

#### Hi fellow Mt. High folks!

The past 2005/2006 season has been one of the driest and warmest in memory! It was best summarized by an inscription on a Mt.Hood Express chair, where someone wrote on the safety bar:

#### "Man, this season sucks! I hate global warming. Bummer dude!"

Still, we've rarely have two bad season in a row, so get ready for a great season next winter! We have some great trips planned! See page 5.

But first, join us for some **summer fun** at the following:

- \* Pizza Party, Tuesday, May 24.
- \* Happy Hour (TGIF), Friday, June 24.
- \* Deschutes Rafting weekend, July 15-17.
- \* Summer picnic, Saturday, August 13.

This is not a complete list. There will be other activities, especially hiking, throughout the summer. Stay tuned!

And start saving for that trip to the French Alps. Our club has not organized a trip to Europe in many years, so thsi will be something new. Fmilio

#### Mt. High General Meeting / Pizza Party

#### May 24 (Tuesday).

#### 6:00 pm - 9:00 pm

Join us for one of our quartely meetings and pizza parties. Pizza is on the club, but buy your own drink. On the agenda:

\* Meet our members. Enjoy pizza!



Where's the pizza?

- \* Check out our club's History Exhibits.
- \* Hear plans for next season, and voice your opinion and preferences.

\* Vote for the club's Board. See our current Board members on the Contacts page on our web site, www.mthigh.org, or on page 2 of the May 2004 issue of "Lift Lines" (issue #41). Vote them back for another season, or vote the (ski) bums out!

\* See short video about PACRAT racing, including some dual giant slalom and dual yard-sale! Yes, it really happenned!

**Location:** Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol). Portland, OR 97034. Phone: 503-245-2211.

#### IN THIS ISSUE

- \* Skiers Live a Long Time (p.2)
- \* Summer Activites (p. 3)
- \* Plan for next Winter (p. 5)



Black: General events

May 24 (Tue) Mt. High general meeting, elections and pizza party!

June 4 (Sat.) Golden Rose Ski Classic at Timberline

June 7 (Tue.) Mt. High Board meeting

June 9-12 Far West Convention(San Diego,CA)

June 24 (Fri.) Mt. High Happy Hour at McCormick and Schmidt in Tualatin (starting at 5 pm)

July 15-16 Rafting trip, on the Deschutes

July 24 (Sun.) Clubs 4 Play Golf Tournament, at Lone Oak, \$49.

Aug. 13 (Sat.) Mt. High Picnic + bike ride, at Sellwood Park

#### 2005/2006 TRIPS

Nov. 24-27 Warren Miller Ski Safari Dec. 8-13 Breckenridge & Keystone Jan. 12-15 Somewhere (Maybe Utah?) Feb. 4-11 FWSA Ski Week (Telluride) Feb 12-18 Whistler bunk-bed cabin Feb. 17-20 Idaho bus trip (Tamarack) Mar. 3-12 French Alps (Val d'Isère) Mar. 17-19 Mt. Bachelor Apr. 7-9 Whistler/Blackcomb

# SKI AREA EVENTS & HISTORY

HIGH SNOWSPORT

#### Golden Rose Ski Classic at Timberline

MOUNTAIN

**June 4, 2005** (Saturday). Golden Rose Ski Classic is a fun event open to everyone! Teams of 6 racers (of which at least one must be female) compete in a fun GS race. The team



entry fee is \$330 (which is \$55 per person). This includes 3 runs on the race course, and a postrace party. It does not include lift tickets. Lift tickets will cost \$31 per racer. Remember, by en-

tering the race, you are supporting the Mt. Hood Ski Academy, which trains young racers.

All registration information and updates will be posted on the MHSEF website at <u>www.mthoodacademy.com</u>.

Mail completed entry form, entry fee and release to:MHSEF Golden Rose Ski Classic, P.O. Box 189, Government Camp, OR 97028.

For more info, contact **Steve Coxen** by phone 503-679-9022 or email: <u>sacoxen@aol.com</u>.

**Gary Gunderson** organizes several teams every year. To join one of these teams, call Gary at: 503-258-8051.

#### Timberline Lodge celebrates 50 years

CLUB

**Timberline Lodge** celebrates 50 years under RLK management, and is inviting past employees to with them! Due to the sheer numbers of folks employed over the years, the festivities are divided into two blocks.

