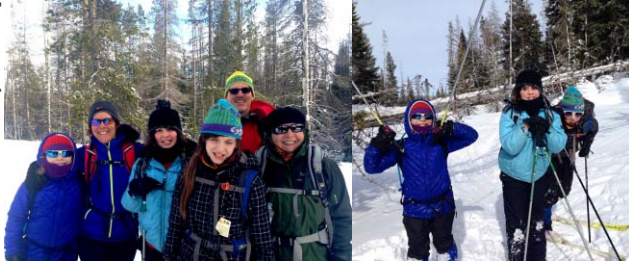


## Family fun on Presidents' Weekend ski trip

**Our group, ten adults and ten kids ranging in age from eight to thirteen entertained ourselves cross-country skiing, snowshoeing and ice-skating together during the February Presidents Day weekend family trip to Sunriver. Everyone had a wonderful time! We enjoyed the beautifully groomed Meissner Trails and the more rugged Swampy Lakes Trails outside of Bend on both Saturday and Sunday. We feasted on delicious potluck meals and, in a break from tradition, parents even let the kids watch some of the Olympics on television.**

Photos: Amy Blumenberg



This was the fourth annual family trip led by Amy Blumenberg and Chris Potter. Other trips they have led were to Eastern Washington's Methow Valley and the Trout Lake in the Mt. Adams area of Southwest Washington. ONC family trips are a wonderful way to meet other families who enjoy outdoor pursuits. But, they can only happen if

parents volunteer to plan and lead them. If you'd like to lead a family trip any time of year (skiing, bicycling, hiking, etc.), please contact Ted Scheinman for overnight trips (tedskier@gmail.com) for more info. ♦

Amy Blumenberg, *Trip Leader*

## Crater Lake trip—going with the flow

**Arrangements for the Crater Lake ski trip were going smoothly, Prospect Hotel rooms booked (✓), bus contract signed (✓), Park Service permit issued (✓), parking lot permit obtained (✓), snowshoe tour arranged (✓), return meal location arranged (✓), 25 people registered (✓), and Raz bus company goes bankrupt (**panic**).** But,

Photos: Steve Planchon



Athletic Transportation Services saved the day, providing us with a large bus with an exceptional driver, Jim Trigg.

Following the famous rolling potluck on the way down I-5, Fred and Karen Wickman welcomed the club back to their historic hotel in Prospect, providing warm rooms, wonderful meals and unending hospitality. We bused to the Crater Lake rim both day of the weekend, skiing on the rim on Saturday and mixing it up with skiing and a ranger-led snowshoe tour on Sunday. Lake views were rare, but majestic.

While you may think you have seen the Park at its best in the summer, you'll change your mind when skiing the rim with your ONC ski partners and few others. Watch for next year's travel dates in upcoming newsletters. ♦

Steve Planchon, *Trip Leader*

## Board members elected

**On April 1, at the ONC general meeting,** seventy members cast their ballots in the annual election of board members. Susan Watt was elected as a new board member, and André Fortin, Kim Davis and Ann Truax were all re-elected, each will serve a two-year term. The other board members, Mary Hepokoski, Elke Schoen, and Bill Yaeger have another year to serve of their two-year term. ♦

Ann Truax, *Elections' Committee*

## New member benefits

**Columbia Sportswear, 911 SW Broadway** (flagship store) and 7000 NE Airport Drive, Suite T2572 (airport location) along with Mountain Hardware, 722 SW Taylor Street, are offering current members a 15% discount on purchases. A special discount of 30% will be offered from both June 1–15 and November 15–30. (current membership card required).

Ann Truax, *President*

## Inside

- 2 Upcoming Events**
- 3 Nordic Issues**
- 4 Day Tours**  
Hike and Trail Scout
- 6 Trail Tending Parties**  
Clear the trails and put up diamonds
- 6 Permits and Passes for hiking in the Gorge**
- 7 Overnight Trips**  
San Juan Bike
- 8 Discounts for members and leaders**  
Check out the new club benefits



**Plenty of snow at Crater Lake . . .**

Photo: Steve Planchon

## BOARD MEMBERS

Ann Truax,  
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## COORDINATORS AND COMMITTEES:

### Day Tours:

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oncdaytours@gmail.com  
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Novice Ski Tours  
Coordinator—vacant  
Summer Coordinator  
Bike/Hike—vacant  
Membership:  
Susan Kelly, chair  
503 706-6463  
membership@onc.org

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 oncnnewsletter@gmail.com as a Microsoft Word document (no formatting ie. no bold text, all caps text, tabs or other settings) in Times Roman as an 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

