



LiftLines

= No. 232-233, April-May 2020 =

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



The Corona Virus Pandemic Issue

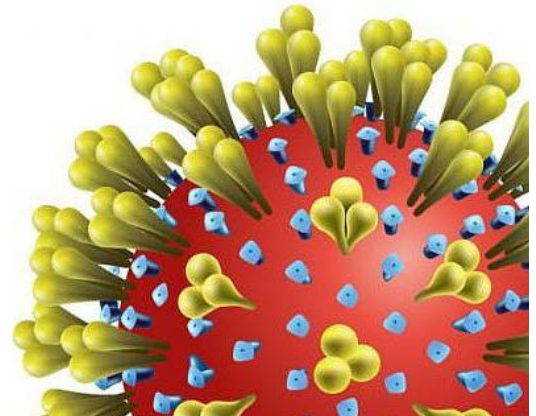
The COVID-19 pandemic has brought the world to a halt. **All our planned activities have been canceled or postponed.** Even the upcoming Summer Olympics have been postponed till next year. The majority of the States in the US are under a "shelter in place" or "stay at home" order.

It's time to practice social distancing, physically maintaining a distance between us. But, of course, that doesn't mean we can't socialize and communicate remotely over the internet, thanks to our Forums, Facebook, Twitter, email, etc. We would have been much more isolated if this had happened 30 years ago before everyone had an email address and an internet presence. See some ideas of how to cope on page 5 - 6.

All we can do now is wait it out, until the number of virus infections tapers off to zero. See more about the virus on page 3.

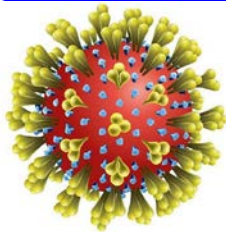
While we wait, let's review some of our recent adventures. Check out some of the pictures and videos we took of our recent trips and events on page 2.

Corona Virus



Corona virus

COVID-19 History



December 2019: The infections started in Wuhan in China. A church group was a major hot spot.

January 19, 2020: First patient in the US diagnosed in Washington State. Trump claims it's a hoax.

March 11: The outbreak is recognized as a pandemic.

Early March: Social distancing, including staying 6 feet away from other people is recommended.

March 15: All Mt. Hood ski areas announce they are closing.

March 19: Oregon and California issued a "stay-at-home" order.

March 26: The Forest Service closes all recreation areas.

April 2: Under a lot of public pressure, reluctantly, Florida's governor issues a stay at home order, but exempts churches from it.

April 3: Even among States that have implemented the stay at home order, 12 of them make an **exception for church gatherings**. These are: Arizona, Colorado, Delaware, Florida, Kentucky, Michigan, New Mexico, North Carolina, Pennsylvania, Texas, West Virginia, and Wisconsin.

April 6: Eight States still refuse to issue stay at home orders, including North and South Dakota, Nebraska, Iowa, and Arkansas, as well as significant parts of Utah, Wyoming, and Oklahoma.

After the infections subside in the rest of the US, the States named above might be the source of a second wave of infections.

April 8: Worldwide, over 1.5 million people have been infected, and about 87,469 people have died from the virus. In the US, there are 425,107 infected people and 14,2627 have died, lately over 1500 deaths per day.

Oregon is faring better than most States, with 1,181 infected people and only 33 deaths so far. The number of deaths is 1 or 2 per day.

Note the color code.
Our club is blue.

2020 CALENDAR

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

NOTE

All our planned events are canceled or postponed until further notice

APRIL

Apr. 3 - 5 Bachelor Blast - **CANCELED**
Apr. 17 (Fri.) Rat Attack Party - **CANCELED**
Apr. 25 (Sat.) HHH: Mt. Hood Hikes **CANCELED**
 HHH = History Happy Hour at the Museum

MAY

May ?? Mt. High Party & Elections
 --- **CANCELED** ---
May 28 -31 Far West Convention (Red Lion Hotel, Jantzen Beach, Portland, Oregon) - **CANCELED**
The Convention will be held in Portland on June 9 - 12, 2022

Eastern Washington Trip Jan. 17 - 20, 2020.

