



Lift Lines

= No. 240, Dec. 2020 =

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



Start of the Face Mask Winter

This is a "La Niña" year. Plenty of snow came early. People have been skiing since November. The start of a great season!

Due to the COVID pandemic, we need to take precautions, maintaining a safe distance of minimum 6 feet, wear face coverings, and wash our hands frequently. See more about face coverings on pages 4 - 6.

As usual, this winter season has been officially inaugurated by Mike Ferrell and Walt Blomberg setting up Tibetan prayer flags at Mt. Hood Meadows. The prayers have been answered!



Mike Ferrell



Walt Blomberg

Don't forget to join us for the Christmas Ships parade on Thursday, Dec. 10, and then the virtual Holiday party a week later. See page 2.

TO DO

1. **Renew your club membership.** Our membership year starts October 1st and runs through the end of September of the following year. Mail us a check using the Dough Transmittal Form, or pay online with PayPal or a credit card. Start at the "[Signup & Pay](#)" page.
2. **Get a Snowpark Permit.** This permit is not needed anywhere else in the US or Canada, but it is required on Mt. Hood. An all-year pass costs \$25 at the DMV, or a bit more elsewhere.
3. Use our two **Forums** and/or our **Facebook** page to connect with others for skiing on Mt. Hood.
4. Join us on the **Mission Ridge** ski trip in February. Reserve your room now.

Note the color code.
Our club is blue.

2020 CALENDAR

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

Club elections will be held at some future time yet TBA. We have postponed it indefinitely, due to the COVID pandemic.

NOVEMBER

Nov. 21 (Sat.) Warren Miller's: Future Retro

DECEMBER

Dec. 10 (Thur) Christmas Ship Parade
Dec. 16 (Wed.) NWSCC Zoom Meeting
Dec. 17 (Thur.) Ugly sweater party (virtual)
Dec. 28 (Mon.) Mt. High Board meeting

FEBRUARY 2021

Feb. 21-22-23 (Mon.-Wed.) Mt. High Mission Ridge ski trip

Mt. High

Winter Fun



Christmas Ships Parade (Dec. 10)



Ugly Sweater virt. party (Dec. 17)



Skiing on Mt. Hood



Mission Ridge trip (Feb. 21 - 23)

Membership Renewal



Please renew your club membership. It is \$30 for individual membership or \$50 for a couple. Fill out the Membership form available on our website at: <http://www.mthigh.org/Documents/MembershipSignupForm.pdf> and mail to the address at the top of the form.

Alternatively, you can renew online. We still need you to fill out our Membership Form (also known as the Dough Transmittal Form), which you can fill as a fillable PDF form and then email it to us at

Forms@mthigh.org, and then pay online via Pay Pal or using a credit card. To do that, go to our [Signup & Pay](#) website page.



Christmas Ships Parade

December 10, 2020 (Thursday) - 7 pm

Christmas Ships are still sailing. Let's get together on the deck at Who Song & Larry's, in Vancouver, Thursday, December 10th, at 7 p.m. and watch them as we usually do.

Location: Who Song & Larry's, 111 SE Columbia Way, Vancouver, WA 98661, <https://www.whosongandlarrys.com/> . 360-695-1198.

Come join your Mt. High friends at the annual Christmas Ships Parade on the Columbia. We'll gather about 7 p.m. for drinks and dinner. The Ships typically show up around 7:45 - 8:00 p.m.

Contact: **Debbi Kor**, 503-314-7078, ijustwannarun1@comcast.net

Mt. High virtual Holiday Party

including an Ugly Sweater Contest

December 17, 2020 (Thursday) - 6:30 pm

Hey Everyone! Let's do a VIRTUAL Holiday Party on Thursday, December 17th, beginning at 6:30 p.m.

Stop by and say Hi! But, also, we will have a theme.

This is going to be an **Ugly Sweater Party**.

Get out those Rudolph sweaters, the Santa Sweaters, the big Snowman on the front. OR design your own.

We'll vote for the most "unusual", and the most "creative". Each winner will receive a \$25 Mountain High Gift Certificate to be used for a future trip, or towards your Mt. High membership.

