Oregon Nordic Club
PORTLAND CHAPTER

JUNE 2014

Summer activities instead of reverse hibernation

The Portland Chapter of the Oregon Nordic Club doesn't go into reverse hibernation during the summer months, waiting for the first snows to fall. We remain active throughout the summer with a smorgasbord of activities to choose from. We do trail tending (hanging blue diamonds, clearing ski trails, and lopping overhanging branches). We can always use more hands, and it's a fun way to meet new like-minded, outdoorsy folks. Check the newsletter for scheduled trail tending dates. We also offer organized hikes. Again, check the newsletter for locations and dates. Or, sign up on meetup.com. (You'll find us under the heading of the Portland Nordic Club.) And that's not all! Join us on a bike trip. As we speak, plans are being made for a camping/bicycling trip to the San Juan Islands over the 4th of July holiday.

We encourage our members to lead a hike or bike trip. If you have a favorite trail or bike route and want to share it with others, contact Denise Brem, our day tour coordinator, at oncdaytours@gmail.com. If you want to organize a summer overnight trip (car camping and hiking near Olallie Lake or backpacking in the Goats Rocks Wilderness or climbing South Sister or any other great outdoor location), contact Ted Scheinman at tedskier@gmail.com.

Take advantage of this month's ONC-PDX members' discount from Columbia: 30% off your entire purchase from June 1-15 at Columbia Flagship store (911 SW Broadway), Mountain Hardware (722 SW Taylor) and Columbia PDX Airport (7000 NE Airport Way). A coupon will be emailed to you and your current membership card is required for the discount. You can bring your family or up to four friend to share the discount with you. Contact me if you do not receive the coupon by email.

An important reminder is: we will **not** have a general meeting in June or August, but we will have a potluck PICNIC on July 8, the second Tuesday of the month, at Laurelhurst Park. It's a relaxing time to meet old and new friends and share summer adventures! Hope to see you there!

The PDX ONC Board will continue to meet this summer on June 9, July 7 and August 4 in the evenings. A few items on our agenda are: working on updating the ONC website; revising overnight trip policies; finalizing the incident report form; organizing the volunteer recognition event in November; planning next winter's leadership training. The board meetings are open to all members. If you wish to attend, contact Ann Truax (ann.truax@gmail.com). We welcome your input and involvement.

May you enjoy the magnificence of Oregon summers to the fullest!

Ann Truax, *President*

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Hardy trail full of flowers

On Saturday, May 24, four intrepid Oregon Nordic clubbers (Kathy Burns, Jodi Wacenske, Mitch Auerbach, and Ann Truax) hiked up a flower-strewn trail to reach Hardy Ridge, where we could look down on Hamilton Mountain and the Columbia Gorge with Mt. Hood in the background.

Ann Truax

Ann Truax, *Trip Leader*

Angels Rest

An early May hike up Angels Rest allowed time for flower photography, bird watching and a chance to enjoy the woods. After a rest at the top we continued up toward Wakeena Springs, turning around before the downhill.

Pam Rigor

Pam Rigor, *Trip Leader*

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Membership Database

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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 oncnewsletter@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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Portland Chapter of the Oregon Nordic Club, Inc.
P.O. Box 3906
Portland, OR 97208

UPCOMING EVENTS

June 1–7 ▸ SUN–SAT
We are Here Geography of the Heart "Wildflowers and Mountain Landscapes"
Photos by Darryl Lloyd
Stevenson, WA, Library Gallery
Every day except Sun 9:00 a.m.–5:00 p.m., Tue & Wed till 8 p.m. Free!

June 3 ▸ TUESDAY
Cycle Touring in Washington County
REI Hillsboro, 6:30–8 p.m. Free!
Free! Info/sign-up: rei.com (store events)

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

June 7 ▸ SATURDAY
National Trails Day
Forest Park trails
9:00 a.m.–12:30 p.m. Free!
Sign-up: rei.com (store events)
Info: stewardship@forestparkconservancy.org
Sponsored by REI and The Forest Park Conservancy

June 10 ▸ TUESDAY
Backpacking our National Parks
REI Hillsboro, 6:30–8:00 p.m. Free!
Free! Info/sign-up: rei.com (store events)