RELIVE SOME MEMORIES

A 3-day weekend over MLK Day. We skied at 3 ski areas: 49 Degrees North, Mt. Spokane, and Bluewood. A total of 36 people participated. This trip was led by **Emilio Trampuz**. See our website [PHOTOS](http://www.mthigh.org/Photos.htm#Eastern-Washington-trip) page at: <http://www.mthigh.org/Photos.htm#Eastern-Washington-trip>

Silver Star Trip Jan. 27 - Feb. 2, 2020.

We have visited Silver Star 4 times in the past 5 years. This was our 4th visit. It's a great place for ski-in/ski-out lodging. Just get out of your lodge and step into your bindings. This trip was led by **Karen Michels**. See our website [PHOTOS](http://www.mthigh.org/Photos.htm#Silver-Star-trip) page at: <http://www.mthigh.org/Photos.htm#Silver-Star-trip>

Whitefish Trip Feb. 8 - 15, 2020.

Our most flexible trip ever. People could fly, drive their cars, or take the train, and people did choose all these options. People could stay 4, 5, or 7 days. A total of 42 people participated, but only 8 people went on the optional day trip to Blacktail Mountain. This trip was organized by **Bill King**. See our website [PHOTOS](http://www.mthigh.org/Photos.htm#Whitefish-trip) page at: <http://www.mthigh.org/Photos.htm#Whitefish-trip>

Powder Highway Trip Feb. 22 - Mar. 1, 2020.

Our longest trip of the season. A total of 9 days. Most of the the trip was centered around Panorama, in British Columbia. Fernie and Kimberley were visited for one day each on the way there and back. Plus, an optional day at Kicking Horse was arranged for those who wanted it. This trip was led by **Karen Michels**. See our website [PHOTOS](http://www.mthigh.org/Photos.htm#Powder-Hwy-Panorama-trip) page at: <http://www.mthigh.org/Photos.htm#Powder-Hwy-Panorama-trip>

Ski The Glade Trail Day Mar. 7, 2020. Organized by the Mt. Hood Cultural Center & Museum.



Lloyd Musser, Curator
Mt. Hood Museum

ing people from the end of the Glade Trail to the Museum and then up to Timberline. People can take as many rides as they can during the day. Included in the event are breakfast, lunch, and a happy hour, as well as door prizes. The trail is patrolled by the Mt. Hood Ski Patrol.

The Glade Trail is 3 miles of mostly intermediate and easy cruising terrain. See the video on YouTube at: <https://youtu.be/3A1jucFz4Yo>.

Add this event to your bucket list. Participate next year.

A total of 75 people participated in a bit of living history, experiencing how people skied in the old days, in the 1920s and 1930s, when there were no ski lifts on Mt. Hood. All trails began in Government Camp. Skiers usually climbed from Government Camp to the tree-line at the 6,000' level and then skied back down. In later years, they also had the option of taking the Skiway tram to Timberline or the Timberline Shuttle (the red bus).

The Glade Trail is groomed only once a year, just for this event, on the first Saturday of March. There are 3 shuttle buses tak-



Viruses and COVID-19

Compiled from different sources, including NIH (National Human Genome Research Institute), CDC (Center for Disease Control), New York Times, and USA Today

What is COVID-19

In the case of the coronavirus pandemic, the virus is SARS-CoV-2, and the disease is called COVID-19.

Is a virus a living organism?

A virus is an infectious agent that is somewhere between the living and the nonliving. It is a particle much smaller than a bacterial cell, consisting of a small genome of either DNA or RNA surrounded by a protein coat. Viruses enter host cells and hijack the enzymes and materials of the host cells to make more copies of themselves. Viruses cause a wide variety of diseases in plants and animals, including AIDS, measles, smallpox, and polio.

Viruses can replicate, but they can't function without interacting with a living cell. On their own, they're also essentially inert – unable to move. By themselves, they can't do anything. They need a host cell to replicate. A virus is like a parasite: an organism that survives by harming another species.

How do you kill a virus?

If it's outside your body, soap can kill a virus. Once the virus begins replicating inside your body, it's much harder.

Most viruses, especially respiratory viruses, are easily "disassembled" by soap when they are outside your body. If you scrub your hands vigorously and rinse well with water, the soap essentially kills the virus.

Once the virus begins to take hold in your body, it's up to your immune system to clear it out. There's two main ways this is done. First, the body can attempt to attack the virus directly, stopping it from hijacking cells and spreading rapidly.

Second, the body can try to spot its own cells that are infected with the virus and kill those cells. That's obviously not ideal and can cause damage to your body – but it's often necessary to stop the spread of the virus.