Pour a glass of wine and join us from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/978729525>

You can also dial in using your phone. For supported devices, tap a one-touch number below to join instantly.

United States: +1 (571) 317-3112

- One-touch: tel:+15713173112,,978729525#

Access Code: 978-729-525



Skiing on Mt. Hood

Connect with other club members for skiing locally on Mt. Hood. Many of us have the Fusion Pass and ski at Timberline and Skibowl. Others have a Meadows pass.

The best way to connect with others is to communicate via our **Forums** and our club's **Facebook** page. Both are easily accessible from our website, www.mthigh.org. Both have their own buttons in the main menu.

We have two Forums (Google Groups). One is for the club as a whole and the other is mainly for mid-week skiers.

Each forum is separate and if you want to participate in both, it is best to sign up for both by clicking on the "Join this Group" text in the upper right of the window.

See you on the slopes!



FWSA Trips

All FWSA trips are still happening and open to all our club members.

Sun Valley Jan. 30 - Feb. 6, 2021

Solden, Austria Feb. 19-27, 2021

Zermatt, Utah, Mar. 21-26, 2021

Alaska Cruise, June 19-30, 2021

Dive trip to Roatan, Honduras, October 9-16, 2021.

See more details on the TRIPS page of our club's website, or click on any of the above trip names or go to the TRAVEL page on the Far West Ski Association's website: <https://fwsa.org/>

Mt. High

Mt. High Wants You

Mt. High



Your club wants you! We know you have something to contribute.

Just take your favorite activity (biking, swimming, playing cards, movies, theater... whatever), and invite other club members to join you.

Organize a **TGIF** gathering, a **hike**, a **bike ride**, a **picnic**, a **party**, a day of **bowling** or **golf**, etc.

If you would like to organize some social activity, just let any of our Board members know, so we can put it on the calendar. Better yet, come to our monthly planning meetings, on the last Monday of the month.

Informative NWSCC Meeting



Dec. 16, 2020. (Wednesday) 6:45 - 8 pm.

Everyone is invited to the next NWSCC Council meeting via ZOOM!! A great opportunity to see and hear how our local ski areas will operate in 2021.

Guest Speakers: Mt. Bachelor and Columbia Sprrtsweat.

The Zoom location is <https://us02web.zoom.us/j/83111537727?pwd=bGh6Q3J5UnpZM01ZMlZrUVU2cVdIU09>

Meeting code = 831 1153 7727 . Passcode = 114464

Want to Ski Japan - Early 2022 ?



A few of us are looking to see who is interested in a January or February 2022 trip to **Hokkaido, Japan**.

We are looking to join a Japanese tour operator for one week of excellent powder skiing. A good

budget estimate is \$3000 per week. This includes lodging, breakfasts, maybe a dinner or two, lift tickets, transportation to resorts and guided tours.

Optional post-trip. Afterwards some of us may do a week of touring on the main island.

Right now we need an estimate of those interested to get better pricing. Club members need to know that this is not a club trip and hence some things may be left to the members.

This will be a "bucket list" trip. The odds are high that this will be the best pow trip ever!

If you are interested, contact **Tom Rodrigues** at: trcreek@me.com.

What kind of Face Covering to Wear on the Slopes?

This 2020/2021 ski season, we will have to wear a face covering in lift lines and on the chairlift if we share the chair with someone who is not from your household. But what kind should we wear?

Regular ski masks have openings for your nostrils and mouth, so they don't protect against COVID.

On the other hand, regular **COVID masks** are usually quite flimsy and might not be able to stand up to the weather very well - high winds, rain, snow, and ice. If they get wet, even just from the condensation of our breath, a thin film of ice might form all over them.

Ideally, we need something that we can easily and quickly **pull up over our nose** when we arrive at a lift line, and then be able to remove it just as easily when we ski down. Then pull it up again if we stop to talk to someone. If we are wearing a helmet over our ears, it might not be so easy to slip on a regular type of COVID mask over our ears. A strap around the head might be better.

Another factor is **heat**. Some people bundle up to the gills anyway, so they might not have a problem. But others simply get too hot if there is not enough open space left for our body heat to escape. I myself tend to overheat, so I always leave my neck and face open to the weather, except on the coldest days.



