

Yellowstone National Park in February

Ted Scheinman



Ted Scheinman



For about 30 years, the Oregon Nordic Club has conducted

a cross-country ski trip to Yellowstone National Park each year. Since then it has become one of the most popular destinations for winter ski vacations. The style of skis, boots, and ski clothes has changed, but one thing that has continued has been the magnificent combination of skiing, wildlife, scenery, and natural wonders. Leading the ski trip that year and for 25 of the past 30 years, I always look forward to my experiences at Yellowstone. This year, I even returned from Taiwan for the trip – and I was not disappointed.

This year in February, twenty-two skiers were treated to excellent snow conditions and for most of the trip, sunny skies during the day. We enjoyed the most magnificent skiing in the country along the Spring Creek Trail to Lone Star Geyser, we were thrilled to see the geysers and other thermal features, and we were treated to wildlife including bison, elk, moose, coyote, and long-horn sheep (but no wolves this year). We dined on excellent food and stayed in warm, cozy lodgings at Mammoth and Old Faithful. The participants developed friendships and skiing companions for trips to come.

Plan ahead: next year's Yellowstone Trip is tentatively scheduled for February 15–23, 2015. ♦

Ted Scheinman, Trip Leader

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2014 Annual Membership Meeting and Elections

The Annual Meeting of the Oregon Nordic Club Portland Chapter (ONC-PDX) is

Tuesday, April 1. The evening will start with the club provided pizza at 6:30 p.m. at the Multnomah Arts Center, 7688 Capitol Hwy. Then there will be an introduction of the current board members at approximately 6:45 p.m. Nominations for the new board will be at 7:00 p.m. followed by balloting. The evening program will start at 7:30 p.m. followed by the announcement of the new board members. Please join us for this important event.

There are four positions open on the ONC-PDX Board of Directors for 2014-2015. The nominating committee, Ann Truax and Elke Schoen, offer the names of the following four candidates for the open seats: Kim Davis, André Fortin, Steve Planchon and Ann Truax. Nominations from the floor can be made for the fourth seat or any of the seats. Please consider placing yourself in nomination or if you know a member you believe would serve the club well, ask them if you can nominate them that evening. Please see article on page 3 for candidate statements. ♦

Ann Truax, Elections' Committee

**Join us on
April 1 for
our Annual
Membership
meeting and
Board Elections**
See back page

BOARD MEMBERS

Ann Truax,
President
503 756-8891
Kimberly Davis
Vice-President
503-282-1506
cancionnueva@yahoo.com
Mary Hepokoski
Treasurer
503 245-1618
Steve Planchon
Secretary
503 286-2216
steve@planchonconsulting.com
Andr  Fortin
503 780-5843
afortin85@gmail.com
Elke Schoen
503-239-9286
elkeschoen@msn.com
William Yaeger
503 516-7794
w.yaeger@comcast.net

COORDINATORS AND COMMITTEES:

Day Tours:

Coordinator—vacant
oncdartours@gmail.com
Recruiter(s)—vacant
Novice Ski Tours
Coordinator—vacant
Summer Coordinator
Bike/Hike—vacant

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EDITORIAL NOTES

The deadline for submissions is the 15th of the month (for the next month's publication).

Send submissions to oncnwletter@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.
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U P C O M I N G E V E N T S

April 1 ▶ TUESDAY

New hikes in NW Oregon and SW Washington by William L. Sullivan

ONC monthly program. Multnomah Arts Center
7688 SW Capitol Hwy.
7:30 p.m. Free!
6:30 p.m. Pizza (club provided)
6:45 p.m. Annual Meeting and board elections
Join us for the Annual Membership Meeting and Board Elections. There will be no potluck, the club is providing pizza. (sorry, alcohol is not allowed)