How does the virus spread?

The virus spreads via droplets, direct contact and by coming into contact with contaminated surfaces and objects. So far no infectious virus has been recovered from captured air samples. More recent reports suggest there may be an airborne component which might linger in the air for up to 30 minutes.

The virus is thought to spread mainly from person-to-person. Between people who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.

The virus can linger on surfaces: 3 hours on fabric, 4 hours on copper and wood, 24 hours on cardboard, 42 hours on metal, and 72 hours on plastic.

How to Protect Yourself.

HAND WASHING. The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT. That is why you have to rub so much: for 20 seconds or more, to make a lot of foam. By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

HEAT melts fat; so it's good to use water above 77 degrees Fahrenheit for washing hands, clothes and everything.

ALCOHOL over 65% dissolves fat, including the external lipid layer of the virus. Vodka doesn't have enough alcohol.

BLEACH. A mix of 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

PEROXIDE. Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

BACTERICIDES OR ANTIBIOTICS DO NOT HELP. The virus is not a living organism like bacteria; antibiotics cannot kill what is not alive. Also, **VINEGAR** doesn't help, since it doesn't break down the layer of fat.

DRYNESS AND LIGHT degrade the virus faster. A dry environment and lots of UV light (sunshine) is good for you.

Mt. Hood Adventures this Spring

March, April, and May

Have you skied everything there is to ski on Mt. Hood? Could we find something new? Show us, or let us show you. For example:

1. Thanks to Sally Niedermeyer, we have discovered the "Daddy Kille" trail at Skibowl. No it's not a black diamond. It's green! But you probably never heard of it!
2. Emilio can show us some hidden gems, like skiing Timberline to Government Camp, or Little Zig Zag canyon, or the safety boundaries. Most Saturdays this Spring. Contact [Emilio](#).



History Happy Hour: Mt. Hood Hikes

April 25, 2020 (Saturday) 6:30 pm.



Topic: A variety of hikes around Mt. Hood will be presented.

Doors open at 6:30 pm. Presentation at 7 pm.

Donations are welcome. There is no charge for the presentation. Beer, wine and soft drinks are available for purchase.

Location: Mt. Hood Cultural Center and Museum
Government Camp, Oregon
ph: 503-272-3301, info@mthoodmuseum.org
www.mthoodmuseum.org

Mt.High

Mt. High Social & Elections

Mt.High

May, 2019 (TBA)

Location: TBA

See Google Map.

Food will be on the club. Just buy your own drink. Everybody is invited! Come meet other members, see what's new.

- Included:
- * **Socialize, mingle with other club members.**
 - * **Free food (on the club), but buy your own drink.**
 - * **Participate in electing our club officers.**



ELECTIONS: We will hold our annual club elections for President, Vice-president, Secretary and Treasurer. You can nominate someone or volunteer yourself for a position. Please send in your nominations to info@mthigh.org or to our past club president: Kurt Krueger at telek2@frontier.com or 503-625-1492.

If you are interested in joining the club's Board of Directors, there are four positions that we will be voting on:

- President:** - No candidate yet -
- Vice-President:** Bill King (incumbent)
- Secretary:** - No candidate yet -
- Treasurer:** Nancy Pratt (incumbent)

Even though the actual Elections Day is still uncertain, we are actively looking for a new club President and Secretary. Any ideas, nominations, or volunteers?

Other positions on the Board are appointed by the club President, including trip leaders, newsletter editor, racing director, social activities director, etc. Please let us know if you are interested in any of these positions. If you would like to be a "Board Member at Large", talk with Debbi Kor (our club president) about what you may have in mind.

How to Cope with Self-isolation

How are you coping with social distancing? If you are working, did you call in sick? Or how is your work environment different from before? If you are retired and confined to your home, how are you keeping yourself busy and entertained? We asked the question in our club's Forums, and here are some of your responses:

1. **ZOOM "happy hours"** are a great way to stay connected with friends and family during this time. See: <https://zoom.us/> . - **John Patton**

2. **HIKING.** My daughter and I hiked up to Pittock Mansion from where we parked on NW 25th & Johnson. All residential streets with no one on them and if we ran into anyone we just crossed the street.

Ended up arriving at Pittock on the back entrance that is closed to cars with a gate. Sat on the lawn and looked out at NW portland and beyond.

