



Lift Lines

= No. 257, May 2022 =

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



Snowy Spring / Start of Summer Activities

April has brought us lots of snow. The first half of April was fantastic, with light and fluffy snow. But since the middle of April, it has been getting slightly warmer and the snow has been getting wetter and heavier.

This **Saturday, May 7, 2022**, will be the last day of operations at Mt. Hood Meadows, and is being celebrated with the annual Pond Skim contest. Come ski a bit and watch people sink, swim, or triumph over the pond.

Later that same day, you can have dinner somewhere on or around the mountain and then attend either the Season Ender Bender party at the Ratskeller or the somewhat more mellow History Happy Hour at the Mt. Hood Cultural Center & Museum. Both are in Government Camp. Maybe you could even attend both.

Join us for some socializing, at the Happy Hour at the Margarita Factory on Tuesday, May 10. Details are on page 4.

Join us for our first bike ride of the season on Saturday, May 21. We'll be going to Madras, where you can ride on a scenic road or on a mountain trail. See p. 6.

Season Passes

Some season passes for next winter have already been on sale for quite a while, such as the Indy, Epic and IKON passes. Others, such as the Powder Alliance and the Fusion Pass have not revealed their prices for next season yet, but will probably do so during the summer. And some ski areas will not tell us their season pass prices until just before they open some time in November.

Some passes like the Indy Pass keep adding more and more ski areas throughout the year. For all these reasons, it is difficult to keep our comparison chart up to date. So, we will not even try to come up with a comprehensive comparison chart as in past years.

Instead, we will simply provide a list of all the passes and links to their websites, and you can do your own research.

This past winter's season pass comparison chart is on our website, on the ARTICLES page, at: <http://www.mthigh.org/Articles/Season-Passes-Comparsion.pdf>. It's old now, but it might give you a baseline.

Our club -- NWSCC -- FWSA

Our Mountain High club is just one of about 30 clubs in the Pacific Northwest. Most of these clubs cooperate under the umbrella of the **Northwest Ski Club Council (NWSCC)**.

There are about a dozen similar Ski Councils throughout the West, all under the umbrella of the **Far West Ski Association (FWSA)**.

As members of Mountain High, we are also automatically members of the NWSCC and of FWSA.

Mt. High ID

Tie an orange ribbon on your ski poles to help other club members find you.



NOTE: We are working on finding a better, more permanent solution.

Note the color code.
Our club is blue.

2022 CALENDAR

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

MAY 2022

- May 7 (Sat.) Sno Kona Pond Skim**
Pond skinning at Meadows.
- May 7 (Sat.) History Happy Hour**
Mt. Hood Trivia. Mt. Hood Museum.
- May 7 (Sat.) Season Ender Bender party**
Schnee Vogeli's annual party.
- May 10 (Tue.) Mt. High Happy Hour 4:30 - 7 pm.**
Margarita Factory in Gresham.
- May 21 (Sat.) Madras Bike Ride**
Madras Scenic Bikeway.
- May 23 (Mon) Mt. High Board meeting**
Get more involved with the club.
- May 25 (Wed) NWSCC Zoom meeting**
State Parks, Season Passes and more

JUNE 2022

- June 4 (Sat.) History Happy Hour** Cascade Volcano Center at the Mt. Hood Museum.
- June 9-12 FWSA Convention, Portland, OR**
Hosted by the NW Ski Club Council

Combined Virtual & In-person Board Meetings

Our Mountain High Board meetings were held at the Round Table Pizza on Barbur Blvd. before the COVID pandemic. Then we switched to Zoom or Go To Meetings for almost 2 years.

Now, since March 2022, we are holding combined meetings. Some of us gather at the Round Table Pizza in person, while others join us virtually on screen. It seems to be working, though we are still resolving some technical issues with sound.

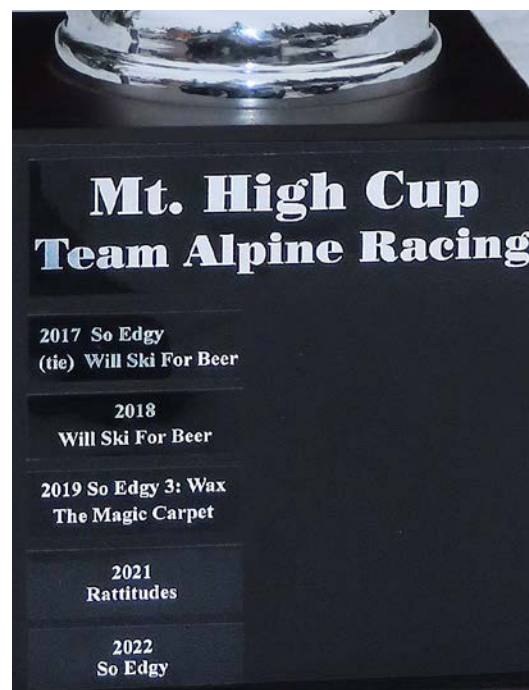
For those with a sharp eye, the illustration on the right is not from a Board meeting but from a Mountain High virtual party held in December 2020.



