)
- * [A Moose on our Idaho bike trip](#)

Mt. High Cookbook

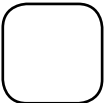


This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.
The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: ijustwannarun1@comcast.net , or call 503-314-7078.

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:

- * [Major Changes at Powder Mountain](#)
- * [Loup Loup offers \\$6,000 lifetime pass](#)
- * [My Ego As a Senior Skier](#)



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Please check our web site,
www.mthigh.org
for updates.