



## Gang of eight tackles alder on Pocket Creek Trail

**ONC members headed up to the mountain on Sunday, June 11 for ONC-PDX's first Trail Tending Party. The snow was long gone, but alder was encroaching on the trail. Alder grows fast narrowing the width of the trail when the snow covered branches dip towards the center of the trail. This trail is actually a paved road most of the way and it had been getting narrower each year as the alder grew. This is the kind of situation to report to our new Trail Tending Coordinator Ken.**

With loppers, saws and axes our crew addressed the invading branches by cutting, chopping and sawing. The gang started out strong and worked up an appetite by the lunch time. We continued our task in the afternoon at a slightly slower pace. Another work party will be scheduled to finish clearing this trail. Watch for it on the trail tending schedule and join us for a work party. ♦

*Pam Rigor, Participant*

Bob Breivogel



Bob Breivogel

Pam Rigor

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## Celebrating the falls

**Mid June after rain filled the streams was a good opportunity for water fall spotting. Our group of six included four who learned of us from meetup hiked to Upper McCord, Elowah and Wahclella falls taking time to photograph the flowers and watch a dipper hunt for food on a moss covered rock just below Wahclella Falls . . . a good day to celebrate the falls. ♦**

*Pam Rigor, Trip Leader*

## Siouxon Creek

**What makes this hike special is the creek—in view for most of its length. Siouxon Creek's dozens of cascades and waterfalls and deep emerald pools beckon one to think about returning on a hot summer day. Or to come back and take advantage of one of the many campsites that allow you to fall asleep to the peaceful murmurs of the creek. ♦**

*Mary Vogel, Trip Participant*

Pam Rigor



Mary Vogel



## BOARD MEMBERS

Ann Truax, *President*

503 756-8891

Kimberly Davis

503 282-1506

cancionnueva@yahoo.com

Mary Hepokoski

*Treasurer*

503 442-0620

Susan Watt

susnaim@gmail.com

Andrè 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:

Denise Brem, Day Tours

Coordinator

oncdartours@gmail.com

Recruiter(s)—vacant

Novice Ski Tours

Coordinator—vacant

Summer Coordinator

Bike/Hike—vacant

Membership:

Susan Kelly, chair

503 706-6463

membership@onc.org

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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](mailto: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 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.

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published monthly by:

Portland Chapter of the

Oregon Nordic Club, Inc.

P.O. Box 3906

Portland, OR 97208

## UPCOMING EVENTS

### July 1 ▶ TUESDAY

#### Bike Fit and Body Position

Mt. Shop, 6:30–7:30 p.m.

Free! RSVP and questions: [lisa@MountainShop.net](mailto:lisa@MountainShop.net)

### July 8 ▶ TUESDAY

#### ONC Annual Picnic

Laurelhurst Park, S.E.

Ankeny St. and 39th Ave.,

Portland, Picnic Area E,

6–9 p.m. Come join your

fellow club members for a

nice evening in the park

with friends and good food!

Families welcome; bring your kids and grandkids.

Bring a food dish and beverage (beer and wine ok) to

share, and your own plate, utensils and cup.

### July 10 ▶ THURSDAY

#### Bike Maintenance Basics

REI Clackamas, 6:30–8:00 p.m.

Free! Info/sign-up: [rei.com](http://rei.com) (store events)

### July 15 ▶ TUESDAY

#### 60 Hikes within 60 Miles of Portland

REI Tualatin, 6:30–7:30 p.m. Free!

Free! Info/sign-up: [rei.com](http://rei.com) (store events)



Larry Miller

### July 15 ▶ THURSDAY

#### Bike Maintenance Basics

REI Hillsboro, 6:30–8:00 p.m.

Free! Info/sign-up: [rei.com](http://rei.com) (store events)

### July 22 ▶ THURSDAY

#### Backpacking our National Parks

REI Portland, 6:30–8:00 p.m.

Free! Info/sign-up: [rei.com](http://rei.com) (store events)

### July 15 ▶ THURSDAY

#### Camp Cooking Basics for Backpackers

REI Hillsboro, 6:30–8:00 p.m.

