

FWSA Tollakson Award for Outstanding Club
Mountain High Snowsport Club 2009-2010

www.mthigh.org

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

Produced by: Kurt Krueger and Emilio Trampuz

Period: May 2009 - April 2010

Mountain High Snowsport Club

Club Category: AAA
 Number of Members: 283



Mystery trip 2010



History

Mountain High is the result of the merger, in 2000, of two clubs: Plaza and Edgeset. Both clubs were formed in Portland in the early 1970s.



Motto

Our club is affectionately known as "The club that really skis". This phrase describes the club quite well, distinguishing it from other local clubs, that may be more focused on socializing, or racing, or some other distinguishing characteristic. Mountain High is a versatile club, with year-round activities, but we put skiing first and foremost. It's a club for true ski enthusiasts.



Growth

Mountain High has been experiencing a steady growth in many areas:

1. MEMBERS: We have grown from 100 members in 2000 to around 300 now.
2. RACING: Our club's recreational racing PACRAT teams have grown from 4 teams (just 7 years ago), to 14 teams this season. That's 131 racers among us!
3. TRIPS: Our total number of club ski trips has grown from an average of 2 trips per season to an average of 4 trips. And that's just our own club trips. We also participate in the larger NWSCC and FWSA trips.
4. WEB USAGE: Thousands of visits per year and increasing. Also, constantly adding more content, an online Bulletin Board, a Forum, Articles, Photos, and Videos on our web site. See: www.mthigh.org.



Organization / Mission / Bylaws

Mission Statement and Bylaws

As stated in our Bylaws, the purpose of our club is to promote skiing, snow sports and other recreational and social activities designed to increase the enjoyment of our members.

This is also reflected in our club's motto: "The club that really skis". The main focus in our club is on skiing, and skiing is also our focus on our trips - where most of the participants spend practically all day and every day on the slopes.

It is also stated that the club is a nonprofit organization and relies upon the volunteered assistance of its members. No compensation is paid to officers, directors, committee members, or trip captains for serving in these (or similar) volunteered offices.

In addition to this, it is also our unstated, but very much present mission to make our club members the most well informed skiers in the Northwest. This mission is accomplished through our newsletter and web site, as well as via emails. If something is of interest to local skiers, it has a place in our newsletter and web site. Thus, we not only promote our own club trips and events, but also any other developments and news that might be of interest to our skiers.

Recent developments

We constantly re-examine our rules and bylaws, looking for ways to clarify and improve them. During the past year, we have dealt with the following issues:

1. Ongoing review of our Bylaws to better define the club, simplify for readability, and remove sections that are to be handled in the Standard Operating Procedures.
2. Added to the Standard Operating Procedures which supplement our Bylaws. These are also be posted on our web site. We have completed several this year, notably administrative procedures for trip refunds and further refined activity planning documents.
3. Researched and purchased Liability Insurance for the club.
4. There is an ongoing effort to get more people involved in running the club, participating in the organizational meetings, and contributing to our club in a variety of ways.
5. At least once a year, we conduct a survey among our members, asking them about their preferences for future trips. This helps us in determining the destinations and duration of upcoming trips, as well as the preferred mode of transportation (carpooling, bus, train, or plane).



TRIP CANCELLATION POLICY

Revisions Approved by the Board Of Directors on 12/30/08.

1. A cancellation date for each trip will be published in the club newsletter and on trip promotional notices. If one is not published, the cancellation date will be 30 days before departure.
2. If Mt. High cancels the trip, you will receive any available refund up to your full amount paid.*
3. If you cancel your reservation before the cancellation date you must tell the trip captain, in person or in writing, postmarked before the cancellation date to be eligible for a refund. We will make every effort to refund the full amount of deposits; however there may be circumstances beyond the club's control preventing a 100% refund - see note below. *. Talk to the trip captain about your refund.
4. If you cancel your reservation after the cancellation date, you will lose all or some of your money paid. If we cannot fill the reservation, refunds are subject to the amount that the club can recover, based on the individual policies of the hotels, resorts, etc. If we fill the reservation, you will be responsible for any charges we have to pay to change the reservations.
5. Empty spots will be filled first from the waiting list. If there is no waiting list, it is your responsibility to find a replacement in order to cut your losses.
6. Refunds will be held until the trip has been completed and it has been determined that there were no losses incurred because of your cancellation.