This is the first time in history where
you can save humanity by just
sitting on the couch watching TV
Don't screw it up!

Came down Forest Park trail that leaves from west end of parking lot. Saw few people, all keeping their distance.

The Mazamas do similar hikes every Tuesday & Thursday. 6 miles 2 hours. They call them Street Rambles. They leave from REI. Not happening right now.

Another Mazamas friend did a SW hike Riverview Cemetery to Terwilliger. See map at: www.gaiagps.com/map/?loc=12.0/-122.6731/45.4524&popupLoc=-122.67600/45.46113&pubLink=PgwTe1yav0w0FJQoUqE5nN9s&trackId=144dc31135afd9bd3209be1928f778ac - **John Davis**

3. **HOME PROJECTS.** Pursue whatever your interest is. Dancing websites, play your guitar, put music to some lyrics you like. Or clean up and organize your house (which will take longer than any virus can last - haha). - **John Davis**

VIDEO: How To Get Outside Safely

The Outside Online website features the following short video, produced by **Nathan Norby** and featuring **Wes Siler**, who presents a few ideas about how to get outside safely at this time. See the video at:

https://www.outsideonline.com/2411123/video-rules-recreating-safely-during-pandemic?utm_source=Sailthru&utm_medium=email&utm_campaign=Watchlist-04052020&utm_content=B&utm_term=watchlist#close

4. **WALKS, BIKE RIDES.** Bruce and I are trying to go for neighborhood walks when the weather is nice, or at times when we are certain it won't rain. Have been going for long bike rides along the Trolley Trail, I-205 path, and the Springwater Corridor.

It is also a good time to go through years worth of paper clutter ... I wonder if a shredding company is an essential business? - **Linda McGavin**

5. **SKIING.** White Pass has not imposed any restrictions on uphill climbing unlike all the areas down on Hood. I climbed 1500 feet up the main face which with some rest stops took about 90 min and skied down thru fresh pow. There were other people there too but not a lot. Maybe saw about 10 people there thru the afternoon. - **Mike Barmache**

6. **TV and BIKING.** Retired. Wife and I are healthy. Reading, new TV programs (no news) and bike riding with bandanna. - **Armond Anderson.**

7. **WALKS, PAINTING, GARDENING.** I am on day 20 with not seeing a single soul in person. Do a walk every other day or so but stay on the opposite side of the street if I see anyone, but frankly there are few people out there and most are walking their dogs.

I have spent a lot of time on the phone with family and friends and neighbors are checking in. Prepared to do some painting inside the house, but the paint is old.

I think I have enough food to last another month although none of it will be fresh except for the herbs in my garden and the potatoes, oranges, lemons, limes and onions in my garage. - **Elaine Bock**

8. **REPAINTING the inside of the house.** Vaccine can't come soon enough!! Also - dogs' events have all been cancelled except for the Trick Dog certifications, which I now can enter by sending videos! - **Stevie Viaene**

9. **QUARANTINED & WORKING FROM HOME.** After I returned from my ski trip to Austria and Italy with the Oregon Nordic Club March 6th, I was quarantined from work.

After I was cleared, my office went into mandatory telework from home. Tomorrow will be the start of week 5 of working from home for me. My cat is very happy to have me home. - **Michele Guinness**

10. **DE-CLUTTERING, ORGANIZING.** So far the paper clutter has been winning for Chris and me. Spent a day or so getting my piano music put away. When I was done, I filled a 2 foot shelf with stuff that was laying around. Now maybe I can find things.

Next step is the basement. One of our new cats decided he liked foam pipe wrap. Managed to chew up most of what I had put on the exposed hot water pipes.

Time to mow the lawn (for the 4th time this year) and trim the forsythia now that it's finished blooming - **Kurt Krueger**

11. **HIKING, SKIING.** Saturday, Dean and I (with our wives and dogs) followed all the rules and I still got to ski. We stayed isolated in our cars and drove to the top of the residential roads in Govy (the east end of 1st St, a little above the base of the Summit ski area).

I then donned my NRG90s and got 2 turns in before reaching the Rest Area parking lot.