Free! Info/sign-up: [rei.com](http://rei.com) (store events)

## Clinics & Training

### December 3–14 ▶ WED–SUN

#### 2014 Oregon Fall Camp, Mt. Bachelor

(all dates tentative—two dates off in this time)

Start your ski season off with one of the best

December skiing in the XC ski world! Features reliable early

December skiing at Mt. Bachelor, top coaching,

training lectures, and (optional) world-class

physiology testing. Designed specifically for adult

XC skiers and racers with skills anywhere from low

intermediate to expert. Registration Opens Summer

2014. 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.

## Board searching for new monthly meeting venue

### The board has been looking for a new

place to have our monthly meeting and program.

They are hoping to find a more central location in

Portland to make it easier for members to attend.

Traffic issues have long been making it difficult

for some members to get to the Multnomah Arts

Center for our meetings. They are considering

having the meeting at a pub, in which case there

be no potluck.

If you know of a possible place to hold our

meeting or want to comment on this changes

please contact President Ann Truax (503 756-

8891) or any board member: Vice President

Kimberly Davis (503 282-1506)

[cancionnueva@yahoo.com](mailto:cancionnueva@yahoo.com)); Treasurer Mary

Hepokoski (503 442-0620); Susan Watt

([susnaim@gmail.com](mailto:susnaim@gmail.com)); Andrè Fortin (503 780-

5843 [aafortin85@gmail.com](mailto:aafortin85@gmail.com)); Elke Schoen (503

239-9286 [elkeschoen@msn.com](mailto:elkeschoen@msn.com)) or William

Yaeger (503 516-7794 [w.yaeger@comcast.net](mailto:w.yaeger@comcast.net)). ♦

## PRESIDENT'S SKI TRACKS

**Most of June weather was perfect for all** kinds of outdoor activities. Many of us enjoyed hikes to Dog Mountain or Silver Star Mountain to enjoy the explosions of color: yellow balsam root, vermilion paint brush, deep blue larkspurs, gentle pink phlox. Or, we took our kayaks and canoes out to explore bays and rivers, hoping to sight a bald eagle or an osprey. Or, we escaped Portland for a weekend to camp on Lost Lake, where we caught our limit of trout and enjoyed those sinful s'mores by the campfire. The month's weather was so perfect that it didn't even rain on the Rose Festival Parade, a truly unusual phenomenon.

Was our warm June weather the result of a natural quirk in the normal patterns or was it a manifestation of climate change? According to the 2014 National Climate Assessment, the effects of rising temperatures, caused by greenhouse gas emission from the burning of fossil fuels, are being felt in the Pacific Northwest now. We're seeing reduced snowpacks, less water for irrigation, drought-related wildfires, rising sea levels and insect-infested timber. We skiers don't like to hear that snowpacks in the Oregon and Washington Cascades have shown a 20 percent decline since 1950. We've all heard these dire warnings.

I'm proud of so many of our Nordic Club members, who are reducing their carbon output by riding bicycles, in all kinds of weather, instead of driving. We are people who treasure the earth's gifts and

want to do our part in order to keep those gifts intact for our children and grandchildren and beyond.

We need to go a step further. Right now, the Northwest is being hammered by coal and gas companies — to use the Columbia River rail lines as a conduit for dirty coal and explosive gas trains and to build shipping terminals for exporting coal and oil to China. Here in the U.S. the demand for oil is down by 10 percent, thanks to more efficient cars and citizens' more careful use of gasoline, so the energy giants are aiming at bigger markets in Asia. The Pacific Northwest has become the crux of big energy's plans to move gas and oil. The question is: do we want these dangerous oil and coal trains to threaten our communities, the Gorge and the environment?

If not, there are several organizations working to fight the trains: Columbia Riverkeepers ([columbiariverkeepers.org](http://columbiariverkeepers.org)), Friends of the Gorge ([gorgefriends.org](http://gorgefriends.org)), 350PDX ([350pdx.org](http://350pdx.org)), National Wildlife Federation ([nwf.org](http://nwf.org)). For detailed information on the subject, visit [forestethics.org](http://forestethics.org)

We're at a turning point in the struggle against climate degradation. We in the Pacific Northwest have the opportunity to thwart unsustainable policies within the fossil fuel industry. Let's all learn more about the crisis in the Columbia Gorge; let's all participate in some way to protect our precious heritage, our treasured landscape, our vital legacy to the future. ♦

Ann Truax, Vice President

## NORDIC ISSUES/NEWS

### 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

**Meadow Parking Lot Approved** On June 11, 2014 Alternative 6, was approved by the Forest Service. The parking lot will be developed over current ski trails with in the Nordic Center at Mt. Hood Meadows. Some new Nordic Trails will be developed surrounding the parking lot. More on this project will be in the next newsletter. For info on the project see this website: [www.fs.usda.gov/projects/mthood/landmanagement/projects](http://www.fs.usda.gov/projects/mthood/landmanagement/projects) then scroll down and click on Mt. Hood Meadows Parking Improvements EIS and scroll down to

Decision for links.