## May 3 ▶ SATURDAY

**“Celebrating 50 years of Wilderness a Legacy for the Future” Conference**  
Trout Lake School, Hwy 141, Trout Lake, Washington  
9 a.m.–4 p.m. Info: <http://mtadamsfriend.org>

## May 6 ▶ TUESDAY

**Skiing the Vasaloppet China**  
ONC monthly program.  
Multnomah Arts Center  
7688 SW Capitol Hwy.  
7:30 p.m. Free!



## May 10 ▶ SATURDAY

### It's a Blast!

Johnston Ridge Observatory and Science & Learning Center, WA. 10 a.m.–6 p.m. \$8. Celebrate the opening of the Observatory. Book signing: David Anderson, “Images of America—Mt. St. Helens.” Interpretive talks and aided hikes. Info: [mshinstitute.org](http://mshinstitute.org)  
Mt. St. Helens Institute fundraising event with support of the Mt. St. Helens National Volcanic Monument.

## May 10–11 ▶ SATURDAY–SUNDAY

### 36th Annual Mother's Day Birding and Wildflower Festival

Silver Falls State Park, 10 a.m.–4 p.m. Guided plant and birding walks, live bird show, sketching classes, crafts, plant sale and wildflower display.  
Info: [silverfallswildflowerfromthewoods.wordpress.com](http://silverfallswildflowerfromthewoods.wordpress.com)

## May 20 ▶ TUESDAY

### Volcano Views and Brews: Of

## Butterflies and Bigfoot

Loowit Brewing Company  
507 Columbia St. in Vancouver, WA  
Door open 5:00 p.m. Presentation at 6:30 p.m. \$10  
Mt. St. Helens area, known Bigfoot reports, is also good butterfly country. Writer and biologist Robert Michael Pyle has researched and written extensively about both of these phenomena.  
Info: [info@mshinstitute.org](mailto:info@mshinstitute.org) [mshinstitute.org](http://mshinstitute.org)

## 60 Hikes within 60 Miles of Portland

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

## May 27 ▶ TUESDAY

### Backpacking Basics for Women

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

## May 28 ▶ WEDNESDAY

### Day Hiking Mount Adams and Goat Rocks Wilderness

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

## Clinics & Training

### May 22–26 THURSDAY - MONDAY 2014 Oregon Spring Camp, Mt. Bachelor

Morning on-snow, groomed ski sessions, optional afternoon dryland clinics. Check their website for conditions updates. Registration and info: [xcoregon.org](http://xcoregon.org)

## Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- ▶ Discounts at selected merchants (see article on page 8)
- ▶ 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.

## Transit to trailheads

### The new bus service called WET for Gorge

West End Transit will begin a new seven-day-a-week service on May 3 and run through October 15. The regular transit bus runs five days a week, two runs a day, three on Friday. This seasonal expansion will add four runs a day on Saturday and Sunday including stops at Stevenson, Carson, North Bonneville, Fisher's Landing in Vancouver on 164th Ave., and then return to Columbia River Gorge trailheads and resorts. The additional stops include Salmon Creek Park and Ride/Cape Horn Trail, Beacon Rock, Bonneville Hot Springs, Bonneville Dam, Pacific Crest Trail, Skamania Lodge, Dog Mountain and the Trapper Creek Wilderness area. The funds for the service come from a grant from Western Federal Lands, Washington Dept. of Transportation, Friends of the Gorge, Stevenson, North Bonneville and Skamania County Tourism Funds. The weekend runs have will connect to federal lands with the intent to relieve congestion at trailheads and shuttle guests from hotels and motels, festivals and fair visitors from resorts to trailheads, and locals from town to town. The bus is AD accessible and has bike racks. The stop schedule can be found at: [skamaniacounty.org](http://skamaniacounty.org) and under Quick Links click “public transit” or call 509 427-3990. ♦

## PRESIDENT'S SKI TRACKS

### Let's talk about perks for members with current ONC membership cards:

- ▶ If you have led at least two day tours or one overnight trip for ONC and want to take first aid training, wilderness first aid, avalanche awareness training, or orienteering training from a reputable organization, ONC will reimburse \$50 of the training fees.
- ▶ Mountain Shop offers members 10% off (15% off for leaders) on purchases and 15% off on rentals.
- ▶ Columbia Sportswear (downtown flagship store) and Mountain Hardware offer ONC members 15% off for purchases on a regular basis. Special 30 % discounts from both of these stores will occur June 1–15 and November 15–30.
- ▶ North Face will also offer members a special weekend sale. Dates forthcoming.