Here's what some of our members said about what they plan to wear. Included is also some advice from Dave Tragethon, Marketing Director at Mt. Hood Meadows.

Gary Gunderson: I think a neck gaiter- if one is COVID compliant - would be the best option.

Debbie Thomas ("Black Diamond Debbie"): I plan to just wear my regular neck gaiter. It's not a big thick one, it's quite thin and I got it at REI (one side thin fleece one side polyester). Columbia makes some thin ones out of polyester. Same goes with balaclava, mine is thin. I tend to ski on storm days so having my coat fully zipped over my face is not a problem.

Sandra Kaufman: During the past year, I have been wearing a face mask that is shaped so it stays away from my nose and mouth. It has a flap that covers the nose and mouth holes which directs the moisture down and out instead of up into the goggles. Works well and I like it --Robert says it makes me look like a snuffleupagus. Betsy sells these at Valian's ski shop in Govie. Or see this fog free balaclava: <https://www.turtlefur.com/products/fog-free-balaclava> . Since it doesn't filter air, I'll try wearing one of those blue disposable masks under it but I probably won't like it.

Alan Bean: Check out this banded face mask: <https://www.rogerssportinggoods.com/Banded-3-4-Face-Mask?page=2> , or this neck gaiter: <https://www.rogerssportinggoods.com/avery-fleece-neck-gaiter> .

One very lightweight, one moderate fleece lined same material both sides. Reversible to black. This one is warmer but not tight like most gaiters. but the difference is that it has an adjustable elastic cord that makes it easy to tension enough to hold it in place above the nose which most gaiters do not have.

Walt Blomberg: I will wear a neck gaiter or balaclava depending on weather. There are neck gaiters that are made of cloth that will keep you cool.



Sandra Busch Smith: I run cold all the time. You'll always find me wearing a fleece balaclava. Although it doesn't usually cover my nose, I will pull it up to cover it. Columbia and others make very thin ones so you can wear a helmet too. I also have some **thin neck gaiters** I got free at the Subaru/Mt Bachelor winterfests. I've been wearing them mostly throughout this pandemic and I love them! They are super handy to pull up over my face when needed, then pull down when I'm outside or by myself. They are always on my neck so I don't lose them! I think the fabric is some kind of cotton/lycra mix. Don't get the 100% polyester ones..they lose their elasticity rather quickly.

Nancy Erz: I was thinking my regular fleece gaiter, easy to pull up and down and if I get hot I unzip my coat and a layer or two below the gaiter and let some air in that way. I also thought I'd have some surgical type paper masks in my pockets to wear if I need to go into the lodge or to a tailgate party. ;) Along with social distancing of course. Just some ideas, but not sure how they'll work, especially if you overheat easily. That does make it challenging.



Randy Hewitt: I just bought one that I think does a great job. I have others but they have issues that this one solves. This one is **two layers thick** (recommended for effectiveness), and: it **stays up over the nose** due to a two-angle stitching design.

Scott Anderson: You could also look at the HARD face shells that cover your face. Look under Moto-cross gear. There was a supplier at last year's ski show that had the hard face coverings. Some of those don't have the holes in them....they just let air flow come up from your neck area. I tend to get hot...with neck gear and balaclavas.. you just need to find out how to wear them to fit your needs and adjust them for the weather on that day. A balaclava and a helmet with air vents in the helmet work great for me. I have a SMITH helmet with adjustable air vents. They open and close with gloves on.



Dave Tragethon (Mt. Hood Meadows Marketing Director): I have actually been wearing an N95 under another mask, and will wear it under a neck gaiter when I'm outside this winter.

What I like about the N95 is it has a great fit and creates more of a pocket for breathing room. The straps are upper and lower, instead of around the ear, which prevents chaffing. Another benefit is the wire nose bridge since I wear glasses. This seems to help prevent my glasses from fogging up, particularly when coming into a warm room after being outside when it is cold.

Now mine does have a valve, which is normally a no no, but I wear a three layer cloth mask over it when inside, and a two layer gaiter over it when outside. I feel very protected and know that I am also providing others protection.

