



Lift Lines

= No. 271-272, July-August 2023 =

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



From the Editor

Bike rides

We are now having on average 2 bikes rides per week, thanks to **Harry Scribner** and **John Davis**. See pages 4 - 9, and more on our website.

Highway Cleanup

Let's keep Oregon clean, especially our 2 adopted miles of highway 26 just west of Government Camp. Earn some good karma and a free lunch. Sign up for our club's highway cleanup on Saturday, Aug. 5. See page 6.

Following the Wagon Trail

Just once a year, we organize a free guided tour along the Oregon Trail from Barlow Pass to Welches. See the sights, the wagon tracks, and hear some pioneers' stories from their diaries. Details on page 9.

This year's photos

Thanks to all who contributed their photos for our club's archives. See the photos from most of the past year's activities, both winter & summer on our PHOTOS website page at: <http://www.mthigh.org/Photos.htm>. The photos are arranged chronologically, with the latest one on top. So, the skiing events are near the bottom of that page.

The Indy Pass is both Popular & Useful

The Indy Pass costs just \$319 and offers you 2 days of free skiing at each of over 120 ski areas, or which at least 39 are in the west. 39 ski areas times 2 equals 78 days of free skiing!

At least some of our winter trips will be to Indy Pass ski areas. See p.10.

Note the color code.
Our club is blue.

2023 CALENDAR

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

JULY 2023

- July 9 (Sun) Triple Crown bike ride**
Council Crest, Hoyt Arboretum, Pittock Mans
- July 18 (Tue.) Banks to LL Stub Stewart State Park bike ride.**
- July 22 (Sat.) Columbia Gorge bike ride**
Elowah Falls to Viento Park
- July 25 (Tue.) Camas/Washougal ride.**
17 miles paved, 8 unpaved.
- July 26 (Wed) NWSCC Meeting** Guest
Speaker: Mt. Bachelor
- July 29 (Sat.) Kelly Point Loop ride.**
Kenton Park to Kelly Point.
- July 31 (Mon) Mt. High Board Meeting.** A
Zoom meeting.

AUGUST 2023

- Aug. 2 (Wed.) Trolley Trail South bike ride.**
Oak Grove to Oregon City
- Aug. 5 (Sat.) Mt. High Highway Cleanup**
just west of Govmnt Camp
- Aug. 5 (Sat.) Trillium Lake & Still Creek Rd. bike ride.**
- Aug. 8 (Tue.) Burnt Bridge Trail bike ride.**
Vancouver, WA greenbelt
- Aug. 12 (Sat) Best of Vancouver bike ride.**
Waterfront and downtown.
- Aug. 12 (Sat) Steiner Cabins Tour. Mt. Hood Museum**
- Aug. 16 (Wed) Trolley Trail North bike ride.**
Oak Grove to Portland.
- Aug. 19 (Sat.) Barlow Road History Tour**
Bike ride from Barlow Pass to Zig Zag, along the wagon trail.
- Aug. 24 (Thur) Get me to the Beach bike ride.** West of Vancouver.

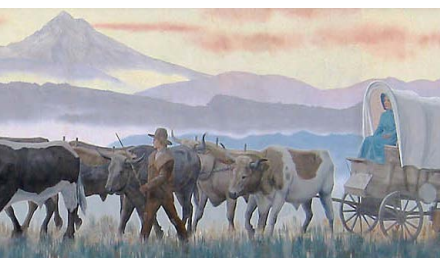
Let's Have Some Fun!



Bicycle rides: twice a week
(See pages 4 - 9)



Highway 26 Cleanup
(August 5. See page 6)



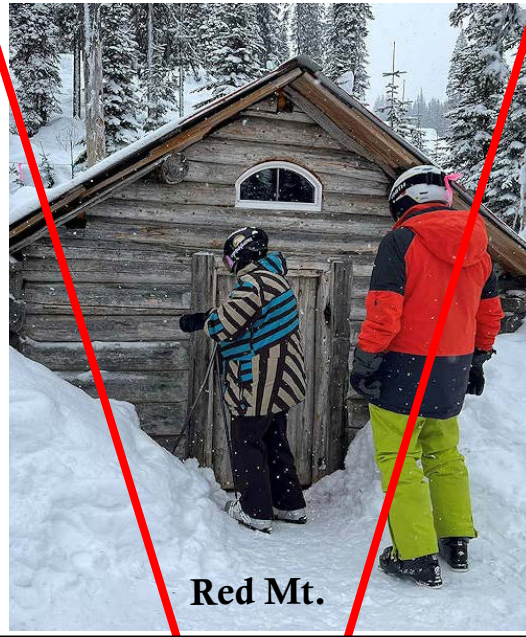
Guided Wagon Trail Tour
(See page 9)