**Road 57 is now open to the public** Watch for safety cones between junctions of Forest Roads 57/58 and 57/5810 near Timothy Lake.

### Gifford Pinchot National Forest

#### New Mt. St. Helens Climbing Route

Crater View Climb, a new climbing route on the north slope of Mt. St. Helens, was recently approved. Although it doesn't attain the same heights as the standard climber's route, it provides a unique and different view of the inside of the crater, and is less strenuous. It is only open for guided climbing.

### Marble Mountain Shelter Rebuilding Update

The Forest Service recently held five public meetings to gather design ideas for a new winter shelter. The old shelter, constructed about twenty years ago,

Continued on page 4

### Membership Database

#### Mark Fitzsimons

503 756-7534  
[oncmemberDB@gmail.com](mailto:oncmemberDB@gmail.com)  
[mfitzsimpica@gmail.com](mailto:mfitzsimpica@gmail.com)

#### Nordic Issues:

—vacant

#### Overnight Tours:

**Ted Scheinman**, chair  
503 452-7432  
[tedskier@gmail.com](mailto:tedskier@gmail.com)

#### Programs:

**Ron Bekey**, chair  
503 475-0084  
[rbekey@gmail.com](mailto:rbekey@gmail.com)

#### Publications:

**Pam Rigor**, newsletter editor  
503 297-4284  
[oncnewsletter@gmail.com](mailto:oncnewsletter@gmail.com)  
**Newsletter Distribution**

#### Bill Yaeger

503 516-7794  
[w.yaeger@comcast.net](mailto:w.yaeger@comcast.net)

#### Publicity:

**Kim Davis**  
503-282-1506  
[cancionnueva@yahoo.com](mailto:cancionnueva@yahoo.com)

#### Shelters:

**Tilly Jane A-Frame**  
**Andrè Fortin**  
503 780-5843  
[afortin85@gmail.com](mailto:afortin85@gmail.com)

#### Trillium Yurt

**Volunteers needed**  
**Pam Rigor**  
503 297-4284  
[oncnewsletter@gmail.com](mailto:oncnewsletter@gmail.com)

#### Trail Maintenance:

**Greg Wenneson**  
503 460-7231  
[gregwenn@sonic.net](mailto:gregwenn@sonic.net)

#### Recruiter

vacant

#### Website:

#### Volunteer needed

**Tony Ackerman**,  
Webmaster  
503 647-0068  
[tonyackerman1@comcast.net](mailto: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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# 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.**

## July 9, Wed, Easy/Intermediate Hike Grassy Knoll/Pass, WA

Lets hike to some wildflower meadows with views of Mt. Adams and Mt. Hood along a ridgecrest. We'll go 4.4 miles with 900 ft. elevation gain; the longer hike will continue past the Knoll to Grassy Pass for two additional round-trip miles and elevation gain. Plan to meet at 8:30 a.m. to carpool. **For meeting place and more info contact the leader: Pam Rigor 503 297-4284.**

## July 14, Mon, Easy In-town Walk Location TBD, Portland, OR

Join me for either a casual stroll or a more energetic walk. Contact me with suggested locations and start time for a two to five mile walk with the starting point close to transit or bike path and preferred pace and if you would like dog or stroller friendly. **For meeting place/time contact the leader: Christine Bierman [sisu1955@gmail.com](mailto:sisu1955@gmail.com).**

## July 16, Wed, Intermediate Hike Falls Creek Falls, WA

Join us for a scenic hike beginning in the second-growth forest alongside 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. **For meeting place/time contact the leader: Linda Schaldach 503 256-9715.**

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

We'll be working on a trail named for a Charter Member of our club, Klindt Vielbig. **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 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: André Fortin [tillyjanecabin@gmail.com](mailto:tillyjanecabin@gmail.com).**

## July 21, Mon, Easy In-town Walk Location TBD, Portland, OR

Join me for either a casual stroll or a more energetic walk. Contact me with suggested locations and start time for a two to five mile walk with the

Nordic Issues continued from page 3

burned to the ground April 2011. According to a local recreation technician, it was one of the nicest winter shelters in the state.