### Now let's talk about changes in the ONC organization:

- ▶ Susan Watt has joined the ONC board. She brings with her extensive experience with the Portland Parks and Recreation department as a Construction Manager. She will be a great team member and resource for our club. Welcome, Susan.
- ▶ Ken Wenzel has agreed to head up Trail Tending. He has been an active member of the Columbia River Orienteering Club, so we're counting on him to help us not get lost on the trails.
- ▶ Denise Brem has volunteered to be the Day Tour Coordinator. She'll be in charge of organizing and scheduling day tours. If you want to lead a day tour or hike, she's the one to contact. Thank Denise!

### Next, here's what we need from our members:

- ▶ We still need one or two day tour recruiters to find, call, cajole or bribe (just kidding) leaders for our day tours.
- ▶ Of course, we need leaders for hikes this summer. Have a favorite trail you want to share with other outdoor aficionados? Let us know...
- ▶ We want your suggestions for ski trails that need blue diamonds or other maintenance. We'll pass on your suggestions to the trail tending crews for this summer's work.

Enjoy this spring—whether you're still skiing or moving on to hiking or biking.... stay safe, avoid those nasty ticks, remember your tire patch kit, try out a new trail, buy some new gear or clothing using your ONC discounts, and, above all, keep moving. ♦

Ann Truax, *President*

## NORDIC ISSUES

### Volunteers are needed

#### Interested in helping with Nordic Issues

things that affect skiers? Volunteer to check websites for issues, go to meetings, etc. Please contact Ann Truax to volunteer.

#### Mt. Hood National Forest

**Clackamas River Trail damage** Ravaged by late winter storms, parts of the Clackamas River Trail #715 were damaged and are closed for the time being. It is reported that the section from Indian Henry Trailhead to Pup Creek Falls remains open. Please call the Clackamas River Ranger District office in Estacada, 503 630-6861, to confirm conditions.

**Cloud Cap Road** Forest Road #3512, which was closed all of last summer, will open this summer once snow-free, typically about July 4. Interpretive tours of the historic Cloud Cap Inn will resume this summer, too. The Hood River Ranger District will announce the tours dates. Info desk: 541 352-6002.

**Trillium Yurt need volunteers** The Trillium Yurt day winter shelter, co-sponsored by the ONC-Portland Chapter, is still in need of volunteer shelter folk to tend to it next winter. Volunteers from Nordic Patrol members of the Mount Hood Ski Patrol, among others, have expressed interest in helping out, too. Let us know if you have questions about this project.

**New bridge across Muddy Fork** A project to replace a bridge on the Muddy Fork Trail which is located on the Pacific Crest Trail where is crossed the Muddy Fork River is being developed. Access is by the Ramona Falls trailhead. For info contact: Kathleen Walker 503 622-3191.

**Oregon State Parks plan for Gorge Parks** The Oregon State Parks is starting the process to update their Columbia Gorge recreation master plan. It hasn't been updated in 20 years! Meeting was in late April and the first of May. For more info check this website: [www.gorgeparksplan.com](http://www.gorgeparksplan.com)

#### Gifford Pinchot National Forest

**Marble Mt. Shelter** Plans to rebuild Marble Mt. Shelter Public meetings were held in late March and early April to gather public input on the design of a new shelter at Marble Mt. Sno-Park on the south side of Mt. St. Helens. A Forest Service landscape architect was the facilitator for the meeting. They see an opportunity for volunteers to help with the project. The day use log shelter burned to the

Continued on page 4

### Membership Database

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### Nordic Issues:

—vacant

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gregwenn@sonic.net

### Recruiter

vacant

### Website:

Tony Ackerman,  
Webmaster  
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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 sidebar, 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 continued from page 3

ground in April 2011. There is no time frame for the rebuilding, but the Forest Service is moving forward with their plans. Volunteer are helping the Forest Service with finding materials and a source for the wood has be found.

**Swift Creek Bridge Repair** The Swift Creek Bridge, at milepost 4.2 about seven miles east of Cougar, WA on Forest Road 90 (Lewis River Road) will be repaired and the road will be temporarily closed at night from 8 p.m. to 6 a.m. from May 28 to June 11. There is no detour route.

## Deschutes National Forest

**Kappa Butte Sno-Park** A federal district court judge recently sided with the Forest Service in its decision to construct a new sno-park along the Cascade Lakes highway (the road to Mt. Bachelor), about 500 ft. elevation lower than the existing congested Dutchman Flat sno-park. It sounds like few people are happy with the location or how future management of Dutchman Flat sno-park might result once Kapka Butte is constructed. The new sno-park could be constructed and ready for use this next winter; however, any appeal of the federal court decision could throw a wrench into that time frame. Funds from the Federal Highway Administration would be used to construct it.

