

FWSA Tollakson Award for Outstanding Club

Mountain High Snowsport Club 2014-2015

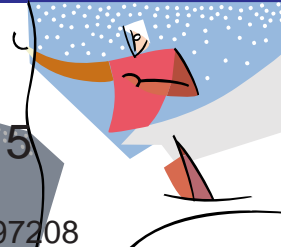
www.mthigh.org

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

Editor: Kurt Krueger

Period: May 2014 – April 2015

Number of Members: 295



1. Affiliations and Involvement

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 Northwest 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 and NWSCC leaders
- 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 website www.mthigh.org generates hundreds of visits per month. The site contains up-to-date news on NWSCC and FWSA events as well as photos of past events.



Our web site.

Northwest Ski Club Council

Several Mountain High members (such as Linda McGavin, Mary Olhausen, Linda and Steve Coxen, Emilio Trampuz) are among the most active members in the Council and/or the PACRAT racing league.



Emilio Trampuz and Mary Olhausen, NWSCC booth at Ski Fever show.

Our club has a booth each year at the Annual NWSCC's Ski Fair. The Ski Fair is typically held in November to accommodate our Industry Partners attending the Seattle Ski Dazzle and Portland Ski Fever Shows. Ski club members staff the Council booths at both of these ski shows.

Mountain High joined the NWSCC in promoting the Northwest Ski Challenge to encourage people to visit 7 or more ski areas within the northwest, including Alaska, British Columbia, Wyoming, and Mammoth Mountain in the same season.

Member Linda McGavin publishes the NWSCC's newsletter. She also edits and produces the annual Northwest Skiers' Directory, covering all local ski clubs and ski areas, the Council's activities, and PACRAT racing. In most years, member Emilio Trampuz has contributed many of the photos illustrating the Directory.



Mt. High Ski Fair booth promoting 2014 FWSA Convention

Far West Ski Association

Several of our members are active in the FWSA (Randy Lew, Debbi Kor, Linda McGavin, Mary Olhausen, Emilio Trampuz, Linda and Steve Coxen). Mountain High organized the Pub Crawl and sponsored a golf hole for Convention 2014. Our famous Ski Pole Inclinator was given to all attendees. A delegation from our club attends every FWSA Convention.

Mt. Hood Ski Patrol

Their site is linked on our web page, and the annual Ski Swap advertised in the newsletter. Club and Patrol member Kurt Krueger builds and administers the network of computers used during the sale.

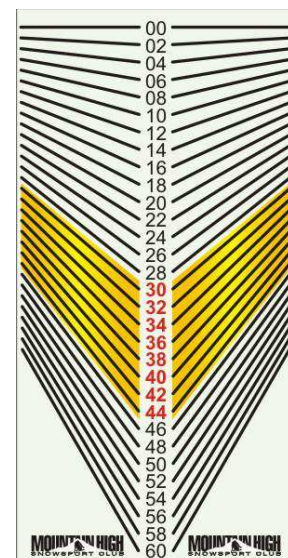


We won Best booth prize in 2014

Mountain High members are major supporters of community and charitable fundraisers, both ski-related (Oregon Cancer Ski Out, Hope on the Slopes, Ski to Defeat ALS), and non-ski related events supporting various cancer associations such as the Susan G Koman Foundation, the American Lung Association, and the Leukemia and Lymphoma Society.

Trips from other clubs are documented in our calendar of events. Trips that are open to our members are advertised. Other clubs get invited to some of our events and joint trips have been run.

*Ski Pole Inclinator distributed at
FWSA 2014 Convention in Bend..*



Original article appeared in August 2013 Liftlines, an ongoing issue

The first road built for cars to and around Mt. Hood was built in the early 1920s and completed by **1924**. In **1937**, president F. D. Roosevelt used this old road when he came to inaugurate Timberline Lodge.

This old road has both **historic** and **recreational** value, even though it has been neglected for the past 60 years. A portion of the old highway just west of Government Camp has been torn up by the Forest Service in the summer of **2012**. Only about 100 yards has been torn up.

UPDATE: Emilio Trampuz has recently met with two Forest Service representatives at the Zig Zag Ranger District.

At this point a portion of the roadway has had a trail built to one side.

Highway construction has created a drop off in a another section that makes access to US 26 and some other sections of the historic trail inaccessible from this section.

