



Lift Lines

= No. 258-259, June-July 2022 =

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



Lots to Look Forward To

A lot of summer activities (both outdoors and social) have been added to our calendar. Check it out and join us in some of it.

Also, we now have two winter trips planned for January and February 2023. Join us in at least some of it.

And finally, reflect a bit on our upcoming old age and our individual bucket lists. See page 8 about it.

Mountain Biking



Are you interested in doing some mountain biking this summer?

If so, let's do something together. Please contact Linda McGavin at trips@mthigh.org

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.

Note the color code.
Our club is blue.

2022 CALENDAR

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

JUNE 2022

June 9-12 FWSA Convention, Portland, OR

JULY 2022

July 2 (Sat.) History Happy Hour Steiner Cabins presentation.
July 16 (Sat.) Mt. High Highway Cleanup 2 hours of work, then lunch.
July 23 (Sat.) History Bike Ride - Barlow Trail Barlow Pass to Zig Zag.
July 25 (Mon) Mt. High Board meeting Get more involved with the club.

AUGUST 2022

Aug. 6 (Sat.) History Happy Hour History of Cloud Cap Inn on Mt. Hood.
Aug. 9 (Tue.) Mt. High Social & Trips Signups Round Table Pizza, Barbur Blvd.
Aug. 13 (Sat.) Steiner Cabins Tour A tour of several Steiner cabins. **SOLD OUT.**
Aug. 20 (Sat.) Mt. High Picnic & Bike Ride at Sellwood Park.

SEPTEMBER 2022

Sept. 2 (Sat.) History Happy Hour Status of Mt. Hood Volcano.
Sept. 12 (Mon) Social & New Members Night Welcoming, trip signups, more.

OCTOBER 2022

Oct. 1 (Sat.) History Happy Hour. Topic TBA.
Oct. 24 (Mon.) Kickoff Party & Club Elections at Lucky Lab, 6 pm - 9 pm.

JANUARY 2023

Jan. 25 - Feb. 1 Canada Ski Trip. Whitewater and Red Mt. by bus

FEBRUARY 2023

Feb. 26 - Mar. 1, 2, or 3. McCall (Idaho) Brundage Mt & Tamarack Trip 3 or 4 or 5 nights. Drive to.

Mt. High Highway Cleanup

July 16, 2022 (Saturday) -- 10 am - noon.



It's time to clean up our adopted section of highway 26 just west of Government Camp, mileposts 51 - 53. We need just 10 volunteers, and we'll spread out over our 2 miles of highway, so that each person will take care of only about half a mile.

Garbage bags and safety vests will be provided. Just bring some gloves. We will also have just a few garbage pickers, but not enough for everyone, so bring your own if you have one. It can save you a lot of bending down.

We will assemble at the Skibowl West parking lot a few minutes before 10 am.

At noon, we'll all be treated to lunch in Government Camp. We can then compare notes and see who found the most interesting items. In past years, some of us even found real money!

To volunteer, please RSVP to **Debbi Kor**, ijustwannarun1@comcast.net, or call 503-314-7078. See more info on our website: www.mthigh.org.



History Bike Ride - Oregon Trail (Barlow Road)

July 23, 2022 (Saturday) - Starting at 9:30 am.



Where exactly is the Oregon Trail (Barlow Road) around Mt. Hood? If family or friends came to visit, would you be able to show them which way the wagons went? Come on this free guided tour and find out.

Barlow Road was the only way to get around the south side of Mt. Hood for 71 years, until the old **Mt. Hood Loop highway** was built in the 1920s. Both roads are now abandoned (except for a few short segments). When Timberline Lodge was built in the late 1930s, all the building materials and tools were brought up along the old Mt. Hood Loop highway. This is all part of Oregon's history, but it is being neglected.

Find out where these roads are, hear some of the pioneers' stories, and maybe consider adopting a section, clearing it of fallen trees and branches every year. This was usually the job of the first wagon train of the season.

Meet a few minutes before 9:30 am at the **Zig Zag Inn**, on the south side of Hwy. 26, at the spot where Lolo Pass Rd. begins. We will need some carpooling to transport everyone and all our bicycles up to Barlow Pass. We will leave only 2 or 3 cars in Zig Zag. At the end of the bike ride, we'll have refreshments and/or lunch at the Zig Zag Inn and then we'll use the 2 or 3 cars to take us back to fetch our cars at Barlow Pass.