The Forest Service is completing multiple grant applications this summer, and will design the shelter this year. They should know this fall if the grant proposals were successful. If so, they could receive funds as early as next spring. A very rough ballpark cost estimate is \$ 250,000!

Some of the public input gathered: Many locals use this Sno-Park because of the year round access and because of the shelter. It serves as a safety and community hub, and is a gathering place for special events and large groups. Create a new shelter using natural materials, in a rustic log, post and beam style. The shelter should be large enough for 100 people. Include a secure but separate wood storage area, display boards, pegs/hooks throughout, lighting, an electrical system for generator hookups, windows for adequate light, and a good quality stove that can heat a large building. There were a number of comments suggesting an expansion of the parking areas to lessen user conflicts, especially between

those with and without trailers. Design a safe snow play area for children, and plan for larger groups, as well as disabled and special populations.

**Forest Road 25 has recently opened** Forest Road 25 is the north-south road that connects to Road 90 (Lewis River Road), which runs along Swift Reservoir and is a main east-west route on the Forest, to State Route 12 in Randle WA.

## Deschutes National Forest

**A proposed Bend community ski trail**, which would provide a new groomed cross-country trail connecting the Mt. Bachelor and Virginia Meissner Sno-Park groomed trails received strong opposition by some on the Central Oregon Nordic Club board. While there was a small majority in favor of the trail, many were concerned about the effects of additional groomed trails in the area. They fear there would be a reduction in the wilderness experience, and a growing temptation to charge fees for grooming. (from the Central Oregon Nordic Club newsletter) ◆

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

starting point close to transit or bike path and preferred pace and if you would like dog or stroller friendly. **For meeting place/time contact the leader: Christine Bierman [sisu1955@gmail.com](mailto:sisu1955@gmail.com).**

### **July 23, Wed, Intermediate (Easy?) Hike Cape Lookout (Coast), OR**

We'll hike 2.5 miles through a forest of gnarled old spruce and hemlock trees filled with ferns, salal, salmonberry and candyflowers to a cliff-top meadow of red Indian paintbrush, white yarrow and scarlet fireweed above the waves. Then hike down to the beach and back for a total of 8.5 miles and 1,200 ft. elevation gain. Plan on meeting at 9 a.m. to carpool from the West side of town. **For meeting place and more info contact the leader: Pam Rigor 503 297-4284.**

### **July 26, Sat, Intermediate/Advanced Hike McNeil Point, Mt. Hood, OR**

This trail takes you through a hemlock and Douglas Fir forest, then around Bald Mountain, where wildflowers frame a stunning view of Mt. Hood. Continue along a ridge crest lined with wind-dwarfed firs and beargrass, providing plenty of photo opportunities of the mountain. Pass through wildflower meadows, cascading mossy creeks, and possibly snow fields to a stone shelter built in the 1930s by the CCC. The trail is 9.6 miles round trip and 2,220 feet of elevation gain. **For meeting place and time contact the leader: Ann Truax 503 756-8891 [ann.truax@gmail.com](mailto:ann.truax@gmail.com).**

### **July 27, Sun, Easy Bike Northeast Portland Sunday Parkways Need trip leader**

Explore the Northeast Neighborhood Greenways while you make your way around the Northeast Portland route. Don't forget to stop by Woodlawn, Alberta, and Fernhill Parks where a collection of fun activities, festive music, and delicious food awaits you. 11am-4pm (8 miles). **Volunteer to lead this bike; contact [oncdays@oncdays.com](mailto:oncdays@oncdays.com).**

### **July 28, Mon, Easy In-town Walk Location TBD, Portland, OR**

Join me for either a casual stroll or a more energetic walk. Contact me with suggested locations and start time for a two to five mile walk with the starting point close to transit or bike path and preferred pace and if you would like dog or stroller friendly. **For meeting place/time contact the leader: Christine Bierman [sisu1955@gmail.com](mailto:sisu1955@gmail.com).**

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

We will be moving some logs that are over a trail near Bennett Pass and then work on a nearby trail.