**Swampy Lake Shelter Rebuilding Project** The Forest Service is cutting larch trees from the Sisters Ranger District to use to construct a new shelter. Volunteers are helping to cut the trees. A log cutting party was held in late February and volunteers are needed to help peel the logs this summer. ♦

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

## New trail tending coordinator

**Denise Brem is taking on the position of**

day tours coordinator. She will be sending out monthly email reminders to tour leaders. Watch your email for a message from Denise at oncnnewsletter@gmail.com and volunteer to lead a tour in June. ♦

## Lead a hike or bike tour

**Pick your favorite trail (and date) and take** some ONC friends along to enjoy the snow. Lead a day tour in June or the first weekend in July!

New to leading tours? Send us an email (at the address below) and we'll get you up to speed.

Send tour descriptions (by **May 14, 8 p.m.**) to day tours at [oncdaytours@gmail.com](mailto:oncdaytours@gmail.com). Thanks. ♦

# DAY TOURS

**Check 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.**

**May 7, Wed, Intermediate Hike**

**Angels Rest/Wakheen Springs, Columbia Gorge, OR**

Angels Rest, on a bluff overlooking the Columbia River, will give us great views of the Gorge. The trail starts in the forest, passes the 100-foot Coopey Falls and another small falls. After reaching the Bluff we will continue on a trail that takes us to Wakheen Spring returning the way we came. Plan to meet on the east side of town at 9 a.m. **For more info/meeting place contact the leader: Pam Rigor 503 297-4284.**

**May 17, Sat, Intermediate Hike**

**Cape Horn Trail, WA**

Come and experience a gorgeous (pun intended) new trail just 15 miles from Portland. The trail goes through a bigleaf maple forest to viewpoints on the cliff above the Columbia Gorge. It continues below the cliff for a hike of 7.2 miles and 1,300 ft. elevation gain. Meet at 8:30 a.m. on the east side of Portland. **For more info/meeting place contact the leader: Pam Rigor 503 297-4284.**

**May 24, Sat, Intermediate Hike**

**Hardy Ridge, Columbia Gorge, WA**

This hike is an 8.5-mile loop on the Washington side in the Columbia River Gorge. The elevation gain is 2,200 feet, so the hike will be a good conditioner for summer climbing. If it's a clear day, the vista will sweep across the gorge to Mt. Hood, east to Mt. Adams and north to the tip of Mt. Rainier. Bring your wildflower book! Discovery Pass required. **For more info contact the leader: Ann Truax 503 756-8891 [ann.truax@gmail.com](mailto:ann.truax@gmail.com).**

**May 28, Wed, Intermediate Hike**

**Falls Creek Falls, WA**

Join us for a scenic hike beginning in the second-growth forest along side Falls Creek. The trail crosses a suspension bridge on the way to a colossal 200 ft. waterfall. It then climbs to an overlook above the falls. This hike is 6.3 miles with 1,150 ft. elevation gain. Meet at McMenamin's Edgefield, 2126 SW Halsey, in the west parking lot at 9:30 a.m. for carpool departure. **For more info and to RSVP contact the leader: Linda Schaldach 503 256-9715.**

**June 7, Sat, Trail Scouting on National Trails Day**

**Pick your favorite ski trail to hike Mt. Hood, OR**

American Hiking Society's National Trails Day occurs annually on the first Saturday in June to promote and celebrate the importance of trails in the United States. It is a great way to share our love of trails with our fellow club members, friends and community. A lot of non-club members ski or snowshoe the winter trails not knowing that our club is the one that maintains them. So invite your friends and family to hike the winter trails to see if they need brush cut, blue diamonds added or replaced or fallen logs removed. **Please let Ken know of your plans for this day and and trail work that needs to be done: 503 297-2958 [skiwenzel@hotmail.com](mailto:skiwenzel@hotmail.com)** ♦

**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.

## Portland Sunday Parkways cycling events

Join other cyclist for family-friendly, car-free bicycling in Portland this summer! Portland's Department of Transportation is hosting Sunday Parkways: May 11, June 22, July 27, and August 24 and September 28.

### East Portland Sunday Parkways May 11, 11 a.m. – 4 p.m. Free!

Celebrate Mother's Day with a seven mile tour of East Portland—walking, biking, rolling or dancing along the route. Take a break at Glenwood, Bloomington and Ed Benedict Parks for food, vendors, music and more.