June 12 ▸ THURSDAY
Cycling Sojourner
REI Portland, 6:30–7:30 p.m. Free!
Free! Info/sign-up: rei.com (store events)

June 14 ▸ SATURDAY
National Get Outdoors Day and Brigade Encampment
Fort Vancouver National Historic Site: 5th Street of the south side of the Fort, 1501 Evergreen Blvd.
Vancouver, WA. 10 a.m.–3:00 p.m. Free!
Info: nps.gov/fova/planyourvisit/GODay2012.htm

June 17 ▸ TUESDAY
Oregon Wild–Celebrating 50 Years of the Wilderness Act
REI Portland, 6:30–7:30 p.m. Free!
Free! Info/sign-up: rei.com (store events)

June 28–29 ▸ SUN–SAT
Arts of the Mountain
Fine Arts, Music and Food at five venues along the Spirit Lake Highway (SR504) From Castle Rock to Mount St Helens.
10:00 a.m. - 6:00 p.m. Free!
Venues include: The Silver Lake Grange, Mount St Helens RV Park (formerly Silver Shores), Twosome Art Gallery, Hoffstadt Bluffs Visitor Center, and the Science and Learning Center at Coldwater.

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 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.

PRESIDENT'S SKI TRACKS

From newcomer to board member

I am a relative newcomer to Nordic skiing (and Oregon), having only been seriously introduced to the sport in January 2011. The sunnier and drier climate of Northern California and graduate school left little time for pursuing something that had always fascinated me; cross country skiing. My first winter here was relatively unmemorable and I spent most of my time adapting to cycling in Portland winters. I bought some rain gear, learned to dress in layers, installed fenders on my bicycle and peddled through many puddles during the winter of 2010. The legion of year round cyclists greeted me with gritty smiles and soggy salutes as we passed one another in our daily treks through the city.

The novelty of riding in cold, wet weather began to wear thin by the Winter of 2011, I still remember clearly the day I had my mountain/skiing epiphany. As one peddles east on the Springwater Corridor Trail there are several points where Mount Hood suddenly looms over the skyline. It was 38 degrees outside and although the rain momentarily stopped, water still trickled off my visor and down the side of my face. The grey sky started to turn into a blue one, and Wy'East, covered in white, luminous snow seemed to be only a few pedal strokes away. I stopped to take in the vista, and vowed to find a way to get up there and learn to ski the Nordic way. Exploring Mount Hood is easier, faster and less expensive than trying to travel to Lake Tahoe in California. Portland Parks and Recreation had a winter activity program, which included an introduction to cross country skiing class. I signed up for a session and made my way over to Next Adventure to find a few things I would need. While there, I found a flyer for the Bergfruende Ski Club offering a four week cross country ski workshop and registered for that as well. The instant I strapped on my skis and tentatively moved across the snow, I was hooked. I wanted to ski more, and knew that the only way to improve both skills and stamina was through skiing as much as possible. I carpooled with others to get to the mountain but also chugged up the highway on then functioning *Greasebus*, sadly no longer running, and the Mt Hood Meadows ski bus.

A fellow Bergie suggested I join the Nordic Club which I did. I took advantage of the many novice and beginner day trips offered by, Louise Brown, Kathy Burns, Sam Digard and others. The Wednesday ski group with Mary or Terry was another alternative. On every adventure I experienced *camaraderie* and helpful, encouraging advice from leaders and my fellow skiers. Weekend trips soon led to overnight trips including Central Oregon, Anthony Lakes in the Eastern part of the state, and Mount Rainier in Washington. The to do list only seems to grow longer, Methow Valley, Glacier National Park, Canmore in Alberta and so many other places. Many of these are some of the ONC's favorite overnight destinations and I look forward to participating in more of our multiday tours.