April 3 ▶ THURSDAY

Backpacking Basics

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

April 8 ▶ TUESDAY

Practical Backpacking with Bernie Wild

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

New Hikes in the Central Oregon Cascades by William L. Sullivan

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

April 9 ▶ WEDNESDAY

Thru Hiking: Tales from the Trail (PCT)

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

April 22–24 ▶ TUESDAY – THURSDAY Banff Mountain Film Festival

Cinema 21 Theatre, NW 21st Ave.. Doors open at 5:30 p.m., show starts 7 p.m. Tickets on sale beginning April 4 at local REI stores. \$13 REI Members/\$18 NonMembers; limit four tickets per member. No will call, holds or phone sales. All proceeds benefit the non-profit, Adventures Without Limits. Hosted by Adventures Without Limits and REI. Proceeds go to Adventures Without Limits.
www.banffcentre.ca/mountainfestival/worldtour/films/

April 24 ▶ THURSDAY

New and Endangered Hikes in Oregon's Wilderness by William L. Sullivan

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

April 30 ▶ WEDNESDAY

Bring Back the Pollinators! by the Xerces Society

REI Portland, 6:30–8:00 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 and 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 www.fwsa.org
www.federationofwesternoutdoorclub.org

Memberships are renewed September 1st each year, \$27 for single, \$33 for family/ household. Info: 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.

“Celebrating 50 years of Wilderness a Legacy for the Future”

The third science-based conference, sponsored by Friends of Mt. Adams, will be held Saturday, May, 9 a.m.–4 p.m. at the Trout Lake School, Hwy 141, Trout Lake, Washington At the base of 12,276-ft. Mt. Adams

Morning presentations—speakers and topics:
Doug Scott, life-long Wilderness advocate from Seattle, recently retired as Policy Director of Washington D.C.-based The Campaign for America's Wilderness: “50 years of progress for wilderness from Mt. Adams and around the world” (keynote address).

Troy Hall, Professor of Conservation Social Sciences at the Univ. of Idaho, Moscow; a distinguished educator and leader in recreation and wilderness management research: “Wilderness values and wilderness experiences: Looking back

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PRESIDENT'S SKI TRACKS

Here I am, sitting in the cozy loft of a cabin

at the Wallowa Lake Resort. Downstairs, tacos and brownies are in the works for dinner tonight. This is the third full day of our ONC trip here. When we first arrived, we heard a wolf howling nearby (later confirmed by the resort manager). The first day we skied off of Salt Creek Pass, in spite of predicted rain, which never really materialized. The blue diamonds were elusive; the snow was wet but skiable. The next day was even better. Some of us skied on the flats along Big Sheep Canal, and others skied on the Seven Devils View Loop, with perfect snow for telemark turns and expansive views into Idaho. Another group went to the Ferguson Ridge downhill ski area, run by an all-volunteer group—with T-bars and friendly ski patrol. The third day the forecast was for 100% chance of rain, so we decided to forego skiing and hike instead from the Wallowa Lake trailhead up the Chief Joseph Trail. What an adventure! Some of us had to share yak trax to get over the icy patches; later we scrambled over the turbulent BC creek crossing. Along the trail, we spotted wolf scat. Finally we had a thigh-burning descent back to Wallowa Lake. It was a day of camaraderie, high spirits and joie de vivre. And,

guess what, there was not a drop of rain!

Our trip is another example of the benefits of membership in ONC: friends, fun, and food to start plus fresh air, exercise, glorious outdoor panoramas, intelligent conversations, and lots of laughs. Plans are in the works to add even more benefits to ONC/PDX membership: more free trainings and more discounts at local outdoor stores

For those of you who have enjoyed an overnight trip with ONC or one of the monthly programs or information from the newsletter or a new friendship, think about a way you might give back to the club. Maybe bring a friend to the monthly meeting or write an article for the newsletter or investigate political issues affecting the forest/wilderness or offer to lead a day trip, help with mailings or suggest a new idea for an overnight trip. The club is built on the energy and ideas of volunteers, and we appreciate and applaud their efforts.

