

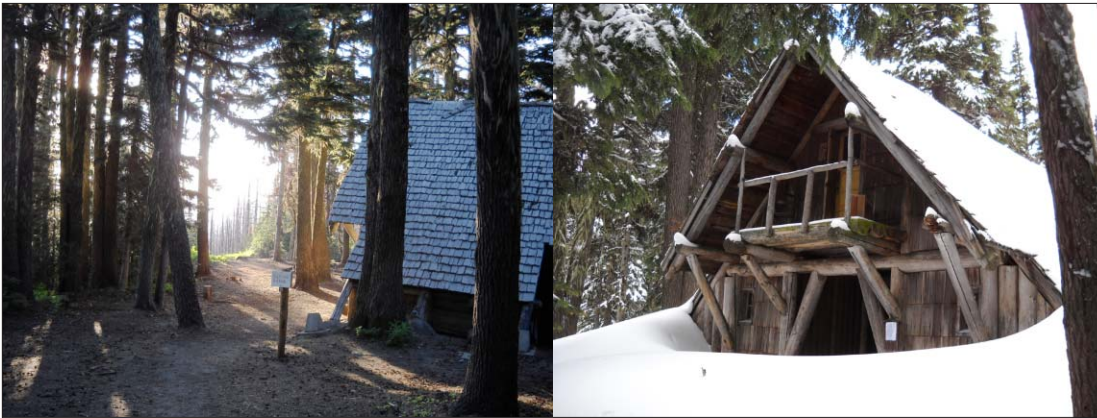


Tilly Jane A-Frame Work Party

Join us Saturday, October 4 to prepare the cabin for winter use. We'll be hauling and stacking the annual firewood supply and performing general cabin maintenance! Corral your family and friends and do the right thing. This is your opportunity to give back and make sure the cabin remains open. **No wood = Cabin Closure!** Only you can make sure this doesn't happen. Help stock our winter supply. See day tours schedule for specific details.

Benefits include: Earning a free weekend stay during one of the ONC-PDX designated club weekends (January-April). Food and beverages will be supplied. Beer supplied by our friends at Base Camp Brewing Company. Food, including chili, stew and other light lunch items. Please consider bringing something to share and/or bringing your own lunch, if you have special dietary requirements. It's Potluck style! Spend

Kevin McGillivray



Saturday night and stay over. The cabin and campground will be available for those who would like to extend their weekend. You'll need to bring all necessary food and camping gear.

Please RSVP if you haven't already done so. This will help us with planning. ◆

Andr  Fortin, *Tilly Jane A-Frame*

Flowers in late summer

After a dry late summer we did not expect to

see to see flowers, but above Nancy's lookout on the Cape Horn trail we saw several. Especially nice was farewell-to-spring, perhaps a better name would be farewell to summer. Of the flowers we saw that day these did

Pam Rigor



remind me of Spring. ◆
Pam Rigor, hike leader

Renew to receive discount

Once again Columbia Sports- wear will be offering a 30% discount to current ONC-PDX members. The dates of this sale are November 1 to 11 at the following stores: Columbia Sportswear, 911 SW Broadway, hours: Mon-Fri 9:30-7, Sat. 9:30-5, Sun 11-6. Mountain Hardware, 722 SW Taylor Street, hours: Mon-Sat 10-7, Sun 11-6. Columbia Sportswear, 7000 NE Airport Drive, Suite T2572, hours: Mon-Sun 6-9.

Be sure to present your ONC-PDX membership card to receive the discount. Discounts—just another reason to renew your membership. Check the sidebar on page 9 for more club discounts. ◆

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Recruiter(s)—vacant

Novice Ski Tours

Coordinator—vacant

Summer Coordinator

Bike/Hike—vacant

Membership:

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 oncnwletter@gmail.com

as a Microsoft Word

document (no format-

ting ie. no bold text, all

caps text, tabs or other

settings) in Times

Roman as an attachment

(preferred); compatible

text files as an attach-

ment; and put text in an

e-mail with no formatting.

Corrections: e-mail

corrections and/or

additions to the editor.

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P.O. Box 3906

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

Oct 1 ▶ WEDNESDAY

Columbia Gorge's Best Waterfall & Autumn Hikes

REI Portland, 6:30–7:30 p.m.

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

Oct 4 ▶ SATURDAY

Great Willamette Clean Up

Numerous land and river-based sites throughout the Willamette Valley, 8 a.m.–12 p.m.

Volunteer at the Willamette Riverkeeper's 6th annual river-wide Great Willamette Clean Up! You can reserve a seat in a raft, kayak, canoe, or SUP board; or BYO-boat! Info: www.welovecleanreivers.org

October 7 ▶ TUESDAY

Overnight Trips' Extravaganza

Preview/sign-up for ONC-PDX trips

Lucky Labrador Brewing Company, 1945 NW Quimby St., Social Hour at 6:30 p.m. Social Hour, Program at 7:30 p.m. Trip sign up after the program. Free!

October 11 ▶ SATURDAY

Community Cycling Center Bike Drive

REI Clackamas, REI Hillsboro, REI Portland and REI Tualatin, 10 a.m.–3 p.m.

Bring in a bike in good condition and help the Community Cycling Center broaden access to bicycling and its benefits. REI will give out 20% off REI

coupon for your donation. Info:

www.communitycyclingcenter.org

Oct 21 ▶ TUESDAY

Fall Backpacking Basics

REI Hillsboro, 6:30–8:00 p.m.

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

Clinics & Training

Oct 18 & 25 and Nov 1 & 8 ▶ SATS 2014 Fall XC Training Series

Check websites for further details for this year's conditioning sessions for XC skiers of all abilities.

Info: teacupnordic.org www.xcoregon.org

Sponsor by: ONC Teacup Chapter and XC Oregon race team

December 4–14 ▶ THUR–SUN

(no on-snow session on Tuesday, December 9)

2014 Oregon Fall Camp, Mt. Bachelor

Start your ski season off with one of the best camps 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. Info: xcoregon.org

Member Benefits

▶ Free day tours; overnight trips, exclusively for members

▶ Clinics and lessons

▶ **Discounts at selected merchants (see sidebar on page 9)**

▶ Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day-use, overnight and meals

▶ Free Tilly Jane A-Frame 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.