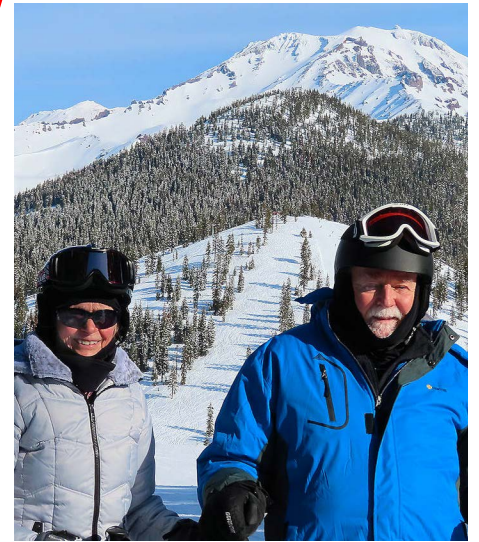
Steiner Cabins Tour
(August 12. See page 6)



Whitewater



Red Mt.



Mt. Shasta



Mt. Ashland

An overview of a whole year of Mountain High activities.

These are just little teasers. See pictures from our whole past year on our club's PHOTOS page.

Go to our website, www.mthigh.org, and click on the PHOTOS button in the menu.

Or, go directly to: www.mthigh.org/Photos.htm



Bowling



St. John's bridge
Kelly Point
bike ride



Glamor photos at
BBQ party



FWSA Convention

Far West Ski Association Convention Boise, Idaho

June 14 - 18, 2023 (Wednesday - Sunday). The first couple of days were just for fun,, including a Pub crawl, a bike ride along the Boise Greenbelt, a golf tournament, a hike around Bogus Basin ski area, and a dinner at a Basque restaurant. The convention was kicked off into serious gear with a **Trade Show** and a **Silent auction** on Friday night. Saturday was full of educational seminars, a public relations conference, judging and interviews for the Volunteer of the Year, and an evening banquet with numerous awards presentations.

Awards

1. As in several previous years, our club won first place for both the **newsletter** and **website**.
2. **Debbi Kor** won the Bill Berry award for the FWSA Newsletter.
3. **Linda McGavin** was our club's Volunteer of the Year. She also won the title of Volunteer of the Year at the NW Ski Club Council. Unfortunately, among the 8 candidates at the Far West level, the judges proclaimed Tony Baker, from the Bay Area Council as the overall winner.
4. **Our club was also recognized as one of the several ski clubs engaged in Charitable activities and fundraisers for worthy causes.**

Our guest speaker was **Genia Fuller-Crews**, one of the legends of Freestyle skiing. Genia was named Skiing magazine's Skier of the Year three times between 1973 - 1978, In 1975, she won the overall Women's Grand Prix freestyle title along with the aerial title. She competed and dominated in disciplines as varied as ski ballet, moguls, and aerials. She was recently inducted into the Skiers Hall of Fame, and she was the guest speaker at th FWSA Convention in Boise.

Here are just a few pictures. See more on our PHOTOS page: www.mthigh.org/Photos.htm



Debbi Kor was the Convention Chairperson



Genia auctions off a poster of her aerial competition



Volunteer of the Year candidates.



Clubs who engaged in charitable work.
Bill King, President, Mt. High, 4th from the right

Mt.High

Best of the Columbia River Gorge bike ride**July 22 (Saturday). - Meet at 8:30 am. Leave at 9 am.**

Meet at the Ellowa Falls parking lot on Frontage Rd., very near I-84. Take exit 35 off of I-84, and then continue on Frontage Rd.

This little known bike and eBike trail winds thru the best part of the Columbia Gorge where the cliffs are the highest, the vegetation smothers the sides of the trail, and the occasional Bald Eagle or Osprey flies by.