Four years of Nordic skiing altered my perspective when it comes to the seasons as experienced here in the Pacific Northwest. I love the spring and summer. Cycling on cool, spring mornings or meandering along the Willamette on those rare warm, summer evenings are fond memories and I look forward to them every year. Come late September, however, as the days shorten and grow crisp, and my bicycle skims (and sometimes skids) over the yellow, orange and gold leaves of autumn I find myself looking at the horizon toward Wy'East, awaiting the return of the mountain's first snowfall. Until then, however, let us all enjoy the magnificence that surrounds us, whether in a kayak, canoe or sailboat, on a hike or our friendly two wheeled steeds. Better yet, this summer, offer to lead an ONC day tour of one of your favorite non-skiing activities. ♦

Kimberly Davis, *Vice President*

NORDIC ISSUES

Volunteers are needed to help 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/Gorge

Oregon State Parks plan for Gorge Parks The two public meetings in April and May presented proposals for the following: Portland Women's Forum, Rooster, Rock, Bridal Veil, Ainsworth, Wyeth, Viento, West Mayer and a separate category for trail improvements. The focus will be on improving places that are not as well used to lighten the over use in other areas. Goals and actions were discussed with improved visitor experience being

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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

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Nordic Issues continued from page 3

the result. Some issues discussed include improving recreational access (boating, hiking, biking), trails and their connections to existing trails. Public transit was also brought up, like the one currently being tested on the Washington side of the Gorge, the WET bus. Their next steps will be to continue with revisions to the proposals, appraise the budget and phasing for the projects, develop management strategies and move ahead with cultivating partnerships with neighboring agencies and interested parties. Info: swww.gorgeparksplan.com

Gifford Pinchot National Forest

Swift Creek Bridge repair delayed The Swift Creek Bridge, at milepost 4.2 about seven miles east of Cougar, WA on Forest Road 90 (Lewis River Road), was due to be repaired and Forest Road 90 closed for a couple of weeks, but it has been postponed. No new date for the repair has been scheduled.

Climbers Bivouac on Mt. St. Helens open The Road to the Climber Bivouac, which accesses the Monitor Ridge climbing route, opened on May 29.

Mt. Margaret permits Permits to hike and backpack in the Mt. Margaret area are available online: www.recreation.gov. Most trailheads require a Northwest Forest Pass. Info: 360 449-7800.

Loowit Trail #26 conditions Loowit Trail is mostly snow covered on the south side of Mt. St. Helens at 4,500 ft. especially under trees. Trail junctions with Ptarmigan Trail, Butte Camp Trail and Sheep Canyon trails are covered with snow. Crossing gullies will require extra caution. Forest Road 99 is closed. All according to the May 29Forest Service posting.

Deschutes National Forest

Proposed Nordic Traverse and Backcountry Huts Three Sisters Backcountry, which has yurts in the Central Oregon, may add more. They have been working on a Nordic Traverse along the Metolius-Windigo Trail from Mt. Bachelor to Sister that would be a three day ski with two huts to stay in along the way. Info: Sommer Moore, Sisters Ranger District 909 382-2754 slmoore@fs.fed.us

Shelter Cove Resort Improvements The Resort requested an amendment to their Forest Service Special Use permit to add a additional facilities, a restaurant/lounge, a second lodge building and a new septic system, within their permit area. Info: Robert Gentry 541 433-3205. ♦

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

DAY TOURS

Check website and/or our meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) for more tours.

June 5, Thur, Easy Hike
Eagle Creek, OR

Come see the great spring flowers and along Eagle Creek. This trail starts along the creek then climbs well above it along a slope of cedars and maples. We will hike to High Falls, 6.6 miles round trip with 600 feet elevation gain at an easy pace. For meeting place and time and more info contact the leader: Dean **dkokko@yahoo.com**

June 7–8, Sat–Sun, Scout Trails–National Trails Day
Pick your favorite ski trail to hike, OR or WA

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 trail work that needs to be done: 503 297-2958 skiwenzel@hotmail.com**

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

Join us for a day working on a popular trail on the east side of Mt. Hood. **For more info and to volunteer contact the leader: Ken Wenzel 503 297-2958 skiwenzel@hotmail.com**

June 18, Wed, Intermediate Hike
Central Salmon River, Columbia River Gorge, WA

Hike along the spectacular Salmon River, climbing up to the canyon viewpoint. The hike is 7.2 miles round trip, 900 ft. elevation gain. **For meeting place and time as well as more info contact the leader (must confirm by phone): Linda Schaldach 503 256-9715 .**