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic

Issues—things that affect skiers! Have some time to do some reading on the web help track issues that affect skiers. Please contact Mitch Auerbach (see side bar for contact info) to volunteer.

Over-Snow Vehicle Rule The Winter Wildlands Alliance reported to us that they exceeded their goal of 1,000 comments to the Forest Service concerning the draft Over-Snow Vehicle Rule. They had expected to be notified of a final rule by the Forest Service, but were told that the Forest Service is seeking an extension to the Court-ordered September 9 deadline. The wanted more time to review the comments, finish writing the final rule and proceeding through the official Department of Agriculture and Office of Management and Budget approval processes.

Mt. Hood National Forest/Gorge Polallie-Cooper Hazardous Fuels Reduction

Forest as wildfire fuel, crop land, wildlife habitat and human refuge? Management of our National Forests involves consideration and decision making on these intersecting issues. The public collaboration part of the Polallie-Cooper Hazardous Fuels Reduction process has been completed with the forwarding of consensus recom-

continued on page 3

PRESIDENT'S SKI TRACKS

What an array of fantastic trips that Ted

Scheinman has organized for the club—from the Ochocos to Sunriver to the Willows to Norway and so many more! The overnight trip program gives us exciting, affordable skiing opportunities. That's why many of us joined the Portland Chapter of the Oregon Nordic Club in the first place—to ski and explore new areas with other like-minded folk and then return to a warm, comfortable place to stay, all for a reasonable price.

We couldn't do it without Ted's hard work and the efforts of our volunteer leaders. You'll notice some of the trips still need leaders. If you have enjoyed one of our trips in the past, please consider giving back to the club by offering to lead an overnight trip, leading a day tour, assisting with a trip, or taking on one of the club's other functions (recruiting, helping with membership by greeting people at the general meetings, posting information about Nordic issues, participating in trail tending....).

If you have reservations about leading or just feel inexperienced as a leader, come join our Leadership

Training. We're offering two different sessions. One is a sit-down dinner at O'Connor's Restaurant in Multnomah Village on Sunday, October 26 from 5:00-9:00 pm. The other is on-the-snow training on Dec.14. Both sessions will be led by Shelley Hakanson of Wy'East Nordic. She is sure to give you some tips about keeping a group of diverse skiers safe on the snow. Even experienced leaders will benefit from her training. It's also an opportunity to renew old friendships and make new connections. Both sessions are free for club members!

The other important news is, of course, the October Overnight Trip Extravaganza coming up on October 7. This will be the first opportunity to sign up for an overnight trip. Some of our trips fill up quickly, so be sure to come to the meeting to get your first picks. Remember we will not be meeting at the Multnomah Art Center. Instead, our meetings are going to be held at the Lucky Lab on NW Quimby.

We hope to see you soon! It will be time to gear up for the ski season before you know it. ♦

Ann Truax, President

Nordic Issues/News cont. from page 2

recommendations to the Forest Service in August.

Among the stated priorities are: Protect the integrity of and access to recreational trails and trailheads; preserve historic structures (e.g., Tilly Jane A-Frame); protect winter recreation areas; and, on the forestry management side, restore forests to their natural range of variability in structure, function, and plant communities; attain stand densities and structure that are compatible with "fire return intervals."

The areas of concern are generally northeast of Mt. Hood and include the East Hood River Wild and Scenic corridor, Tilly Jane and Cloud Cap Wilderness Areas and Historic District, and Crystal Springs watershed. A total of 22 "treatment blocks" were specifically considered. For background information on the area, forest and fire management issues and the collaboration group's meeting and field trip notes, visit the USFS web page: <http://www.fs.usda.gov/goto/mthood/polalliecooper> For the completed recommendations, contact Anne Saxby of the Hood River Soil & water Conservation Group at anne@hooddriverswcd.org.

The Polallie-Cooper Hazardous Fuels Reduction proposal of forest treatments, a federal NEPA project by the Mount Hood National Forest, is expected to be finished in March of 2015.

Cloud Cap Road Reopened On August 8 the

Cloud Cap Road, FS #3512, was opened to allow vehicle access to the Tilly Jane, Cooper Spur and Cloud Cap areas on Mount Hood. Ranger-led interpretive tours of the historic 1889 Cloud Cap Inn were extended through September 28.

Deschutes National Forest Mt. Bachelor Mt. Bike Trails

Mt. Bachelor is proposing building Mt. Bike trails and connectors that would provide trails for all levels of downhill biking. ♦

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

VOLUNTEER OPPORTUNITIES

Membership Help keep our membership strong.
Contact Susan 503 706-6463 Pam 503 297-4284

Nordic Issues committee members Keep the club up-to-date on issues that affect Nordic skiers.
Contact: Mitch 503 281-4809 Pam 503 297-4284

Publications Contact: Pam 503 297-4284

Publicity Help with outreach for the club and get involved in social media to promote the club. Contact Ann 503 231-7220 Kim 503 282-1506

Day tours Want more day tours? Volunteer to help: two recruiters needed for the winter season (November to May) to contact leaders to help schedule day tours. Contact: Denise oncdaytours@gmail.com Pam 503 297-4284

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Recruiter
vacant
Website:
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Webmaster
503 647-0068
tonyackerman1@comcast.net

DAY TOUR POLICIES

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

Trips are not canceled unless the weather and road conditions are unsafe; contact the leader when conditions are dangerous. Tour leaders may change tour itinerary, due to weather conditions.