** As a general rule, the club will attempt to refund all the money, especially before the cancellation date, but there could be circumstances beyond our control, such as, for example, if we already sent some deposits that we cannot recover in the case of a cancellation, or if a ski area or a transportation company goes out of business, or files for bankruptcy, or a natural disaster hits, or any other such unforeseen event or circumstance. In such cases, if the club cannot recover our losses, the club's loss would have to be distributed equally among all the participants. In other words, the club will not incur any losses on your behalf.*

Our new Trip Cancellation Policy at:
www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf



"We want you to get involved with the club!"

Giving back to the Community



Our members participated in the torchlight parade and the 24-hour skiing fundraiser for the American Cancer Society Friends of the forest cleanup day

Community Activities & Services.

Every year, Mountain High members participate in the Oregon Cancer Ski Out, a fund raiser for the Oregon Health & Science University's Cancer Center, Willamette Falls' Hospice, Hospice of the Gorge, and Candlelighters.

In 2009, our members helped pioneer the first "Hope on The Slopes" at Mt. Hood Skibowl, a 24-hour vertical Challenge and a fundraiser for the American Cancer Society. The highlight of the 24 hours was a torchlight parade. In 2010 the event raised over \$50,000. Mountain High members formed two teams for 2010's event.

Each year, many Mountain High members participate in The Candlelighters' cycling fundraiser, Ride-for-a-Child, and the week long Cycle Oregon in September.



Volunteer Friends of the Forest at Mt. Hood Meadows

Our road



This year we adopted a section of highway 26 on the way to our local ski areas. We will be picking up litter to enhance the experience of visitors to Mt. Hood.

Many members volunteer as ski hosts at Timberline, Ski Bowl, and Mt. Hood Meadows.



Bike ride

Larry Bennet leads the bike ride to the picnic.

Club's Social Activities Offered

Our annual Summer Picnic & bike ride is a lot of fun.

Quarterly pizza parties attract as many as 60 or 70 people at a time, where in addition to socializing and making announcements, we also often show slides and videos of recent ski trips.

At our annual group dinner and a movie outing to see the latest Warren Miller movie. 70 members participated.

Our annual Membership party in November was our biggest event of the year with close to 200 in attendance.

In February, our annual Valentine's Day Chocolate Party was the sweetest, with prizes for the most creative dessert, the most chocolaty and the most decadent!

We also offer bowling, golf, biking, hiking, etc.



Membership Party



Chocolate Party contest judges



Warren Miller dinner and movie



Socializing at a Pizza party

Sports Activities

Racing

Almost half of our members participate in recreational PACRAT racing. We had 140 racers this year. up from 130 last year. They are organized in teams of 10.

In fact, this year, the majority of racers in the PACRAT league came from our club. Mountain High participated with 14 out of a total of 20 teams. Our club is obviously a major supporter of recreational PACRAT racing.

We also organized 2 ski improvement clinics this year. These were free to all our members, both racers and non-racers.

In past years many of our racers have participated in the Far West Championships.

Trips

Every year, our club organizes at least one or two short, weekend bus trips, at least one longer trip to far away places, and we also actively participate in the NW Ski Club Council and Far West trips. This past year, we had the following trips:

December: Canada Ski Safari, a carpooling road trip that visited 5 ski areas in 6 days: Mt. Baker, Big White, Silver Star, Sun Peaks and WhiteWater. Only high winds prevented skiing all 6 days.

January: Mystery trip. No one knows where we're going until we get there. We packed the largest bus we could charter for 3 days of fun.

February: Train trip to Whitefish Mountain.

March: Fernie and Kimberly, Canada. A six day bus trip with a stop both ways to break up the trip. The stops involved, of course, skiing at two resorts Silver Mountain, ID and Bluewood, WA.

April: Heavenly, Lake Tahoe, a 5-day trip.

Other recreational activities

During the non-skiing months, we organize several other events, including a golf tournament and on average 3 golf days per month, a bowling night, bike rides, several hikes, a wine tour and a weekend rafting trip on the Deschutes River.