Total distance = 20 miles. Bring a lunch or partake in Thunder

Island's Brewery menu

There is one long uphill in the middle of the ride has an elevation gain of 561 feet (170 meters). But there are several other short uphills and downhills, and the total uphill elevation gain adds up to 1,795 feet.

We will carpool the 20 miles between start and finish. We just need to take 2 or 3 cars to Viento State Park at the start of the day. For this shuttling to work well, we need to know exactly how many people to expect.

Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:

Emilio: 503-510-1477 or Emilio2000@earthlink.net

John: 503-958-5900 or hikedance@gmail.com

NOTE: Make sure your bike is roadworthy before the ride. All bike riders need to carry a patch kit, a spare inner-tube and tools to make any necessary repairs and to fix your bike if it breaks down during the ride.**NOTE 2:** The bike ride will be held weather permitting. We will cancel it if it's raining, or temperatures near 100°F, or very windy.**NOTE 3:** We will be stopping for a lunch break so you will need to bring your own bike lock.

Mt.High

Camas / Washougal bike ride**July 25 (Tuesday). Meet at 9:30 am. Leave at 10 am.****Map: [Smitty's to end of William Clark Trail - Google Maps](#)****Start & Finish:** Washougal Waterfront Park

The nearest street address is:

[56 S 1st, ST. Washougal WA.98671.](#)**More info at:** <https://parkerslandingwaterfront.com/> .**Directions:** From I-5, get onto Highway 14 heading East..

Exit #14 from Hwy. 14. (to Union St. and 2nd Street)

Follow signs to 2nd Street South. Go to the end.

This ride includes:

Washougal River Greenway Trail, Beaver Park. Washougal Waterfront Park. Steamboat Landing. Captain William Clark Park Trail. Cottonwood Beach. Pendleton clothing store outlet

Note: From Washougal Waterfront Park to Steamboat Landing the map shows us using Hwy 14 but we'll be on a new bike path that runs along the Columbia river.**Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:**Harry & Lisa, scribs3@comcast.net or 360-904-1402.**NOTE:** Make sure your bike is roadworthy before the ride. All bike riders need to carry a patch kit, a spare inner-tube and tools to make any necessary repairs and to fix your bike if it breaks down during the ride.**NOTE 2:** The bike ride will be held weather permitting. We will cancel it if it's raining, or temperatures near 100°F, or very windy.

NWSCC Meeting - via Zoom

July 26, 2023, (Wednesday) - 7 pm.



Please join the meeting at 6:45 pm. Starts at 7:00 pm.

This meeting is attended by members of several ski clubs.

Guest speaker: Mt. Bachelor

Learn about what's happening at Mt. Bachelor,

Also, find out what else is going on in the Northwest skiing community. Join Zoom Meeting at:

<https://us02web.zoom.us/j/85761120685?pwd=ZnB6Tm5YUy93YkVuV3FhNGIyUIVQOT09>

Meeting ID: 857 6112 0685. Passcode: 365974

Mt. High Mt. High Board Meeting

July 31, 2023, (Monday) - 6:30 pm.

This is an organizational and planning meeting, attended mainly by Board members, trip leaders, activity organizers etc., but it is open to all. Anyone wanting to get more involved with the club is welcome.

Location: Zoom Online. Join us from your computer, tablet, or smartphone. Just follow a link which will be posted on our website announcement at: http://www.mthigh.org/#Mountain_High_board_mtg

**Mt. High****Kelley Point Loop Bike Ride**

July 29 (Saturday). Meet at 9:30 am. Leave at 10 am.

Tour Map: [Kenton Park 8417 N Brandon Ave, Portland, OR 97217 - Google Maps](#)

Kelley Point is where the Willamette River flows into the Columbia. The ride is about 18 miles. It's almost completely flat. It goes by Smith Lake. There is wildlife to be seen, such as egrets or herons. And, best of all, it's a loop, so there is no need for any car shuttling. Start & Finish: Kenton Park, 8417 N Brandon Avenue Portland.

We'll meet at the North-East corner of Kenton Park (upper right on a map). Kenton Park doesn't have a parking lot, so park anywhere on the street, get your bike ready, and let's meet in the NE corner of the park. Lunch break either at the **Urban German Wursthau restaurant** (Sausage House) next to the Cathedral Bridge on Baltimore Ave., or at **Cathedral Coffee**.

Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:

Harry & Lisa , scribs3@comcast.net or 360-904-1402.

NOTE: Make sure your bike is roadworthy before the ride. All bike riders need to carry a patch kit, a spare inner-tube and tools to make any necessary repairs and to fix your bike if it breaks down during the ride.

NOTE 2: The bike ride will be held weather permitting. We will cancel it if it's raining, or temperatures near 100°F, or very windy.

NOTE 3: We will be stopping for a lunch break so you will need to bring your own bike lock.

Mt. High

Trolley Trail SOUTH bike ride



August 2 (Wednesday). Meet at 9:30 am. Leave at 10 am. [Trolley Trail Tour map](#). The tour is about 3 hours.

Start & Finish Location: SE Park Ave. Parking Garage near 2704 SE Park Ave., Milwaukie, Oregon

Relatively flat ride, but not a race. From the Max Park and Ride to Oregon City and back is about 15 miles via the Trolley Trail.

There is a large food cart lot on 14th street in Oregon City for lunch. After a lunch break, we will proceed a bit further to the top

of the hill and then ride to the park at the end of Bluff Street in Oregon City, with a great view of Willamette Falls. Those with e-bikes can easily climb that hill. Those without the electric assist can take an elevator up.

We will return to the Park and Ride via the same route we took to get to Oregon City. The tour is about 95% paved bike paths. The rest is quiet neighborhoods streets. There will be a few restroom stops along the way.

There is another smaller food cart lot with a beer garden about a mile from the Park and Ride for those who want to do an after tour celebration. It's located at 21st and Main in Milwaukie.

Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:

Harry & Lisa , scribs3@comcast.net or 360-904-1402.

Mt. High

Highway Cleanup

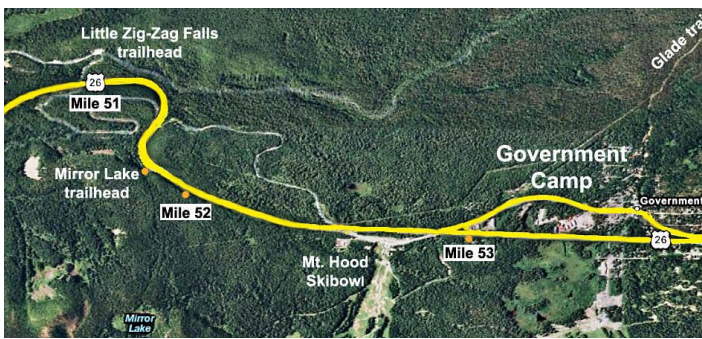
Aug. 5 (Sat.). We'll clean up the 2 miles of highway 26 we've adopted between mile posts 51-53, west of Govy.

We'll meet at 10 am **at the east end** of Skibowl West's parking lot, and spend about 2 hours removing stuff people throw out along the road. Let's see who will find the most interesting object! Bring some gloves. We will provide garbage bags and garbage pickers (Bring one if you have one).

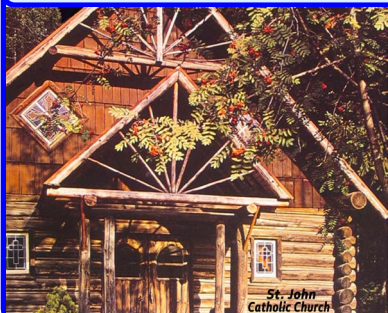
At noon, lunch will be provided for all who participate in the cleanup. Either at the Ice Axe brew pub or at The Taco Shoppe in Government Camp.

We need only about 12 people. Please don't come unannounced.

If you are planning to come please RSVP by contacting **Debbi Kor**, 503-314-7078 or ijustwannarun1@comcast.net



Annual Steiner Cabins Tour



August 12, 2023.

A self-guided tour of several of the famous Steiner Cabins around Mt. Hood. Henry Steiner built them in the 1930s and 1940s.

For more information and tickets, contact the Mt. Hood Cultural Center & Museum, Government Camp, Oregon, at 503-272-3301, info@mthoodmuseum.org

Mt. High

Timberline - Trillium Lake - Still Creek Road bike ride

August 5 (Saturday). - Meet at 8:30 am. Leave at 9 am.

Zoom down West Leg Road from Timberline around Trillium Lake and downhill 14 miles on a little known road behind Mul-torpor and Ski Bowl, ending in Rhododendron.