### Northeast Portland Sunday Parkways June 22, 11 a.m. – 4 p.m. Free!

Spin your way along Willamette Boulevard, and then on to Peninsula, Arbor Lodge, Kenton, Columbia Annex and McCoy Parks for a stop to enjoy an array of activities, food, music, vendors and fun.

### North Portland Sunday Parkways July 27, 11 a.m. – 4 p.m. Free!

Explore the Northeast Neighborhood Greenways while you cycle eight miles around the Northeast Portland route. Stop for food and fun at Woodlawn, Alberta and Fernhill Parks.

### Southeast Portland Sunday Parkways August 24, 11 a.m. – 4 p.m. Free!

Roll around the Southeast Sunday Parkways on a seven mile tour with stops in Laurelhurst, Colonel Summers and Ivon Parks for a bit of food while you take in tunes or join in a few fun activities.

### Southwest Portland Sunday Parkways September 28, 11 a.m. – 4 p.m. Free!

Take advantage of the last Sunday Parkways tour (six miles) by rolling down Troy Street or checking out the SW Trails' rolling hills and scenic vistas. Remember to stop by Gabriel Park, Multnomah Village and Hillsdale Shopping Center for lunch, toons, activities and more. ♦

[www.portlandoregon.gov/transportation/58929](http://www.portlandoregon.gov/transportation/58929)

## 2014 Trail Tending Parties

It's time to set aside a day for a work party to improve our ski trails for the coming winter. We are hoping to clean and brush trails at Old Man Pass, Tilly Jane, Pocket Creek, Bennett Pass and maybe at Mt. St. Helens. It's up to YOU to make a difference!!! Also this a great way to become familiar with new ski trails. Volunteer to lead a trail tending party or come along and work on the trails with us. We have a tentative trail work party schedule and may add more.

### June 1, Sunday, National Trails Day Hike

**Location: your favorite winter trail**

Everyone is on there own to walk your favorite ski trails to see what needs to be done. If the trail needs to be worked on please report it to me and I will add it to our list of projects. Carry your handsaw along and trim as you go. **To report needed trail work contact:**

**Ken Wenzel 503 297-2958**

[skiwenzel@hotmail.com](mailto:skiwenzel@hotmail.com)

### June 11, Wednesday, Trail Tending Party Pocket Creek, Mt. Hood, OR

**For more info and to volunteer contact the leader: Ken Wenzel 503 297-2958**

[skiwenzel@hotmail.com](mailto:skiwenzel@hotmail.com)

### July 19, Saturday, Trail Tending Party Old Man Pass, Wind River, WA

**For more info and to volunteer contact the leader: Ken Wenzel 503 297-2958**

[skiwenzel@hotmail.com](mailto:skiwenzel@hotmail.com)

### July 30, Wednesday, Trail Tending Party Bennett Pass area, Mt. Hood, OR

**For more info and to volunteer contact the leader: Pam Rigor [oncnewsletter@gmail.com](mailto:oncnewsletter@gmail.com)**

### August 3, Sunday, Trail Tending Party Location TBD

**Volunteer to lead this Party!**

Details will be posted in future newsletters.

### August 20, Wednesday, Trail Tending Party Location TBD

**Volunteer to lead this Party!**

Details will be posted in future newsletters.

### September 7, Sunday, Trail Tending Party Old Man Pass, Wind River, WA

**Volunteer to lead this Party!**

Details will be posted in future newsletters.

### September 20, Saturday, Trail Tending Party Location TBD

**Volunteer to lead this Party!**

Details will be posted in future newsletters.

### October 1, Wednesday, Trail Tending Party Location TBD

**For more info and to volunteer contact the leader: Ken Wenzel 503 297-2958**

[skiwenzel@hotmail.com](mailto:skiwenzel@hotmail.com)

The club has tools. Hope to see you out there!

If you have any questions about being a leader for a trail crew please let me know?

**Trail Tending Coordinator Ken Wenzel 503 297-2958 [skiwenzel@hotmail.com](mailto:skiwenzel@hotmail.com)** ♦

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

## Avalanche warnings

### Official warnings for avalanche were

issued in late April and early May. With the changing conditions be sure to check for warnings before going out. More info can be found on the Northwest Weather and Avalanche Center (NWAC) website: [nwac.us](http://nwac.us). ♦