Photos from these and many other activities are posted on our web site at: <http://www.mthigh.org/PhotosRecent.htm>



PACRAT Racers

Brenda Ackerson, just warming up!



Revelstoke

Kay Kinyon with a Whiskey Jack bird at Revelstoke Mt. Resort, B.C.



Rafting



Crystal Mt.



Sierra-at-Tahoe

Interaction with Parent Organizations

Promoting awareness of the Council and FWSA

Our club has been one of the most active clubs in Oregon in disseminating information about everything related to snow. In addition to promoting our own club activities, we also put a lot of energy into promoting an awareness among our members that we are all part of a larger body (the NW Ski Club Council) and also part of the Far West Ski Association. We promote not only club events, but also Council and FWSA trips and events. This is done via:

- Frequent email updates. emails from FWSA leaders (such as Randy Lew, or Norm Azevedo, etc.) are forwarded to all our club members.
- Monthly newsletter ("Lift Lines"), distributed both in print and via email (a PDF file), and posted on the club's web site.
- The club's web site, www.mthigh.org, generates hundreds of visits per month. The web site not only contains up-to-date news of upcoming events and photos of past events, but also offers a Forum where members can post their own messages, and a Bulletin Board for selling items of interest.



Our web site.

NW Ski Club Council

Several Mountain High members (such as Linda McGavin, Debbi Kor, Linda & Steve Coxen, Jack Folliard, Gary Stevenson, Emilio Trampuz, Gordon Lusk) are among the most active members in the NW Ski Club Council and/or the PACRAT racing league.

Our club always has a booth at the annual Ski Fair, organized every November by the Northwest Ski Club Council. Also, our members always help staff the NW Council's booth at the larger Portland Ski Show, in November, at the Portland Expo Center.

Mt. High joined the NWSCC in promoting the Northwest Ski Challenge to encourage people to visit all ski areas within a single State (Oregon, Washington, or Idaho) in the same season.

Linda McGavin edits and produces the annual Northwest Skiers' Directory, covering all local ski clubs and ski areas, the Council's activities, and PACRAT racing. In the last couple of years, our member Emilio Trampuz has contributed many of the photos illustrating the Directory.



Man of the Year

Mary Olhausen names our club President, Gary Stevenson: Man of the Year 2008.



Ski Fair

Gordy, Haley, and Elaine at the Ski Fair

Far West Ski Association

Several of our members are active in the Far West Ski Association (Debbi Kor, Linda McGavin, Mary Olhausen Steve Coxen, Emilio Trampuz). A delegation from our club attends the FWSA Convention every year.

Also, when the Far West Convention is held in the Northwest (Portland or Seattle/Bellevue) several of our members help organize it (Steve Coxen, Debbi Kor, Mary Olhausen, Linda McGavin, Elaine Bock, Emilio Trampuz, and others).



Linda McGavin at the FWSA Convention



Luggage tags distributed at FWSA 2008 Convention in Bellevue.

PRESENTED BY
NORTHWEST SKI CLUB COUNCIL

FREE ANNUAL
2009 Ski Fair

ONE NIGHT ONLY!
Monday, November 9, 2009.

Holiday Inn
Portland Airport
8439 NE Columbia Blvd.
Portland, OR 97220

8:00 pm - DOORS OPEN
Admission is FREE and OPEN TO THE PUBLIC
No Host Beverages
DOWNHILL, CROSS-COUNTRY, SNOWBOARDING, ...
ALL KINDS OF SNOWPLAY!

HIGHLIGHTS:

- * Silent Auction
- * Mt. Bachelor
- * Ski Resorts
- * Ski Retailers
- * Ski Clubs
- * Sports Clubs
- * Mt. Hood Meadows
- * Ski Bowl
- * Timberline
- * Join a Club
- * New Gear
- * Ski Trips
- * Get discounted season passes

* Admission is free.

Designed and printed by
Dorothy Chastain 503-678-0171

NWSCC
NORTHWEST SKI CLUB COUNCIL
Contact: Mary Olhausen
Phone: 503-880-7383 Email: omary52@comcast.net

New Board

At the Pizza Party on May 19, 2009, we held club elections, and elected the following 4 people to the Board.