There is more work to be done.



Picture of destroyed roadway. This section was heavily used by hikers and mountain bikers. It's common to return abandoned roads to their natural state.

However due to input from Emilio and others, this section is going to be turned into a trail for recreation. Some work has already begun. In addition it was discovered that the Forest Service has plans in the works for two possible pedestrian bridges across busy US 26. Those bridges would help link this section to others and contribute to the safety of hikers and bikers.

Mountain High can be contacted via our Web page at MtHigh.org. The Club ranks very high in Google and Yahoo searches, making the Club easy to find by searching ski clubs in the Portland, OR area.

The Club is easily located via resources such as the Northwest Skiers' Directory and our presence at many events. Most of our members join or renew at either the NWSCC Ski Fair or our annual fall Kickoff Party, which is open to all current and/or potential members.

Our annual membership Kick-Off party in November is our biggest event of the year with close to 200 in attendance.



Partial screen shot from the *Contacts* page of MtHigh.org. Our leaders are readily available via e-mail or the telephone.

An online form can be filled out to get more info about the club along with a few copies of our newsletter to help decide if one wants to join.



Board Members



President
Debbi Kor
H: 503-314-7078
President@mthigh.org



Vice-President
Terry White
M: 503-781-4558
Vicepresident@mthigh.org



Secretary
Lisa Scribner
H: 360-576-8178
Secretary@mthigh.org



Treasurer
Nancy Pratt
H: 503-593-9427
Treasurer@mthigh.org

Activity Directors / Contacts



Newsletter & Web
Emilio Trampuz
Ph: 1-503-378-0171
Newsletter@mthigh.org



Racing Director
Bruce Kuper
H: 503-975-8039
Racing@mthigh.org



Membership
Terry Swan
H: 503-729-3435
Membership@mthigh.org



Trips & Social Activities
Debbi Kor
H: (503) 314-7078
Trips2@mthigh.org
Activities@mthigh.org



Trip Director
Linda McGavin
H: 503-652-2840
Trips@mthigh.org



Hiking and Past Secretary
Chris Brooks
H: 503-764-5323
iruffman@aol.com



Trips
Sandra Smith
H: 503-646-4591
sandra@pacifier.com



Bicycle rides
Karen Michels
H: 503-984-9210
skiklynn@gmail.com

Club documents are available via the **Forms & Docs** tab on the home page. Included are items such as ByLaws, Standard Operating Procedures, Dough Transmittal Sheet (for membership dues, trip payments, etc.), and Trip Cancellation Policy.

A copy of this very document is posted on our web site as well.

Tax filings and insurance issues are discussed and documented at our monthly board meetings which are open to all members.

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 to increase the enjoyment of our members. The most recent update was in 2015.

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 any other) 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 website, as well as via emails. If something is of interest to local skiers, it has a place in our newsletter and website. 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 members.

While our Club is first a skiing club, activities are planned throughout the year. We have a very popular river raft trip, golf outings, summer picnic, bike rides and hikes.

As required by our Bylaws, a yearly audit is performed. At least one person on the audit committee does not have check signing privileges. In addition, large checks are vetted via online notification from our bank.

Club events are advertised in Lift Lines, via email and our website. In addition flyers are made available at several events (such as Ski Fair) during the season.

Presentation style is maintained throughout all articles and flyers.



It gets wet on our annual Raft trip on the Deschutes River.

Mountain High does several activities that are both fun and help with off-season fitness. The annual Raft trip is very popular. In addition, several bike rides are scheduled (one very interesting one is documented on p. 9), along with several hikes.

June 1, 2014 (Sunday).
Twenty one folks hiked to 9 of the 10 waterfalls at Silver Falls State Park. It was perfect hiking weather, warm but not too hot. Great views of the waterfalls. We took lots of pictures. Chris (the leader) treated us to some snacks both before we started on the hike as well as at the end.



Just one of the many falls

Mt. High Whitefish Mt. train trip



February 28 - March 6 (Sat. - Fri.) 2015

We'll leave Portland on Saturday afternoon, by train. Arrive in Whitefish at 7:30 am, leave our luggage in the on-mountain condo, and hit the slopes!

We'll spend a total of 5 days there, returning on the evening train on Thursday, March 6, and arriving back in Portland around 11:15 am Friday morning.