May 20-21: Weekend for staff from 1955 thru 1985.

May 27-28: Weekend for staff from 1986 thru 2005.

The events and dance are free to everyone, however, the reunion dinner is \$50 per person (inclusive) and by registration only. For more info, check out these web pages:

http://www.timberlinelodge.com



# "Skiers Live a Long Time" - article by Henry Bendinelli, Mt. Hood Skikats club president



Timberline's "Sky Lift" on the Magic Mile. Capacity: 300 skiers per hour.

This was the second lift built in the world---by Triplett, (if memory serves meright.) The first was built and designed by engineer Jimmy Collins of the Union Pacific RR, being converted from a banana conveyer. Jimmy replaced the original banana hooks with chairs (good move!) and the lift was installed on Dollar Mountain in Sun Valley.

Henry Bendinelli

Would you believe **Henry Bendinelli** worked as a loader on this lift? About 1940. Then he graduated upwards to selling tickets, at 35 CENTS per ride. Morever, he balanced to the penny every day! Whee!

Many years ago, **Hjalmar** informed me "Skiers live a lo-o-o-ng time" and he was so right. Hjalmar skied until age 93.

Every day you ski adds a day onto your lifetime, so go ahead and buy that season pass. You'll be jumping on and off chairlifts, having a BLAST in our gloriuos sport of skiing, while those Couch-Potato acquaintences are pushing wheelchairs around, ---or underneath pushing-up the daisies.

Your Friend, Henry

PS: Next time you take a spill, say a word of thanks to **Hjalmar Hvam**. He did a tremendous favor for all skiers--and you--. Hjalmar invented the release binding.

Then, fill-in your sitzmark. (*Editor's note: This means fill in the hole your ass created in the snow! The German word "sitz" literally means "seat"*.)

Photo on right: 1930 ski jumping meet. Hjalmar Hvam first on left.



#### SUMMER

# **Summer Activities**

Our club knows how to have fun in the summer too! The **rafting/camping** trip is a great experience, not to be missed. Try some **Golf**, and join us for a **picnic**. Also, don't forget the **Golden Rose** at Timberline (see page 2). Sign up for at least one of these activities. It helps pass the time till the next ski season!

### Mountain High Deschutes River Raft Weekend !!!

#### Trip leaders: Gordon Lusk, Louis Kovacs

**July 15 - 16, 2005.** Come join us for a rafting/camping adventure! The trip includes:

\* Rafting (row, paddle, or just ride) Friday and Saturday. \* Campsite Thursday, Friday and Saturday night in Maupin City Park.



Chuck with Louis and Gordy

\* Saturday night BBQ dinner in the park by **"Lous Q".** 

Payment due by July 1st. Fill out the Dough Transmittal Form (p.7) and make check payable to Mt. High snowsport club.

Camp, raft, dinner = \$80 (Non-members \$90) Raft and dinner = \$60 (Non-members \$70) RV Spaces at \$20.- a night extra.

Camping & dinner only (no rafting): \$27.

For more info, contact the trip leaders: Gordon Lusk @ 503-804-8363 or email <u>GordySki@comcast.net</u>

NOTE: This is not a professionally guided trip. It is a club funciton for fun, and we are all personally responsible for our own actions. Rafting can be dangerous. By registering for this event, you and your guests will relinquish any and all claim of responsibility and claims of liability on all parties participating in this event, including Mountain High Snowsport Club.

# Mt. High Happy Hour @ McCormick's

Date: Friday - June 24 Time: 5:00 pm



**Place:** The newest **McCormick and Schmidt** at the new Bridgeport shopping center in Tualatin, Oregon.

**Details:** The Mt. High "moosepack" will gather for libations and good eats. Happy hour prices between 4:00 pm - 6:30 pm.



#### Mid-week golf anyone?

Anyone interested in getting together for mid week golfing call **Gary Stevenson** at 503 257-6368. He will schedule a tee time on Tuesday evenings somewhere. Call to reserve a spot. A Mt. High Golf tournament is also in the works!

# "Clubs 4-Play" Golf Tournament

**July 24 (Sunday)**. Annual inter-club event. 4-person, 18 holes scramble. Oregon City Golf Course at Lone Oak (Bevercreek Rd.). Tournament, food, and prizes: \$49 per person.

