

MOUNTAIN HIGH

MOUNTAIN HIGH
SNOWSPORT CLUB

SNOWSPORT CLUB



FWSA Tollakson Award for Outstanding Club
Mountain High Snowsport Club 2008-09

www.mthigh.org

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



Produced by: Emilio Trampuz
Period: **May 2008 – May 2009**

Mountain High Snowsport Club

Club Category: **AAA**
Number of Members: **283**



History

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



Motto

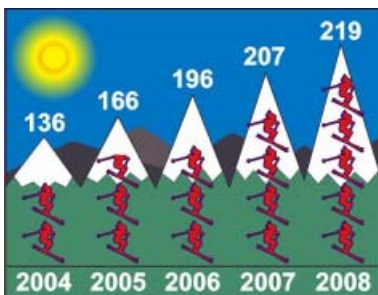
Our club is affectionately known as “**the club that really skis**”. This phrase describes the club quite well, distinguishing it from other local clubs, that may be more focused on socializing, or racing, or some other distinguishing characteristic. Mountain High is a versatile club, with year-round 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 **283** members 2009.
2. **RACING:** Our club’s recreational racing PACRAT teams have grown from 4 teams (just 6 years ago), to 13.5 teams this season. That’s 135 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. **Developed a Trip Cancellation Policy**, and posted it on our web site. Our trip announcements and flyers now contain a link to this document, so everyone can examine it.

2. Posted a **Summer picnic organization document** on our web site, documenting all the procedures needed to reserve our regular spot, who to contact, what to bring, etc., ... so that when other people volunteer to organize the event, they don't need to re-invent the wheel, but can refer to how it was done in the past.

3. One of our members, John Jessen has come up with a series of proposals on how to **improve our Bylaws**, and our Board is in the process of reviewing those proposals. We will be discussing this over the next few months.

4. Part of the improvement will be the planned establishment of **Standard Operating Procedures**, which will supplement our Bylaws, and will also be posted on our web site. We have just began working on this.

5. We have been studying **Liability Insurance** issues, with a goal to purchase some insurance in the near future. This issue is also currently being studied.

6. 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.

6. 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



Volunteer
Friends of the
forest at Mt.
Hood Meadows

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 and the Willamette Falls Hospice.

In 2009, our members also pioneered 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, and the event raised \$24,000.

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

Candlelighters is an organization that serves families and children in Oregon and Southwest Washington that are impacted by childhood cancer.

Our club has donated funds to the **NW Snow Sports Foundation**, which sponsors local, young, talented ski racers.

Many members volunteer as **ski hosts**. At **Timberline**: Kurt Krueger. At **Mt. Hood Meadows**: Marsha Cosgrove, Dave Pesheck, Bill Mattarazzi, Barbara Bousum, Joe and Denny Pollock.



Bike ride

Larry Bennet leads the bike ride to the picnic.



Membership Party

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. 90 members participated

Our annual **Membership party** in November, was our biggest event of the year.

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

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



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 130 racers this year. up from 90 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 13 out of a total of 20 teams. So, our club is 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.

Many of our racers also participated in the **Far West Championships**.



Brenda Ackerson, just warming up!

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 7 ski areas in 7 days: 49 Degrees North, Panorama, Kicking Horse, Lake Louise, Sunshine Village, Mt. Norquay, and Silver Mountain.

January: Whistler/Blackcomb cabin trip, 7 days.

January: FWSA Ski Week at Big Sky, MT. A 7-day trip.

February: Schweitzer Mt. trip - with an additional day at 49° North.

March: Crystal Mt. bus trip. A 2-day bus trip.

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



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

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>.



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 in 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**, which 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.



NW Ski Club Council

Several Mountain High members (such as Linda McGavin, Debbi Kor-Lew, 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 October, 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**, 74 pages 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.

Far West Ski Association

Several of our members are active in the **Far West Ski Association** (Debbi Kor, Linda McGavin, Steve Coxen, Emilio Trampuz), and 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, Linda McGavin, Elaine Bock, Emilio Trampuz, and others).



Linda McGavin at the FWSA Convention



Luggage tags distributed at FWSA Convention in Bellevue.



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



Gordy, Haley, and Elaine at the Ski Fair



New Board

At the Pizza Party on June 19, 2008, we held club elections, and elected the following 4 people to the Board.



President:
Terry White



Vice-President:
Gordon Lusk



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



ex-President:
Gary Stevenson



ex-Secretary:
Sue Bennett



ex-Treasurer:
Kurt Krueger

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.