**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

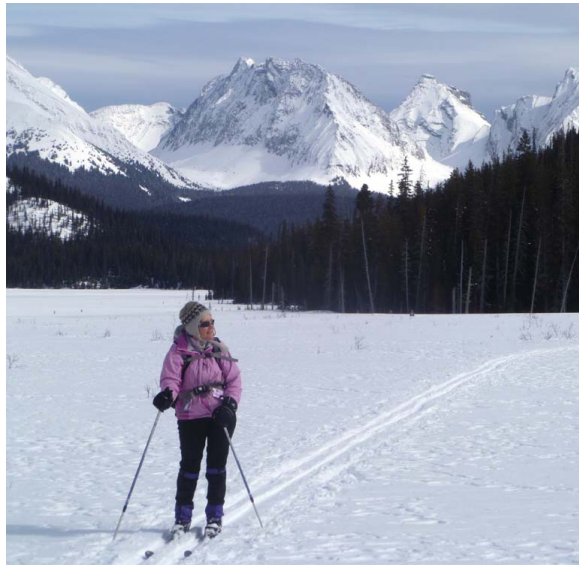
1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be publicized. A potential leader must follow the procedures for leading a trip as determined by the Overnight Trip Coordinator. Overnight trips are announced in the newsletter or on the website.

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

continued on page 7

## Plenty snow in Canada for ONC overnight trip

The trip leader said it was a good trip, colder than usual, but plenty of snow along with some clear skies. A picture is worth . . .



Photos: Ted Scheinman

## Permits and Passes for hiking in the Gorge

**NW Forest Pass** can be purchased on-line at [www.fs.usda.gov/r6](http://www.fs.usda.gov/r6); they are also available at Forest Service offices and other locations (see website). They cost \$30 for one year and are valid from the last day of the month issued; a day pass is \$5. They are required at Forest Service recreation sites in Oregon and Washington, see list below. If you plan to visit a number of National Parks and other Federal fee sites, you can get the America the Beautiful 2014: National Parks and federal Recreational Lands Annual Pass for \$80, which is honored nationwide at National Park Service, Forest Service, US fish and Wildlife Service, Bureau of Land Management, and Bureau of Reclamation recreation sites charging day-use or entrance fees. If you are over Sixty-two years of age and a U.S. resident or permanent resident, you qualify for the Senior Pass, which costs \$10 and covers the same places.

### NW Forest Pass is required at:

**Bridge of the Gods Trailhead\***

**Dog Mountain Trailhead\***

**Eagle Creek Trailhead\***

**Herman Creek Trailhead\***

**Larch Mountain Picnic Site**

**Larch Mountain Trailhead\***

**North Bonneville Trailhead\***

**Sam's Walker Picnic Site\***

**St. Cloud Picnic Site\***

**Wahclella Falls Trailhead\***

**Wyeth / Gorton Creek Trailhead**

Other areas that require a NW Forest Pass can be found on this website: <http://www.fs.usda.gov/main/r6/home> (click on “Passes and Permits” then on “Recreation Passes & Permits”)

\*Day passes can be purchased at these trailheads

### Free days at Forest Service day fee areas:

**June 7-8 National Trails Day**

**June 14 - National Get Outdoors Day**

**September 27 - National Public Lands Day**

**November 8-11 - Veterans Day Weekend**

**The Discovery Pass** is required at Washington State Parks, Washington State Fish and Wildlife (WDFW) lands and Washington State Dept. of Natural Resources (DNR) areas. It can be used in two cars and costs \$11.50 for a day pass and \$35 for an annual permit. It can be purchased online ([discoverypass.wa.gov](http://discoverypass.wa.gov)), by phone 866-320-9933, or from a licensed vendor:

Skamania: Port of Camas, Washougal, 24 South A Street, Washougal, WA 98671

Continued on page 7

# 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.

## July 3–8, Thur–Mon, Easy+ Abilities Bike Annual Fourth of July Camping Holiday San Juan Islands, WA

Let's continue an ONC tradition—bike the San Juan Islands in Washington state on July 4th week-end. Explore these magical islands—on San Juan, we'll visit English Camp and American Camp in the National Historical Park, savor the fragrance at the lavender farm, and watch the orcas at San Juan County Park; on Lopez—spy on the seals at Shark Reef Sanctuary, and beach comb at Spencer Spit; on Orcas—intrepid cyclists can take the challenging ride up Mt. Constitution, or more recreational cyclists can enjoy a shorter ride to the charming town of Eastsound and the local pottery galleries. Keep your eyes out for the camel on San Juan Island as you ride to the campground! On the Fourth, we can take in the Fourth of July parade in Friday Harbor and later, the fireworks display at Roche Harbor.

Interested in going on this trip? Contact [onc.san.juan.bike@gmail.com](mailto:onc.san.juan.bike@gmail.com) ◆

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 sidebar page 8

Permits and Passes for hiking in the Gorge continued from page 6

Skamania General Store, On north side of Hwy. 14 West of Beacon Rock.