President:
Gordon Lusk



Vice-President:
Kurt Krueger



Secretary:
Diane Zhitlovsky



Treasurer:
Sandi Dykstra

In addition to the above, here are a few more of the more active members of our club. This is not a complete list. For more photos of our club leaders, see the Contacts page on our web site, www.mthigh.org/Contacts.htm



Newsletter:
Emilio Trampuz



NWSCC Rep.:
Debbi Kor



Racing :
Bruce Ellison



Golf :
Cal Eddy



Membership:
Elaine Bock



Trips:
Linda McGavin



Trips:
Janice Jessen



Hikes:
Elisabeth Fontaine



Social Activities:
Marsha Cosgrove



Past President:
Terry White



Mid Week Skiing:
George Yun



Bicycling:
Larry Bennett

Rafting on the Deschutes

by Gordon Lusk



Gordy

“WOW”, what can I say about our Mt. High Deschutes River White Water trip this year. Thursday night, around 20 of us showed up to camp in Maupin City Park to prepare for rafting on Friday, and another group showed up Friday morning.

Sally and Beth decided to try a kayak and did really well staying afloat through Boxcar Rapids (the most difficult rapid on this section of the river). We stopped at **White River** to hike up to the river where most of us rode the natural carved out rock-slide down the river. Yes, this is the same White River we cross on our way to Meadows. Then on down the river, water-fighting, challenging the rapids and laughing. Again, All Star shuttled us back to the park for lunch and then on to Harpham Flats for an afternoon of rafting.

Lou Bailey of “**Lou’s Q, Texas Style BBQ**” worked all day preparing his specialty Baked beans, 16 Racks of Baby backs, and 20 pounds of chicken. When we served around 7:00, everyone mowed down on Lou’s smoked preparations.

Around 30 of us anxious skiers donned life jackets, headed up to Harpham Flats and took over 6 rafts to take on the rapids and ferocious water fighting. As usual several more anxious rafters were waiting at the park when we got to the middle of our run. The water was running a little high, which made rafting fun and it sure changed the rapids for a better ride. **All Star Rafting** bussed us all back to the park around 5:00 to prepare dinner for ourselves and Party on.



Lou

Thanks to all of you who brought the salads and sweets to finish our feast. The only complaining I heard was from those who ate too much.

As usual **Chuck Westergren** and his family were in a paddleboat along with **Jack Clifton** captaining his raft with paddling diehards. The rest of us were in Rowboats staffed with hardy water-fighters, with **Haley Anderson** leading the fight in my boat.

I cannot thank **Cal Eddy, Jack and Jennie, and Louis Kovacs** for all of their help. **Bruce** took a lot of on-river video that will be seen soon, I

hope. As usual All Star Rafting took great care of us with good equipment and outstanding Service. I hope all who participated had a good time and will be there next year (Aug. 20-22, 2009) with some more friends...

Thanks to all,
Captain Gordy



Pat



Mt.High

Mt. High Annual Summer Picnic

by Terry White

The date: Sunday, Aug. 10, 2008.

The time: "High Noon".

The place: Sellwood Park, Area A.

The event: Mt. High Annual Picnic.

Fifty to Sixty snow-riders, friends and families joined for an entertaining day of softball, food and camaraderie.



Suzanne Stevenson



Terry White

Past president Gary Stevenson

lead all participants in our annual softball game. No one got hurt. Everyone had fun. A very successful game!

Down to the picnic area, where Suzanne Stevenson was busy grilling a large variety of hot dogs. Gordy Lusk , V.P., broiled some of the dogs. Then provided a fresh cooked Corn-On-The-Cob. Add in all the salads, chips and dips, along with the great deserts provided by all the participants and no one left hungry.

Emilio Trampuz, our communicator extraordinaire, provided fliers for many of the ski season's ski trips. A great deal of conversation took place and many were ready to sign-up for trips on the spot.

If you missed this family oriented event this year; do not make the same error next year.



Greg Anderson, Jan Tolman, Denny Pollock, and Kurt Krueger, sampling the goodies.



Gary Stevenson and Gordon Lusk



Kurt Krueger, Gary Stevenson and Denny Pollock

Mama mia, that's a spicy meat ball!