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.

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 **Hailey Anderson** leading the fight in my boat.

The balance of the campers/rafters showed up Friday night anxiously waiting Saturday morning. We all got up early and were on the river around 10:00 at the

park. **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. 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.

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



Lou



Pat



Mt. High

Mt. High Annual Summer Picnic



Terry White

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

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., boiled 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

NW Ski Challenge 2008/2009

The NW Ski Club Council has issued a challenge: **Ski or ride any 5 or more resorts in Oregon, Washington and/or Idaho during the 2008-2009 ski season to be eligible to win a prize.** The more ski areas you visit, the more valuable the prizes. A total of 5 is the minimum to enter. Save your lift tickets /receipts as proof.

The 2008-2009 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 5 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 2009 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://skiwashingtong.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).



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



David Schor
the 1st 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.

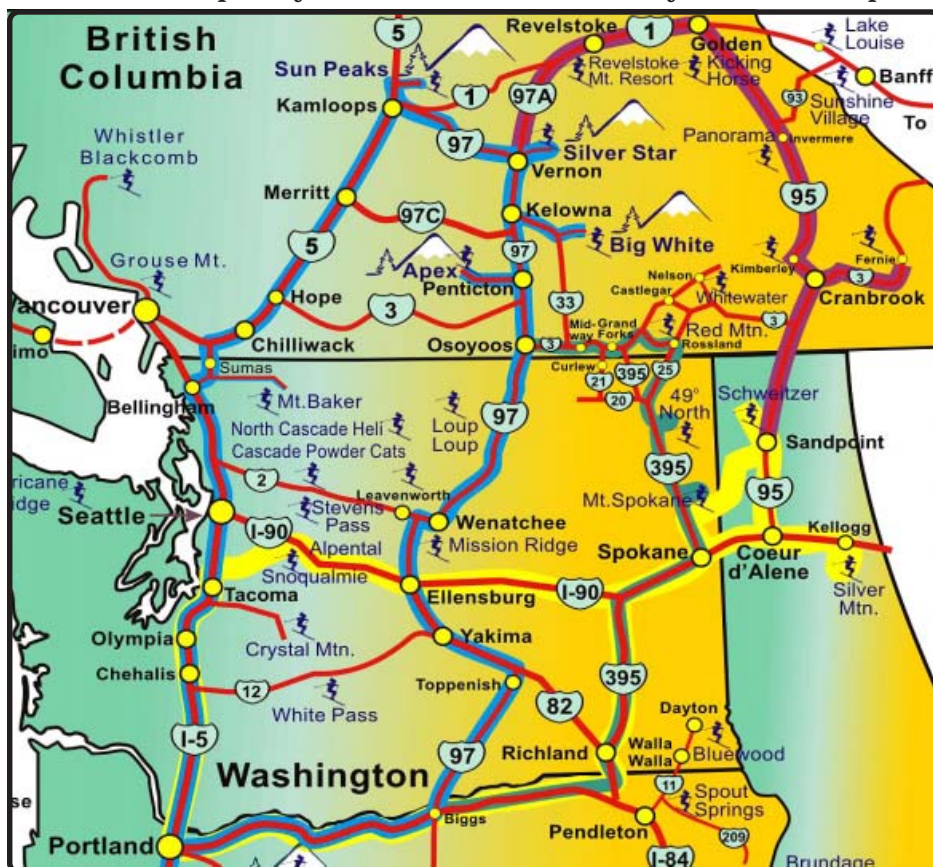
Combine that with the free lift tickets offered by 4 of these (**Big White**, **Silver Star**, **Sun Peaks**, and **Apex**) to everyone who attends the annual Warren Miller movie in Portland and Seattle, and Canada becomes irresistible! See the movie in October, go to Canada in December.

The Mountain High Snowsport Club has made it an annual tradition, in the last 4 years, of organizing an informal road trip, a ski safari, to the above 4 ski resorts, 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 Columbia River in the valley below.

This coming winter, for added variety, this Ski Safari will be expanded from 5 days to 9 days, to reach deeper into Canada and visit not only the basic 4 ski areas but also **Revelstoke Mt. Resort** (a new ski area, opening with 3,000 vertical feet this season, but soon to expand to 6,000', the highest vertical in North America), as well as **Kicking Horse**, **Panorama**, **Kimberley** and **Fernie**. 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.