“So Edgy” team wins Mt. High Cup

After 4 PACRAT races, the Mountain High team with the most points was “So Edgy”, so they won the trophy and their team name was engraved as the winner for the 2022 season. The trophy is kept on display in our club’s display case at the Mt. Hood Museum & Cultural Center in Government Camp.

Come into the Museum and check it out. Admission is free. The Museum is open Wednesday - Sunday from 9 am to 3 pm. Also open for the History Happy Hour, usually on the first Saturday of each month, 6:30 - 8:30 pm.



Linda McGavin Crowned “King Winter”

March 12, 2022. (Saturday). Linda McGavin was crowned “King Winter” at the annual royal party organized by the Skiyente ski club. For several decades, the all-female Skiyente club has been crowning either their own members or a male King Winter. This is the first time that they have crowned a non-Skiyente woman, in recognition of Linda’s many years of supporting and promoting snowsport activities in Portland and on Mt. Hood. Congratulations, Linda!



Linda McGavin has been our club’s president, secretary, and NWSCC representative. She is currently our club’s Trips Director. She is also one of the original founders of the Plaza Ski Club, back in the mid 1970s. In the year 2000, Plaza Ski Club merged with the EdgeSet Ski Club, and 3 years later, the merged club was renamed from Plaza/EdgeSet to Mountain High. So, basically, Linda McGavin was one of the founders of our club.

Linda was also one of the original founders of the NW Ski Club Council (NWSCC) in 1979, which now represents about 25 ski and snowboard clubs and 12 charitable associate member organizations serving Oregon, Washington, and Hawaii.

Linda has also been very active in the Far West Ski Association. From 2007 through 2014, Linda worked hand-in-hand with Mary Olhausen, managing the Far West Silent Auction at the FWSA Conventions. She continues to work on the silent auction each year, helping out at the accounting tables, where her experience is greatly appreciated!

Linda’s work in NWSCC has continued since its founding. In 1998, Linda received the Far West Jordan-Reily Award for her work in public affairs on behalf of NWSCC. Linda worked tirelessly

crafting letters and advocating for development of local ski areas. She was the long-time newsletter editor for NWSCC, and in 2010 received the Far West Wentworth Outstanding Publication Award for Councils. Linda served as editor and production manager of the NWSCC’s annual publication, Northwest Snowsports Guide, from 1984 to 2017. She wrote numerous articles for the publication and its annual distribution was near 10,000 copies. In 2016, for her work with the Guide, Linda received the Far West Bill Berry Hard News Award.

Linda currently serves on the NWSCC Board as director of communications. In that role, the newsletter has come to an end and she manages Council communications via their new website. In the early days of NWSCC, Linda ran the infamous Bachelor Blitz trips -- managing upwards of 35 buses and 1,500 skiers traveling to Bend, Oregon. For numerous years, Linda helped with the NWSCC Annual Ski Fair event, managing the silent auction -- working closely with industry partners and clubs for a very successful fundraiser for the Council.

During the summer, Linda and her husband, Bruce, can be found in the Columbia Gorge, Hood River area, happily skimming across the Columbia River on their windsurfing boards. During the winter, when busy with Council activities and club trips, Linda finds time to help our ski-related charity associations, assisting with fundraising events such as the Oregon Cancer Ski Out.

Sno Kona Pond Skim

May 7 2022. Saturday 9 am - 4 pm.



The annual pond skim-ming contest held at Mt. Hood Meadows on their closing day. Sponsored by Kona Brewing.

Each participant, skier or snowboarder, who successfully skims over the 100-foot pool of water, gets a chance to enter the second and final round to win a number of awesome prizes.

10:30 AM – First run

12:30 PM – Finals, followed by awards.



History Happy Hour: TRIVIA

May 7, 2022. (Sat.) - Mt. Hood Trivia

Doors open 6:30 pm

Presentation starts at 7 pm.



Who are these people and where are they and why? One of them is famous.

Lloyd Musser will lead us through several historic images like this one.

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

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

Mt. Hood Cultural Center and Museum

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

www.mthoodmuseum.org

Season Ender Bender Party

May 7, 2022. Saturday. Starting at 7 [m



You're invited to Schnee Vogeli Ski Club's annual Season Ender Bender party in Government Camp! Summer's just around the corner so come on up and celebrate the end of a fantastic winter season.

