



## Powder snow in the Portland Metro area



Skiing in the Metro Greenspace Property on NW Newberry Road.

*Susan Watt*



"Jack face down in the snow" . . . a new technique for making snow angels or is he just so happy to see the snow he's giving it a big smooch?

"A camera with only a 10 second self timer isn't adequate to take pictures while on skies. Picture was taken in our forest on Bust Your Ass Acres. Most of the trees are in the background inside the blue tree protectors. They were planted last year by myself and ONC member Gloria Gardiner in an effort to be carbon neutral."

*Jack Whitney*

On track for a good ride with the dogs under control.



"My team being distracted by a squirrel."  
*Mark Fitzsimons*

Thanks, Terry Owen for posting these photos on our photo site (more photos on our website).

## Powder snow in Central Oregon

Ted Magnuson



Paul Foster and Sela Barker

**While the snow was late coming this year (a trip the previous weekend to Ochocos was cancelled) we had deep dry snow for the Presidents Day Weekend in Central Oregon. The skies were overcast with snow flurries Saturday. We skied Dutchman Flats to Todd Lake. On Sunday and Monday the skies were blue and the skiing spectacular. We ate well at the house at Sunriver, chicken and salmon cakes one night, spaghetti the next. In the evening we watched the Olympics, after a nice soak in the hot tub. A good time was had by all.**

*Ted Magnuson, Trip Leader*

### Nominees for club officers Three current board members have

committed running for the board again in the board election to be held April 1 at the Annual General Meeting of the membership. Another possible nomination may be added. When all the nominees have been identified, their profiles will be posted on the ONC website. Ballots will be mailed out to members mid-to-late-March; watch your US Mail for them. Members may either mail in their ballots or attend the general meeting April 1 to vote in person for the new board members. If you are interested in serving on the board please contact Ann Truax 503 756-8891.

*Ann Truax, Elections' Committee*

### Wolf roaming Mt. Hood

**After just seeing three wolves, from afar in Yellowstone's Lamar Valley, I was surprised to hear that a wolf near Mt. Hood. Have the Yellowstone wolves finally made it to our neck of the woods? The Oregon Department of Fish and Wildlife reported in their draft 2013 Wolf Conservation and Management Annual Report that, "A single wolf was documented once in the White River Unit and on the same day a single wolf was documented in Heppner Unit. It is unknown if the activity is resident wolves or dispersers traveling through the area."**

*Pam Rigor, Editor*

## Inside

- 2 Upcoming Events
- 4 Nordic Issues
- 5 Day Tours  
Ski
- 6 News from the Cabin—Tilly Jane  
Overnight Trips  
Openings: Tilly Jane A-frame trips
- 8 Overnight Trip  
Application Form



Einert Traa

**John Craig  
Mail Carry  
Fun Ski  
March 8**

See page 4

## BOARD MEMBERS

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## COORDINATORS AND COMMITTEES:

### Day Tours:

Coordinator — vacant  
oncdartours@gmail.com

Recruiter(s) — vacant

Novice Ski Tours  
Coordinator — vacant

Summer Coordinator  
Bike/Hike — vacant

continued on sidebar page 3

## EDITORIAL NOTES

**The deadline for submissions is the 15th of the month (for the next month's publication).** Send submissions to oncnnewsletters@gmail.com as a Microsoft Word document (no formatting ie. no bold text, all caps text, tabs or other settings) in Times Roman as a attachment (preferred); compatible text files as an attachment; and put text in an e-mail with no formatting.

**Corrections:** e-mail corrections and/or additions to the editor. This newsletter is published monthly by: Portland Chapter of the Oregon Nordic Club, Inc. P.O. Box 3906 Portland, OR 97208

# U P C O M I N G E V E N T S

## March 4 ▶ TUESDAY

**Peru and Bolivia**  
ONC monthly program.  
Multnomah Arts Center  
7688 SW Capitol Hwy.  
7:30 p.m. Free!



## March 6 ▶ THURSDAY

**Backpacking Basics**  
REI Clackamas, 6:30–8:00 p.m.  
Free! Info/sign-up: rei.com (store events)

## Bike Maintenance Basics

REI Portland, 6:30–8:30 p.m.  
Free! Info/sign-up: rei.com (store events)

## March 8 ▶ SATURDAY

### Volunteer: Forest Park Day of Stewardship

Forest Park, 9 a.m.–12:30 p.m.  
Free! Info/sign-up (required):  
forestparkconservancy.org

## March 12 ▶ WEDNESDAY

### Explore the Columbia Gorge

REI Portland, 6:30–7:30 p.m.  
Free! Info/sign-up: rei.com (store events)

## March 13 ▶ THURSDAY

### Thru Hiking: Tales from the Trail

REI Clackamas, 6:30–8:15 p.m.  
Free! Info/sign-up: rei.com (store events)

## March 18 ▶ THURSDAY

### Backpacking Basics

REI Hillsboro, 6:30–8:00 p.m.  
Free! Info/sign-up: rei.com (store events)

## Explore the Columbia Gorge

REI Portland, 6:30–7:30 p.m.  
Free! Info/sign-up: rei.com (store events)

## March 19 ▶ WEDNESDAY

### Oregon Bucket List: Owyhee Canyonlands

REI Tualatin, 6:30–7:30 p.m.  
Free! Info/sign-up: rei.com (store events)

## March 20 ▶ THURSDAY

### Backpacking Basics

REI Tualatin, 6:30–8:00 p.m.  
Free! Info/sign-up: rei.com (store events)

## March 25 ▶ TUESDAY

### Thru Hiking: Tales from the Trail

REI Hillsboro, 6:30–8:15 p.m.  
Free! Info/sign-up: rei.com (store events)

## March 26 ▶ WEDNESDAY

### Conserving Oregon's Environment

REI Portland, 6:30–7:30 p.m.  
Free! Info/sign-up: rei.com (store events)