Whitefish Mountain (formerly Big Mountain) offers 2,353 vertical feet, over 3,000 acres, served by 14 lifts, of which 3 are high speed quads.

This coming season, Whitefish is installing a new triple chairlift that will open 6 new trails and some glade skiing.

We will stay in ski-in/ski-out condos within the on-mountain village.



Does anyone think Bruce Kuper is having fun? Didn't think so.

Safety is important to the Club. Participation is to the point that we have had two members win Safety Person of the year. The winner in 2013 was Past President Gordon Lusk. Emilio (2011 winner) provides safety awareness through several videos he has collected. Many are humorous but with a serious message. Humor helps to hold interest. These are shown on the bus before we arrive at our skiing destinations.

Several social events are held throughout the year. A party is scheduled quarterly. Additionally, specialty parties are held throughout the year. Notable is the Chocolate party (which has its origins over 40 years as a Chocolate Mousse contest), a Seafood Party, and a Summer Bike Ride and Picnic. All are publicized via newsletter and email. Events are open to guests and many are open to folks who just want to check us out.

Social

Around Valentine's Day our club puts on a **Chocolate Party** (Feb 14, 2015). Everyone loves chocolate and we have some inspired chocolatiers in the club. Club members really "pull out the stops" when it comes to bringing something chocolaty for this competition. A club member volunteers their house and a number of folks come with a chocolate dish to enter in the competition. Each dish is numbered and then club members taste each chocolate concoction and vote on the one they think is the best in 3 different categories. This year the winner for the most chocolaty was a Salted Caramel Torte. The category for most creative or artistic was won with a Chocolate Ravioli. The most light or healthy category was won with Tofu Mousse. A great – and sweet – time was had by all.



Winners Debbi Kor, Most Creative

Joanne Lindberg, Lightest or Healthy

Discounts and special deals are publicized in both our newsletter and via email. The sources for the discounts are available via NWSCC, FWSA, and NSCF. All are available via links on our Web page.

In addition, special sales events that are of interest to our members are publicized. One in particular is Race Night at a local ski shop that offers large discounts to PACRAT racers on racing equipment.

Recognition

The club recognizes a Man and Woman of the year. Past NWSCC winners include Linda McGavin, Debbi Kor, and Mary Olhausen. Steve Coxen, Emilio Trampuz and Gary Gunderson have gone on to win FWSA man of the year.

Racing

Mountain High is a huge supporter of PACRAT racing. Fourteen 10-person teams race under the Mountain High name this year. Many of these teams have been in existence for many years, fostering long term camaraderie. In addition several of our club members take an active role serving on the PACRAT board.

Hillcrest Sports Race Night

11th Annual Race Night
Thursday Oct. 3rd
 Junior Racers 5pm-9pm Masters Racers 6:30pm-9pm
Factory Reps will be here to answer your questions



VACUUM FIT
Vacuums use the exclusive Fisher Vacuum Seal System to the Race Racers. Our exclusive rubberized with Fischer system seal system makes for superior control and performance.

Best prices of the year from all the top companies
and products at one place to ensure the best possible prices

See you there, and PRAY FOR SNOW!

Oct. 3 (Thur) 6:30 pm.
 The annual Hillcrest Race Night will be on Thursday evening, starting around 6:30pm. Best prices of the year from all the top companies! Factory reps will be present to answer your questions.

Location: Hillcrest Sports, 2506 SE Burnside Rd., Gresham, OR



PACRATers Doug Pilcher, Gary Olsen, Emilio Trampuz, John Yoo

4. Charities and Programs

Annual Scholarship

Each year our club funds a \$1,000 FWSA scholarship for a promising high school racer. This year the recipient is Ashley Lodmell. In February 2014, Lodmell finished the PNSA season by winning the women's combined championship with her results in the super-G and the downhill events at the 51st annual Sun Cup on Mount Bachelor. She placed second and fifth in the downhill races.

On Feb. 20, Lodmell was featured in a KATU television news story about how aspiring Olympic skiers get their start.