Specify names and phone numbers. Check to **NWSCC**, mailed to **Marilyn Sigler**, 2100 NE 77th Ave., Vancouver WA 98664. Info at: 360-883-6937 or **Marski@teleport.com**.

#### Mt. High Sizzling Summer Family Picnic

Date: Saturday - August 13

Time: 9:00 am - whenever!

Place: Sellwood Park

Details: Lots of fun activities, such as:

- \* **Bike ride** at 9:00 am (abt. 1 hour)
- \* **Softball games:** 12(noon) 1pm; 3 4 pm
- \* **Potluck** Everyone bring a favorite dish (BBQ grills available at the park)
- \* **BYOB** Mt.High provides soft drinks
- \* *BBQ* Mt.High will provide hot dogs and hamburgers. Eat around **1:30 pm**.

What to bring: Food & drink, lawn chair, blanket, softball, catcher gloves, badmington game, horseshoes, tennis racket, swim suit, ...

Contact: Gary Stevenson, 503-257-6368.

#### WORKING WITH OTHER CLUBS

Lift Lines 53, May 2005

#### HIGH SNOWSPORT CLUB AIN ΜΟUΝΤ

#### 2004/2005 PACRAT Racing season







#### Despite having very little snow this year, and initially postponing two races, we still managed to complete the season with a total of 4 races (3 at Meadows and 1 at Timberline).

Our teams placed as follows (highlighted):

#### Place Team (team captain)

**Club Name Points** 

181

2

Bergfreunde 187

- 1st Rattitudes (Chris Wiley)
- 2nd Brat Chic (Gary Gunderson) Skiyente
- 3rd Avalanche Express (Gary Gunderson) Mt. High 173
- 4th Rocket Dawgs (Mike Weber) Mt. High 166
- 5th **Mt. Hoodlums** (Emilio Trampuz) Mt. High 160 6th Frozen Assets (Merry Lou Flockhart) Bergfreunde 155
- 7th **Drooling Moose Rats** (Elaine Bock) Mt. High 149
- Ruttin' Rats (Dale Parshall) Schnee Vogeli 8h 148
- 9th Tasmanian Ski Devils (Suzanne Tyler) Bergfreunde 144
- 10th Dragon Bottom (Richard Valasek) Mt. High 143 140
- 11th Racy Brats (Colleen Walter) Skiyente
- 12th Rude Dawgs (Steve McEntarffer) Bergfreunde 130 13th Pronto Pups (Lonny Schiller) Mt. High 126
- 14th **Drunken Losers** (Ron Lutman) Free Riders 121 15th Vertical Chaos (Greg Trujillo) PDX ski club 116
- 16th **River Rats** (Brian Jackson) Free Riders 98
- 17th **Mixed Nuts** (Samy Fouts) Bergfreunde 76
- 18th Northern Exposures (Tracy Chosa) Vancouver 58
  - **Special Olympics**

We had a total of 6 teams this year, as compared to only 4 teams last year. The growth came mainly from the fact that two of our teams grew so much that they had to split into two teams. The Rocket Dawgs team "spawned" the new Pronto Pups, and the Drooling Moose Rats begat the Mt. Hoodlums.

King Rat was Mark St. Louis (Pronto Pups team). Queen Rat, was Suzanne Tyler (Tasmanian Ski Devils team).

# FWSA Convention in Long Beach, CA



June 9 - 12, 2004. The Far West Convention is hosted by the San Diego Council and will will be held in Long Beach this year. This is an opportunity to mingle with ski

industry reps, and with ski club leaders from all over the western US, plan future trips, etc. The theme this year is the **History of Skiing**.

For more info and registration, go to: http:// /www.fwsa2005celebration.org/

#### Our club's delegates to the Convention

We'll have 4 delegates going to Long Beach:

1. Linda McGavin, "Plaza" ski club founder, and now NWSCC Director, Communications.

2. **Debbi Kor**, our club's NWSCC rep., and Far West VP of Marketing.

3. Randy Lew, our club member, and also Chairman of the FWSA Board of Trustees.

4. Emilio Trampuz, your newsletter editor and "all-around communications guy"!

# SKI TRIPS

# MOUNTAIN HIGH SNOWSPORT CLUB

# 2005/2006 Winter Trips

Just a quick overview of upcoming trips. All prices are only approximate. More details will follow. But, mark your calendar now!