## March 27 ▶ THURSDAY

### Oregon Bucket List: Owyhee Canyonlands

REI Clackamas, 6:30–8:15 p.m.  
Free! Info/sign-up: rei.com (store events)

## Clinics & Training

### May 22–25 THURSDAY - SUNDAY

### 2014 Oregon Spring Camp, Mt. Bachelor

Date are tentative. Morning on-snow, groomed ski sessions, optional afternoon dryland clinics. Registration opens in March. Info: xcoregon.org

## Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- ▶ Rental discounts at selected merchants
- ▶ Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day-use, overnight and meals
- ▶ Free Tilly Jane weekends during the ski season
- ▶ Meet new friends who ski, hike and bike
- ▶ Monthly newsletter with free classified ads
- ▶ Support of construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot National Forests
- ▶ Membership in Northwest Ski Club Council, Far West Ski Association and Federation of Western Outdoor Clubs. Discounts/benefits: [www.nwskiers.org](http://www.nwskiers.org) [www.fwsa.org](http://www.fwsa.org) [www.federationofwesternoutdoorclub.org](http://www.federationofwesternoutdoorclub.org)

**Memberships are renewed September 1st each year, \$27 for single, \$33 for family/ household. Info: [oncmembership@gmail.com](mailto:oncmembership@gmail.com)**

## Oregon Nordic Club Portland Chapter

Formed as a nonprofit volunteer organization in 1968 by Nordic ski enthusiasts interested in using public lands for recreational cross-country skiing, the Portland Chapter of the Oregon Nordic Club grew to over 550 members. The Portland Chapter is one of twelve chapters in the state. With activities year-round, the Portland Chapter is dedicated to promoting greater participation in and understanding of the value of outdoor recreation with an emphasis on Nordic and back-country skiing. In addition we hike, climb, backpack and bicycle year round in the northwest forests, mountains and in-town.

## Thank you volunteers

### Sixteen people took the in-town Intro to

Cross-country Skiing Clinic in late January and most attended the free snow session. The first session



Julius Dalzell

Group shot with Sally Jo



Anna Lio

All smiles on their first lesson

was a challenge; the second was rescheduled due to the weather and conditions Thank you Andrew Black, Sally Jo Brown, Julius Dalzell and Mike Dianich. I would also like to thank Sandy Gooch and Mary Bourret for volunteering to teach although they were unable to because of the date of the final session.

Pam Rigor, *Ski Clinic Coordinator*

## PRESIDENT'S SKI TRACKS

### Many thanks to the 78 members who filled

out the survey for the Portland Chapter of the Oregon Nordic Club. It gave the board some valuable information to use for future decisions. Here's an informal synopsis of what we learned.....

#### First of all, **where do our members come from?**

Can you believe we have members living in Washington DC, Chicago, Seattle, the Olympic Peninsula, Eugene and Newport. Closer to home, the membership seems fairly divided between the west side of the Willamette and the east, going as far out as Aloha and Vernonia on the west and Troutdale on the east. A significant number live south of Portland in Milwaukie, Wilsonville, Clackamas, Canby, West Linn and Tigard. A few hail from Vancouver, WA, and beyond.

The first question was: **“What do you value in being a member of ONC/PDX?** (Monthly meetings and programs, access to Tilly Jane, overnight trips, day tours, ski fair, ski lessons, etc.) Not surprisingly, overnight tours came out on top with day tours close behind. Programs and monthly meetings were also important to many members. People also listed friendships, trainings, lessons, trail maintenance, newsletters, leadership training, Nordic issues, and access to Tilly Jane.

The second question was: **“What would you like the club to provide that it currently does not** (Free ski lessons for intermediate/advanced skiers, more trainings on topics such as avalanches, GPS, 1st Aid, etc.)? The responses varied. Free Intermediate/Advanced lessons, more trainings (GPS, 1st Aid, CPR, avalanche, backcountry safety, gear), and more day tours all received the most votes. Other suggestions were: coordinate lessons with Mazamas; give discounts to Mazamas' lessons for ONC members in exchange for leading trips; provide more information on trails; provide skate ski lessons; continue leadership training; arrange discounts at local outdoor stores; set up on-line signup; organize snowshoeing trips; provide ski exercise sessions; provide training on health-related issues by physical therapist to stay fit and avoid ski-related injuries; provide more advanced trips; set up blog/chat/twitter account to keep up-to-date on snow conditions; organize scheduled transportation to X-Country ski sites with no leader necessary; start day trips later for people from Beaverton and farther afield; and finally not allow pre-registration for overnight trips before the October Overnight Trip Extravaganza meeting. Lots of great ideas for the board to

consider! (In fact, we're already working on some of these ideas.)

The next question was: **Would you like to see a change of venue for monthly meetings — from potlucks at Multnomah Art Center to beer and food at a local pub?** The results here were not so clearcut. One member said: “The MAC has worked and it's an easy place for parking, etc, but it isn't very conducive to a warm, cozy feeling for newcomers especially. A contained room one-third the size would “feel better” to presenters I would think and to the audience. We would need to find a regularly available location so it wouldn't need to move around.” Here's another comment: “A pub would work well if enough space for presentations. The presentations are fun, and I would not want to miss those in favor of beer.” And another comment: “The potluck idea is tired and so 70s-80s. Pub is okay, but the programs are important.”

About twenty-five people were in favor of the pub idea, but some members felt there might be a problem with noise. Sixteen people were happy with the potluck at MAC. Ten people wanted a more central location closer to a MAX line. Many people abstained or had no opinion — usually because they don't normally come to meetings in the evenings, lived too far away or had other commitments. One person wanted the meetings to start later to avoid rush hour traffic.

Questions #5 was: **How can we increase volunteerism?** It was a difficult question to answer for many members. Some specific suggestions were: Ask Ask Ask; give gift cards to a local outdoor store or lift tickets for so many days of volunteering; include snowshoers; ask volunteers for one-time commitments rather than a longer-term position. Some members did mention that the leadership training helped members feel more confident about leading groups. The reimbursement of the price of sno-park passes for leading at least two trips was also a motivator.