Doors open: 7:00 pm.
Band starts playing 8:30 pm.

Location: The Ratskeller,

Government Camp.

Featuring: Live music featuring "The Cadillacs".

Tickets: \$20. Must be 21 or older. The number of tickets is limited. So, get yours now. Tickets are available online through Ticket Tomato. See our Mt. High website for the link to it. www.mthigh.org

Mt. High Happy Hour

May 10, 2022. Tuesday

4:30 pm -- 7 pm.

Social gathering at Margarita Factory in Gresham on Tuesday May 10th from 4:30pm to 7pm.

Select happy hour prices last till 5pm.

Location: **Margarita Factory**
77 NE 4th Street
Gresham, OR

About half way between Powell and Division Streets. Nearest intersection: Roberts Ave and 4th Street.



See [Google MAP](#).

Let's just relax and enjoy the time together.

Please RSVP Karen via text at 503 984 9210
no later than May 8th.

Biking near Madras, Oregon

Your choice:

A scenic road bike ride OR Easy mountain bike riding!

May 21, 2022 (Saturday)

Come join us for a road bike adventure on the Madras Scenic Bikeway, Saturday, May 21, 2022.

Meet at the east side of Sahalee Park in downtown Madras at 9:30 am. We'll ride off at 10 am. The official ride begins and ends in Sahalee Park. Parking is free. **Michele Gunness** will be our ride leader.

At 29 miles, the **Madras Scenic Bikeway**, part of the Oregon Scenic Bikeway program, is rated "moderate". There are some long hills both up and down, all on paved roads. Please review the information on our Mountain High website before you arrive. It has elevation gains, a map, and GPS information. Print out the map before you leave home. **All the links are on our website www.mthigh.org.**

If you are interested in **mountain biking** instead, **Linda and Bruce McGavin** will be exploring an area on the east side of Madras called Madras Trails (or Madras East Hills) which has been built specially for mountain biking and looks like it has a nice variety of shorter trails, some with features. Here's a description: At Madras East Hills, we have something for everyone. Our diverse trail system has something to offer riders of all skill levels. Whether you're a beginner looking for an easy ride or an experienced cyclist looking for a challenging workout, we've got you covered. Our XCO track is one of the best in the state, and our downhill tracks are sure to please adrenaline junkies everywhere. Come experience the exciting thrill of mountain biking at Madras Trails. See Madras Trails Facebook page and Trailforks.

This can be a one day trip with a lot of driving time, or you might consider staying the weekend!

Camping is available at Pelton Park on Lake Simtustus, a PGE park, if you book soon. A few of us have reserved campsites for May 20-22, and, depending upon how many people wish to camp, we may have room to share our campsites and costs. There are spaces for small RV's, but they only have electricity; no water or sewer hookups.

RV sites and luxury camping is available at Lake Simtustus RV Park managed by Mt Hood SkiBowl.

Sandra Smith, who grew up in Madras, says that the best motel is Cross Keys Station, which is not currently showing availability for our dates. Other motels in Madras include a Quality Inn and an EconoLodge (both of which have terrible reviews).

We can really make this a fun weekend - Sandra tells us might be a Saturday Market at Sahalee Park with crafts, food, and music; and that Madras has a Distillery, a Maltery, races at the Madras Speedway Saturday night, and the Madras Air Museum, which has some of the collection from the now closed Tillamook Air Museum. Also, you can pick up some local goodies at Paradise Produce at Sandra's friend's farm! Sandra will help our group explore her home town, making this a truly special weekend!

If you are interested, contact **Michele Gunness** at secretary@mthigh.org about the road bike ride or **Linda McGavin** at trips@mthigh.org about the mountain biking.

If you want to camp, you need to get in your reservations SOON! Both Michele and Linda have room for additional tents at the sites we booked.



Mountain High Board Meeting

May 23, 2022. (Monday)
6:30 - 8 pm.

This is our club's Board meeting but it is open to anyone who wants to get more involved with the club.

We will meet at the **Round Table Pizza** on Barbur Blvd. near Capitol Hwy. at 10070 SW Barbur Blvd., Portland, Oregon.

For those who cannot attend in person, we will also set up an online "Go To Meeting" which you can join from your computer, tablet or smartphone at:

<https://meet.goto.com/533833069>

You can also dial in using your phone.

United States: +1 (872) 240-3212

- One-touch: tel: +18722403212,,533833069#

Access Code: 533-833-069



Informative NWSCC Meeting



May 25, 2022. (Wednesday)
6:45 - 8 pm.