## Somewhere in January?

January is still relitvely open for a possible ski trip. We'll think about possibilities.

### FWSA 2006 Ski Week ★ Telluride, CO

February 4 - 11, 2006.

**Price:** \$895 without air. Price includes 7 nights lodging (dbl occ.), 5 days' lift tickets, Welcome party, Mountain Picnic, Racing, Farewell Party, and much, much more. Initial deposit of \$100 being accepted now.

#### **Contact:**

Debbi Kor, 503-682-1563, or **<u>ijustwannarun@aol.com</u>**.



#### Warren Miller safari 😑

Nov. 24-27, 2005. All those who go see the new Warren Miller movie (in October) usually get some free lift tickets. Last year, we got 4 tickets to Canadian ski areas. We carpooled there in early December, but Thanksgiving may be a good time too. Destination? Wherever Warren Miller takes us!!!

This is one of our least expensive trips! 4 days for about **\$200 - \$275** (for lodging and gas). The skiing is free. We might stay in one place for more than a day.

#### Whistler cabin

 $\star$ 

**Feb. 12-18, 2006.** Whistler on the cheap, sleeping in bunk beds in a large house, max. 18-21 people, 2 miles north of the village.

6 nights & 5 days for only **\$225** (including lodging and 3 meals a day) Lift tickets are additional, but only Canadian **\$57**. Carpool or drive on your own. Note: No shoes allowed in the house; only slippers.

Contact: **Bill Leeper** at 503-639-2603.

Note: Bill has personally invited us all to join him in this informal trip.

#### Mt. High French Alps ! - The famous "Killy Space"!

March 3-12, 2006. The combined areas of Val d'Isère and Tignes offer 25,000 acres, 100 ski lifts, 187 miles of downhill trails. Price around \$2,000. Start saving now! This will be a trip to remember! See where Jean-Claude Killy got his start! Contact Salah Khan, Salah.Khan@directory.reed.edu or 503-503-231-6431.



#### Breckenridge/Keystone 🖈

**Dec. 8-13, 2005.** A seasonopener trip to Colorado has become an annual tradition. Last year was Beaver Creek, and before that Vail.

5 night and 3 or 4 days for about **\$725** (including airfare, lodging and lifts).

This is a multi-club trip organized by the **NWSCC**.

For info and to sign up, contact **Steve Coxen**, by phone 503-679-9022 or email: <u>sacoxen@aol.com</u>.

# Mt. High Idaho bus trip

**Feb. 17- 20, 2006.** We'll use Presiden't Day weekend to extend our usual 2day bus trip to 3 days, to ski:

1. **Tamarack**, the newest resort in the U.S.

2. **Brundage Mt.**, well established, sunnier than Sun Valley!

3. **Anthony Lakes**, a convenient stop on the way home.

All three have a variety of terrain, from easy cruisers to some **great tree skiing**!

On the way back, we'll break the journey at A-Lakes, but on the way there, we'll need a whole day of travel.

**Price:** Approx. **\$260** for lodging and transportation, plus a total of **\$109** for lift tickets if you ski all 3 days. This is based on about 30 people.

The price will go down by about \$5 for each additional 2 people above 30! Contact: Linda McGavin or Emilio Trampuz.

#### **GREAT DEALS / GREAT RIPS**

HIGH SNOWSPORT CLUB

# Mt. Hood Museum Needs Your Help

MOUNTAIN

We'd like to welcome any and all ski club members to attend a "Volunteer Orientation" on Saturday, May 14th, at 10 a.m. at the Museum. Mount Hood Museum and Cultural Center needs volunteers for the coming summer months, weekdays and weekends. Volunteers can help greet visitors, perform data entry and assist with displays and curating artifacts. There are also several upcoming events where we'd love to have your help-including our Heritage Days celebration in September, as well as other events happening this summer. Here's a fabulous opportunity to help the Museum as it grows to become a top-notch Oregon attraction. After all, as a ski club member, you'll probably be in it someday!

For more information, contact Sheri Parshall at 503-245-3782, or e-mail **cougskier@aol.com**, or call the Mt. HoodMuseuminGovernmentCampat 503-272-3301.