**As far as the best way to get information out, email and the newsletter came out tops.** (Of course, this may have been a weighted question, since the survey was sent out by email.) Apparently, the website is not as useful to many members. (We're working on that!)

Again, thank you for all your feedback. If you want to add any ideas or further comments, please contact a board member.

Ann Truax, *President*

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—vacant

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#### Recruiter

vacant

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Webmaster  
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## DAY TOUR POLICIES

Tours depart promptly, arrive at least 10 minutes before the scheduled departure time to allow for necessary arrangements. Arrive fully prepared for the day's activities!

Trips are not canceled unless the weather and road conditions are unsafe; contact the leader when conditions are dangerous. Tour leaders may change tour itinerary, due to weather conditions. Bring the Tour Essentials (see list on the side bar, page 6), food, water, map, clothing, and equipment appropriate for the tour.

Tour leaders can forbid you from joining a tour, if you are not prepared.

Read and heed the Oregon Nordic Club's Tour Ratings listed below.

Day tour participants are encouraged to car pool and share costs. The suggested contribution by each passenger is 15 cents per mile. For three or more passengers, the maximum total contribution by all passengers is limited to 45 cents per mile.

**Dogs are only allowed on "Dog Tours." These trips are designated with:  See website for dog policy for ski tours.**

Dogs must be on a leash in sno-parks. Please keep dogs off ski tracks and pack out dog waste.

## TOUR RATINGS

These designations are a guide to the skill and commitment level required for each tour. A full trip rating always includes a terrain rating plus a

continued on sidebar page 5

## NORDIC ISSUES

### Mt. Hood National Forest

#### Mount Hood Ski Patrol (MHSP)–Nordic Patrol

You might see the few but highly trained volunteers of the MHSP Nordic Patrol in some of the areas and trails we ski around Mt. Hood, including its backcountry. Stop and say hello as you hope you won't need their emergency services, and thank them for their commitment. Among other things, they must take an annual Outdoor Emergency Care training class, be current on avalanche, mountain travel and rescue training and maintain a personal fitness program. Now that is commitment!

#### Hazardous Fuels Reduction–Polallie Cooper area northeast of Mount Hood

Evolution of forestry management as practiced on US National Forest lands is evident in the current environmental assessment process applied in the Polallie-Cooper Hazardous Fuels Reduction proposal. Historically, forest land resources were largely produced then harvested in timber sales often involving road building and clear cutting. Large scale timber sales on federal lands decreased dramatically in the 1980s. Forest management slowly built towards today's silviculture (tree stand health and treatment, etc), protection and sustainability practices. However, many forest stands remain in relatively poor health and high "fuel loading," making them subject to historically more intense wild fires than "naturally cultivated" and diverse tree stands. A program of restorative treatments like thinning and diversification may be overdue.

The Polallie-Cooper Hazardous Fuels Reduction proposal process is in its second year, and education and involvement of the public is still welcomed. Please check the following website to find out more, to review maps and collaborative meeting notes and field trips, and explore today's fire management issues.

[www.fs.fed.us/nepa/nepa\\_project\\_exp.php?project=40687](http://www.fs.fed.us/nepa/nepa_project_exp.php?project=40687)

The area of this study for potential treatment includes the Tilly Jane–Cloud Cap area on Mt. Hood and eastward across the East Fork of Hood River watershed. The proposal is expected to finish in March 2015. Contact information via the Hood River Soil and Water Conservation Group is given on the website.

### Gifford Pinchot National Forest

Old Man Pass Sno-Park (located on west side of the Wind River Highway) is not being plowed and no maintenance of facilities provided. Use Koshko and McClellan Sno-Parks (which are plowed and maintained) to access ski trails. On Feb. 28 there were a few feet of snow and the trails were groomed that day; the roads were clear with patchy ice.

From the Forest Service website: <http://www.fs.usda.gov/recarea/giffordpinchot> (click on "recreation" then on "Winter Sports")

### Deschutes National Forest

The Deschutes National Forest has released Geo-Referenced Winter Trail Maps for Dutchman, Edison, Meissner, Sky-liner, Swampy & Vista Butte. They can be downloaded to a smart phone or I-Pad as a digital map on this website: <http://www.fs.usda.gov/detail/centraloregon/maps-pubs/?cid=STELPRDB5408820>

Diana Hsieh and Kevin McGillivray (Gorge Chapter), *Nordic Issues*, Pam Rigor, Editor

## John Craig Mail Carry Fun Ski, March 8

### Join ONC for its premier day ski tour, the

annual John Craig Mail Carry fun ski up McKenzie Pass on Saturday, March 8. Skiers will gather by 9 a.m. at the East-side snow gate nine miles west of Sisters on Highway 242 (McKenzie Pass Highway – closed for winter). Park on the right-hand side of the road so emergency vehicles may pass if needed.

Formerly a "ski race," this annual event is now a fun opportunity for groups and individuals to glide up and down a snowed-over highway that traces a historic route of pioneer road builder and 19th century mail carrier, John Templeton Craig. This ski race affair, begun in 1934, has been an ONC-lead event continually since 1972 and has become a great, well-organized Nordic day tour.

The John Craig Memorial is two miles west of the summit and observatory. It commemorates John Craig who was instrumental in building the original McKenzie Pass Wagon Road and, starting in 1872, carried U.S. mail across the McKenzie Pass through the winter for about five years. To accommodate the mail carrier, a cabin was erected about half way across in which he could spend the night. On December 3, 1877 John Craig set out across the pass heading east to deliver Christmas mail ... he never made it. His body was discovered in that cabin the next Spring. The John Craig Memorial was built in 1930 and dedicated by 400 of Oregon's rural mail carriers.

Registration is not required, but it is suggested to make a donation at the start to help defray the cost of grooming and the two aid stations. The McKenzie Pass one way 6.6 mile route (with 2,000 ft. elev... gain) to the summit near Dee Wright Observatory (5,300 feet.) will be groomed. The only support is two aid stations one at the summit and the other at the Memorial site. Skiers are responsibility for their own safety and must come prepared for all weather conditions. There are patches for participants!