Now, I have taken to making masks. - **Dave Towle**



Our club offers Info & Entertainment

Lots of useful info and entertainment can be found on our club's website. Just to name a few things you could check out:

READING MATERIAL

- **Picking the Best Line** - How to carve the quickest line through racing gates. See: <http://www.mthigh.org/Articles/PickYourLine.htm>
- **How Global Warming Affects Ski Areas** - Which ski areas have closed due to climate change? Which ones are next? See: <http://www.mthigh.org/Articles/Global-Warming-Affects-Ski-Areas.pdf>
- **Skiing North America** - The story of John & Jewel Andrew spending their retirement skiing all of North America. <http://www.mthigh.org/Articles/Skiing-North-America.pdf>
- **Packing for bus ski trips.** - Advice for how to pack for club ski trips by bus. See: <http://www.mthigh.org/Trips/Packing-for-bus-ski-trips.pdf>
- **Mt Hood Trivia** - Local lore. Did you know all this about Mt. Hood? This is good to read before a History bike ride. <http://www.mthigh.org/Articles/Mt-Hood-History-bike-ride.pdf>
- **Trail Skiing on Mt. Hood** - a long standing tradition. Alpine trail, Glade trail. By Lloyd Musser, curator of the Mt. Hood Museum. <http://www.mthigh.org/Articles/Trail-Skiing-on-Mt-Hood.pdf>
- **Drinks and Personalities** - A bit of humor. What your drink reveals about you. See: <http://www.mthigh.org/Articles/DrinksAndPersonalities.htm>

VIDEOS

- **Ski the Glade Trail Day** - See the past 17 years of the Glade Trail Day, a living history experience. See: <https://youtu.be/3A1jucFz4Yo>
- **Turner Mountain, Montana** - Why do Canadian groups pay \$4000 to ski this mountain? Is it really that good? See video at: <https://youtu.be/ByjC-ztjauU>
- **Canada Ski Safari 2019.** - A road trip through British Columbia and Alberta to ski at 9 ski areas in 10 days. These are mostly little known hidden gems. See: <https://youtu.be/q3C6ttD--M> (44 minutes)

Also see more videos on the club's website, on the [VIDEOS page](#).

PACRAT Racing Season Cancelled

Pacific NW Area Clubs Recreational Alpine Teams

After only 2 complete races, the remainder of the PACRAT season has been cancelled. With all of our Mt Hood ski resorts either closed or indefinitely suspended, there is no way to move forward with the race season.

The end-of-season Rat Attack awards banquet has also been cancelled.

All of this year's registered PACRAT racers will be credited in some manner for the truncated race season. PACRAT is a nonprofit organization, thus registration income is redistributed back to our racers in the form of races, events, equipment and operating expenses. And in this rare instance, partial refund.

The PACRAT Board is working on determining the best way to redistribute any surplus from this season. Stay tuned.

Questions? Contact Alan at: racing@mthigh.org.

For more info, see:

1. the PACRATS web site: www.pacrats.org , or
2. our RACING page: www.mthigh.org/Racing.htm



Team standings after race 2

Pl	Team Name (Bib #s)	Club Name	Pts
1	The Beer Denners (110s)	Cascade	129
2	Apocalypse (260s)	NWXventure	107
3	Ragnar's Rangers 3 (80s)	Cascade	103
4	Avalanche Express II (90s)	Skiyente	92
4	Profuse Juice (240s)	NWXventure	92
6	Rattitudes (10s)	Mt. High	91
7	Ragnar's Rangers 1 (20s)	Cascade	90
8	Ragnar's Rangers 2 (180s)	Cascade	89
8	Ruttin' Rats (60s)	Schnee Vogeli	89
10	Avalanche Express (70s)	Mt. High	83
11	Schnee Ratten (160s)	Schnee Vogeli	70
12	The White Outs (200s)	Skiyente	63
13	Chilled Brewskis (150s)	Mt. High	61
13	Racy Brats (140s)	Skiyente	61
15	Mt. Hoodlums (190s)	Mt. High	58
16	Mixed Nuts (50s)	Mt. High	57
17	Moose On The Loose (210s)	Mt. High	54
18	So Edgy (120s)	Mt. High	52
19	Awesome tAles (130s)	Mt. High	51
20	Operation Alpine (30s)	PACRAT	50
21	Oregon Reign (230s)	Mt. High	49
22	Dump On Our Tips (220s)	PACRAT	48
23	Will Ski For Beer (100s)	Mt. High	46
24	Hazy Trail (250s)	NWXventure	41
25	Tasmanian Ski Devils (170s)	Bergfreunde	37
26	Schussing Shysters (40s)	Mt. High	31



FWSA

FWSA Convention Postponed till 2022

"The Voice of the Western Skier"



The Far West Ski Association Convention that was scheduled for May 28-31, 2020 at the Red Lion on Jantzen Beach, Portland, had to be canceled because of the uncertainty regarding the Corona virus threat.