We'll ride on a mix of surfaces, mostly paved, but also some forest trails, and about a mile of gravel road. Most of the 18 miles will be downhill, but there will be 2 uphill sections.

See more details on our website: www.mthigh.org. If you want to participate, please contact **Emilio Trampuz** at: Emilio2000@earthlink.net or 503-510-1477.

Mt. High Social, Pizza, and Early Trip Signups

August 9, 2022 (Tuesday) -- 6:00 - 8:45 pm.



sign up yourself and your roomie at the early bird event. Spots remaining after social will be filled by postmark date. Mail in deposits accepted starting August 10th.

Karen will give an overview of the trip as well as outline current requirements for international travel at the social. Bring your questions!!

Linda will give an overview of the Brundage Mountain and Tamarack (Idaho) ski trip.

Please RSVP Karen via text at 503 984 9210

Location: Round Table Pizza, 10070 SW Barbur Blvd., Portland, Oregon. (near Capitol Hwy). See map and directions on our website: www.mthigh.org.

Pizza is on the club! Just buy your own drink.

Everybody is invited! Come meet other club members, check out what's new. Members and potential new members welcome.

Early bird Canada trip sign ups will take place at the social. You get first dibs if you show up in person. You can



Mt. High Picnic & Bike ride

August 20, 2022 (Saturday) - Bike ride at 9:30 am. Picnic at 11:30 am.



WHERE: Sellwood park - See [MAP](#)

PICNIC AREA A (as in previous years).

Follow the path that Starts from Grand Ave.

Our picnic area will be diagonally to your left.

Park on SE Grand Avenue or any of the 4 streets nearby. Entrance to the park is from Grand Ave. It's a short walk to our picnic area.

BIKE RIDE

We will cross Sellwood bridge and ride north toward downtown Portland along the west bank of the Willamette River all the way to the Steel Bridge. Then, we'll return along the Springwater trail along the east side of the river. We'll work up an appetite for the picnic.

PICNIC

The picnic is a potluck. We'll have sausages of various kinds (spicy and non-spicy) on the grill. Bring something else to share, like an appetizer, side dish, or dessert. Also BYOB.

See more details on our website: www.mthigh.org.



Mountain High Board Meeting

July 25, 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.

Since we've had problems with a WiFi connection at the **Round Table Pizza** we will hold a purely online meeting this time.

We will use the "Go To Meeting" software to join from your computer, tablet or smartphone at:

<https://meet.goto.com/255052189>

You can also dial in using your phone.

United States: +1 (872) 240-3212

- One-touch: tel: +18722403212,,255052189#

Access Code: 255-052-189



Informative NWSCC Meeting



September 28, 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 are yet to be announced.

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 NWSCC's website and find the meeting there. Click on the above link to the NWskiers.org website.

History Happy Hour: Cloud Cap Inn

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



Learn about the history of Cloud Cap Inn on Mt. Hood.

Guest speaker: Don Nelson, History researcher and writer.

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. A \$5 donation to the Museum is 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: Volcanos

September 2, 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 the future of Mt. Hood the volcano. **Guest speaker:** Seth Moran, Research Seismologist, USGS Cascades Volcano

Observatory.

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. A \$5 donation to the Museum is 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

Mt. High Welcoming Party

September 12, 2022. (Monday)
6:30 - 9 pm.

Location: Round Table Pizza
10070 SW Barbur Blvd.
Portland OR
(near Capitol Hwy)



This gathering will be geared toward welcoming our new club members. Long term members, come meet our newest members and help introduce them to the club.

New members will get a good introduction to what our club is all about. Hear about our trips, racing, social events, and more.

For potential new members, come check out our club and hear about all the fun stuff we do year round. We will have trip leaders and board members present to answer all your questions.

See more info on our website: www.mthigh.org.

Contact: **Karen Michels**, Membership director,
skiklynn@gmail.com

Kickoff Party & Club Elections

October 24, 2022. Monday
6 - 9 pm.

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.
- 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!

We will be holding elections at this Kick-Off meeting/party. Debbi is resigning, after 7 years, as president.

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

TREASURER - continued

- Pick up club's mail at the P.O. Box.
- Attend monthly meetings.
- Estimated average time per month: 2 - 12 hours depending on the time of year, plus meeting.