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

## **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: July 27, August 24 and September 28.

### **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. There will be an easy bike tour led by an ONC day tour leader for this Parkways Event. ♦

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

## **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 August or the first weekend in September! A calendar and list of possible tours will be sent out to leaders 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 July 14, 8 p.m.**) to Denise at [oncdays@oncdays.com](mailto:oncdays@oncdays.com). Thanks. ♦

**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.

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:**

**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

See day tours schedule for more info

**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. ♦

## **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 week (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 week (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. ottoskishop.com

### **Wy'East Nordic Ski School**

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

# 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 questions.** 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 to 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/Hike San Juan Islands, WA

### Spaces available contact the leader 14 signed up . . . room for more

Let's continue an ONC tradition a camping trip—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.

Hiking and beach walking is available too or just enjoy camping. The campground has several lakes

and swimming and boating are available (their boats only)

**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](mailto:onc.san.juan.bike@gmail.com) for info.

## Preview of next season overnight ski trips

### Sign-up info will be available next month

#### Dec 30–Jan 4, Tue–Sun, All Abilities Ski/Snowshoe Glacier National Park, MT

We listened when you asked us to bring this trip back! We'll take Amtrak to Essex, Montana, adjacent to Glacier National Park for a wonderful New Year's ski vacation! Leave Portland on Tuesday afternoon and arrive Wednesday morning to sparkling snow and the cozy Izaak Walton Inn in Essex, Montana, located on the boundary of the spectacular Glacier National Park. On Wednesday, ski or snowshoe on the 30 km of groomed trails, go ice-skating, or relax in the Finnish sauna. In the evening we will participate in the included fabulous New Year's Eve Extravaganza - Prime Rib dinner, late night appetizers, champagne toast, headlamp ski, live music, and champagne brunch the next morning. On New Year's Day, we will work off the excesses of New Year's Eve on more of the groomed or un-groomed ski trails. On Friday, we will take a van up to Marias Pass on the Continental Divide for some true off-trail skiing, with magnificent views. On Saturday, we will ski either up to the magnificent Dickey Bowl or other ski trails in the area. We might also be able to travel to the Going to the Sun Highway, which is not plowed in the winter. Each night, we can enjoy a gourmet meal in the restaurant, read a good book by the fire, participate in exciting ONC board games, ice skate, or relax in the sauna. On Saturday night, we will board the west-bound train back to Portland. As we pull back into the train station in Portland on Sun morning, you will wonder why you waited so long to take this trip.

**Trip limit: 16 participants, includes leader.**

**Cost: \$580 per person for members; you must be a current ONC member before signing up for this trip. Includes: four days of skiing (trail passes included), all transportation, three**

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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**nights lodging double occupancy at Izaak Walton Inn, meals at Izaak Walton Inn available for an additional cost. Sleeper accommodations may be available on Amtrak for about \$250 additional per person roundtrip (includes dinner and breakfast on train).**

### **Feb 14–22, Sat–Sun, All Abilities Ski Yellowstone National Park Dream Trip, WY**

You have been there in the summer with all the tourists. You have heard about it from others who have been there in the winter. Now it is YOUR opportunity to experience the dream: YELLOWSTONE IN WINTER! Twenty lucky people will have the opportunity of a lifetime this ski season for this Presidents' Weekend ski trip.

We'll carpool from Portland on Saturday, February 14, arriving Sunday afternoon, at Mammoth Hot Springs near the north entrance to Yellowstone National Park and staying at the historic Mammoth Hot Springs Hotel, where we'll meet for dinner. Accommodations are in rooms with double beds and shared bath. On Monday morning, a snow-coach ride takes us to Old Faithful where we move into modern western cabins with two queen beds per room and private baths. For three days of skiing among the magnificent geysers, including those in the Old Faithful basin and Lone Star Geyser, up to the Continental Divide, the Mallard Lake Trail, all while viewing elk and bison (and perhaps wolves), catching the Yellowstone that most tourists miss. We expect dry snow and clear days. On Thursday afternoon, we will return to Mammoth Hot Springs for two more nights. On Friday and Saturday, we will ski in areas

accessible from the Mammoth Basin Area – either Tower or Indian Creek areas or you can book (individually) a trip to the Grand Canyon of the Yellowstone. Sunday morning after breakfast, we take off for home, relaxed and full of stories of our adventures and wild animal sightings. There is a wide selection of trails available, from beginning to advanced, something for every desire.

For those who wish, there is an option for beginning the trip a few days early or extending the trip for one or more days at the end. It is also possible to fly to Bozeman to avoid the drive. Please contact the tour leader for info. This trip fills up quickly so sign up early.