Everyone is invited to the next NW Ski Club Council meeting via ZOOM!! This meeting is open to members of all local ski clubs.

Special Guest Speakers will be

- **Oregon State Parks**
- **Updates on season passes**
- **Far West Convention**

We will also have some updated information about ski passes for next year, as well as information about the FWSA Convention

The Zoom link to the meeting is: <https://us02web.zoom.us/j/83276275381?pwd=cjNkV1p6ZG84VXZrblV3KzZ3TmtVUT09>

Meeting ID: 832 7627 5381 Passcode: SNOW

Everyone is invited. More at: <https://nwski.org/>.

If the above link doesn't work, go to the Mt. High or NWSCC website and find the meeting there.

History Happy Hour: Volcanos

June 4, 2022. (Saturday) Doors open at 6:30 pm.
Presentation starts at 7 pm.



Mt. Hood is a volcano. Find out what is going on and what the predictions for its future are. Guest speaker: The Cascade Volcano Center.

Be entertained and learn something new.

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

The presentation is free. Donation to the Museum are welcome.

For more information about the lecture series, please call the museum at 503-272-3301.

Mt. Hood Cultural Center and Museum

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

History Happy Hour: Steiner Cabins

July 2, 2022. (Saturday) Doors open at 6:30 pm.
Presentation starts at 7 pm.



Come learn about the artistry and architecture of these historic Steiner cabins located all around Mt. Hood.

Be entertained and learn something.

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

The presentation is free. Donation to the Museum are welcome.

For more information about the lecture series, please call the museum at 503-272-3301.

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www.mthoodmuseum.org



FWSA Trips

Alaska Inside Passage Cruise, June 25 - July 2, 2022, with an optional pre-trip Denali Tour, June 21- 25, 2022.

Croatia Cruise. September 3-11, 2022.

Dive Trip to Cozumel. October 8 - 15, 2022.

More details on our club's TRIPS page, or click on the above trip names or see the FWSA TRAVEL page at: <https://fwsa.org/>

Twin brothers Phil and Steve Mahre will be special guests at the Far West Convention in June in Portland. They grew up at White Pass ski area, Washington, and won Gold and Silver medals at the Winter Olympics in Sarajevo in 1984.



Billy Kidd, Sigrid Noack, and Debbi Kor at a FWSA Convention

2022 FWSA Convention in Portland, Oregon



The 89th Annual Far West Ski Association Convention will be held **June 9-12, 2022**, in Portland Oregon, at the **Holiday Inn Portland - Columbia Riverfront**. NOTE: This is not a new location. The Holiday Inn is the former Red Lion. Just a name change.

Mark the dates and plan to show up. This is a great opportunity to experience a Far West Convention on our own turf. Here are just a few highlights:

1. Mt. Hood Tour and Pub Crawl on Thursday.
2. Golf and a Wine Tour on Friday.
3. On Friday evening, there will be a Snowsport Trade Show & Silent Auction with great deals on ski trips and it is free and open to everyone.
4. Educational (ski related) seminars, Public relations meetings, and more.

See more details on the FWSA website at: https://www.fwsa.org/content.aspx?page_id=22&club_id=623165&module_id=504188.

Note that we the locals can register in a variety of ways, including: the complete convention package that includes lodging and meals, or the package without lodging, or register for just some of the activities.

Also note that the **Friday night's trade show and silent auction are free for all**. Just show up. Visit some of the ski areas' booths, and bid on some of their offerings (ski trips etc.) that can be had for amazingly low prices, especially if nobody else bids against you.

Q: How can I participate in the Far West Convention?**A:** You can participate in several ways:

- a) **As a visitor at the Trade Show & Silent Auction** on Friday evening. Just show up. It's free.
- b) **As a volunteer**, to help our NWSCC organizers and hosts. Contact **Chris Ciardi**: c2blondie@hotmail.com
- c) **As a registered delegate**. Full registration costs \$179 and includes breakfast, lunch and dinner on Saturday and breakfast on Sunday morning, as well as all the education seminars and other activities all day Saturday. And you can also vote in all the FWSA proceedings on Sunday morning. To register, go online to the FWSA website at: https://www.fwsa.org/content.aspx?page_id=22&club_id=623165&module_id=504188.

Note that there is a separate button there to register for hotel lodgings and a separate button for registering as a Convention Delegate. **We do have a minimum number of hotel rooms that we need to fill, so we highly encourage people to stay at the hotel**, and enjoy ALL the aspects of being a Convention Delegate, including the Apres parties on Friday and Saturday nights, as well as the Eye Opener on Sunday prior to the general meeting.