Highway Cleanup

Twice a year our club collects the litter from a section of our Mt. Hood access highway, US 26. The club cleans a 2-mile stretch of the highway, just west of Government Camp. Date this year was June 21, 2014. We had 12 club members show up to pick up trash and collected about 25 bags of garbage. The club members are rewarded for their hard work with lunch before heading back home. A major construction project prevented us from cleaning a second time. We had a ready crew, but the folks with the dynamite and bulldozers felt it best if we skipped our cleanup this time.

This event continues to be very popular with our members who wish to give back to the mountain. There are always more volunteers than we have slots.



Other

Ski jackets were collected at our Membership Kick Off Party this year and donated to the Sleep Country Foster Kid Program.

Mountain High fields teams for Oregon Cancer Ski Out and the past 3 years in Ski to Defeat ALS. In addition several members participate in Hope On the Slopes. Emilio Trampuz was instrumental in getting the Hope On The Slopes cancer charity established at Ski Bowl.

Several members participate in other skiing related activities. Our Past President, Kurt, takes an active IT role in the Mount Hood Ski Patrol's annual Ski Swap.

Ski Mentoring/Ski Buddies

This year our club has been promoting Ski Mentoring, a program supported by local ski areas. The Lift Lines article was re-published in the January-February issue of National Ski Club Newsletter. A new page was set up on our website called "Learn to Ski", where we invite people to contact us if they have questions about how to get started in the sport.

Ways to work with beginners.

The volunteers would introduce people to the sport in a number of ways:

- a) Answer people's questions about clothing (how many socks to wear), equipment, how to get started, etc.
- b) Encourage them to take a lesson with a qualified ski instructor.
- c) Meet them on the mountain for a day on the slopes.
- d) Invite them to our club, to our trips, parties, races, etc.

History bike ride Barlow Pass to Rhododendron

This ride has been going on for four years. This year is part II of last year's ride. Too much to see in just one ride.

Each year Emilio Trampuz adds to his research on the rich history of the Westward movement and the role played by the Oregon Trail. One of the most difficult portions occurred in the last several miles of the journey, where the wagons had to negotiate the passes over Mt. Hood. A lot of the original trail is gone now, but a succession of roads were built following the Trail or close to it. This ride follows current and abandoned roads and Emilio provides the history behind the route.

August 2, 2014 (Saturday) - 22 people participated. ***Rest of text follows photos***



Start of ride at Timberline Lodge Ski Area.

The first leg of the road portion follows the old highway used by Franklin Roosevelt to dedicate the Lodge

Original article in Lift Lines # 164-165

In this bicycle tour through the history of Oregon we rode on all the 3 historically significant roads on Mt. Hood, each representing a period of Oregon's history.

1. Barlow Road was part of the Oregon trail. Pioneers followed it to Oregon City. (1845 - 1923)
2. Mt. Hood Loop Highway, the first real road around Mt. Hood (1923 - 1959)
3. Highway 26, the modern day highway that replaced the old Mt. Hood Loop Highway (1959).



We all joined together for the middle part of this ride, from Government Camp over Laurel Hill to Kiwanis Camp Road. That was the historical part of the tour. But, in addition to this, for the first few miles (from Timberline) and the last few miles (before Rhododendron), we split up into two groups. Mountain bikers, led by Lisa Miller, followed a relatively narrow mountain bike trail, the Timberline to Town trail, while the road bikers, led by Emilio Trampuz, followed a paved road all the way, starting with West Leg Road, and ending with Road 39 which parallels highway 26. Everyone also tried at least a portion of the Pioneer Bridle Trail. Everybody had a good time. The weather was perfect. Warm but not too hot, and we spent a lot of time in the shade of trees. We ended the tour with a lunch at the Still Creek Inn in Rhododendron.

Eleven short videos of various parts of this tour have been posted on YouTube and on our club's web site, on the history page at: <http://www.mthigh.org/History.htm>

John and Jewel

Our newsletter, Lift Lines, has been following John and Jewel Andrew as they fulfill their retirement goal of skiing all the areas in North America.

It all began with a chance meeting between John and Kurt at Beaver Creek a few years ago. Our newsletter editor (Emilio) contacted John and over the past two ski seasons has written a series of articles chronicling John and Jewel's quest.

John and Jewel have since joined Mt. High and have joined us on club trips as they check more ski areas off their list. 526 skied, only 159 to go. To read about John and Jewel: mthigh.org/Newsletter.htm starting with issue 154.



John at Wintergreen Virginia