Meet in Rhododendron, the last town before Government Camp. Meet on the LEFT side of the highway at Rododendron Dairy Queen parking lot. From there, we will shuttle cars to Timberline.

This ride will be mostly downhill, except for about a mile immediately after Trillium Lake. A mountain bike is recommended

because there will be long stretches of gravel road. A commuter bike with regular tires is OK too.

Bring some water or other refreshing beverage. Bring some extra clothing and gloves in case it's a cold day. Still Creek Road will be mostly in the shade.

Finally, we'll end the day's adventure with a visit to **Chicali Cantina** in Welches. They offer "seriously good food and epic margaritas".

Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:

John: 503-958-5900 or hikedance@gmail.com

Emilio: 503-510-1477 or Emilio2000@earthlink.net

NOTE: Make sure your bike is roadworthy before the ride. All bike riders need to carry a patch kit, a spare inner-tube and tools to make any necessary repairs and to fix your bike if it breaks down during the ride.

NOTE 2: The bike ride will be held weather permitting. We will cancel it if it's raining, or temperatures near 100°F, or very windy.

NOTE 3: We will be stopping for a lunch break so you will need to bring your own bike lock.

Mt. High

Burnt Bridge Greenway bike ride

August 8 (Tuesday). Meet at 9:30 am. Leave at 10 am sharp.

[Map of Meadows Home Park on East 18th Street, Vancouver.](#)

Start & Finish Location: Meadows Home Park on East 18th and General Anderson Ave., in Vancouver, WA.

The trail is 8 miles long in one direction, or 16 miles round trip. It passes through several parks and connects a variety of trails.

We'll start the ride from Meadows Home Park, part of the way into the trail, and then we'll ride both West from there (5.2 miles one way) and ride East (2.6 miles one way).

There is a public bathroom on the trail about half a mile east of our starting point. Also, there is a bathroom at the west end of the trail, and one more somewhere in between.

We can socialize at the Domino's Pizza, or a Subway, or some Food Carts nearby after the ride.

Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:

Harry & Lisa , scribs3@comcast.net or 360-904-1402.

NOTE: Make sure your bike is roadworthy before the ride. All bike riders need to carry a patch kit, a spare inner-tube and tools to make any necessary repairs and to fix your bike if it breaks down during the ride.

NOTE 2: The bike ride will be held weather permitting. We will cancel it if it's raining, or temperatures near 100°F, or very windy.

NOTE 3: We will be stopping for a lunch break so you will need to bring your own bike lock.

Mt. High

Best of Vancouver Bike Ride



August 12 (Saturday). Meet at 9:30 am. Leave at 10 am.

Tour Map: [Wintler Park to Vancouver Waterfront Ride](#)

Start Time: 9:30 am

Start & Finish: 2340 SE Columbia River Drive.

See map: Beaches Restaurant Parking

Just stay out of the reserved parking spots in front of the Meriwether Condo or the Homewood Suites Hilton .

Length: 13 miles round trip.

Some of the attractions:

Wendy the Welder is a sculpture at the start of the Waterfront Renaissance Trail. It is like Rosy the Riveter.

This Ride also includes Officers Row. The Farmers Market is open on weekends!

Fort Vancouver is closed on Sundays and Mondays, but we can see it from the outside.

Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:

Harry & Lisa , scribs3@comcast.net or 360-904-1402.

NOTE: Make sure your bike is roadworthy before the ride. All bike riders need to carry a patch kit, a spare inner-tube and tools to make any necessary repairs and to fix your bike if it breaks down during the ride.

NOTE 2: The bike ride will be held weather permitting. We will cancel it if it's raining, or temperatures near 100°F, or very windy.

NOTE 3: We will be stopping for a lunch break so you will need to bring your own bike lock.

Mt. High Trolley Trail NORTH bike ride - Milwaukie to Tilikum bridge



August 16 (Wednesday). Meet at 9:30 am. Leave at 10 am [Trolley Trail NORTH map](#). The tour is about 15 miles.

Start & Finish Location: SE Park Ave. Parking Garage near 2704 SE Park Ave., Milwaukie, Oregon

Relatively flat ride, but not a race. From the Max Park and Ride to Tilikum bridge and back is about 15 miles via the Trolley Trail.