June 21, Sat, Intermediate Hike
Siouxon Creek, SW Washington

Hike through ancient forests, past green pools and waterfalls. This is a 7.8 mile round trip hike through a magical landscape. **For more info, meeting place, and time, contact the leader: Ann Truax 503 756-8891 ann.truax@gmail.com.**

June 22, Sun, Easy Bike
North Portland Sunday Parkways

Cruise along the scenic Willamette Boulevard, and then glide towards Peninsula, Arbor Lodge, Kenton, Columbia Annex and McCoy Parks to enjoy an array of activities, food, music, vendors and fun. 11am-4pm (9.5 miles). **Need trip leader contact oncdaytours@gmail.com.**

June 29, Sun, Intermediate Hike
Larch Mt. Crater, OR

This hike offers a reward of a panoramic view from the top of a 4,055-ft. volcano. We'll circle around the crater through the woods before reaching the top. It will be about 6.4 miles with 1,400 ft. elevation gain. Plan on meeting at 8:30 a.m. to carpool. For more meeting place and more info contact the leader: Pam Rigor 503 297-4284. ♦

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.

Lead a hike or bike tour

Pick your favorite trail/route (and date) and volunteer to take some ONC friends along to enjoy the outdoors. Lead a day tour in July or the first weekend in August! A calandar and list of possible tours will be emailed around the first of the month.

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

Send tour descriptions **(by June 14, 8 p.m.)** to Denise at **oncdaytours@gmail.com.** Thanks. ♦

Pam Rigor

Lark Spur along Angels Rest Trail

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: June 22, July 27, and August 24 and September 28.

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 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. ♦

Pam Rigor

www.portlandoregon.gov/transportation/58929

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.

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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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Join a Trail Tending Party this summer

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.

To volunteer to lead a trail tender contact: Trail Tending Coordinator Ken Wenzel 503 297-2958 skiwenzel@hotmail.com. To go on a trail tending party contact the leader of the party.

What to bring: Most trail tending parties involve light brushing, tree limbing and the hanging of blue diamonds. Bring a comfortable pair of gloves to protect your hands, long pants and good shoes, preferably hiking boots. We provide the tools but quantities are limited. If you have tools that you don't mind sharing (pruning shears, long handled loppers, bow saws), feel free to bring them. Finally, bring a lunch, snacks and lots of water, as you are sure to work up an appetite.

Summer trail tending schedule:

June 7 – 8, Sat – Sun, 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**

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

See day tours schedule for details.

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

July 19, Saturday, Trail Tending Party
Tilly Jane Trail, Mt. Hood, OR

We'll finish the final blue diamond marking and work on multiple sections of trail that need clearing to allow better access when early season conditions exist (low snow). There will also be work on the A-Frame: removing accumulated firewood debris in alcove and laying down gravel base along with a thorough cabin cleaning including sweeping/dusting loft, picnic tables and interior walls. **For more info and to volunteer contact the leader: Andrè Fortin tillyjanecabin@gmail.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

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

November TBD, Volunteer Recognition Party
Portland, OR

After all that hard work, you need a pie, a pizza pie! Plan on joining us at our Volunteer Recognition Party to get recognized for your efforts. ♦

OVERNIGHT TRIPS

SIGN-UP TIPS

- 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 trip? 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: fill out an overnight trip application and mail it with your trip fee (check made out to ONC-PDX) to the trip leader.
- If the trip is full, join the waiting list by sending 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.

July 3 – 8, Thur – Tue, Easy – Advanced Bike San Juan Islands, WA

Let's continue an ONC tradition—bike the San Juan Islands in Washington state on July 4th weekend. 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.

Trip limit: 25 participants.

Cost: $100 (estimated) per person for members; you must be a current ONC member before signing up for this trip. Includes 5 nights at campground.

Contact onc.san.juan.bike@gmail.com for info. ♦

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)

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

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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.

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Discounts for ONC-PDX members/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. Current membership card required. columbia.com

Glenn's MountainTracks

in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. Current membership card required. On-line rentals. mtntracks.com

Mountain Hardware

722 SW Taylor Street—15% discount on purchases. Special weeks (June 1 - 15 and November 15 - 30) of 30% discounts. Current membership card required. 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

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. ottosskishop.com

Wy'East Nordic Ski School

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

Welcome New Members!