Beautiful views award you near the McKenzie Pass summit: Mt. Washington, Black Butte, the North and Middle Sisters and other peaks in the area.

The John Craig Tour will have lots of snow and "will be a hoot," per Lee Fischer, ONC President. [lee.fischer@mail.com](mailto:lee.fischer@mail.com)

## DAY TOURS

Note: if weather or road conditions are dangerous, please confirm tour with the leader.

**Check the ONC's website and/or our meetup site ([www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter](http://www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter)) for more tours.**

### March 2, Sun, Easy Ski Pocket Creek, Mt. Hood, OR

This well-graded, popular trail climbs gently along the side of a valley to a scenic bowl, with fine views along the way. We'll ski about 5.5 miles with 400 ft. elevation gain. **For more info, meeting place and time contact the leader by March 1: Mike Faden 503 284 6315 [mikefaden@gmail.com](mailto:mikefaden@gmail.com).**

### March 8, Sat, John Craig Mail Carry Fun Ski McKenzie Pass Highway, Hwy. 242, Sisters, OR

See article on page 4 for details.

### March 8, Sat, Intermediate Ski GPS practice tour Palmeteer Overlook, Mt. Hood, OR

Do you have a GPS device but have never had a chance to become proficient with it? Do you know how to follow GPS Tracks on a ski tour? Do you feel confident that you could use your GPS to get back home in a white out using the GPS Track back? Join co-leaders Bill, Greg and Tony for a practice session before the ski season really takes off. We'll provide a GPS track (the pre-trip homework is to load the track into your GPS beforehand) from Barlow Pass Sno-Park to Palmeteer Overlook. Depending on conditions and the group we may make a loop back via the Twin Lakes. We'll either hike or ski (depending on conditions) following the track. **For more info, meeting place and time contact the leaders: Tony Ackerman [tonyackerman@comcast.net](mailto:tonyackerman@comcast.net), Bill Yeager [w.yaeger@comcast.net](mailto:w.yaeger@comcast.net) or Greg Wenneson [gregwenn@sonic.net](mailto:gregwenn@sonic.net).**

### March 12, Wed, Intermediate Ski Location TBD

We will ski where the snow conditions are best. Meet at McMenamin's Edgefield in the West parking lot to carpool at 9 a.m. to carpool. **For more info contact the leader: Mary Hepokoski, 503 245-1618, [hepomp8@comcast.net](mailto:hepomp8@comcast.net).**

### March 15, Sat, Intermediate/Advanced Ski Barlow Pass/Ghost Ridge, Mt. Hood, OR Webster's: Ghost Ridge, n., most beautiful ridge on planet.

We'll ski 4 miles round trip on moderate to hilly terrain along the PCNST, then off trail approxi-

mately 0.6 mile (20-30 degree slope) to Ghost Ridge (800 ft. elev. gain) for spectacular views of Mt. Hood. Strong side stepping skills required for ascent and descent of the steep off trail segment to Ghost Ridge. Please bring skins or plan to use baling twine "chains" furnished by the leader. Bring lunch. Meet at McMenamin's Edgefield at 8:30 a.m. in the west parking lot to carpool. Ski venue may change or be set back due to snow conditions. **For more info and to confirm attendance contact the leader: Mike Dianich 503 695-5385.**

### March 16, Sunday, Easy Ski Pocket Creek or Teacup, Mt. Hood, OR

We'll ski on the Pocket Creek Trail (conditions permitting) otherwise we'll go to Teacup. Pocket Creek is a wide, gentle road, which has views of the East Fork Hood River Valley and Mt. Hood. The tour will be an out-and-back of 3-5 miles with the group deciding far they want to go—turning back when ready for an easy descent. In case we go to Teacup please bring a \$10 donation to contribute for the grooming, which is managed by volunteers from the Teacup Chapter of ONC. Meet at Gateway Transit Center parking garage at 8:20 a.m. to carpool with a planned 8:30 a.m. departure. **For more info contact the leader: Mary Hepokoski, 503 245-1618, c 503 442-0620, [hepomp8@comcast.net](mailto:hepomp8@comcast.net).** ♦

Common meeting places: Gateway Transit Center, NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center, NE Sandy Blvd & NE 96th Ave. McMenamins Edgefield, 2126 SW Halsey, take I-84 to Exit 16 (Wood Village) turn right, go to Halsey (1st stop light) turn left, go 1/2-mile, it's on the right.

## Lets ski—lead a tour

Pick your favorite trail (and date) and take some ONC friends along to enjoy the snow. Lead a day tour in April or the first weekend in May! New to leading tours? Send us an email (at the address below) and we'll get you up to speed. Send tour descriptions (by March 9, 8 p.m.) to day tours at [onedaytours@gmail.com](mailto:onedaytours@gmail.com). Thanks. ♦

## Orienteering March 29

**Orienteering is a cross country activity** where participants use a detailed map and compass to navigate through a set course in the surrounding terrain. The Columbia River Orienteering has an event for cross-country skiers on Saturday, March 29 at Mt. Hood Meadow Nordic Ski area. The registration for the event is between 10:30 and 11:15 a.m.. There will be a mass start at 11:30 a.m. and the course closes at 12:30 p.m.. A trail pass for skiing at Meadows is required and there is a modest fee to participate in the event. Info: [croc.org](http://croc.org). ♦

mileage rating, to help you better select the right tour for your ability and inclination. Please consider your physical conditioning and your equipment when deciding to go on a tour. Match the tour level to your ability for your physical safety and comfort, and the safety and comfort of other participants on the tour. If you are in any doubt about the rating of a tour, please call the tour leader before the day of the tour.

**Novice Ski Tour**  
These tours are for the inexperienced skiers. While this is not a lesson, the leader will help new skiers as much as possible. Tour length is 3–5 miles over nearly flat terrain.