Bring the Tour Essentials (see list on the 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

DAY TOURS

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

Oct 1, Wed, Trail Tending Party Marble Mt. Sno-Park, Mt. St. Helens, WA

Help brush the Pine Martin trail which accesses the June Lake and Sasquatch Loops. We'll be posting blue diamond trail markers and cutting some brush. Plan to meet in Portland for a carpool departing at 8 a.m. **For more info and to RSVP contact the leader: Ken Wenzel 503 297-2958 503 729-6571 cell skiwenzel@hotmail.com**

Oct 4, Sat, Tilly Jane Wood Party Tilly Jane Cabin, Mt. Hood, OR

Lets move and stock firewood for the winter at the Tilly Jane Cabin. Its always is a fun and rewarding event. Meet at 7:45 a.m. at Gateway Transit Center in the parking garage (NE corner of the ground level) for a carpool leaving at 8 a.m. Bring sturdy boots, work gloves, water and any other personal items you may need. **For more info and to RSVP contact the leader: Andre Fortin tillyjanecabin@gmail.com**

October 11, Sat, Intermediate Hike Hamilton Mountain, Columbia Gorge, WA

Hike a 7.6-mile loop with an elevation gain of 2,000 feet. The reward for your efforts are precipitous views of the Columbia River Gorge, not to mention an increased level of fitness and well being. Washington Discover pass is required for carpool drivers. Plan on leaving at 8:30 a.m. **For meeting location contact the leader: Ann Truax 503 756-8891 ann.truax@gmail.com.**

October 15, Wed, Easy/Intermediate Bike Banks-Vernonia Trail, OR

This 42-mile round trip ride should help get us in shape for ski season. It follows the route of a former railroad. The grade is quite gentle for most of the route, but the distance makes it a little more than easy. Parts of the trail are lined with trees and wildflowers. This out and back ride starts at the Banks trailhead (about 33 miles from Portland). Bring lunch, water, and bicycle repair kit (pump, patch, spare tube, etc.). Helmets are required. Meet in Beaverton at 9:00 am to carpool. **For exact location and more info contact the leader: Mary Hepokoski 503 245-1618 hepomp8@comcast.net.**

October 22, Wed, Intermediate Hike Bull of the Woods Lookout, OR

This scenic hike covers six miles with 1,400 ft. of elevation gain. The lookout tower offers spectacular views from Mt. Rainier to the Three Sisters. **For meeting time and place contact the leader: Linda Schaldach 503 256-9715.**

Common meeting places: Gateway Transit Center parking structure, NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center, NE Sandy Blvd & NE 96th Ave. McMenamings 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, bike or ski 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 November or the first weekend in December! A calendar and list of possible tours will be sent out to leaders the first of the month.

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

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

Join a Trail Tending Party Lets get the winter trails ready for the

ski/snowshoe season. This is your last chance to work on the winter trails or Tilly Jane A-Frame. Carpool drivers are reimbursed for carpool expenses; no carpool fees for participants.

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. The club has tools, but if you would like to bring your own (pruning shears, long handled loppers, bow saws), feel free to bring them. Finally, bring a lunch, snacks and water.

Oct 1, Wed, Trail Tending Party Marble Mt. Sno-Park, Mt. Saint Helens, WA Volunteer to lead this Party!

See day tours schedule for details. **To RSVP and to volunteer to lead this trail tender contact: Ken Wenzel skiwenzel@hotmail.com**

Oct 4, Sat, Tilly Jane Wood Party Tilly Jane Cabin, Mt. Hood, OR

See day tours schedule for details. **For more info and to RSVP contact the leader: Andre Fortin tillyjanecabin@gmail.com**

November 3, Volunteer Recognition Party At the general meeting ♦

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 trip leaders).
- ◆ **Contact the leader with questions** Do my skills fit the trip? Any special requirements or gear? Travel time?
- ◆ **Read the overnight trip policies** on the side bars page 6. Sign-ups start Oct. 7.
- ◆ **Sign up early** so we'll have enough people to cover trip costs.
- ◆ 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 for travel insurance is on the bottom of overnight trip application on the website.

Nov 26–30, Wed–Sun, All Abilities Ski and Feast Thanksgiving in Sunriver, OR—a Tradition

Join the Oregon Nordic Club for our traditional trip to launch the ski season: four nights at Sunriver. A turkey dinner on Thanksgiving will help celebrate the weekend. Our choices of ski options include—track, backcountry and downhill—at Mt. Bachelor and in the National Forest.

Each day we will organize ourselves according to interests, carpool to the mountain, and share potluck dinners. Non-skiing options are cycling or walking the bike paths in Sunriver, visiting the High Desert Museum or taking a trip to the observatory, if it's open. Skiers should bring maps and ideas, as well as hiking boots, just in case, but the Nordic Center tracked trails are always open. Check this site for maps of Swampy Lakes, Dutchman Flat Area, Edison Butte and the Newberry Crater Areas: <http://conordicclub.org/maps.html>

Trip limit: 8 participants, including the leader

Cost: \$200 per person for members for four nights lodging; you must be a current ONC member before signing up for this trip.

Send your ONC-PDX overnight tour application and \$200 check payable to ONC-Portland Chapter to the leader: Elke Schoen, 1533 SE Lexington St, Portland, OR 97202. For more info contact Elke 503 239-9286 elkeschoen@msn.com.

Dec 26–31, Fri–Wed, All Ability Skate and Track Ski Methow Valley, WA Trip 1—Groomed Trail Wonderland

Methow Valley is an outstanding, unique area that is ideally suited for both classic and track skiing and skate skiing. The Methow Valley Association grooms over 200 kilometers of trail through the communities of Winthrop and Mazama. Trail elevations range from 2,000 to 4,000 feet. The snow conditions and trail quality makes the Methow valley a skate skiers Mecca.

We'll stay in luxury condominiums in Winthrop with full accommodations. And plan for potluck dinners that we prepare in the fully equipped kitchens. Restaurants are

always an option and are within skiing distance along with grocery and convenience stores.

If you have considered learning to skate ski, lessons are available. Last year several participants liked their new found skill so much they decided to keep the rented skate skis for the entire trip. Speaking of skating, there is even an ice skating rink in town.