No new members this month

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

May 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 the ONC-PDX Board Meeting, May 14, 2014, 7 p.m. @ Mazamas Mountaineering Center

Present: Kim Davis, Andre Fortin, Mary Hepokoski, Elke Schoen

Approval of Minutes: Minutes of April 7, 2014 were approved

Election of officers was deferred to June

Reports

Treasurer's Report: All trip revenue has now been received, and the expense report for 1 trip is pending. Mary may be revising the trip summary. Mary proposed moving $2000 to the Rivermark account. The club has $19K in a money market account and $29K in the Tilly Jane account.

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In late March, the club received a $737 contribution to Tilly Jane from a group of splitboarders that held a convention there. Jeff Guillory from that group will be given an annual membership to ONC. The board is pleased to see broadened interest in Tilly Jane.

President's Report: The Board is seeking someone to attend the state board meeting September 6, 11:00-3:00 at the Diamond Lake Resort. Interested persons should contact Ann Truax about details.

ONC members will receive a 30% discount at Columbia Sportswear and at Mountain Hardware June 1-15 and November 15-30.

Ann contacted the Teacup Chapter about the possibility of the Portland Chapter assisting with their youth program and awaits a response.

Day Tours: Denise Brem has stepped forward to be the day tour coordinator. The position of day tours recruiter is still open. Laurel Dickie may take this on in September.

Overnight Trips: The timing of the overnight trip extravaganza, potential new overnight trips, and bed allocations were discussed. The board welcomes suggestions from the club regarding backcountry, yurt or other trips. Potential new destinations could include Tahoma Huts or White Pass. Mary plans to assemble overnight tour policies for possible revision.

Membership: Membership numbers are published in the newsletter monthly.

Nordic Issues: Expanded parking is planned at Mt. Hood Meadows, which will result in more, traffic, pollution and increased risk of accidents. The club may have a form letter available for signature at the meeting to expedite input.

Shelters: Tilly Jane Report Andrè reported that Tilly Jane A-frame (TJ) had good usage and no break-ins this year. He will look into upgrades to the septic system this summer. TJ volunteers are eligible to go on maintenance weekends and on ONC weekends. Trip leaders must be ONC members, however.

Publicity: Kim reported that the meetup site was working.

Website: Andre knows a website designer who may be interested in helping us to make the website more accessible. We need to clarify our desires and establish a budget before proceeding. He and Mary will follow up with Steve Planchon, who has done some work on this.

Old Business: Regarding the Incident Report, Mary said that it needs to list who was present at the incident and who is to receive the report. We need to determine who is to keep the report and for how long. It will go to the ONC mailbox for now.

New Business: Volunteer recognition, what, when and where, was discussed. November is the likely time. We are also still looking for an alternative site for the monthly meeting and are accepting suggestions. Brewpubs have topped the list, as food is available for purchase, and they would also make the club more visible to new members. Accessibility to public transportation is desirable, as is sufficient space and suitability for presentations. Discussion of the listserve was tabled.

Next Meeting: The board retreat will be held in lieu of the monthly board meeting at Kim's, June 9, 6:00-9:00 p.m., details to follow.

Meeting adjourned: 8:30 p.m. ♦

Submitted by: Elke Schoen *Board Member*

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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?a_arc=12555&pcod (this link on our website) ♦

CLASSIFIED ADS

FOR SALE: ▶ NordicTrack Pro Refurbished. $180 ($660 new) **Cloudy 503 695-5947.** 8/14

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.** 7/14

FOR SALE: ▶ Fischer BCX BC 3-pin Ski Boots, like new. $50. **Mike 503 695-5385** 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

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.** 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 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.**

There is no June Meeting and Program

Laurelhurst Park
S.E. Ankeny St. & 39th Ave.
Picnic Area E (at the north side of the park near Ankeny St.)
S.E. Ankeny St. & 39th Ave.
Tuesday, July 8
6–9 p.m.

Bring a food dish and refreshments to share— beer and wine are allowed BYOB— and your own plates, utensils and cups. We have to remove our own garbage so please try to minimize garbage. If you wish to bring a BBQ, please contact Ron Bekey for specific requirements. Thanks.

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.