The Portland Convention has been postponed for 2 years. It will be held in June 2022. But in the meantime, in 2021 there will be a FWSA Convention in San Diego, California.

To recap the dates:

- May 28-31, 2020. . Convention in Portland, OR, canceled.
- June 10-13, 2021. . Convention to held in San Diego, CA,
- June 9-12, 2022. . . Convention to be held in Portland, OR.

Bachelor Blast



April 3 - 5, 2020. - **Postponed till April 2021**

The 3rd Annual **Bachelor Blast** will be held April 3-5, 2020. Everyone from all NWSCC clubs is invited to join us!

Participants have their choice of staying at the Marriott Fairfield Inn or the Marriott TownePlace Suites in Bend, Oregon.

The price of **\$290** (PP/DO) for adults includes 2 nights' lodging at either place, 2 full hot breakfasts, a 2-out-of-3 day lift ticket, and a hosted reception on Saturday night at the Fairfield Inn. Prices are lower for seniors, super seniors, children and teens!

Seniors 65-69 and teens 13-18** pay only **\$260!!**
Super seniors 70+ and youths 6-12** pay only **\$230!!**

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

Come early or stay later - shoulder days available for only \$140 per room, add an extra day of skiing for great prices!

See [flier](#) and [signup form](#).

This trip has been cancelled for this year, but it is being planned for April 2021.

Friday will be “**First Friday**” in Bend with **Art Walk**.

As an extra bonus, the weekend will be Subaru’s **WinterFest** at Mt. Bachelor! This one-of-a-kind tour features live music, mountain adventure, Subaru swag (and up-front parking for Subarus), free snacks and beverages, daily giveaways, gear demos, and much more!

Sign Up & Pay By March 6, 2020 / Form is on the NWSCC Website.

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 use the signup form mentioned above.



FWSA Trips



The Far West Ski Association, which we are all part of, has several trips this year and the next. See more details on the [FWSA web site](#) or by clicking on the links below.

Jan. 30 - Feb. 6, 2021 **2021 FWSA Ski Week in Sun Valley**, Idaho, with Skigroup.net

March 2021 **2021 Mini Ski Week at “Zermatt Utah Resort and Spa”** with Ski.com

NOTE: There is much more detailed information about all these trips on our Mountain High website, on the TRIPS page at: www.mthigh.org/Trips.htm.

2020 Man & Woman of the Year



Linda McGavin is our Trips Director and trip leader. Also 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. Also a ski trip leader. And 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

CANCELED

April 23 (Mon.): Open to all who want to get involved with the club. Gather at **6:30 pm.** Start at **7 pm.** **CANCELED**
New Location: Round Table Clubhouse, 16444 Boones Ferry Rd, Lake Oswego.

Mountain High snowsport club contacts:

- | | | | |
|-----------------------------|----------------|-------------------|--|
| President: | Debbi Kor | H: 503-314-7078 | President@mthigh.org |
| Vice-President: | Bill King | H: 614-371-4762 | willie2k@gmail.com |
| Secretary: | Debbie Geiger | | pdxdebbie@gmail.com |
| Treasurer: | Nancy Pratt | H: 503-593-9427 | Treasurer@mthigh.org |
| Past President: | Kurt Krueger | H: 503-625-1492 | PastPresident@mthigh.org |
| Membership Director: | Karen Michels | H: 503-984-9210 | skiklynn@gmail.com |
| Racing Director: | Alan Bean | H: 503-849-8009 | Racing@mthigh.org |
| Newsletter Editor: | Emilio Trampuz | H: 1-503-378-0171 | newsletter@mthigh.org |
| Social Activities: | Debbi Kor | H: 503-314-7078 | ijustwannarun1@comcast.net |
| Trips Director: | Linda McGavin | H: 503-652-2840 | Trips@mthigh.org |