**Trip limit: 20 participants, including the leader.**

**Cost: \$825 per person for members; you must be a current ONC member before signing up for this trip. Includes seven-nights lodging and breakfasts (four at Mammoth and three at Old Faithful) and snow-coach to Old Faithful and return to Mammoth. We'll have reservations for dinners (costs not included) at the Mammoth dining room and Old Faithful Snow Lodge dining room. Costs for carpooling and lodging en-route are not included. Special rates are available for children under 12 sharing a room with parents.**

### **March 19 - March 29, 2015, Hut to Hut Ski Rondane Wilderness, Norway**

We will be going to the Rondane Wilderness on a tour guided by the Norwegian Mountain Climbing Association guides. ♦

## **Welcome New Members!**

Tim Foulke 503 422-3253, Sarah McKenzie 503 238-1400, Patty Osborn, Amanda Solonika and Byron Morse 970 222-9315.

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

**June membership report:** 264 total memberships (177 single and 87 family) includes 1 new and 3 renewals. Last year at this time there were 268 memberships.

## **BOARD MEETING MINUTES**

**Draft of Minutes of the ONC-PDX Board Meeting, Monday, June 9, 2014, 6:00 p.m. @ Susan Watt's house**

**Board Members Present:** Kim Davis, Andre Fortin, Mary Hepokoski, Elke Schoen, Susan Watt, Bill Yaeger and Pres. Ann Truax. Ted Scheinman, ONC Overnight Trip Leader, Tony Ackerman, former webmaster, and Clint Sikes, TJ volunteer and web designer, were also present.

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**Election of Officers** — Kim Davis was elected Vice President

**Approval of Minutes:** May minutes approved.

**Reports/Discussions/Actions:**

**Treasurer's Report:** Income for the month was \$1410.49 and expenses were \$3206.89. Detailed written report provided. We received a donation to Tilly Jane of \$737. A report on Overnight trip income and expenses to date was provided. Motion passed to transfer \$20,000 from Bank of America to the Rivermark Account.

**President's Report:** State board meeting, Sept.6th, Diamond Lake Resort, 11:00 to 3:00. No board members are able to go.

**Website:** Q & A with Clint Sikes, web designer. His firm works mostly with non-profits and small businesses. Their websites use Wordpress which has the largest user base. We discussed some of the goals we would have with our own website which include being able to join, sign up for overnight trips, pay on line, maintain the membership data base, send group emails, etc. Part of the website would be open to the public and a part open to members only. We would use Host Gator, which is SSL secure, provides storage space and support. Members can go to WordPress.org to see different themes. Clint will work up a proposal.

**Day tours:** no report

**Overnight trips:** Agreed the Overnight Trip Signup at the October meeting will be the first opportunity to sign up for a trip. Others must be added to the trip participant list after that evening. No one should be skiing alone on ONC trips. Discussed the expectation of trip participants having their own bed if they are not a couple. Some trip accommodations make that difficult, but communication with the trip participants should alert them ahead of time to the possibility of needing to share a bed.

A committee of Susan, Ted, Bill and Ann will review the overnight trip policy and make recommendations for any needed changes.

**Nordic Issues:** No report

**Shelters:** Tilly Jane Saturday July 19 will be the summer work day. October 4th will be the Wood Haul.

**Publicity:** No report

**Old Business:**

Revised accident report - approved

New Venue for general meeting - We are searching for a new venue for monthly meeting where members could buy food and beverages. Board members agreed to check out some places and report back to Ann within a week. We need to make a decision in July so that we can notify the Multnomah Center about our plans.

**New Business:**

For next retreat board meeting- Set Board goals for the year, make a decision about the venue for our general meetings, discuss volunteer recognition, leadership training, ski lessons for members, and discuss ONC Ski School.

**Next Board meeting:** We will use a Doodle Poll to find a different meeting date in July as it appears that there would not be a quorum on July 7. It will be at Susan Watt's home at 6:00 p.m. on the date determined by the poll.

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

Submitted by: Mary Hepokoski, *Treasurer*

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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?ta\\_ar=12588&pool](http://www.travelguard.com/agentlink.asp?ta_ar=12588&pool) (this link on our website)

## 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. 7/14

**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

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

# Join us July 8th for the Annual Picnic



**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**