N. Bonneville: N. Bonneville Food Market, turn south on Cascade; store is in the gas station.

Stevenson: Main Street Convenience Store, on north side of Hwy. 14, west end of town.

Bingen: Bridgemart, on south side of Hwy. 14 east of the Hood River bridge.

Pass is usually available where hunting and fishing licenses are sold (Fred Meyer, Bi-mart, etc).

**The Discover Pass is required here:**

**Beacon Rock State Park including: Hamilton Mountain Trail\*, Beacon Rock Trail\*, Hardy & Rodney (Pool of the Winds) Falls Trail\* and the Hardy Ridge Trail**

**Rowland Lake State Park (access to Catherine Creek/Coyote Wall trails)**

**Doug's Beach State Park**

**Dalles Mt. Ranch State Park, Dalles Mt. Road**

**Columbia Hills State Park including: Horsethief Butte and Horsethief Lake Petroglyph area\***

\*On-site kiosks where you can purchase them are available for \$10 cash.

**Free days at Washington State Parks:**

**May 11 - A Spring Sunday free**

**June 7-8 National Trails Day -**

**June 14 - National Get Outdoors Day**

**August 25 - National Parks birthday**

**September 27 - National Public Lands Day**

**November 8-11 - Veterans Day Weekend**

All free days apply only to day use.

**Oregon State Park Passes/Fees** There are twenty-one Oregon State Parks in the Columbia Gorge. Some parks charge a \$5 day. A yearly pass for \$30 and a two-year parking pass for \$50 is available. If you are going to visit six parks in one year or go to ten in two years these passes will be the way to go. Park passes are available at most major state park offices, by calling 800 551-6949 or from other vendors (check the website for [list:oregonstateparks.org](http://list.oregonstateparks.org)).

**The following trailheads in the Columbia Gorge are on state parklands:**

**Historic Columbia River Hwy State Trail**

**Mark Hatfield Trailhead West in Hood River \* Trailhead in Mosier\***

**John B Yeon State Scenic Corridor (free)**

**Starvation Creek (free)**

**Viento\***

**Wygant (free)**

\*\$5 day use fee, most can be paid at on-site kiosk ◆

continued from page 7

**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.

continued on sidebar page 9

## Discounts for ONC members and leaders!

### **Columbia Sportswear**

911 SW Broadway (flagship store), 7000 NE Airport Drive, Suite T2572 (airport location)— 15% discount on purchases. Special weeks (June 1 - 15 and November 15 - 30) of 30% discounts. [columbia.com](http://columbia.com)

### **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 Hardware**

722 SW Taylor Street— 15% discount on purchases. Special weeks (June 1 - 15 and November 15 - 30) of 30% discounts. [mountainhardware.com/Stores\\_Portland.html](http://mountainhardware.com/Stores_Portland.html)

### **Mountain Shop**

1510 NE 37th Ave., 10% discount (15% discount for leaders) on purchases and 15% discount on rentals. [mountainshop.net](http://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](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!**

Teresa Enigma and Jacob Engstrom 503 939-7467 (Teresa) 218 260-0533 (Jacob) and Brooke Ryan 503 720-6690

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

**April membership report:** 261 total memberships (174 single and 87 family) includes 2 new members. Last year at this time there were 268 memberships.

## BOARD MEETING MINUTES

Minutes of ONC Board Meeting, March 11, 2014, 7 p.m. @ Mazamas Mountaineering Center

**Board Members Present:** Kim Davis, Mary Hepokoski, Steve Planchon, Elke Schoen, Ann Truax and Bill Yaeger. Ted Scheinman was also present.

**Approval of Minutes:** January approved a drafted.

**Treasurer's Report:** Written report provided. No significant changes to the financial status of the Chapter. No questions by board members.

### **Reports**

**President:** Member survey summary completed for the Newsletter; Board members to review survey results and prioritize items for follow-up actions. Completing effort to confirm club member discounts available by various vendors; with key discounts available at the Mountain Shop, Oregon Mountain Community and Next Adventure; North Face interested in providing a "discount weekend;" membership card required by most vendors.

**Day Tours:** Board exploring the possibility of allowing Mazama ski instructors to lead Chapter tours. Renewed effort being made to recruit a day tour coordinator, or a team of coordinators.

**Overnight Tours.** Most tours have been completed successfully. Board discussed and confirmed existing trip fee refund policy.

**Membership:** Board approved a membership scholarship request form.

**Nordic Issues:** No report.

**Trail Tending:** No report.

**Tilly Jane A-Frame:** Recent members weekend was a success. Board discussing the possibility of capping the number of members that can participate on membership weekend.