Just a reminder: the ONC board elections are on April 1 at the Annual Membership Meeting. You will be receiving a ballot in the mail. You can vote by mail or vote at the April meeting. (We'll be serving free pizza!)

Hope to see you on the ski trail! ◆

Ann Truax, *President*

"Celebrating 50 years of Wilderness a Legacy for the Future" continued from page 2

and looking forward."

Peter Landres, Ph.D., Biology/Ecology, Research Scientist at the Aldo Leopold Wilderness Research Institute, U.S. Forest Service, Missoula, MT: "The Central Dilemma of Wilderness Stewardship: Should restoration actions be taken inside wilderness?"

Afternoon sessions—choice of 1-hour breakout panel discussions (repeated twice):

"Advocacy: Preserving and Protecting Wilderness."

Panel: Doug Scott and Susan Saul.

"Recreational Challenges/The Human Element."

Panel: Troy Hall, Justin Ewer and David Wickwire.

"Managing/Manipulating Wilderness Ecosystems."

Panel: Peter Landres and Jessica Hudec.

"What You Can Give for Wilderness: Volunteering, Restoration, and Research Opportunities." Panel: Brendan Norman and Bill Weiler.

Conference Partners: U.S. Forest Service, Mt. Adams Institute, Gifford Pinchot Task Force, Friends of White Salmon River, Trout Lake School, Yakama Nation, and Society for Wilderness Stewardship.

At least 10 local organizations and agencies will exhibit information regarding their programs, projects, publications, and activities relating to Mt. Adams and other nearby wildernesses.

Registration Fee (includes refreshments and lunch): \$35.00/adult; \$20.00/student; must be received by April 26, 2014 to be guaranteed a lunch. Send check to Friends of Mt. Adams, P.O. Box 1914, White Salmon, WA 98672; or register securely by credit card through PayPal on our website, <http://mtadamsfriends.org/2014-conference/> ◆

Membership:

Susan Kelly, chair

503 706-6463

membership@onc.org

Membership Database

Mark Fitzsimons

503 756-7534

oncmemberDB@gmail.com

mfitzsim@aol.com

Nordic Issues:

—vacant

Overnight Tours:

Ted Scheinman, chair

503 452-7432

tedskier@gmail.com

Programs:

Ron Bekey, chair

503 475-0084

rbekey@gmail.com

Publications:

Pam Rigor, newsletter editor

503 297-4284

oncnewsletter@gmail.com

Newsletter Distribution

Bill Yaeger

503 516-7794

w.yaeger@comcast.net

Publicity:

Ann Truax,

503 231-7220

ann.truax@gmail.com

Shelters:

Tilly Jane A-Frame

Andrè Fortin

503 780-5843

afortin85@gmail.com

Trillium Yurt

John Nakada

503 775-4774

johnhnakada@hotmail.com

Pam Rigor

503 297-4284

Trail Maintenance:

Greg Wenneson

503 460-7231

gregwenn@sonic.net

Recruiter

vacant

Website:

Tony Ackerman,

Webmaster

503 647-0068

tonyackerman1@comcast.net

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

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Board Nominees

Kim Davis Did not submit a statement (it will be emailed).

Andr  Fortin I'm an avid outdoors person who enjoys hiking, biking, canoeing, rafting, kayaking, skiing (alpine and Nordic), hiking, and backpacking. The longer the trip, the better! I got involved with the ONC specifically as a way to help manage and rehabilitate the Tilly Jane A-Frame shelter. We're in our fourth season managing the cabin and there have been too many improvements to not BUT we've got a long road ahead with some major undertakings in the offing. I'm a native Oregonian, growing up in NE Portland and playing on Mt. Hood and our surrounding volcano's and wild places.



Steve Planchon Shannon and I have been members of ONC for several years. I have enjoyed my work with the Board and would welcome the opportunity to continue that work.