NOTE: Price of registration will go up after May 10.

Q: What is the Trade Show and Silent Auction?

A: The Trade Show on Friday evening is basically a ski show (like Snowvana), but it is free. Ski areas and other ski industry representatives will have their booths there. Also, there will be a great Raffle for the Athletic Scholarship Program, benefiting Junior racers.

For the **Silent Auction**, most booths will have a signup sheet where you can bid on an item or two that they are donating to the FWSA. You have an excellent chance of getting a ski trip for very low prices.

The former Travel Expo is included in the trade show.

This event is **free** and **open to the public**. Bring your friends. Everyone is welcome. It happens on Friday evening, between **6:30 pm** and **10:30 pm**.

This is the only place our people can meet in person the Tour Operators who set up trips - and they have some pre-arranged trips that clubs can join in on.

**Q: What happens on Saturday?**

A: Saturday's program is for registered delegates only. A lot happens on that day. There will be educational seminars. A session on Avalanche Safety and guest, Steve Rollins from Portland Mountain Rescue, as well as a session with Forest Service Rep, and meteorologists, Matt Zaffino and Rod Hill from KGW. Club and individual awards will be given out during the luncheon. The day will end with a banquet dinner and a dance.

Q: What about Sunday?

A: Sunday is the time for the Annual Far West General meeting and elections, with a delicious Brunch from 10:30 to 11:30. Door prizes will be given away.



MOUNTAIN HIGH

Contacts / Club info

SNOWSPORT CLUB

2022 Volunteer of the Year



Bill King is our club's Vice-President and a ski trip leader. He is also the Treasurer for the NW Ski Club Council. He has been nominated by our club as our Volunteer of the Year.

NOTE: The Far West Ski Association has discontinued the Man & Woman of the Year competition and replaced it with the Volunteer of the Year. Bill King is our club's first nominee.

Mountain High Board Meeting

Usually last Monday of the month.

May 23 (Mon.): Open to all who want to get involved with the club.

Gather at **6 pm.** Start at **6:30 pm.**

Location: Round Table Pizza,
10070 SW Barbur Blvd. (old location)

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

President@mthigh.org
willie2k@ymail.com
Secretary@mthigh.org
Treasurer@mthigh.org
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skiklynn@gmail.com
Racing@mthigh.org
newsletter@mthigh.org
ijustwannarun1@comcast.net
Trips@mthigh.org

General info:
info@mthigh.org

Web site:
www.mthigh.org

DOUGH TRANSMITTAL FORM

Mail check payable to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY: ☐ New membership or ☐ Renewal

Name(s): _____ Birthday (MM/DD) _____

Address: _____

Phone (Hm): _____ Phone (Wk): _____

Email (Hm): _____ Email (Wk): _____

Email Preferences: - Newsletter (once a month): ☐ yes, link only ☐ yes, complete file ☐ no
☐ No changes - 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

I certify that I am 21 years of age or more. I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

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

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

☐ **Whitefish Mt. lodging** (March 13 - 20, 2022) 4, 5, or 7-day trip. Deposit=\$150 \$ _____
 I intend to stay: ☐ 6 or 7 nights = \$420, ☐ 5 nights = \$350, ☐ 4 nights = \$280.

☐ **Whitefish Mt. Lift tickets** (March 13 - 20, 2022) I intend to ski _____ days. \$ _____
 Adult 1-day=\$68, Adult 2+ days = \$63 /day, Senior (65+)= \$59. Seniors 2+ days=\$54/day. 70+=\$20

☐ **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>

Club membership = 192 Newsletter Distribution

The May 2022 issue is posted on our web site. Also:

197 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-2022-03-03.xls>

Mt. High Credit Card Payments

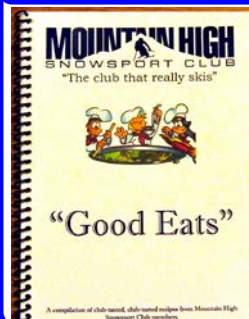
We are now able to process your payments by **credit card**. We are doing it through PayPal.

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>

Stories from Skiing History Magazine

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

- * [**Dynamic Reinvents the Slalom Ski**](#)
- * [**The He-and-She Stick**](#)
- * [**Stenmark vs. Vonn: Who was Best?**](#)

Mt. High Cookbook

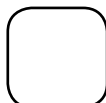
This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.

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 the Trees**](#)
- * [**Hair Cutting Skills Save the Day**](#)
- * [**Skiing Subway: A Most Unusual Lift**](#)



Emilio Trampuz
Mountain High Newsletter editor
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Salem, OR 97302

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