**Easy Tour**  
**Ski:** 4–6 miles over gentle terrain at a pace comfortable for all participants.  
**Bike:** Mostly flat terrain, 8–10 m.p.h. pace, frequent regrouping.  
**Hike:** < 8 miles; 200 ft. per mile elevation gain.  
**Backpack:** < 5 miles/day; 200 ft. per mile elevation gain.

**Intermediate Tour**  
**Ski:** 6–12 miles. Terrain flat to long hills that are no steeper than found on a road (maximum 10 degrees). Moderate pace. Trail turning skills required, if there are hills. Consult tour description for specifics.  
**Bike:** Moderate terrain with rolling hill (some short steep hills); 10–14 m.p.h. pace, regrouping when appropriate.  
**Hike:** 8–10 miles; 200 to 400 ft. per mile elev. gain.  
**Backpack:** 5–7 miles per day; 200 to 400 ft. per mile elevation gain.

**Advanced Tour**  
**Ski:** > 12 miles. Terrain flat to steep hills (> 10 degrees). Moderate to fast pace. Strong turning skills required on the tours with steeper slopes.  
**Bike:** Difficult terrain with one or more major hills/series of longer, steeper hills; 15–18 m.p.h. pace, regrouping when necessary.

continued on sidebar page 6

**Hike:** > 10 miles; 400 ft. per mile elevation gain. Steady pace and/or difficult terrain (a workout).  
**Backpack:** > 7 miles/day; 400–600 ft./mile elevation gain.

## TOUR ESSENTIALS

Pack these essentials on any ONC activity, “just in case.” Remember that cotton offers no insulation when wet. Choose wool or synthetics like polypro or Capilene® for warmth and comfort.

### Skiing & Hiking Essentials

- First aid kit
- Matches (in waterproof case) and fire starter
- Rain gear and extra clothes, including a warm sweater
- Extra food and water
- Plastic whistle
- Map and compass (know how to use)
- Flashlight, extra batteries and bulb
- Space blanket or bivy bag
- Pocket knife
- Toilet paper and trowel (ziplock bag to carry out toilet paper)
- Sunglasses, lip balm and sun screen
- Foam sit pad

### Biking Essentials

- Helmet (required on all bike rides)
- Spare tube
- Patch kit
- Tire pump
- Water bottle (filled)
- Tire irons

## OVERNIGHT TRIP POLICIES

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be publicized. A potential leader must follow the procedures for leading a trip as determined by the Overnight Trip Coordinator. Overnight trips are announced in the newsletter or on the website.

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be

continued on page 7

## NEWS FROM THE CABIN

### Tilly Jane Club Weekend: February 7–9, 2014

The second club weekend took place from Friday through Sunday at the A-Frame cabin. It was sparsely attended but the skiing was much better this month. The trail was snow covered the whole way, which allowed participants to ski up without taking off or carrying their gear, even through the swampy section at the beginning of the trail.

Trip leader, Ernie Carpenter said that it snowed the whole weekend and coverage was much better which allowed them to get out for some glade skiing in areas that weren’t “open” in weeks past. In fact, he reported that the hardest part of the weekend, was getting out of Portland! They hiked up to tree line but due to strong winds and blowing snow, the best skiing was down lower on the mountain.

The cabin was secure but we continue to have issues with users leaving the wood splitting tools out. This has caused past problems when the axe was used to “cut” through the lock hasp! We are slowly educating people on cabin protocols and the rental reservation process. This will be an ongoing challenge especially due to the fact that the cabin can be rented to multiple parties during a stay.

As I write, I’m hoping winter has finally arrived. We had a great snow storm in Portland, which played into the fact that we had such a small party over the club weekend. Snow is beginning to pile up at the cabin, which is good for us skiers and bodes well for the upcoming spring/summer.

There are two more club weekends, March 7-9 and April 4-6. If you’re interested in joining, please email [tillyjanecabin@gmail.com](mailto:tillyjanecabin@gmail.com) and your information will be passed along to the appropriate trip leader. Please review trip details under the Overnight trips section of the Newsletter. You need to be a competent intermediate skier. Snowshoe(er’s) are welcome too!

Andrè Fortin, *Tilly Jane A-frame*

## Diamonds missing, branches across ski trails?

Have you skied on trails with blue diamonds missing, downed trees or brush across the trails and unexpected dead ends? Trail maintenance season is coming soon. Greg Wenneson is in charge of trail tending this year and will be meeting with the Forest Service representatives from Mt. Hood and Gifford Pinchot National Forests to identify trail maintenance projects for this summer. Please let us know what trails need diamond trail markers or to be brushed. Contact: Greg Wenneson [gregwenn@sonic.net](mailto:gregwenn@sonic.net)

## OVERNIGHT TRIPS

### SIGN-UP TIPS

- ◆ Our overnight trips are exclusively for members: join or renew your membership before signing up. Membership applications available on our website (mail to club P.O. Box not to the leaders).
- ◆ Contact the leader with any questions you have. Do my skills fit the skiing conditions? Any special requirements or gear? Travel time?
- ◆ Read the overnight trip policies (see sidebars)!
- ◆ Sign up early so we’ll have enough people cover trip costs.
- ◆ To sign up: fill out an overnight trip application and mail it with your trip fee to the trip leader.
- ◆ If the trip is full and you still want to go? Join the waiting list: send your overnight trip application and trip fee to the leader (your fee will be returned, if you do not go). Last minute opening do occur!
- ◆ Purchase trip insurance (you are responsible for finding someone to take your place if you cancel). A link to sign-up for travel insurance will be on the overnight trip application form on the web or contact the trip leader or Overnight Trip Coordinator; they’ll send you the link.

