

Team Mail | 02.02.19

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Let's keep the stoke going by lifting each other up when we have the opportunity to do so...

Communication is key, right? So when you have constructive feedback to give (because you care) or when you have something you'd like to say, reach inside your "Toolbox of phrases" for the right way to effectively communicate in a caring way!

Some examples of phrases in your toolbox are:

- *When ___ happens, I feel ___ because ___.*

- *Can you please help me understand...?*
- *I'm not comfortable with ...*

When you receive feedback, keep these tips in mind:

- *Assume the giver has good intentions and cares.*
- *Say thank you.*
- *Ask for help or more info.*
- *Look in the mirror, reflect and commit to action or change.*
-

Don't forget, effective communication includes lots of listening. So let's lift ourselves up when speaking to each other to keep the workplace stoke going at your mountain home!

A NEW BENEFIT OF OUR WELLNESS PROGRAM:

Check out the Peak Mortgage Flyer on the [Talent Center](#) for all the details!

FINANCIAL FITNESS FREEBIES...

A series of **FREE CLASSES** designed to bring you a healthy dose of financial understanding! *(Brought to you by the MHM Wellness Program)*

Call x1388 or email jobs@skihood.com to reserve your spot!

Upcoming Classes:

Wednesday, FEB. 13th @2PM-3PM | White River Training Room

Credit Basics and Repair Tactics

With Brian Patterson @Peak Mortgage

- *Tips and Tricks to raise and repair your credit score!*
- *How is your score calculated and who does the scoring?*
- *Figuring out Financing - How, When and Why?*

Saturday, FEB. 16TH @2PM-3PM | White River Training Room

Budgeting & Banking Basics

With Amber Kelly @OnPoint Credit Union

- *Know the difference between banks and credit unions.*
- *Learn how to avoid banking fees.*
- *Discover tips on how to create and maintain your own personalized budget in order to achieve your financial goals!*

Interested in attending a class? LET US KNOW!

Call x1388 or email jobs@skihood.com to reserve your spot ASAP!

Other wellness dates:

Free Massage:

Monday, February 4th

From 11:00 to 3:00pm

White River Training Room

*Sign up starts at 7:45am. Call x1388 or come to the HR office

Free Group Acupuncture:

Wednesday, February 6th

From 11:00am to 1:00pm

Vertical North *No sign up required

Vertical Events:



Vertical
RESTAURANT & BAR

Families Welcome!

MT. HOOD MEADOWS
Your mountain home

Appearing Saturday 2-2-19 for Après Ski
3pm - 6pm:
The Junebugs
High Energy Folk-Rock

The poster features three band members of The Junebugs standing in a grid. The background is a light blue gradient.



Super Bowl in the Vertical

The Vertical will be showing the Super Bowl on Sunday in starting with the pre-game hype at 3pm.

Come on in to watch the game!

Our current invite to the **Columbia Sportswear Employee Store** (above) overlaps with their **End of Season sale!** You will be able to shop select winter items at an additional 20-30% off the already discounted employee pricing (40-50% off retail).

WHAT TO BRING TO ACCESS THE STORE:

- The attached invitation (printed or digital)
- **Employee Pass or Current Paystub**
- Friends! Invite is valid for you + 4 guests (you must be present)

PLEASE NOTE:

- No price adjustments on previous purchases



YOU'RE IN!

COLUMBIA SPORTSWEAR EMPLOYEE STORE



EXCLUSIVELY FOR:
MT. HOOD MEADOWS / COOPER SPUR / NORTH FACE INN

ITEMS ARE MARKED WITH EMPLOYEE PRICING (40 - 50% OFF REGULAR RETAIL PRICING)
VALID FOR YOU + 4 GUESTS

VALID DATES
JAN. 18 - FEB. 10, 2019

WHAT TO BRING
THIS INVITATION +
PROOF OF
EMPLOYMENT +
PHOTO I.D.

STORE HOURS
MON - SUN: 10A - 8P

LOCATION
14100 NW SCIENCE PARK DR.
PORTLAND, OR 97229



Questions? Please email: portlandemployeesstore@columbia.com

Valid for you and up to 4 guests for multiple visits during your invite period. Columbia reserves the right to modify or cancel this offer at any time. Please present this original invitation to the receptionist for entry and again at checkout. This invitation is non transferable. You must be present during shopping. The products purchased are intended solely for the buyer's own personal use, including gifts to others. Resale of products is strictly prohibited. Offer may not be combined with any other offer or discount. Valid from dates listed above. ©2018 Columbia Brands USA, LLC.

Being a Meadows Team Member comes with perks!

Take advantage of these featured privileges:

- **FREE** ski or snowboard MLC group lessons for Team Members
- **Get Rentals for \$5 MIDWEEK and \$10 on WEEKENDS for Team Members**

For details on the other Team Member privileges you could be taking advantage of, check out page 27 of the [TEAM HANDBOOK.](#)

Thank you!

-Your Human Resources Team