Trip limit: 12 participants, including the leader

Cost: \$245 per person for members for five nights lodging; you must be a current ONC member before signing up for this trip. Includes five nights lodging (\$57 to \$76 groomed trail pass cost not included).

Contact the leader to confirm space is available, then send your ONC overnight tour application and \$245 check payable to ONC-Portland Chapter to the trip leader: Mike Faden, 33 NE San Rafael St, Portland, OR 97212. For more info contact Mike 503 284 6315 mikefaden@gmail.com.

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

We listened when you asked us to bring this trip back! We will 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

Jennifer Klump



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-PDX board games, ice skate, or relax in the sauna. On Saturday night, we will board the westbound 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, including the leader

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

Send your ONC-PDX overnight tour application and \$580 check payable to ONC-Portland Chapter to the trip leader: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. For more info contact Ted 503 452-7432 ted.skier@gmail.com.

cont. from sidebar page 4

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,

continued on sidebar page 6

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regrouping when necessary.
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. Overnight tour descriptions must be submitted to the overnight tour coordinator to be approved. Once approved, the overnight tour coordinator submits them to the newsletter editor.

2. Only Oregon Nordic Club members are allowed on Portland ONC overnight tours, even if it is a trip for

continued on sidebar page 7

Dec 31–Jan 4, Wed–Sun, All Ability Ski New Year’s at Black Butte, OR

We’ll ring in the New Year with four days of skiing in Central Oregon’s Black Butte Resort near Sisters. Santiam Pass at 4,817 ft. is about 12 miles away with lots of ski loops and warming shelters. The Camp Sherman area, nearby, has skiing along the Metolius River, to the river’s headwaters or up Black Butte. The Three Creeks area near Sisters offers more choices and a view of the pole creek area that burned a few years ago (it missed the shelter and we ski on the edge of it). Sharing great food at our potluck dinner parties in the large house will top off the day. The hot tub and swimming pool is a walk away at the Glaze Meadow recreation center. The New Years dinner and party are not to be missed! Sign up early to get your spot on this trip.

Trip limit: 10 participants, including the leader
Cost: \$200 per person for members for four nights of lodging; you must be a current ONC member before signing up for this trip.

Send your ONC-PDX overnight tour application and check for \$200 payable to ONC-Portland Chapter to the leader: Donna Matrazzo, 15500L NW Ferry Rd, Portland, OR 97231. For more info contact Donna 503 621-3049 matrazzo@msn.com.

Jan 9–11, Fri–Sun, Inter. Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

We’ll backcountry ski, snowshoe or hike to the ONC-PDX managed shelter on the East side of Mt. Hood, a three-mile ski with a 1,900-foot elevation gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their own gear, including sleeping bag, pad and food for all meals. Participants carry their own gear, including sleeping bag, pad and food for all meals. We have a wood stove for heating water. You can also bring your own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical conditioning and navigation skills using map, compass or GPS are required. Climbing skins are mandatory. Open to all ONC-PDX members and Tilly Jane Cabin volunteers

Cost: Free—an ONC-PDX member benefit.
You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

Jan 9–11, Fri–Sun, All Abilities Ski Ochoco Mountains–Trip 1, OR

This trip has become a hot seller for the ONC-PDX! We are repeating it several times this year. The Ochoco Mountains are located 30 miles east of Prineville, OR. The high elevation of 4,800 to 6,200 feet and desert location provide for excellent dry snow conditions and unsurpassed views of the Cascades. Because of the eastern location, and the high elevation, we usually experience sunny skies, or snow fall. There is rarely a rainy day. The trails are over gentle, rolling hills covered with stands of old growth Ponderosa and Lodge Pole Pines. The well-marked trail system by the Ochoco Chapter of the ONC offers all levels of skiing, from easy to difficult. We’ll split up into groups based on ability levels.

Accommodations are in a former well-appointed

Laurel Dickie



forest ranger cabin (elevation about 3,000 feet) with three bedrooms, one and a half baths. It is heated and has water, but no cell phone coverage!

Participants must bring sleeping bags, pillows, and towels. We must pack out all garbage. We’ll potluck dinner for Saturday night meal. Bring your own breakfast and lunches. The drive is about three hours from Portland. We’ll ski both Saturday and Sunday.

Trip limit: 7 participants, including the leader
Cost: \$35 per person; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

Send an ONC-PDX overnight tour application and \$35 check payable to ONC-Portland Chapter to the trip leader: Sandy Gooch, 1304 SE Ash St., Unit D, Portland, OR 97214. For more info contact Sandy 503 913-3510 sandygooch@comcast.net

Jan 16–19 (MLK wknd), Fri–Mon, All Ability Ski Lake Creek Lodge, Camp Sherman, OR Sign up by Dec 16

Halfway between Santiam Pass and Sisters, the very popular Lake Creek Lodge boasts quaint, rustic cabins panelled in knotty pine, fireplaces, full kitchens, a creek coursing thru the grounds, and the ideal ambience for a cross-country ski holiday. Check out the website at www.lakecreeklodge.com

We’ll carpool over on Friday, have a traditional ONC-PDX potluck dinner on Saturday, and perhaps head into Sisters for Sunday dinner. Ski options are many—Santiam Pass, Mt. Bachelor area, Maxwell Sno-Park, Tam MacArthur Rim, and if we’re lucky, right out the door of our cabins.

Trip limit: 16 participants, including the leader
Cost: \$164 per person; you must be a current ONC member before signing up for this trip. This fee covers three nights of lodging.

Send an ONC-PDX overnight tour application and \$164 check to trip leader: Steve Levy, 5441 SW Nebraska St., Portland, OR 97221. For more info contact Steve 503 244-4262 slevy@pacifier.com.

Jan 16–19, Fri–Mon (MLK Wknd), All Ability Ski Sunriver, OR

Enjoy Sunriver over MLK Weekend! The snow in Central Oregon is known to be powdery, plentiful and dry. Options for skiing vary from the groomed trails of Mt. Bachelor Nordic Center to advanced backcountry tours out toward Broken Top. Sunriver also offers downhill skiing, ice-skating and shopping in the resort or nearby Bend. This is your opportunity to stay at Sunriver, a wonderful resort about 17 miles south of Bend. We have a comfortable well-appointed rental house with a hot tub for three nights.