NW Ski Challenge 2010

The NW Ski Club Council has issued a challenge: Ski or ride any 7 or more resorts in Oregon, Washington and/or Idaho during the 2009-2010 ski season to be eligible to win a prize. The more ski areas you visit, the more valuable the prizes. A total of 7 is the minimum to enter. Save your lift tickets /receipts as proof.

The 2009-2010 ski season will be the fourth year of the NWSCC Ski Challenge. For three years the Council has rewarded skiers and snowboarders who have met the Challenge with gift certificates for equipment or services at ski shops, and one lucky winner each year goes home with a ten-time pass to Mt. Hood Meadows.

The first year of our Challenge was the Oregon ski resorts. The second year we expanded the Challenge with the addition of Washington ski resorts. Last year we added Idaho ski resorts. This year, the Council is challenging skiers and snowboarders to ski the Northwest, and the rules have been relaxed to a bare minimum of just 7 ski areas, to make it easier for everybody to participate.

Info & entry forms can be found on both the NWSCC web site, www.nwskiers.org, and on the Mountain High club's web site, www.mthigh.org.

Winners will be announced at the July 2010 NWSCC meeting, and the grand prize will be awarded to the skier or boarder who visits the most Northwest ski areas during the season.

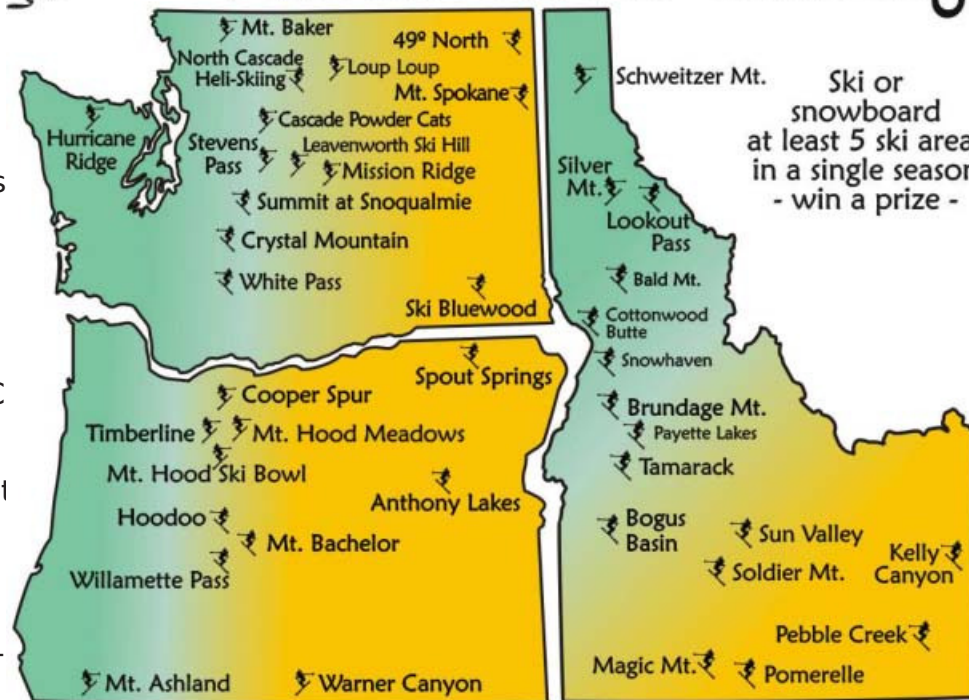
Several of our past winners have kept very informative and colorful blogs and photos of their experiences as they skied and rode at Northwest ski areas the last three seasons.

Read about each ski area, and about our experiences there, for inspiration:

- a) Ski Oregon Challenge (2005-06): www.mthigh.org/Articles/Ski-Oregon-Challenge-diary.pdf
- b) Ski Washington Challenge (2006-07): www.mthigh.org/Articles/Ski-Washington-Challenge-diary.pdf and David's blog at: <http://skiwashington.blogspot.com/>
- c) Ski Idaho Challenge (2007-08): <http://skiid.blogspot.com/>

NOTE: The Mountain High club has been the most active promoter (among local ski clubs) of the Northwest Ski Challenge (which is actually a NW Ski Club Council activity).