We will return to the Park and Ride via the same route except that we will ride along the opposite side of the Willamette River to Sellwood bridge. The tour is about 95% paved bike paths. The

rest is quiet neighborhoods streets. There will be a few restroom stops along the way.

There is another smaller food cart lot with a beer garden about a mile from the Park and Ride for those who want to do an after tour celebration. It's located at 21st and Main in Milwaukie.

Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:

Harry & Lisa , scribs3@comcast.net or 360-904-1402.

NOTE: Make sure your bike is roadworthy before the ride. All bike riders need to carry a patch kit, a spare inner-tube and tools to make any necessary repairs and to fix your bike if it breaks down during the ride.

NOTE 2: The bike ride will be held weather permitting. We will cancel it if it's raining, or temperatures near 100°F, or very windy.

NOTE 3: We will be stopping for a lunch break so you will need to bring your own bike lock.

Mt. High

Barlow Road - Wagon trail - History Tour



June 11 (Sunday). Meet at 8:30 am. Leave at 9 am.

Tour Map: [Wintler Park to Vancouver Waterfront Ride](#)

We'll follow the path the settlers took to cross the Cascades in search of a new life. Historical stopping points and views all along the way.

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 bicycle 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).

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 the job of the first wagon train of the season.

A few points of interest along the way:

1. Barlow Pass;
2. One of the best views of Mt. Hood;
3. Pioneer Woman's Grave
4. Pioneer Cemetery and the ghost of Perry Vickers;
5. Wagon tracks, still barely discernible.
6. The only bat cave on Mt. Hood;
7. Several wagon trail markers along the way.

Meet a few minutes **before 9:00 am** in the **Chipotle Cantina Parking lot in Welches**, on the south side of Hwy. 26. Turn right at the traffic light in Welches, and then drive past the shops on your left and you will see another large parking lot behind the shops. Drive to the far corner of it.

We will need some carpooling to transport everyone and all our bicycles up to Barlow Pass. We will arrange this on the spot. Most people will continue driving in their own cars. We'll leave only 2 or 3 cars in Welches.

If you want to participate, please contact **Emilio Trampuz**: Emilio2000@earthlink.net or 503-510-1477.

Mt. High

Get Me To The Beach bike ride



August 24 (Thursday). Meet at 9:30 am. Leave at 10 am.

Tour Map: [Beaches Restaurant to Frenchman's Bar Ride](#)

Start & Finish: 2340 SE Columbia River Drive.

See map: Beaches Restaurant Parking

Just stay out of the reserved parking spots in front of the Meriwether Condo or the Homewood Suites Hilton .

Length: 18 miles round trip.

From Fort Vancouver to Frenchman's Bar. It includes the new Vancouver water front, Vancouver Lake, and Frenchman's Bar.

All paved trails and roads with bike lanes. It's vary flat and picturesque Click on the link below.

[Fort Vancouver to Frenchman's bar loop ride](#)

Note that there is less traffic toward Vancouver Lake mid-week.

Please RSVP in advance. We need to be able to notify you of any changes. Give us a call:

Harry & Lisa , scribs3@comcast.net or 360-904-1402.

NOTE: Make sure your bike is roadworthy before the ride. All bike riders need to carry a patch kit, a spare inner-tube and tools to make any necessary repairs and to fix your bike if it breaks down during the ride.

NOTE 2: The bike ride will be held weather permitting. We will cancel it if it's raining, or temperatures near 100°F, or very windy.

NOTE 3: We will be stopping for a lunch break so you will need to bring your own bike lock.

New 6-pack Lift at Mt. Hood Meadows

Mt. Hood MEadows is replacing the Mt. Hood Express quad chairlift with a newer and faster 6 passenger lift.

The replacement project is chugging along. The old lift towers have been removed in June! A team of Meadows, Leitner-Poma, and Timberline Helicopters employees worked together to remove all 15 towers in just under two hours.

Some of the old towers will be recycled to scrap metal, while others will be used to build features in the terrain parks.

Watch the tower removal video at:

<https://youtu.be/92aha7TO7KU>.



Indy Pass sold out, but Get on the Waiting List Now

So many people purchased the Indy Pass back in MArch and April that sales had to be stopped in order to not overwhelm the ski areas with too many skiers.