Trip limit: 8 participants, including the leader
Cost: \$150 per person; you must be a current ONC member before signing up for this trip.

Send an ONC-PDX overnight tour application and a \$150 check payable to ONC-Portland Chapter to the trip leader Ken Wenzel, 10322

NW Alpenglow Way, Portland, OR 97229. For info contact Ken 503 297-2958 skiwenzel@hotmail.com.

Jan 23–25, Fri–Sun, All Abilities Ski Ochoco Mountains–Trip 2, OR

See January 9–11 trip for detailed description

Trip limit: 7 participants (includes the leader).

Cost: \$35 per person; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

Send an ONC-PDX overnight tour application and \$35 check payable to ONC-Portland Chapter to the trip leader: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219, phone 503-452-7432 or email tedskier@gmail.com. For more info contact Ted 503 452-7432 ted.skier@gmail.com.

Jan 26–29, Mon–Thur, All Ability Ski Summit Meadow Cabins Trillium, Mt. Hood OR

Here's your chance to stay on Mt. Hood and ski many of its trails without having to drive down the mountain at the end of the day. The skiing choices without driving include many of the trails in the Trillium basin and Government Camp area or driving to Bennett Pass, Twin Lakes, or others. We'll stay three nights in a house with two bedrooms and a loft, which will accommodate ten people. We will cook communally for breakfasts and dinners.

Trip Limit: 10 participants, including the leader

Cost: \$70 per person; you must be a current ONC member before signing up for this trip.

Send an ONC-PDX overnight tour application along with your check for \$70 payable to ONC-Portland Chapter to the leader: Mary Hepokoski, 5425 SW Alta Mira Cir, Portland OR 97239. For more info contact Mary 503 245-1618 hepomp8@comcast.net.

Jan 30–Feb 1, Fri–Sun, All Ability Ski Mt. Adams Lodge at the Flying L Ranch, WA

Follow the flurries to Mt. Adams and join us for two days of skiing and relaxing in the lodge with its enormous stone fireplace. Nestled among the beautiful Ponderosa pines, Mt. Adams Lodge at the Flying L Ranch B&B is the closest overnight trip from the Portland area and a favorite of ONC. Saturday night we'll potluck. There are plenty of ski trails—beginning to advanced—awaiting you on this sunny side of the Cascades.

Trip Limit: 19 participants, including leader

Cost: \$165 you must be a current ONC member before signing up for this trip. Includes two nights' lodging and two gourmet breakfasts.

Send your ONC-PDX overnight tour application and check payable to ONC-Portland Chapter for \$165 to the leader: Donna Matrazzo, 15500L NW Ferry Rd, Portland, OR 97231. For more info contact Donna at 503 621-3049 matrazzo@msn.com.

Feb 1–5, Sun–Thur, Intermediate Backcountry Ski Scottish Lakes, WA

Join us for a midweek trip at Scottish Lakes High Camp located near Wenatchee, WA, adjacent to the Alpine Lakes Wilderness area. High Camp is the gateway to some of the most spectacular scenery and terrain Washington's Central Cascades has to offer.

Access to High Camp is via an eight-mile private road on a snowmobile: no need to part with favored treats and creature comforts this time. High Camp consists of nine rustic cabins, each with its own wood burning stove and stocked kitchen, a comfortable day lodge, hot tub and sauna. At 5,000 feet Scottish Lakes is just far enough east of the Cascade crest to offer blue skies, sunshine, and dry powdery snow. With 35 miles of well marked trails, access to the Alpine Lakes Wilderness, easy open slope touring and High Meadows for steep seekers—there's an incredible variety of fun terrain for all levels of touring, backcountry skiing and snowshoeing. We will spend Sunday night in a motel in Skykomish. Info: www.scottishlakes.com

Trip limit: 15 participants, including the leader.

Cost: \$350 per person; you must be a current ONC member before signing up for this trip.

Send your ONC-PDX overnight trip application and check payable to ONC-Portland Chapter to the trip leader: Russ Pascoe, 400 E 22nd Street, Vancouver, WA 98663-3205. For info contact Russ 360 901-3411 russ.bec@gmail.com.

Feb 6–8, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 9–11 trip for detailed description

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

Feb 6–8, Fri–Sun, All Ability Ski Ochoco Mountains–Trip 3, OR

See January 9–11 trip for detailed description

Trip limit: 7 participants (includes the leader)

Cost: \$35 per person; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

Send an ONC-PDX overnight tour application and \$35 check payable to ONC-Portland Chapter to the trip leader: John Long, 3845 SW 54th Place, Portland, OR 97221-2176. For more info contact John 503 867-6048 johnlong3@comcast.net.

Feb 8–13, Sun–Fri, All Ability Skate and Track Ski Methow Valley Trip 2, WA—Groomed Trail Wonderland

Methow Valley is an outstanding, unique area that is ideally suited for both classic track skiing and skate skiing. The Methow valley association grooms over 200 kilometers of trail through the communities of Winthrop and Mazama. Trail elevations range from 2000 to 4000 feet. The snow conditions and trail quality makes the Methow valley a skate skiers Mecca.

We'll stay in luxury condominiums in Winthrop with full accommodations. Plan for potluck dinners that we prepare in the fully equipped kitchens. Restaurants are always an option and are within skiing distance along with grocery and convenience stores.

If you have considered learning to skate ski, lessons are available. Last year several participants liked their new found skill so much they decided to keep the rented skate skis for the entire trip. Speaking of skating, there is even an ice skating rink in town.

Trip limit: 12 participants, including the leader

Cost: \$230 per person; you must be a current ONC member before signing up for this trip. Includes five nights lodging (\$57 to \$76 groomed trail pass cost not included).

cont. from sidebar page 6

which no money is collected. Non-members may join the club at the same time they sign up for an overnight tour (and pay the membership fee at that time). The only exceptions are overnight trail tending parties which are open to anyone, and Tilly Jane Club weekends which are open to ONC members and non-member volunteers.