I think the KN95 can provide similar breathing room, although I haven't actually worn one.

But we will allow **a two layer gaiter** as well, for those that just want to use that. I've found that pulling the gaiter up over my ears helps prevent the tendency to fall down off the nose.

I hope this helps - and please pass along to your members that the fact they are looking into this, knowing that it may be uncomfortable, really means a lot to our team and me. It means they care and that matters!

Guidelines from a recent Mt. Hood Meadows Blog

**FACE COVERINGS
ARE REQUIRED
IN THIS AREA**



Two of the primary ways you can prevent the spread of Coronavirus is to socially distance - and wear a mask. The mask, when worn correctly, reduces your chance of getting infected, and, just as importantly, reduces the chance that you will spread it to someone else. The science is very clear on this matter - wearing masks reduces infections.

To be clear, as outlined in our COVID protocols, **masks or face coverings will be required:** indoors at all times (except when eating), on shuttles, in parking lots, in lift lines, on chairlifts, and all other outdoor locations where you can't maintain six feet of distance from those not in your party.

The science shows how masks reduce infections. There are fewer COVID-19 symptoms reported in states with higher mask usage. Also, two people wearing appropriate face coverings can reduce the risk of transmission by 95%. And of course, you can reduce that to virtually

zero by being outdoors, socially distancing yourself from others and enjoying winter sports.

Here's the requirements our team members will be following this season - wear a mask or cloth face covering at all times when indoors and when six feet of distance can not be maintained outdoors.

The mask must cover both the nose and the mouth, over the nose and under the chin. Also, masks need to be tightly woven or multi-layer fabric. Make sure the mask completely covers your mouth and nose and fits snugly around your face. The following face coverings will NOT be allowed: a) those made of open weave or mesh fabric, b) plastic face-shields worn without a cloth face covering or mask.

We've received a lot of questions about **gaiters** and we are glad to see that the CDC has updated its guidance about neck gaiters. **Double them up**, and you're good to go! But we are not allowing face shields by themselves as a face covering - a face shield doesn't prevent aerosol spread (breathing in and out small droplets). But most of us will be wearing goggles, which provide eye protection.

Wearing a **double-layered gaiter over a mask** provides even greater protection when you are around others on the mountain, not only from the virus, but also from sun exposure. Mask up - and cover up for the best protection!

We appreciate all of our guests and team members complying with our face covering requirements and remind everyone about the three Ws which will help us assure we will have a successful season:

- WEAR A FACE COVERING or MASK.
- WATCH YOUR DISTANCE. Stay at least 6 feet apart.
- WASH YOUR HANDS or use hand sanitizer.

We have been getting questions about how to wear a mask with your helmet. The best way is to have your mask or buff on first and then put your helmet on. See a video of this and more on the [Meadows Blog](#).

Summary and one more option

Notice than more than one layer of material is recommended. It could be a double-layer gaiter, or a single layer doubled up. Or it could be a face covering on top of a regular COVID mask.

Buff is a company that has been making neck gaiters for so long that the name has become synonymous with a neck gaiter. Now, Buff has come up with both gaiters and face masks that have a mesh pocket to insert a COVID filter into. The filters can be changed regularly for best protection. See: <https://buffusa.com/>



Buff filter tube



Filter



Buff filter mask

Mission Ridge Ski Trip

2 or 3 days, with optional pre- or post-trip

February 21-22-23, 2021. (Monday - Tuesday - Wednesday).

START DATE: Sunday, Feb. 21 -- Drive to Wenatchee & check in.

SKIING AT MISSION RIDGE: 2 or 3 days (your choice): Monday, Tuesday, and Wednesday, Feb. 22, 23, 24

UPDATE: We have over 30 people interested in this trip so far. Many have already made their hotel reservations.

Note that this trip will be different from our usual ski trips - because of the virus pandemic:

1. Everyone will be driving their own car. We will NOT have a bus..
2. For lodging, you can select your own room-mate (optional), or simply have a room to yourself. Your choice. We will not be pairing you up with a stranger.
3. You are responsible for purchasing your own lift tickets, either day tickets or a season pass (Fusion or Indy).