But there is a waiting list at this time, and it is highly recommended that you get on the waiting list. It is expected that the Indy Pass will resume sales in the Fall, and those on the waiting list will have priority.

Get on the waiting list at: <https://www.indyskipass.com/pricing>

The Indy Pass offers us 2 days of free skiing at over 120 ski area in the US, of which at least 39 are in the West and several are in Japan. The number of ski areas keeps growing as more ski areas are added.

Note that some of our ski trips this coming winter will be to Indy Pass ski areas.

The last available price was \$319 for the basic pass (which has some blackout dates at some ski areas), or \$419 for a pass with no blackout dates.

These are all independent ski areas, not part of some large corporation. See a film about them and their importance. It is called “In Pursuit of Soul”. See it at: <https://tgrtv.tetongravity.com/apps/2645/108739/162037/32816199>

Crystal Mountain, Washington, Development

Crystal Mountain is investing and growing. First, a new 25,000-square-foot day lodge is being built. This building is the first component of a five-year, \$100 million capital plan — the largest ever seen by a Washington ski area.

With a nine-figure pledge from out-of-state owner **Alterra Mountain Company**, Crystal is on the cusp of realizing major upgrades that may nudge it into true “destination resort” territory. New lifts and new lodging is being planned.

2023 Volunteer of the Year



Linda McGavin has been selected as our club's Volunteer of the Year. She will next be considered a candidate for Volunteer of the Year by the NW Ski Club Council, where she stands an excellent chance of winning since she has also been nominated by another local ski club as well - the Interlachen Ski Club.

The Far West Ski Association has discontinued the Man & Woman of the Year competition and replaced it with the Volunteer of the Year.

Mountain High Board Meeting

Usually last Monday of the month.
July 31 and Aug. 28 (Mon.): Open to all who want to get involved with the club.
 Gather at **6:15 pm.** Start at **6:30 pm.**
This will be an online meeting via Zoom.

Mountain High snowsport club contacts:

- | | | | |
|-----------------------------|----------------|-------------------|--|
| President: | Bill King | H: 614-371-4762 | President@mthigh.org |
| Vice-President: | Debbi Kor | H: 503-314-7078 | Vicepresident@mthigh.org |
| Secretary: | | | Secretary@mthigh.org |
| 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?**

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

Checkmark all desired options.

Club membership = 177 Newsletter Distribution

The July-August 2023 issue is on our web site. Also:
204 copies sent via email (as PDF file)
0 paper printed copies sent via US Mail.
Copies are also sent to potential members, other clubs, the Mount Hood Museum, 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



You can pay your membership fee and your trip payments by **credit card**. We are processing 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>

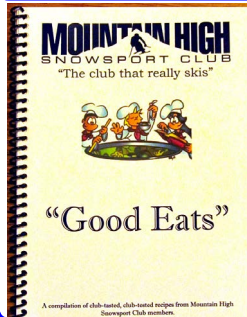
Shred Hood



Shred Hood, a very informative online magazine, published by Ben Jacklet, covers everything related to Mt. Hood. See: ShredHood.com

- * [Who's Afraid of Change in the Cascade Range?](#)
- * [Fluke Crash at Meadows and Determined Comeback](#)
- * [Mt. Hood Gets New Volcano Monitoring Station](#)

Mt. High Cookbook

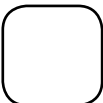
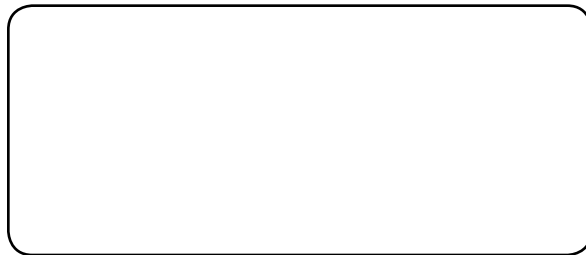


This 34 page cookbook is available for \$10. It has soups, salads, entrees, desserts, from our club members.
The cookbook includes recipes from the late Swiss chef Kurt Mezger. Contact Debbi Kor: ijustwannarun1@comcast.net , or call 503-314-7078.

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:

- * [Putting Away Your Skis & Stuff](#)
- * [Utah's Best Kept Secret Slopes](#)
- * [Thoughts on Aging & Ageism](#)



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