Northwest Ski Challenge



Ski or snowboard at least 5 ski areas in a single season - win a prize -

Entry Form and Rules are posted on the NWSCC website at www.nwskiers.org



David Schor
the first person to visit all ski areas in all 3 States.



Emilio Trampuz, Steve Coxen and David Schor with Ski Washington Challenge plaques



Ski Safaris to Canada

by Emilio Trampuz

The Northwest is a veritable paradise for skiers. We live within a day's drive of dozens of ski areas. Some of the nicest are in British Columbia, where almost every ski area has an on-mountain ski-in/ski-out village.

Combine that with the free lift tickets offered by 3 of these (Big White , Silver Star , and Sun Peaks) to everyone who attends the annual Warren Miller movie in Portland and Seattle, and Canada becomes irresistible! See the movie in October, go to Canada in December.

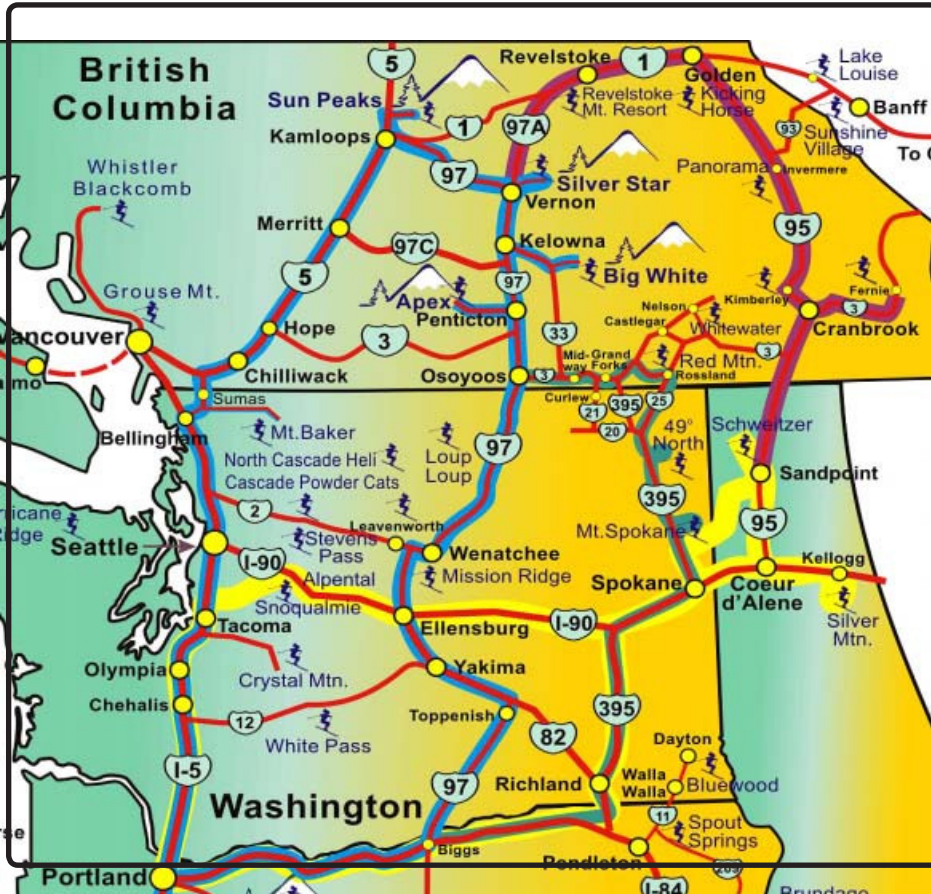
The Mountain High Snowsport Club has made it an annual tradition, in the last 5 years, of organizing an informal road trip, a ski safari, to the above 3 ski resorts and a few more, in early December. Carpooling and sharing lodgings can dramatically cut down on the trip cost. Anybody can do the same. Just follow the well-documented plan on the club's web site at:

www.mthigh.org/Articles.htm.



Kay & Kurt at Kicking Horse with the Columbia River in The valley below.

The route is up Hwy 97, and back down Hwy 95. See map. For more info, email info@mthigh.org.



Mt. High members at Big White



Emilio at Panorama ski area, B.C.