### March 6–10, Thur–Mon, All Abilities Ski Wallowa Lake Ski Trip, Joseph, OR One space available as of Feb 27

Come spend an extended weekend skiing in the magnificent Wallowa Mountains in eastern Oregon! We

Trudy Hussmann



Powder snow in the Wallowas

have two Duplex houses at Wallowa Lake, at the entrance to the Wallowas, for four nights so we can partake in three or four days of skiing. There are opportunities for all levels of skiing—backcountry skiing, road and trail skiing, and snowshoeing (provided by the resort). Some options are Salt Creek Summit, Hurricane Trail, McCully Trail, and the West Fork Trail. We’ll carpool from Portland on Thursday morning or early afternoon, arriving in Joseph in early evening. We’ll ski around Wallowa Lake and in the mountains on Friday, Saturday, Sunday, and (possibly) part of Monday, returning to Portland on Monday evening. We’ll have potluck dinners in the house.

**Trip Limit: 8 participants.**

**Cost: \$125 per person for members; you must be a**

### \*Trip status as of February 27

[www.onc.org/PDX-ONC](http://www.onc.org/PDX-ONC)

current ONC member before signing up for this trip.

For more info contact the Kathy 503 429-4024 burnskathrynl@gmail.

**March 7–8, Fri–Sat, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR**

**Spaces available\***

We'll backcountry ski to the ONC managed shelter on East side of Mt. Hood, a 3.5 mile ski with a 1,900-foot gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation.

Participants carry their own gear, including sleeping bags, pad and food for dinner, lunch and breakfasts. We have a wood stove for cooking meals or



Tilly Jane A-Frame overnight—a great benefit for being an ONC-PDX member

heating water. Participants can also bring their own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical condition and navigate skills using map, compass or GPS. Climbing skins are required.

**Cost: Free (a \$15 dollar check is required to hold your space. If you cancel, the check will be cashed and donated to the Tilly Jane cabin). You must be an ONC member before signing up for this trip.**

For more info contact: TillyJaneCabin@gmail.com.

**Mar 22–30, Sat–Sun, All Abilities Ski Canadian Rockies Spring Break Ski Trip Trip full, waiting list open\***

A ski expedition to the magnificent Canadian Rockies Canmore, Banff, Kananaskis Country: we have planned six days of glorious backcountry intermediate level ski touring and groomed X-C trails of that region. The group will travel by car leaving from Portland Friday, March 21, and arriving in Canmore, Alberta Saturday, March 22 with one overnight stay on the road (not included in cost). We start by spending a day skiing at the Canmore Nordic Center, the site of the '88 Winter Olympics. Trails selected for ensuing tours are well known in that area and include Burstall Pass, Canmore to Banff via Goat Creek, Dead Mans Flat to Skogan Pass and Ribbon Creek, and Smith Dorrien trails starting from Chester Lake. One day will be left open for sightseeing or yes, more skiing! Downhill skiing is also an option. Accommodations entail a luxury house arrangements with kitchen facilities and entertainment areas for dinners and socializing. Canmore is a delightfully entertaining community and worthy of at least one night "on the town." The return trip will begin early Saturday, March 29 returning to Portland Sunday, date March 30. Travel distance to Canmore is approximately 900 miles. A pre-trip meeting will be scheduled to go over the details. A valid passport is required.

**Trip Limit: 8 participants.**

**Trip Cost: \$450 for members; you must be a current ONC member before signing up for this trip. Includes seven nights' accommodations in a luxury house in Canmore. Additional costs: nights of accommodation on the road, meals, shared costs for transportation,**

trail fees for one day at Nordic Center and shared costs for groceries to prepare meals and trail lunches in Canmore. The total cost should be less than \$750.

For more info contact Julius 503 705-3442 jndalzell@comcast.net.

**April 4–5, Fri–Sat, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR**

**Spaces available\***

We'll backcountry ski to the ONC managed shelter on East side of Mt. Hood, a 3.5 mile ski with a 1,900-foot gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their own gear, including sleeping bags, pad and food for dinner, lunch and breakfasts. We have a wood stove for cooking meals or heating water. Participants can also bring their own stove and cooking pots. Experienced intermediate



A free weekend on the East side of Mt. Hood—an ONC-PDX member benefit

skiing skills with turning ability, good physical condition and navigate skills using map, compass or GPS. Climbing skins are required.

**Cost: Free (a \$15 dollar check is required to hold your space. If you cancel, the check will be cashed and donated to the Tilly Jane cabin). You must be an ONC member before signing up for this trip.**

For more info contact: TillyJaneCabin@gmail.com.♦

Ted Scheinman, Overnight Tours Coordinator

## Start planning Summer overnight trips

We are still skiing—seems like we just got started skiing this season—but it is not too early to think ahead and plan for backpacking, biking or any other overnight trip this summer. Start making plans now!

The Pacific Northwest has many wonderful outdoor places to explore—San Juan Islands, the coast, Mt. Adams, Mt. Rainier, Crater Lake, Central or Eastern Oregon, just to name a few areas.

Leading an ONC overnight trip comes with privileges. The leader goes for free and you get an ONC T-shirt (we have new black synthetic ones with the onc logo) as well as the opportunity of spending time with some great people!

Ask Overnight Tour Coordinator Ted Scheinman for help: 503 452-7432 tedskier@gmail.com More info and required forms can be download from the resources for trip leaders on the website. ♦

**\*Trip status as of February 27**

Oregon Nordic Club Portland Chapter

publicized. A potential leader must follow the procedures for leading a trip as determined by the overnight trip coordinator. Overnight trips are announced in the newsletter or on the website.

2. Overnight trips are limited to members; non-members are invited to join using the application in the monthly newsletter or on the website.

3. All spaces are filled on a first-come, first-served basis. Participants can reserve a place on a trip by mailing or delivering the Overnight Trip Application, payment and self-addressed stamped envelope to the trip leader. Space is not reserved until receipt of required deposit or payment. The date of receipt is the earlier of the postmark date or the date of physical delivery to the trip leader.

4. Participants must provide an email address or a self-addressed, stamped envelope with payment so the leader can easily provide trip information.