#### Directory Cover Contest -Photos Wanted

The winner of the cover photo contest for the annual NWSCC Skiers' Guide receives a 10-time pass to Mt. Hood Meadows, vlaued at \$325. Send digital photos to our graphics designer **Leslie Baird** at <u>leslie@egr.up.edu</u>. Photos need to be cropped to 4" x 9" and should be high resolution. Make sure to provide your name, address and phone number so Leslie can get in touch with you.

Photos of skiing, snowboarding, and club activities are also needed for the interior of the Skiers' Guide. No monetary compensation is paid.

Leslie can also scan in your film prints. Call her at: 503-245-4368.

#### Far West Ski Assoc Convention

You are cordially invited to attend this year's Far West Convention and 75th Celebration of Snowsport history. We promise this will be a convention not to be missed. The Convention will be at the Westin in Long Beach, CA, June 9-12, 2005. Forms are available for downloading from the convention website at:

www.fwsa2005celebration.org

If you plan to be a voting delegate for your club, you should sign up with your club.

The optional activities are open to all FWSA club members with priority given to delegates and guests.

 Pub Crawl Thur., June 9, 5 pm for \$35.

 Golf Friday, June 10, 7 am for \$85.

 Kayaking Fri, June 10, 9:30am for \$30.

 Queen Mary Fri, June 10, 10am -- \$45.

 Aquarium Fri, June 10, 9:45am -- \$40.

The **Silent Auction** Friday evening is FREE and open to the public. There will be more than \$100,000 in trips for you to bid on. This event will also feature Glen Plake. Come out to meet him and all our other special guest including Jimmie Heuga, Billy Kidd, Dave & Roma McCoy, Nancy Greene, Deb Armstrong, Michael Adams and more.

There will also be **history exhibits** presented by the leading Ski Museums including:

- \*WesternSkiSportMuseum,Boreal,CA
- \* Mammoth Ski Museum;
- \* Ski Hall of Fame;
- \*Mt. HoodCulturalCenter & Museum;
- \*AlfEngenMuseum;
- \* the California Ski Library; & others.

Also exhibiting their history will be: Red Mountain, Canada; Snow Summit, CA; Aspen/Snowmass, CO; Snowbasin, UT; Steamboat, CO; and Vail, CO. Last, but not least, our clubs, councils and FWSA will share with you and the public their 75 years of ski sport development.

If you plan to stay at the hotel, you should make your room reservations now. Our room block is sold out, but more rooms may be allocated. Check at:

http://www.starwoodhotels.com/ westin/meetings/ pre\_decider\_all.html? groupBlockID=4380&from Search=78XX&propertyID=1003

The convention committee in Los Angeles is looking forward to celebrating with all of you at the 2005 Far West Convention in Long Beach.

CatherineOhl, Chair: LosAngelesCouncil of Ski Clubs FWSA 2005 Convention, <u>ohl@acatmeowz.com</u> 858-467-9469.

#### Passports Needed for International Travel

If you are currently using your Driver's license as ID for entering Canada, note that these are now screened. Travelers have been turned away, even barred from disembarking cruise ships, because they had a DUI on their driving record.

**Passports** will soon be needed to cross any borders. Here's the timetable:

**By Dec. 31, 2005**, passports needed for travel to Carribean and Bermuda.

**By Dec. 31, 2006**, passports required for all **air** and **sea** travel to or from Mexico and Canada.

**By Dec. 31, 2007**, passports required for **driving** into Mexico and Canada.

So, get your passport now. You'll need it for our trip to the Alps this coming winter!

#### Lift Lines 53, May 2005

# MOUNTAIN HIGH SNOWSPORT CLUB

#### Man & Woman of the Year

Our club nominated **Terry White** and **Debbi Kor** for Man & Woman of the Year 2005. Nominations were also sent to the NWSCC from other clubs.

In the second round, the NWSCC selected **Steve Coxen** and **Debbi Kor** as the Northwest Man and Woman of the Year. Congratulations to both!

Steve and Debbi now go to the final round at the FWSA Convention.

#### **NWSCC Meeting & Elections**

Third Wednesday of the month.

The NW Ski Club Counil monthly meetings are open to everyone. Location: Sylvia's Restaurant, 5115 NE Sandy Blvd., Portland.

