

Trails ready—brush cleared, blue diamonds posted

To everyone that helped with trail tending: Great Work! We had seven work parties this summer working on seven different trail sections (see list below). One trail was reconstructed to improve the drainage. Others required brushing and branches removed and diamonds replaced and a ramp reconstructed to climb a creek bank. Our work on the trails during the off-season enhances everyone’s skiing experience when trails are snow covered—blue diamond trail markers and brush cleared from the trails makes them easier to ski and navigate. Thank you, thank you, thank you!



Pocket Creek Trail (Mt. Hood)—Leader Ken Wenzel and his crew of seven: Debby Wenzel, David Rogers, Julie Pohl, Mary Hepokoski, Pam Rigor, Michael Kiple, Bob Breivogel

Tilly Jane Trail (Mt. Hood)—Leader Andre Fortin and his crew of fourteen: Jennifer Barrows, Mary Hepokoski, William Kiple, Joseph Lucas, Ernie Carpenter, Blake Johnsen, Becky McClain, Susan Watt, Clint Sikes, Ray Perez, Molly Vogt, Davida Wilson and Kevin McGillivray.

Bennett Pass Tie Trail (Mt. Hood)—Leader Pam Rigor and a crew of four: Tere Enburg, Debby Wenzel, Ken Wenzel and Ethan Schumacher.

Klindts Trail and Trail 151 at Old Man Pass (Wind River, WA)—Leader Ken Wenzel and a strong crew of three: Mary Hepokoski, Marc Leon and Will Pivirotto.

Trail 151 at Old Man Pass (Wind River, WA)—Leader Ken Wenzel and fantastic crew of three: Will Pivirotto, Linda Wilson and Mark Kreskopl.

Pine Martin Trail (Mt. St. Helens, WA)—Leader Ken Wenzel and a fantastic crew of six: Tere Enburg, Rick Rust, Michael Kiple, Marc Leon, Julie Pohl and David Rogers.

Pocket Creek Trail (Mt. Hood)—Leaders Al Levit and Pat Rehberg leading the Prime Timers Club of Isabel and Jerry Brackbill, Ag Gavit, Ron and Yoshiko Ture, Joel and William McNulty and ONC-PDX Ken Wenzel.

Special thanks goes to Debby Wenzel, David Rogers and Julie Pohl and Keith Baker for helping with scouting trips to look for needed trail work. Thanks again!

Ken Wenzel, *Trail Tending Coordinator*

Experts predict weather

The American Meteorological Society Oregon chapter’s annual winter conference was held at OMSI on Saturday, October 25. Some of the meteorologists and climatologist are thinking we’ll have an early start of the ski season. All agreed that the forecast of a strong EL Nino made a couple of months ago has lessoned to a near neutral forecast. Kyle Dittmer, a meteorologist and hydrologist, says that usually creates more severe and unstable winter events and that early snow is possible. However, there was not a consensus on predictions of temperatures and precipitation amounts for the winter. There was a storm in late October that brought snow to pass levels, but that soon melted.

Volunteer recognition

All ONC-PDX volunteers from last year are asked to join us at the November 4 monthly meeting at the Lucky Lab, 1945 NW Quimby St., at 6:30 p.m. All member are invited to celebrate our volunteers!

New discount at Ottos Otto’s Ski Shop in Sandy, OR is offering a 15% discount on purchases of ski equipment and apparel to both Teacup and Portland chapters of Nordic club.

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- 10 Overnight Trip Application**

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Laurel Dickie, *Recruiter*

Novice Ski Tours

Coordinator vacant

Summer Coordinator

Bike/Hike — vacant

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EDITORIAL NOTES

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

Send submissions to oncnewsletter@gmail.com as a Microsoft Word document (**no formatting** ie. no bold text, all caps text, tabs or other settings) in Times Roman as a attachment (**preferred**); compatible text files as an attachment; and put text in an e-mail with no formatting. **Corrections:** e-mail corrections and/or additions to the editor.

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

Nov 1 ▶ SATURDAY

Stewardship Day: Jackson Bottom Wetlands Preserve

2600 SW Hillsboro Hwy.

Plant native species that provide food and shelter for the wildlife. Dress for the weather and bring water, personal snacks. Gloves and tools provided. 10 a.m. – 1 p.m. Free! Info: jacksonbottom.org

Sponsored by Hillsboro Parks and Rec and REI

Nov 4 ▶ TUESDAY

Avalanche

Awareness

ONC-ONC-PDX monthly program, 6:30–9:30 p.m.

Lucky Lab, 1945 NW

Quimby St. Free!



Nov 6 ▶ THURSDAY

XC Ski Destinations by ONC-PDX

6:30–8:00 p.m. Clackamas REI, 6:30–8:00 p.m.