General info:
info@mthigh.org
 Web site:
www.mthigh.org

DOUGH TRANSMITTAL FORM

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

PLEASE PRINT CLEARLY: New membership or Renewal

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

Address: _____

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

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

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

- Email Preferences:**
- Newsletter (once a month): yes, link only yes, complete file no
 - No changes (same as last year) - Club news & events (between newsletters): yes no
 - Other ski news (NWSCC, FWSA, ski areas, trips...): yes no
 - Is it OK to share your email address with other club members? Yes No

Please take my money, and apply it toward the following Ski Club fun stuff:	Deposit?	Paid in full?
<input type="checkbox"/> Annual Membership (Oct. 1 - Sept. 30): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> PACRAT Racing (2020) \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> Northeast WA trip (49° North, Mt. Spokane, Bluewood) (Jan. 17-20, 2020) Adult=\$546, Senior (65+)=\$541, Super-senior (70+)=\$503, No lift tax=\$413. Deposit=\$100.	\$ _____	_____
<input type="checkbox"/> Silver Star, BC trip (Jan. 27 - February 2, 2020) Adult=\$1230, Senior (65+)=\$1197, Deposit \$200.	\$ _____	_____
<input type="checkbox"/> Whitefish Mt. lodging (Feb. 8 - 15, 2020) 4, 5, or 7-day trip. Deposit=\$200 I intend to stay: <input type="checkbox"/> 6 or 7 nights = \$420, <input type="checkbox"/> 5 nights = \$350, <input type="checkbox"/> 4 nights = \$280.	\$ _____	_____
<input type="checkbox"/> Whitefish Mt. Lift tickets (Feb. 8 - 15, 2020) I intend to ski _____ days. Adult 1-day=\$65, Adult 2+ days = \$59 /day, Senior (65+)=\$56. Seniors 2+ days=\$51/day. 70+=Free	\$ _____	_____
<input type="checkbox"/> Powder Highway Canada trip (Feb. 22 - Mar. 1, 2020. Deposit = \$300. Prices: Adult=\$1375, Senior(65-74)=\$1310, Super-Senior (75+)=1051.	\$ _____	_____
<input type="checkbox"/> Powder Highway optional Kicking Horse trip Add \$106.	\$ _____	_____
<input type="checkbox"/> Other: _____	\$ _____	_____
Total:	\$ _____	_____

Comments (For whom you are paying. Roommate requests,...): _____

Signature(s): _____ Date: _____

Signature(s): _____ Date: _____

Checkmark all desired options.

Club membership = 253 Newsletter Distribution

The April-May 2020 issue is posted on our web site. Also:
314 copies sent via email (as PDF file)
6 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.

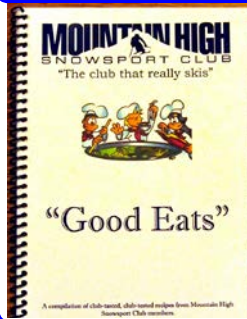
No need to have a PayPal account to make a payment by credit card. Just go to our new web page: "Sign up & Pay" at: <http://www.mthigh.org/Signup-Pay.htm>

Shred Hood is Back!!!

The website that is all about Mt. Hood. Several new articles for this season:

- * [3 Deaths in 3 Weeks on Mt. Hood](#)
- * [Volunteer Rescue Groups Face Threat](#)
- * [Mt. Hood Gets Volcano Monitors](#)

Mt. High Cookbook



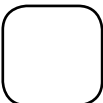
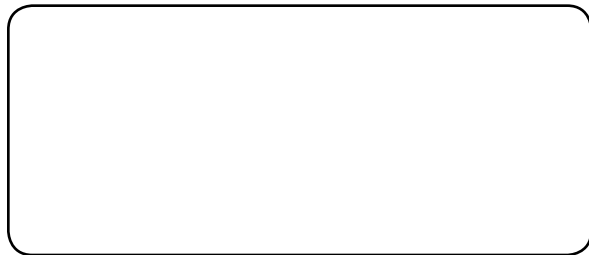
This 34 page cookbook is available for \$10. It contains soups, salads, entrees, desserts, and more! All from our ski club members.

You can get one at our social events, Pizza Party or Chocolate party. Contact Debbi Kor: ijustwannarun1@comcast.net, or call 503-314-7078.

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:

- * [Time to Update the Responsibility Code](#)
- * [Question For You #5 \(Should we?\)](#)
- * [The Man Who Paints Mountains](#)



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