Next meeting is **May 18**. Gather at 6:00 pm, start at 7:00 pm.

At the **June 15** meeting, elections will be held for the NWSCC Board.

# Mountain High Meeting

First Tuesday of the month.

**June 7 (Tue.)**: Our club's Board meeting, open to all who want to get more involved with the club. Gather at 6:30 pm. Start at 7:00 pm.

Location: **Round Table Pizza,** near corner of Capitol Hwy. and Barbur Blvd. (behind McDonald's).

#### Mountain High snowsport club contacts:

# General information: info@MtHigh.org

President:	Gary Stevenson, H: 503-257-6368,		
Vice-President:	Terry White, H: 503-297-1427, W: 503-296-6075, <u>TWhite223@msn.com</u>		
Secretary:	Sue Bennett, H: 503-774-8747, OptomistSue@aol.com		
Treasurer:	Kurt Krueger, H: 503-625-1492, W: 503-627-4363, telek2@att.net		
Race Director:	Gordy Lusk, H: 503-804-8363, GordySki@comcast.net		
Newsletter Editor:	Emilio Trampuz, H/W: 1-503-378-0171, info@mthigh.org		
Activities Director:	Jaxine Harris, H: 503-692-9719, <u>JaxineAH@msn.com</u>		
NWSCC Rep:	Debbi Kor, H: 503-682-1563, W: 988-5321 x 225, <u>Ijustwannarun@aol.com</u>		
Trip Directors:	Marsha Cosgrove, H: 503-646-5292, W: 503-799-2833, HappyHairdresser@msn.com		
	Linda McGavin, H: 503-652-2840, W: 503-412-353 Trips3x@mthigh.org		
	Larry Bennett, H: 503-760-2360, BENNETT896@aol.com		

# DOUGH TRANSMITTAL FORM

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

Name(s):			
Address:			
Phone (Hm):	Phone (Wrk):		
Email (Hm):	Email (Wrk):		
Please take my money,	Details <u>Deposit? Paid in full?</u>		
□ Membership Dues (for 2005/2006): Single (\$25) couple (\$40) \$			
D PACRAT Racing Tot	tal: \$85 Team name:	\$	
Carting (July 15-16)	: With camping: \$80 No camping: \$60	\$	
□ Rafting +RV (July 1	5-16): Additional (optional) RV fee \$20 per night	\$	
Rafting for non-members: Additional \$10		\$	
Comments (For whom y	ou are paying. Roommate requests, etc.):		

# **NEWSLETTER DISTRIBUTION**

The May 2005 issue of "Lift Lines" is being distributed as follows:

155 copies electronically, via email (149 as HTML, 6 as plain text, but both have the PDF file attached)34 paper printed copies sent via US Mail.

Some of these are sent to non-members (the NWSCC, FWSA, other clubs, etc.).

Please help us minimize the cost and labor involved in mailing out paper copies. Let us know if you have an email address Call Emilio at 1-503-378-0171 or email: <u>info@mthigh.org</u>.

# Mt. High 2005 trips and racing on DVD

Videos and slides from our **Crystal Mt.** bus trip and the **Big Mountain** train trip are available on DVD. Send \$5to Emilio Trampuz, 4742 Liberty Rd. S., Salem OR 97302. A separate video of our PACRAT racing also available.

# General Club Meeting & Elections

May 24 (Tuesday) - 6:00 pm. Another pizza party!

Mark your calendar for yet another of our quarterly general meeting. We will have elections for club officers on that day



## Club logo on fleece

You can now order a sueded finish 1/4 zip sweathsirt with the club's logo on it, for only **\$26**. It is made of 80/20 cotton/poly 9 oz. fabric, with an open bottom hem, an inner rib knit collar and cuffs, set-in sleeves and an antique finish metal zipper. Available in Red, Yellow, Mediterranean Blue, Navy, or Athletic Heather (light gray). Sizes: Small to 4XL.

Also available: **T-shirt** (\$7.50), **Short sleeve polo** (\$13), **long-sleeve polo** (\$16), regular **sweatshirt** (\$20). Most of these are available in royal blue, red, navy, and black. Ask about other colors. To order, call Emilio at 1-503-378-0171 or email: **info@mthigh.org**.

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

NOTE: Please let us know if you have an email address! Lots of info is sent via email in between newsletters.

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