3. The first overnight trip sign-up opportunity is at the October meeting at the designated time. The member must submit their application and payment at that time, in person, or through a representative in person. The trip leader cannot be a representative. Following the trip sign-up date, remaining tour spots will be filled on a first-come, first-serve basis, based on time/date the application is received by the tripler. Overnight tour leaders have the privilege of signing up for any Portland ONC overnight trip, prior to the October meeting.

WAITING LIST

4. If a tour is full, participants can be placed on the waiting list if they submit an application and pay the tour fee. If space becomes available, participants on the waiting list will be notified and if they choose not to go on the tour, they will receive a full refund.

Trip Cancellation Policy

5. If canceling, participants must contact the tour leader immediately to determine if there is a waiting list.

6. Participants are responsible for finding their own replacements,

continued on sidebar page 8

cont. from sidebar page 7

including contacting people on the waiting list.

7. Tour fees and deposits are non-refundable, unless a replacement is found. Commercial trip insurance is highly recommended for members who fear hardship because of these policies. (see below for link to trip insurance)

8. Once a replacement has been found, participant must send a written or e-mail request for a refund to the overnight tour coordinator. When the replacement has been confirmed and payment received, a refund will be issued within 30 days, less \$10.

9. Additional restrictions on participation may apply to some trips based on participant's ability and experience needed to safely execute the trip. The trip leader has the authority to determine this, for the safety of all the trip participants. The trip leader may also limit participation based on accommodations.

Travel Insurance

We remind participants that trips are non-refundable, unless a replacement is found. We recommend that you use trip insurance, through our membership in the Northwest Ski Club Council/ National Ski Federation Council. The cost is usually 7% of the trip cost, with a minimum of \$10. This is less than commercial policies. A link is on the overnight trip application on the web at the bottom.

Where they ask you for tour operator, select "not listed" and

continued on sidebar page 9

Contact the leader to confirm space is available, then send your **ONC-PDX overnight tour application and \$230 check payable to ONC-Portland Chapter to the trip leader: Sam Digard, 133 SE 283rd, Camas, WA 98607. For more info email Sam sam.digard@gmail.com 360 910-1714.**

Feb 13–17, Fri–Tue (Presidents' Wknd), All Ability Ski Sunriver, OR

Enjoy Sunriver over MLK Weekend. The snow in Central Oregon is known to be powdery, plentiful and dry. Options for skiing vary from the groomed trails of Mt. Bachelor Nordic Center to advanced backcountry tours out toward Broken Top. Sunriver also offers downhill skiing, ice-skating and shopping in the resort or nearby Bend. This is your opportunity to stay at Sunriver, a wonderful resort about 17 miles south of Bend. We have a comfortable well-appointed rental house with a hot tub. We have the house for four nights.

Trip limit: 8 participants (includes the leader)
Cost: \$200 per person; you must be a current ONC member before signing up for this trip.

Send an ONC-PDX overnight tour application and \$200 check payable to ONC-Portland Chapter to the trip leader: Mike Faden, 33 NE San Rafael St, Portland, OR 97212. For more info contact Mike 503 284 6315 mikefaden@gmail.com.

Feb 13–16, Fri–Mon (Presidents' Wknd), All Ability Ski Sunriver, OR—Family Friendly

ONC families with kids of all ages and skill levels will enjoy a fun-filled three-day Presidents Day weekend at Sunriver. There will be plenty of hot chocolate to go around! Depending on the various skill levels and interest, we can ski at the Mt. Bachelor Nordic Center, the Virginia Meissner trails or the various Forest Service trails. Beginners can take lessons at Mt. Bachelor. When we're not skiing we'll enjoy communal dinners, go sledding, build snow sculptures and relax among old and new friends. This trip will fill up fast!

Trip limit: 4 to 6 families depending on which house we rent.

Cost: TBD per adult member with first child free, you must be a current ONC-PDX member before signing up for this trip.

Stay tuned for more details in the November newsletter. For more info contact trip leaders Amy Blumenberg and Chris Potter 503 241-2768 ablumenberg@comcast.net.

Feb 14–22, Sat–Sun, All Abilities Ski Yellowstone National Park Dream Trip, WY Sign-up by January 15

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 information. This trip fills up quickly so sign up early.

Trip limit: 20 participants, including the leader.
Cost: \$825 per person; 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.

Send your ONC-PDX overnight tour application and \$500 deposit check payable to ONC-Portland Chapter to the trip leader by January 15: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. There will be a pre-trip meeting scheduled to plan for details and carpool. For more info contact Ted 503 452-7432 tedskier@gmail.com.

Feb 20–22, Fri–Sun, All Abilities Ski Ochoco Mountains–Trip 4, OR

See January 9–11 trip for detailed description
Trip limit: 7 participants, including the leader
Cost: \$35 per person; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

For more info contact: Ann at 503 756 8891 or email ann.truax@gmail.com.

Feb 27–Mar 1, Fri–Sun, All Abilities Ski/Snowshoe Crater Lake via Charter Bus Experience one of the Seven Wonders of Oregon on skis/snowshoes—without crowds! Signup by February 15

The Crater Lake rim, at 7,000 feet, averages 44 feet of snow a year. Join the ONC for the big trip at Crater Lake. We'll board the deluxe coach at noon (**note new departure time**) in Portland on Friday and proceed down I-5

while sharing in the world famous "Rolling Pot-Luck." We will arrive in Prospect at around 6 p.m., giving you time to enjoy your room in the historic Prospect Hotel. The next morning, after a hearty gourmet breakfast at the hotel, we will take a quick ride to the rim we'll spend the day enjoying the spectacular snow formations and views of the lake and surrounding mountains while skiing as far as our legs can carry us. Sunday will be another day of different trails, different tours, and more exploring. We can even take a ranger led interpretive snowshoe tour. Later in the afternoon, we will board our coach and head toward home, stopping for a special dinner on the way, arriving back in Portland about 10 p.m.