Ann Truax I've been on the ONC/PDX board for the last four years and have served as President for the last



year. I am running one more time because there are projects that I want to see completed: setting up more perks for members, finding a new venue for monthly meetings, finding ways to entice members to

volunteer more, improving online access, increasing membership, and integrating some activities with other outdoor organizations. I want to continue to give back to ONC, where I have met so many incredible people and have had so many unforgettable outdoor experiences. ◆

Ann Truax, Chair Elections' Committee

Plan Summer trips now

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 teds skier@gmail.com** More info and required forms can be download from the resources for trip leaders on the website. ◆

NORDIC ISSUES

Volunteers are needed

Interested in helping with Nordic Issues—things that affect skiers? Please contact Ann Truax to volunteer.

Mt. Hood National Forest

Clackamas River Trail Portions of the trail were destroyed in recent landslides, flash floods and mudflows. Some trail treads in steep, dangerous slopes are missing.

Gifford Pinchot National Forest

On March 7 there was 18 inches of snow, the road had been plowed. The trails were groomed on that day too. Info check Forest Service website: <http://www.fs.usda.gov/recreation/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

NEWS FROM THE CHAPTERS

ONC State Board The State Board met at Hoodoo Ski Bowl on March 9. They discussion new insurance. They received thirteen applications for a half match scholarship and have two more to award. Chapters gave reports on their activities.

Teacup The grooming continued on a regular schedule, even with limited snow the first part of the season. During Spring Break there will be extra grooming days. The annual Ski Clinic and Tea Party along with the Demo Day was cancelled. The Teacup Youth Program had 40 kids. The 30th Annual Teacup Classic, January 26 had 90 racers; the course was well-prepared given the overall lack of snow. Three Teacup high school skiers qualified for Junior Nationals, being held this week in Stowe, Vermont. The group includes Daniel Fischer of Parkdale, Sam Wiley of Hood River, and Juho Muhonen, an exchange student from Finland living in White Salmon, Washington. They now have an emergency phone in the Cabin. They have over 1,000 members.

Central Oregon Nordic Club They will be starting a meetup group on a trial basis. They are continuing to raise money to replace the Swampy Lakes Shelter, to date have 28% of the projected \$34K needed for the project. Membership is

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News from the Chapters continued from page 4 currently at 144.

Southern Oregon Nordic Club The local ski clubs and the Klamath snowmobile club got together and stocked four shelters with firewood. They had a few tours and get together with the Klamath Basin and Grants Pass Ski Clubs. Forty members attended their annual Christmas Party ski over a few inches of snow above soft grasses in the Great Meadow. There has not been enough snow to groom Hyatt Lake. The John Day Race was cancelled—a first. They have 110 members.

Willamette Chapter Their annual ski school was postponed and finally occurred with fifteen students. Their membership is at 71 members.

Pine Valley Club They had three days of skiing with P.E. teachers, teaching 80 kids in grades three through eight. They acquired a groomer/track setter which was made by a local welder from materials procured by the club. They also put on a ski day for local skiers. They have 25 family memberships.

Klamath Basin Ski Club Formed a board with ten members and wrote their bylaws. Their first outing was with the Southern Oregon Chapter (SONC). They skied at Crater Lake in early February and again on MLK day with the SONC, the Crater Lake Ski Patrol, and the Southern Oregon High School ski team at Crater Lake, where we all skied to Sun Notch in honor of a past Ski Patrol Friend who was buried in an Avalanche on Vidae Ridge on the East Rim trail in search of two missing skiers. In total they had seven ski tours. They plan to network throughout the year with local action groups like the Trail Alliance, to build community bonds, and to build a broad base of constituents. They have 33 members.

Pam Rigor, Editor

Trees across the trails? Diamonds missing?

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 meet 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

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) for more tours.**

Volunteers are need to help with day tours. Contact Ann Truax to volunteer.