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 (2 or 3 or more)?
- Will you need a lift ticket, or do you have a season pass (Fusion or Indy).

Remember that you are responsible for getting your own hotel reservations and your own lift tickets (or a season pass), but let Linda know your plans.



SKIING

Your skiing will be free for up to 3 days if you have a Fusion Pass, or for 2 free days if you have an Indy Pass. You don't need both passes. In fact, you don't need any of them, but then the trip will cost you more. More about that below. Due to COVID, there are no group discounts for lift tickets this year.

Reservations are NOT needed, but we will have to purchase lift tickets in advance for the days that we will be there.

The total number of skiers should not be an issue at Mission Ridge on a mid-week day. There will be no crowds.

HOTEL - Book your own room.

Cedars Inn in East Wenatchee, 80 9th Street NE, East Wenatchee, WA 98802, (509) 886-8000 within less than half a mile from the bridge linking East and West Wenatchee. It is one of the closest hotels to the ski area, located just 13 miles or 20 minutes away. **Please book your hotel room early - there is no penalty for cancelling.**

Call the Inn directly and book a room for either 2 or 3 nights starting February 21, 2021. Tell them you are with the Mountain High Snowsport Club to get the special rate. You need to give them your credit card information, but your card will not be charged until you arrive. They have told us that you will be able to cancel up to 24 hours in advance without penalty (but please be considerate and cancel earlier if you need to).

The discount price of the rooms is \$64/night plus tax for a king bed and \$74/night plus tax for 2 queens. This means that with tax, a king room will cost \$71.68/night, and a double queen room will cost \$82.88/night. It does not matter if there are 1 or 2 people in each room; the price is the same.

Each room has a refrigerator and microwave, along with free wi-fi and other regular hotel amenities. They cannot offer a hot buffet any more, but do have a "breakfast in a bag" with a bowl that can be heated in the room. The bowl includes eggs, potatoes, sausage and bacon (vegetarians would have to get special bowls). They have juice and tea and coffee at the front desk. There are lots of restaurants nearby, and there is good walking around there. Note that many of the restaurants might serve only take-out food.

There is a hot tub, but Covid restrictions don't allow their use.

Mission Ridge is part of the **Powder Alliance**. This means that if you have a Mt. Hood Fusion Pass to Timberline and Skibowl, you can ski for free for up to 3 mid-week days at Mission Ridge, or at half-price on weekends.

Mission Ridge is also on the **Indy Pass**. Some of our members have already purchased the Indy Pass, which gives you 2 free days at Mission Ridge along with White Pass, 49 Degrees North, and Hurricane Ridge in Washington; Brundage, Tamarack, and Silver Mountain in Idaho; and Hoodoo in Oregon.

For the Mission Ridge trip, if you have a Fusion Pass, you don't need an Indy Pass, and vice-versa.

NOTE 1: The Indy Pass went up in price after November 30th, 2020.

NOTE 2: The Fusion Pass is no longer being sold, after November 8. Those who have purchased the Fusion Pass should have received it in the mail by now.



Mission Ridge is in central Washington, on the eastern side of the Cascades, where the air is drier, the powder is better, and there are fewer crowds.

Mission Ridge is known for its World War II bomber wing displayed on the side of one of the trails. Also its bomber cliffs for some challenging skiing. It also has excellent cruising terrain top to bottom. And there is also the statue of a Yeti that we have never noticed before -- it might be something new.

Mission Ridge has replaced its chair number 2, known as the "Liberator" this summer. It's the chairlift that takes you to the top of the mountain and each chair now has a shield against the wind and snow. There is a series of 7 short videos - all filmed

this summer - showing the construction of the new lift. See the latest episode #7 at: <https://youtu.be/Mn-6VLAQj2HU>.

The rest of the planned expansion - the mountain village and the 3 or 4 additional new lifts - is still in the planning stages. For now the light-green area in the lower part of the picture is not skiable yet.

Are you interested in a trip to Mission Ridge as described above? Or do you have any questions or suggestions? Either way, contact **Linda McGavin** at Trips@mthigh.org.