**Publicity:** Board continued discussion about optimizing use of the Chapter's Meet-up page. The ability to pay or annual membership on the Meet-up site was confirmed, but the process is a bit cumbersome. Board also discussed issues related to cross-advertising between different Meet-up pages (e.g., Sierra Club trip advertised on PDX-ONC Meet-up page) and determined that no problem needs to be remedied at this time.

**Website:** Tony Ackerman provided written going forward recommendations for addressing current web site issues. Andre to consult with web page developers regarding the cost of developing a web page similar to the Teacup web page.

#### Old Business

**First Aid Training:** Board confirmed for the record its policy to reimburse trip leaders for up to \$50 for first aid courses, with the person leading at least two trips during the trip season

**Avalanche Training:** We have asked Ron to set up a general meeting with avalanche training/presentation.

**Accident Report:** Ann said she would draft an accident report form (which I did, but it hasn't been finalized yet).

**New Business:** Election procedures were discussed and planned.

**Next Meeting:** Scheduled for April 7 at 7 p.m. @ Mazamas Mountaineering Center, 527 SE 43rd, Portland, OR

**Meeting adjourned:** 8:30 p.m.

Submitted by: Steve Planchon, *Secretary*

**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?lang=en&prod=125888](http://www.travelguard.com/agentlink.asp?lang=en&prod=125888) (this link on our website) ◆

### Minutes of ONC Board Meeting, April 7, 2014, 7 p.m. @ Mazamas Mountaineering Center

**Board members present:** Ann Truax, Andre Fortin, Mary Hepokoski, Susan Watt, Bill Yaeger.

**Approval of Minutes:** March minutes approved as drafted.

**Election of officers:** Ann Truax was re-elected as President, and Mary Hepokoski was re-elected as Treasurer. Vice-president and Secretary will be elected at a future meeting when all board members are present.

**Treasurer's Report:** Roughly \$7,000 is expected in overnight trip revenue this year.

**President's Report:** Additional member perks are available at Columbia Sportswear/Mountain Hardware: 15% discount all year and a 30% discount two times a year (when is yet to be determined).

**Trail Tending:** Mary and Ann will attend the USFS meeting with McKenzie Jensen concerning trail maintenance this season.

**Day Tours:** Nonmembers may lead day tours as long as they have some training, according to state ONC treasurer Janet Tschanz.

**Tilly Jane:** The board discussed fully implementing and publicizing a policy on the Tilly Jane maintenance weekend trips, including maximum number of participants and nonmember participation as a volunteer benefit.

**Website:** Andre will consult with web designers about the cost of creating a website for ONC/Portland chapter.

#### Old Business

An accident report form will be prepared and added to website document list.

#### New Business

The possibility of providing Telemarking lesson through Wy'East Nordic was discussed.

Leadership training for next fall was discussed.

**Next Meeting:** Scheduled for May 7 at 7 p.m. @ Mazamas Mountaineering Center, 527 SE 43rd, Portland, OR

**Meeting adjourned:** 8:30 p.m. ◆

Submitted by: William Yaeger, *Board Member*

## CLASSIFIED ADS

**FOR SALE: ► Fischer RCS Carbonlite Classic cross-country boot** size 41 (women's size 9, men's size 8). High performance boot. Like-new, used only 3 times before realizing I need smaller size. Paid \$270, asking \$175. Amy or Chris 503 241-2768. 8/14

**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](mailto:Christine.sisu1956@gmail.com). 6/14

**WANTED: ► Salomon SNS BC bindings**, used or new. I have a set of Rottefella BC, new, which if someone wants, I would trade. **Bill whn@nwtechventures.com** 6/14

**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](mailto: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.**

# Skiing the Vasaloppet China

December through mid-March this ski season, Ted Scheinman traveled to Changchun, China, 650 miles northeast of Beijing, between North Korea and Mongolia, to joined the "elite racers" in the Vasaloppet China, part of an international series of long cross-country ski races which are preliminary to the famous Vasaloppet in Sweden occurring later in the season. He joined in various aspects of this Festival, which this year included more than 10,000 skiers, from more than 20 countries.

Ted's trip included time in Taiwan visiting Christine Bierman and a high-level business study tour in the second tier cities of China. Join Ted as he shows photos and tells stories of his travels.



**Multnomah Arts Center  
Auditorium  
7688 SW Capitol Highway  
Tuesday, May 6  
7:30 p.m. Program  
6:30 p.m. Potluck/Social Hour**



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).

**Upcoming Programs  
June 3-No program scheduled  
July TBD-Annual Picnic**

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