5. Other ONC Chapter members are considered members and can go on Portland Chapter trips.

**WAITING LIST:** If a trip is full, participants can be placed on the waiting list by sending the trip leader an application and trip fee. The application and fee will be held by the leader until a space becomes available; at that time, the participant will be asked if s/he wishes to join the trip. Those not offered a place on the trip receive a full refund.

**Trip Cancellation Policy**  
Notify the trip leader

continued on page 8

ASAP if you must cancel, even if it is a shared-cost trip and no deposit has been paid. Trip fees are nonrefundable unless a replacement is found.

The following applies:  
 1. If the participant desires a refund, they are responsible for finding their own replacement. Check with the trip leader to get a copy of the waiting list; this list can be used to locate a replacement. The participant should cooperate with the trip leader to draw on the waiting list for a replacement member. Once a replacement has been secured, a written or e-mail request for refund must be sent to the Overnight Trip Coordinator. Once it has been confirmed that a replacement participant has paid for the tour, a refund will be issued within 30 days, less \$10.  
 2. If a replacement is not secured, the participant is accountable for the full cost, and no refund will be issued.

3. If the participant has paid a deposit only, and withdraws from the trip without finding a replacement, the full amount of the deposit is forfeited and no refund will be issued.

**Travel Insurance**  
 ONC has made arrangement with TravelGuard for a special travel insurance program for trips, which covers death of a family member, major illness, or injury. It is recommended that members sign up with them at the following site, make their own arrangements for travel insurance, or take personal responsibility for lost funds.  
[www.travelguard.com/agentlink.asp?ta\\_arc=125858&pcod](http://www.travelguard.com/agentlink.asp?ta_arc=125858&pcod) (this link on our website)

## Oregon Nordic Club Overnight Trip Application

**TOUR NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**FEE / DEPOSIT:** \_\_\_\_\_ **One application per person**

Mail your check payable to ONC-Portland Chapter and this application to the tour leader at their address listed in the tour description in the newsletter. Contact them for their address if it is not available.

**NAME:** \_\_\_\_\_ **ONC MEMBER:**  yes  no\*  other ONC Chapter

\*You must be a current ONC member before signing up for ONC overnight trips

**PHONE: (home)** \_\_\_\_\_ **(work)** \_\_\_\_\_ **(cell)** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**E-MAIL\*\*:** \_\_\_\_\_

\*\* If you do not have an e-mail address, please include a stamped, self-addressed envelope with your check and this form.

### Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in the Oregon Nordic Club's outings may expose me to certain risks and dangers including, but not limited to the hazards of mountainous, aquatic, or wilderness terrain, accident, illness, the forces of nature, and travel to and from the trailhead or point of departure. I am aware that it is not possible to foresee all of the potential hazards of outdoor activities. Each participant in a ONC activity is responsible for his or her decisions.

To the best of my knowledge, I feel physically and mentally able to assume full participation in the outings of activities in which I will participate. I understand that the Oregon Nordic Club is a volunteer organization. In consideration of voluntarily participating in these outings, trips, or activities, I have and do hereby assume all the risks inherent in these activities and hold harmless the Oregon Nordic Club and its agents, tour leaders, officers, and instructors, from and against any and all claims, liability, and demands of any nature, for the acts or omissions of the Oregon Nordic Club or its agents, tour leaders, officers, or instructors.

Please read ONC's overnight trip policies located on the side bar starting on page 6 before signing for for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip.

Purchase trip insurance in case of hardship: [www.travelguard.com/agentlink.asp?ta\\_arc=125858&pcod](http://www.travelguard.com/agentlink.asp?ta_arc=125858&pcod) (this link is on our website)

I have read and understand the above statements concerning the Oregon Nordic Club's programs.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_  
 (Parent or Guardian must sign if the trip participant is under 18 years of age)

✂

## Volunteers Needed - Ski Guides for the Blind (WSSB Winter Outdoor Program)

**The 8th Annual WSSB Winter Outdoor program at Teacup Lake Nordic will be Tuesday, 18**

March and Wednesday, 19 March 2014. There are 24 interested students from Washington State School for the Blind (WSSB), and there may be 5-10 Oregon students. So we are looking at 30-35 students, which exceeds the 2009 event record of 29. This means we will need 45 instructors per day PLUS the 10 Jr. H.S. students that usually show up on Wednesday's. We have found it best for most students, and some guides, to have two volunteer guides per student. If anyone is interested in volunteering please email Richard Fay ([rrfay@comcast.net](mailto:rrfay@comcast.net)).

Some training is required: training consists of one (1) hour indoors going over interacting with visually impaired and blind students PLUS one (1) to an hour & half (1.5) on snow. There are currently three who do the training: Shelly Hakanson; Skip Tschantz; and Richard Fay. We are all young and retired so are flexible on training time. Strong preference is to begin training as soon as snow is available but finish by end February. This enables us to do refresher classes if needed. Group classes are best for more interaction. That being said we will gladly train people in March leading up to the event.

OPB Coverage of March 2013 Event: OPB/Oregon Field Guide 12-minute documentary about the March 2013 event was aired 24 & 27 October. They did a good job of representing what we are all about. Watch it on this website: <http://www.opb.org/television/programs/ofg/segment/wssb-ski-day/>



## Elizabeth Morris, 1941–2014

Beth passed unexpectedly at her Ecovillage home on Wednesday, Jan 22. A sudden stroke or heart

attack is suspected.

Beth was active, apparently healthy, and ecstatic about many things including being a first time grandmother to 5-month old, Kathryn.

She will be dearly missed by her sons

Dave and T.R., other family, and her many, adoring friends.

Beth had been a member of ONC-PDX since 2006 and enjoyed skiing and biking. She often talked about riding with her blind friend on the front of a tandem. I remember her fondly from a San Juan Bike trip. A service was held for on Saturday February 1 at the First Unitarian Church of Portland and later friends and family got together at the Columbia Ecovillage to remember her and celebrate her life.