There are two types of accommodations: The Historic Prospect Inn which has one double/queen bed in each room for two people (ideal for couples) and the adjacent motel-like rooms, where participants will likely share large rooms with two or three beds per room and, in some cases, kitchenettes.

Trip limit: 40 participants, including the leader

Cost: Final arrangements are being made for the trip, but it is expected that the per person cost will be similar to the 2014 costs of \$295 or \$315 per person depending upon whether you are staying in the Inn or adjacent motel. A spaghetti dinner is being considered for Friday night, which may increase the cost slightly. You must be a current ONC club member before signing up for this trip.

Registration: register for the trip now, with the understanding that you will pay the soon-to-be-set trip fee within thirty days of being notified of fee. Send your ONC overnight trip application to the trip leaders: Steve and Shannon Planchon, 6205 N Depauw St., Portland, OR 97203. For more info contact: Steve and Shannon 503 467-8599 oncskiplanchon@gmail.com

March 6-8, Fri-Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 9-11 trip for detailed description

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

Mar 9-13, Mon-Fri, All Abilities Ski Manning Park and Ski Area, BC Canada Sign up by February 8

E.C. Manning Park is located on Highway 3 in B.C. just north of the North Cascades National Park. It is about a seven-hour drive from Portland by taking I-5 to Bellingham and crossing the border at Sumas then driving east. It offers skiing for all levels and types of skiers. But its best offering is for some longer distance tours with very low danger from snow slides. My favorite is Fat Dog Creek Trail, 14 miles round trip, with excellent glades and steep road touring, requires BC ski and skins. Another good trail for all levels is Blackwall Peak Trail, 10 miles round trip, to a view point or 20 miles round trip to the summit an easy road tour. The resort also offers 27 km of groomed track skiing and three chairs at the lift area or snowshoe trails. Free shuttle to get to the lift area or access the high point of the groomed trails, to ski back down directly to the house passing Lightning Lake, 10 km each way. Several other trail options available.

There are options to ski one of the eastside of Washington ski areas on the return home by driving back on

Highway 97, which adds two to three hours to the drive. The lodge has a large indoor pool with two large hot tubs to soak in after skiing, included at no additional cost. The houses are three bedrooms each with a great room, kitchen and fireplace for visiting. Two of the bedrooms have double beds and the other bedroom has 2 bunk beds. Meals will be planned and cooked at each house. The lodge has a bar and dining room.

Trip limit: 10-12 participants, including the leader, depending on number of singles vs. couples.

Cost: \$295 per person; you must be a current ONC member before signing up for this trip. Includes four nights lodging. Costs for carpooling are not included. Cross-country trail fee of \$20 or downhill lift tickets of \$50 per day are not included.

Send your overnight trip application and check for \$295 check payable to ONC-Portland Chapter to the trip leader by February 8: Ken Wenzel, 10322 NW Alpenglow Way, Portland, OR 97229. For info contact Ken 503 297-2958 skiwenzel@hotmail.com.

March 13-15, Fri-Sun, All Abilities Ski Shelter Cove Resort, Odell Lake, OR —Leader Needed

Join us for a stay on the west side of Odell Lake at the Shelter Cove Resort. Odell Lake at 4,800 feet is just over the top of Willamette Pass beside Highway 58, east of Eugene. A multitude of ski routes is available for all levels, from the groomed trails at the ski resort, easy trails to Gold Lake and Odell Lake, and backcountry trails to Maiden Peak, Rosary Lakes, and Mt. Fuji.

Our lodging will be in the Kokonee Lodge C. All bedding and towels are included. We'll share potluck meals at night, bring your own lunch and breakfast meals. There is no restaurant at the resort, although there is one at Odell Lake Resort on the other side of the lake. Come experience a real winter in the luxurious cabin on the shores of Odell Lake.

Trip limit: 8 participants, including the leader

Cost: \$85 per person; you must be a current ONC member before signing up for this trip.

For more info and to volunteer to lead contact: Ted 503 452-7432 tedskier@gmail.com

March 12-16, Thur-Mon, All Abilities Ski Wallowa Lake, Joseph, OR

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

Trip Limit: 12 participants, including the leader

Cost: \$130 per person; you must be a current ONC member before signing up for this trip.

Send your ONC overnight trip application and \$130 check payable to ONC-Portland Chapter to the trip leader: Kathy Burns, 58324 Wilson Cutoff Road, Vernonia, OR 97064. For more info contact Kathy 503 429-4024 burnskathrynl@gmail.com.

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indicate that the "ONC" is the tour operator. For agent's initials, use mine: "TPS." Read the coverage carefully and make your choice. For more info contact the Overnight Trip Coordinator Ted Scheinman tedskier@gmail.com ♦

Discounts for ONC-PDX members/leaders!

Columbia Sportswear

911 SW Broadway (flagship store) and 7000 NE Airport Drive, Suite T2572 (airport location)—15% discount on purchases. Special week (November 1 - 11) 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. mtntacks.com

Mountain Hardware

722 SW Taylor Street—15% discount on purchases. Special week (November 1 - 11) 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

continued on sidebar page 10

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

March 19–29, Thur–Sun, Hut to Hut Skiing Rondane, Norway

This is an opportunity of a lifetime! Let's go to where cross-country skiing began! You have always wanted to do this trip and here is your opportunity.

We will fly to Oslo in the late afternoon of Thursday, March 19, arriving late on afternoon, where we will stay overnight at Anker Hostel in Oslo. On Saturday morning, we will travel by train from Oslo to Otta and take a special bus to Hauklisetser, from where we will begin our tour from mountain lodge to mountain lodge in the Rondane National Park. These mountain lodges have electricity, dining facilities with huge meals, rooms with beds and blankets, saunas, and sometimes hot showers. You only need to carry your clothes and personal gear in your pack. We will stay for a more than one night at one of the lodges so we can explore areas around the lodge.