SECRETARY: The Secretary shall take minutes at Board meetings. Job duties include but are not limited to:

- Draft and distribute the minutes prior to all Board Meetings - except committee meetings.
- Any other duties that may be assigned by the President
- Estimated average time per month: 3 hours plus meeting.

Mountain High Appointed Positions

V.P. OF MEMBERSHIP: The V.P. of Membership is tasked with promoting Mountain High Snowsport Club in order to garner membership into the club.

- Plan for a Season Kick-Off Party to renew memberships or sign up new members
- Monitor memberships throughout the year, advising Treasurer and Newsletter editor of new members for financial history and to get signed up for newsletter
- Any other duties assigned by the President

RACE DIRECTOR: The Race Director shall work with the PACRAT Board and all racers from our club or who are on Mountain High Teams.

- Promote the PACRAT Race League to club members
- Provide information about races and requirements to be a racer in our club
- Work with Team Captains to obtain registrations for PACRAT in timely manner
- Provide dates of races to Newsletter Editor to be published each month
- Work with Treasurer to ensure that all racers have paid their club & race dues

NEWSLETTER EDITOR: The Newsletter Editor is tasked with putting out a monthly or semi-monthly newsletter and maintaining the Website.

- Remains up-to-date on current membership
- Stays informed of club, council and Far West activity to post in the newsletter
- Distributes newsletter to club members wanting to get copies, whether that be email or mail

TRIP LEADER: Trip leaders are tasked with leading a trip or activity for the club.

- Propose your future trip to the Mountain High Board of Directors
- Plan and promote trips or activities
- Promote your trip through Facebook, Newsletter, and/or flyer
- Adhere to "Trip Leader SOP's" found on the Mountain High Website

DIRECTOR AT LARGE: A Director at Large could be appointed for any number of Committees, Activities Leader or other Chair Positions as deemed necessary by the Mountain High Board of Directors. Those positions will be named and announced as they come up.

We need YOU to get more involved with the club!



Please volunteer for something, to host a party, to lead an activity, etc.

Canada Ski Trip

January 25 - Feb. 1, 2023.

A week-long trip to Canada by bus, with two destinations:

1. **Whitewater ski area**, with lodging in Nelson.
2. **Red Mountain ski area**, with on-slope ski-in/ski-out lodging at the Josie Hotel.

Details are still being worked out, including the pricing. This is just a preliminary announcement.

Signing up. Early bird sign-ups in person will be held at our club's social event at the Round Table Pizza on Barbur Blvd., near Capitol highway, on **Tuesday, August 9**, between 6 pm and 8:45 pm. Those who sign up in person will be given priority. Spots remaining after social will be filled by postmark date. Mail in deposits accepted starting August 10th.

Trip leader: Karen Michels, **503 984 9210**.



**The Josie Hotel
at Red Mountain**



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/>

McCall (Idaho), Brundage Mt. & Tamarack Ski Trip

February 26 - March 1, 2, or 3, 2023. (Monday - Friday)

2-5 days skiing: February 27 - March 3 (Monday-Friday) Your choice, depending upon your free lift tickets and how many days you want to ski. **START DATE: Sunday, Feb. 26** – Drive to McCall & check in. You can book up to 5 nights at our group rate.

Note that this trip (like the Schweitzer trip last year) 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, select your own roommate or have a room to yourself. We will not assign roommates.
3. You are responsible for purchasing your own lift tickets, either day tickets, exchange tickets (Mt. Hood Meadows (to be confirmed), or a pass (Indy Pass or Loveland pass).

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. [They are right across from the McCall airport, Raj.] Your trip leader usually books budget lodging, but this trip is an exception, as we will be staying at a beautiful hotel with lots of amenities (check out the pictures on their website!). Our group rate is \$179 plus tax (\$206 including tax) per night, per double queen room. **Please book your hotel room early** – we only have a certain number of rooms, and any unsold rooms will be released a month before our trip.

The hotel is located 11 miles from Brundage and 20 miles from Tamarack. The City of McCall operates a mini bus called McCall Transit from 7:00 a.m. to 7:00 p.m. 7 days a week, free public transport to anyone. In the winter time the city of McCall provides free transit for all hotel guests to their activity destination (skiing).

Everyone who signs up for this trip, please contact **Linda McGavin**, Trips@mthigh.org and let her know:

- Did you make your hotel reservations, and for how many nights (2 or 3 or more)?
- Where do you expect to ski, and which pass(es) do you have?