Pam Rigor, *Editor*



Beth Morris waiting for the ferry, San Juan bike trip 2008



Greg Wenneson working to remove branches on trees across the Bennett Pass Trail, February 1

## Discounts for ONC members!

**Glenn's MountainTracks** in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. You must show your membership card. On-line rentals. [mnttracks.com](http://mnttracks.com)

**Mountain Shop** 1510 NE 37th Ave., offers ONC members a 15% discount on cross-country ski rentals. On-line rentals available [mountainshop.net](http://mountainshop.net)

**Oregon Mountain Community** 2975 NE Sandy offers ONC members a 10% discount on cross-country ski rentals. [omcgear.com](http://omcgear.com)

**Otto's Ski & Bike Shop** 38716 Pioneer Blvd. in Sandy, has cross-country ski package rental for the entire season. [ottoskishop.com](http://ottoskishop.com)

**Wy'East Nordic Ski School** offers ONC members a 10% discount on cross-country ski and telemark lessons. [wyeastnordic.com](http://wyeastnordic.com)

## Welcome New Members!

Sharon Bernstein and John Sheehan, Jeanette Di Paolo 971 344-2414, Donna Hostler 503 701-6866, Gina Purl 541 543-6211, Paulette Lewis 541 980-1053

ONC provides these names and phone numbers for the personal use of its members. Reproduction as a phone list is prohibited.

**February membership report:** 252 total memberships (168 single and 84 family) includes 4 new members and 6 renewals. Last year at this time there were 267 memberships.

## BOARD MEETING MINUTES

The February Board meeting was cancelled due to the weather.

## CLASSIFIED ADS

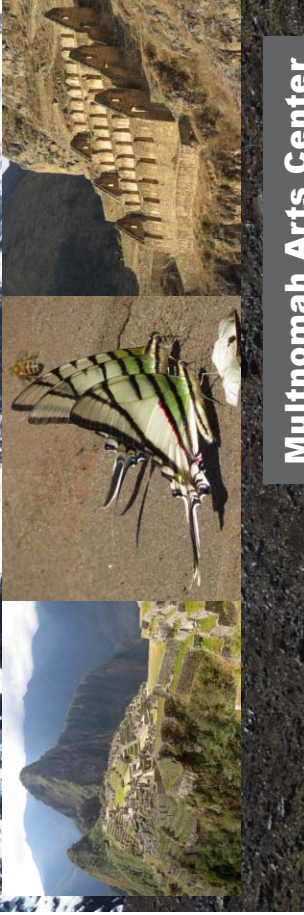
**WANTED:** u Used women's road bike to buy and use this summer (mid-June). Standover height of the frame wanted is 29 inches. Willing to pay no more than \$500. If you are selling a bike, or hear of someone doing so let me know. [Christine.sisu1956@gmail.com](mailto:Christine.sisu1956@gmail.com). 5/14

**WANTED:** ► Salomon SNS BC bindings, used or new. I have a set of Rottefella BC, new, which if someone wants, I would trade. [Bill.ahn@nwtechventures.com](mailto:Bill.ahn@nwtechventures.com) 3/14

**Deadline: 15th of the month** (for next month's publication). Free ads are for members only, placed on a first come basis and may be edited depending on space availability. Send to: [oncnwsletter@gmail.com](mailto:oncnwsletter@gmail.com) as a MS Word document attachment --preferred--(with no formatting i.e. no bold text or tabs), in Times Roman, compatible text file, or send text in an email. Ads will be published for 3 months. Please notify editor to run ads longer or be remove earlier.

# Peru and Bolivia

Join Ron Bekey on a multimedia adventure through Peru and Bolivia. Based on his three-week trip in August 2013, the journey will take you by foot, bus, boat and horseback through rainforests full of caimans, capybaras, macaws, parrots and butterflies; trekking through spectacular scenery over a high pass in the Andes to Machu Picchu; amazing ruins in Ollantaytambo, Tiwanaku and Puma Punku. The stunning beauty of Lake Titicaca, one of the world's highest lakes and the route to LaPaz and Corico, finishes in a remarkable wildlife sanctuary with some close encounters with monkeys.



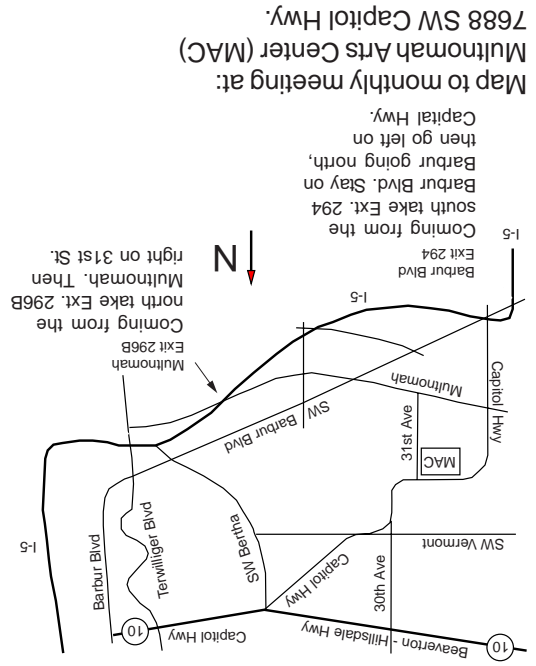
Join us for a potluck and social hour, 6:30 – 7:30 p.m., bring a food dish to share along with your own plate, utensils and beverage (sorry, alcohol is not allowed).

**Multnomah Arts Center**  
**7688 SW Capitol Highway**  
**Tuesday, March 4**  
**7:30 p.m. Program and Club Meeting**  
**Free!**

## Upcoming Programs

**April 1 – New Hikes in Northwest Oregon**  
**By William Sullivan**

**Oregon Nordic Club, Inc., Portland Chapter**  
**P.O. Box 3906**  
**Portland, OR 97208-3906**



Map to monthly meeting at:  
 Multnomah Arts Center (MAC)  
 7688 SW Capitol Hwy.