Optional pre-trip --- You can do anything you want during the weekend. One option is to go visit some other ski areas along the way. Or drive a little further north of Wenatchee and ski a few of the smaller ski areas there: Loop Loop, Echo Valley, Sitzmark and Badger Mountain. All of them are just a short detour from Hwy. 97. If you are interested in visiting these four, contact Emilio for more info at Emilio2000@earthlink.net.

Optional post-trip --- Totally up to you, but you could stop for a day (or more) at Steven Pass or Crystal Mt. or White Pass. It's mid-week, so it probably won't be crowded. For Stevens Pass, you can stay at the same hotel in Wenatchee for an extra night and then visit Stevens Pass on the way home. Stevens Pass is 1 hour and 9 minutes from our hotel in Wenatchee.

For Stevens Pass, if anyone is interested in going there following skiing at Mission Ridge, it is now in the Vail Resort system, and access to lift tickets will all be by reservation only. Anyone wanting to go on and ski there would have to wait until closer to our trip date to see if you could get an online reservation and purchase your lift ticket for a specific day. There is no indication on the website as to what the cost of tickets will be. They recommend that people buy an Epic Pass to have priority for reservations.

Contact trip leader: **Linda McGavin**, Trips@mthigh.org.

MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

2020 Man & Woman of the Year



Linda McGavin is our Trips Director and trip leader, and one of the founders of our club and of the NWSCC. She is the NWSCC Communications Director.



Bill King is our club's Vice-President and a ski trip leader. He is also the Treasurer for the NW Ski Club Council.

Update: Bill is also the NWSCC man of the year.

Mountain High Board Meeting

Dec. 28 (Mon.): Open to all who want to get involved with the club. Gather at **6:30 pm.** Start at **7 pm.**

New Location: Round Table Clubhouse, 16444 Boones Ferry Rd, Lake Oswego.

We will hold it online instead.

Mountain High snowsport club contacts:

President:	Debbi Kor	H: 503-314-7078
Vice-President:	Bill King	H: 614-371-4762
Secretary:	Michele Gunness	
Treasurer:	Nancy Pratt	H: 503-593-9427
Past President:	Kurt Krueger	H: 503-625-1492
Membership Director:	Karen Michels	H: 503-984-9210
Racing Director:	Alan Bean	H: 503-849-8009
Newsletter Editor:	Emilio Trampuz	H: 1-503-378-0171
Social Activities:	Debbi Kor	H: 503-314-7078
Trips Director:	Linda McGavin	H: 503-652-2840

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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):	<input type="checkbox"/> yes, link only	<input type="checkbox"/> yes, complete file	<input type="checkbox"/> no
<input type="checkbox"/> No changes	- Club news & events (between newsletters):	<input type="checkbox"/> yes	<input type="checkbox"/> no
(same as last year)	- Other ski news (NWSCC, FWSA, ski areas, trips...):	<input type="checkbox"/> yes	<input type="checkbox"/> no
	- Is it OK to share your email address with other club members?	<input type="checkbox"/> Yes	<input type="checkbox"/> 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) \$ _____

☐ **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>

Club membership = 252 Newsletter Distribution

The December 2020 issue is posted on our web site. Also:
311 copies sent via email (as PDF file)
 3 paper printed copies sent via US Mail.
 Copies are also sent to potential members, other clubs,
 the National Ski Club Newsletter, etc.

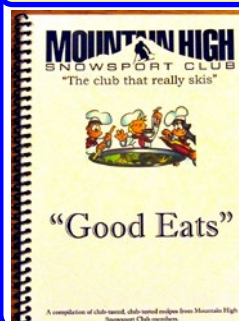
Count Your Ski Areas

Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2020-03-01.xls>

Mt. High Credit Card Payments

We are now able to process your payments by **credit card**. We are doing it through PayPal.

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

Mt. High Cookbook

This 34 page cookbook is available for \$10. It 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.



**If he can
wear this
for hours in
the desert
heat**

**You can
wear this in
Walmart for
15 minutes**

for updates.

www.mthigh.org

Please check our web site,

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Mountain High Newsletter editor

Emilio Trampuz