It is not necessary to be expert skiers to come on this trip; this is not a technically difficult trip. You should have intermediate-level cross-country skills and ability to ski up to

15 miles per day (although most days are much shorter). Most of the trails are fairly gentle through valleys with mountains on either side. The trails are well marked with flags and there are many Norwegians skiing during this time period. We will join the Norwegian DNT (mountain climbing association) for one of their organized tours with a professional guide.

Trip Limit: 8 participants

Cost: TBD, total cost probably less than \$3000.

If you are interested in this trip, please contact the leader: Ted Scheinman 503 452-7432 tedskier@gmail.com.

April 3–5, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 2–4 trip for detailed description

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

Oregon Nordic Club Overnight Trip Application

TOUR NAME: _____

DATE: _____

FEE / DEPOSIT: _____

One application per person

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

NAME: _____

ONC MEMBER: yes no* other ONC Chapter

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

PHONE: (home) _____

(work) _____

(cell) _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

E-MAIL**:

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

Assumption of Risk and Liability Waiver

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

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

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

Purchase trip insurance in case of hardship: www.travelguard.com/agentlink.asp?ta_arc=125858&pcod (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)

Welcome New Members!

Patrice Fromwiller, Clint Sikes, Elizabeth Sinclair and Thomas Monroe. Welcome back Linnea Nelson, Einar Tras and Kathy Davis

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

September membership report: 268 total memberships (181 single and 87 family) includes 2 new and 98 renewing. Last year at this time there were 268 memberships.

BOARD MEETING MINUTES

Minutes of the ONC-PDX Board Meeting, Monday, September 15, 2014 at Mazama Center

Board Members present: Ann Truax, Kimberly Davis, Andre Fortin, William Yeager, Susan Watt

Club Members present: Ted Scheinman and Pam Rigor

Minutes for the August meeting were approved

Treasurer's Report: There was none as Mary H. was not in attendance

President's Report: Leadership training has been scheduled and the announcement went out with the membership letters. This year's training will concentrate on safety. Two trainings are scheduled, one in town and one on the snow. The time will be adjusted from 5:00 to 8:30pm instead of 9:00pm as mentioned in the letter. There will be some time for Ted Scheinman to cover the Overnight Trip Policies. Ann Truax will rework the training handbook prior to the meeting. The Gifford Pinchot Forest Service applied for a grant for Marble Mountain Sno-Park and PDX ONC signed a letter of support. State ONC meeting was cancelled at the last minute. Ted S. was not notified and was greatly inconvenienced by this last minute cancellation. Ann proposed writing a letter concerning this.

Website: Progress so far was previewed. The site still needs photos to be uploaded and more content will be coming. Clint wants photos for the site and these should be uploaded as high resolution files to Google Drive. A content manager for the website is needed. The club is looking for someone to volunteer for this role. This role should be filled soon so they can work with Clint on the site development.

Day tours: Denise is doing a great job as the coordinator. We need other recruiters to reach out to potential trip leaders. This will be ongoing.

Overnight trips: Oct. 7 is the overnight trip extravaganza at the NW Quimby Lucky Lab location. In case some trip leaders can not make the extravaganza, volunteers will be needed as proxies. Ted will verify trip leader attendance. Sign-up sheets will be for the leaders to fill in. This was confusing in the past and is not for people to put their names down without actually completing the sign-up process. Some trips are without leaders at this point. Ted is working on filling all the slots. Ted S. gave Pam R. a disk of prior slide shows. Pam is updating the slide show for this year's overnight trip extravaganza.

Membership: Membership letters were mailed and the list will be updated for the year.

Nordic Issues: Nothing to report at this time.

Tilly Jane: October 4, 2014 will be the work party to stack wood at the cabin. The road is open and anyone can drive up to the campground. Andre F. mentioned that people could bring a potluck item if they want. Andre proposed splitting the cost of a generator with the Gorge Chapter who are buying one for the Guard Station. The board approved this expenditure as it will be helpful for ongoing cabin maintenance.

Publicity: Kim D. reported that she continues to post things on Meet-up but that she needs the date as well as the time to post on Meet-up. She has also emailed the REI contact about presentations. Kim said REI has an "affiliate" program where, if their link from our website is used, a % of the sales made are given to the club. She will look into that further. Pam R. suggested doing a presentation at the Mountain Shop. Day Tours could also be posted on Portland Hikers website. Pam will send information to Kim.

Old Business: Ski classes were discussed and Pam R. said the Ski Fair is coming up and would need other volunteers to help. Clinics would be a good way to get interest. A date and place will be scheduled.

New Business: Nothing discussed

Next board meeting: October 13, 7 p.m. @ Mazamas Mountaineering Center

Submitted by: Susan Watt

CLASSIFIED ADS

FOUND: ► Poles & rain chaps on the Crater Lake bus (sometime the last few years) Poles and rain chaps. **Contact to claim 503 452-7432**

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.** 9/14

FOR SALE: ► Fischer BCX BC 3-pin Ski Boots, like new. \$50. **Mike 503 695-5385** 9/14

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.**

Overnight Trips' Extravaganza Sign-up for ONC-PDX overnight Winter trips

Join us for a photo journey to Yellowstone National Park, Crater Lake National Park, Methow Valley, Canada, Mt. Adams Lodge at the Flying L Ranch and more! Talk to the trip leaders. Meet catch up with old friends and meet new ones at the social hour.



Methow Valley sunset—awesome



Yellowstone—a dream in winter



Crater Lake—spectacular in winter



Map to monthly meeting at:
Lucky Labrador Brewing Company (1945 NW Quimby St.) is located between NW 20th Ave. and NW 19 Ave. in Northwest Portland.

Lucky Labrador Brewing Company
1945 NW Quimby St.
Tuesday, October 7
6:30 p.m. Social Hour
7:30 p.m. meeting/program
Trip signups occur after the program

Food and drink are available for purchase.

Upcoming programs

November 4—TBD

December 2—TBD



Oregon Nordic Club
P O R T L A N D
C H A P T E R

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