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 (?), hike or bike—lead a tour in May

Pick your favorite trail (and date) and take some ONC friends along to enjoy the snow. Lead a day tour in May or the first weekend in June! New to leading tours? Send us an email (at the address below) and we'll get you up to speed. Send tour descriptions (by April 14, 8 p.m.) to day tours at onedaytours@gmail.com. Thanks.

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

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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.

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

We’ll backcountry ski to the ONC managed shelter on East side of Mt.



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

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. You 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. ◆

Ted Scheinman, *Overnight Tours Coordinator*

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 incase of hardship: 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)

Discounts for ONC members and leaders!

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. mtntracks.com

Mountain Shop

1510 NE 37th Ave., ONC members—subscribe to Mt. Shop e-newsletter and received the following discounts: 10% off purchase price, 15% off purchase for leaders, 15% discount on rentals. On-line rentals. mountainshop.net

Oregon Mountain Community

2975 NE Sandy, ONC members—subscribe to OMC e-newsletter and received the following discounts: 15% discount on purchase price. omcgear.com

Otto's Ski & Bike Shop

38716 Pioneer Blvd. in Sandy, has cross-country ski package rental for the entire season. ottoskishop.com

Wy'East Nordic Ski School

offers ONC members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.com

Welcome New Members!

Sharon Berstein and John Sheehan, Marilyn Goldman and Joseph Hellerstein, Claudia Montagne and Renata Yang
Welcome back: Alicia Hardin and Larry Miller

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

March membership report: 258 total memberships (172 single and 86 family) includes 4 new members and 2 renewals. Last year at this time there were 268 memberships.

BOARD MEETING MINUTES

The March Board meeting minutes will be published next month.

CLASSIFIED ADS

FOR SALE: ► Fischer BCX BC 3-pin Ski Boots, like new. \$50.
Mike 503 695-5385 6/14

WANTED: ► 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. 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 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: oncnewsletter@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.**

Trip Cancellation Policy continued from column to the right

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 (this link on our website) ◆

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 to the left.

New hikes in NW Oregon and SW Washington

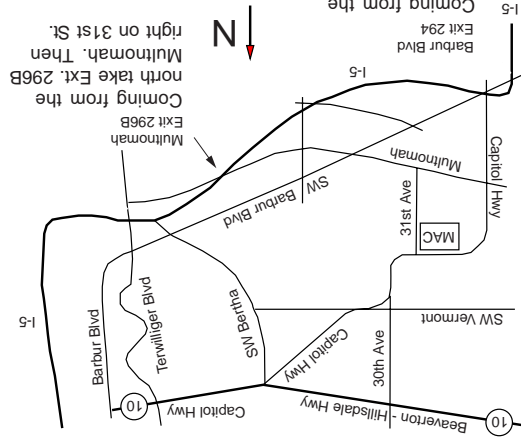
Hiking guru William L. Sullivan takes us on a tour of new and changed trails he discovered for the new fourth edition of "100 Hikes in Northwest Oregon & Southwest Washington," released in April 2013. We'll hike to a wildflower hill above Hood River, explore a new path to Fish Creek Mountain, and see changes by the fires at Mt. Hood. As always, expect anecdotes about geology, history, and wildlife along the way.

Sullivan has written four novels and a dozen nonfiction books about the Northwest, including "Hiking Oregon's History," "Oregon Favorites," and "The Case of D.B. Cooper's Parachute" His journal of a 1000-mile hike he took across Oregon, "Listening for Coyote," was chosen by the Oregon Cultural Heritage Commission as one of Oregon's "100 Books," the 100 most significant books in the state's history.

Multnomah Arts Center
7688 SW Capitol Highway
Tuesday, April 1
6:30 p.m. Pizza (club provided)
6:45 p.m. Annual Meeting and board elections
7:30 p.m. Program



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



Join us for the Annual Membership Meeting and Board Elections. There will be no potluck, the club is providing pizza. (sorry, alcohol is not allowed)

Upcoming Programs

May 1 – TBD

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