Both Brundage and Tamarack are on the **Indy Pass**. Brundage might have an exchange with **Mt. Hood Meadows**.

What's on your bucket list? What would you like to accomplish? And how much more time do you think you might have? Here are some ideas for both Summer and Winter activities.

Summer: Preserve Oregon's History

The Oregon Trail around Mt. Hood (aka "Barlow Road") and the nearby old Mt. Hood Loop highway are both mostly abandoned and neglected. The Forest Service wants all that to go back to nature, but



that means a great loss of Oregon's history.

Each year, winter storms topple trees and break off branches which fall across the trail or the old road. If we don't clear this up regularly, it will be too difficult to get through it, and if nobody even goes there, the Oregon Trail will be forgotten and lost.

So, how about "adopting" a segment of Barlow Road or the old highway and maintain it each year just like we do with Hwy. 26?

Clearing the path usually fell to the first wagon train of the year. Emilio has played this role for the past 10 years or so, in preparation for the annual bike ride along the old wagon trail. Sometimes, there were helpers, as in this picture with Kay Kinyon, Lisa Miller and John Davis in 2018.

As we all get older, it will become more difficult to put in 3 or 4 days of work each summer. So, we need to recruit more people. But the first step is to simply learn where the Oregon Trail goes around Mt. Hood. We need to raise awareness of it. We need to be able to show others where it is.

So, join us on the guided tour on Saturday, July 23. See page 2 of this newsletter.

Winter: Where to Ski

As we grow older, at some point we realize that our time is limited. There are only so many winters left, and our energy will gradually dwindle. So, we should plan where we want to spend the rest of our lives skiing.



A sun pillar at the Troll ski area

Do we want to continue skiing the same one or two ski areas that we have skied all our lives? Or do we want to sign up for as many Mountain High ski trips to ski all of the Northwest and parts of Canada? Or do we want to be more ambitious than that?

John and Jewel Andrew decided to spend their retirement years skiing all of North America (over 700 ski areas). So far, they have skied at 552. Is that too much?

How about a more modest goal of visiting approximately 200 ski area west of Denver? Those are listed on our club's [SKI AREAS](#) page.

Emilio has chosen this latter option - to ski the West (including all of western Canada). He has just turned 70 and he figures that he probably won't have the energy to engage in long road trips with lots of driving and lots of skiing after the age of 80. He has skied at 141 ski areas so far. To get to 200, he has about 60 ski areas to go. If spread out over the next 10 years, that means skiing an average of 6 new ski areas each winter. It's doable.

In his latest effort, Emilio has visited 9 ski areas in northern British Columbia. See his video about this road trip at: <https://youtu.be/eaAII720rXU>. Why put up with crowded and expensive ski areas when there are these beauties? Next on the agenda is to ski all of Montana, all of Idaho, all of New Mexico, etc.

What is on your bucket list? To ski or not to ski, that is the question!!!

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.

July 25 (Mon.): Open to all who want to get involved with the club.

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

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
PastPresident@mthigh.org
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) \$ _____
- ☐ **CANADA trip: Whitewater & Red Mtn.** (January 25 - Feb. 1, 2023) \$ _____
 This is just a placeholder for now. Prices are yet to be announced.
- ☐ **McCall (Idaho): Brundage Mtn. & Tamarack** (Feb. 26 - March 1, 2, or 3, 2023) \$ _____
 I intend to ski _____ days. The club is not collecting money for this trip
 Make your own hotel reservations using the code we will provide.
- ☐ **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 June-July 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.

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>

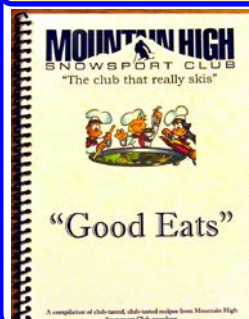
Count Your Ski Areas

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>

Stories from Skiing History Magazine

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

- * [Skiing Below the Mason-Dixon Line](#)
- * [Ski Magazine History](#)
- * [Sun Vally Pioneer Ed King](#)

Mt. High Cookbook

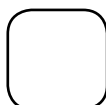
This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.

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:

- * [Sustainability of Snow Sports](#)
- * [How to Store Ski Gear & Clothes](#)
- * [Short Swings, Spring, Aging, etc.](#)



Emilio Trampuz
 Mountain High Newsletter editor
 4742 Liberty Rd. S., #296
 Salem, OR 97302

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