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

Nov 8 and 9 ▶ SAT & SUN

Preseason Nordic Festival

10 p.m.–5 p.m. The Mountain Shop, 1510 NE 37th Ave., with Nordic clubs/ski areas sponsoring free clinics. Info: mountainshop.net

Nov 15 ▶ SATURDAY

Backcountry Nordic Expo

10 a.m.–6 p.m. Oregon Mountain Community, 2975 NE Sandy Blvd. Used gear sale and consignment. Ski Reps and more! Free! Info: omcgear.com 503 227-1038

Nov 17 ▶ MONDAY

NWSCC Ski Fair

6:00p.m. Holiday Inn Portland Airport, 8439 NE Columbia Blvd Free! Info: nwskiers.org 503 880-7383 omary52@comcast.net

Nov 20 ▶ THURSDAY

Museum by Moonlight- Back to Camp

5:30–8:30 p.m. World Forestry Center, 4033 SW Canyon Rd. 21 and older. Connecting with forests, trees, and environmental sustainability.

\$9, \$4 ONC-PDX members Info: worldforestry.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.

Clinics & Training

Nov 1, 8 & 15 ▶ SATS

2014 Fall XC Training Series

Check websites for further details for this year's conditioning sessions for XC skiers of all abilities. \$15 ONC members, \$25 non-members

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

Dec 16 ▶ TUE Jan ▶ SATS & SUNS

Mazamas Nordic Ski School

Novice, Beginner, Intermediate, Advanced and Telemark and Backcountry classes offered during four weekends in January. Applications due Dec. 1. Mandatory student orientation night Dec. 16. Sign up by Dec. 3. Info and applications:

www.mazamas.org (Education + Classes/Nordic Ski School) or at the Mazamas Mountaineering Center, 527 SE 43rd Ave.

Jan ▶ TBD Jan/Feb ▶ SATS & SUNS

ONC Ski Clinic (in-town) and Free Snow Sessions

The in-town Clinic is for beginning skiers (evening session in Portland) January TBD, \$20.

Two snow session options. Saturdays: Jan. 31 and Feb 7 or Sundays: Feb. 1 and 8, free for ONC-PDX members who attend the Ski Clinic.

Info: oncnewsletter@gmail.com

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 ONC-PDX-@gmail.com Kim 503 282-1506

Day tours Want more day tours? Volunteer to help: help needed to set up Novice tours for the winter season (January to April/May) Contact: Denise oncdartours@gmail.com

Website Contact: Ann ONC-PDX-@gmail.com

PRESIDENT'S SKI TRACKS

Overall, our October general meeting, the

Overnight Trip "Extravaganza," at the new venue (Lucky Lab on NW Quimby) was a smashing success. Approximately 90 people were in attendance. Most of the overnight trips filled up. There were numerous membership renewals, as well as new member sign-ups. People were laughing, chatting, and apparently enjoying their food and/or beer. The atmosphere was warm and friendly, and I look forward to the next get-together at the general meeting on November 4!

And, I want to say: **Welcome, new members!** Let us know how we can help you enjoy this winter season on the snow!

A few people didn't get the trips they wanted. We're working on improving the process for next year. In the meantime, some trips are still open: Shelter Cove, Scottish Lakes and Crater Lake — to name a few. Don't hesitate to sign up on the waiting list even if a trip is listed as full. Changes happen, and it's not unusual for trips to open up later.

Another successful event in October was the Tilly Jane A-frame wood stocking party. Over 40 people were in attendance and made short work of stacking four cords of wood. Remember that Tilly Jane is

free to ONC-PDX members on the first weekend of each month. To sign up, send an email to TillyJaneCabin@gmail.com. You too can enjoy a warm fire after an invigorating day of skiing in the Mt. Hood backcountry.

Other news from Mt. Hood: The Zigzag Ranger District of the Forest Service is considering expanding the parking area just south of the Mazama Lodge. Right now there is space for 3 or 4 cars; the proposal is to expand the area to make room for 66 spaces. The main impetus for this proposal is safety. Right now guests at the Mazama Lodge have to walk across Highway 26. ODOT has plans to construct an acceleration lane off of the Timberline road, which would increase the hazards for pedestrians crossing the highway. The Mazamas organization is in full support of the Forest Service's proposal and, in fact, have been prime instigators of the project. I have written a letter, on behalf of the board, in support of the idea. Many ONC-PDX members use the lodge as a base for skiing on Mt. Hood. (In case you didn't know, ONC members are entitled to Mazama members rates at the lodge.)

Well, it's almost time to do our snow dance. Two steps to the right, two steps to the left, turn around and raise your arms in honor of the mountain spirits! ♦

Ann Truax, President

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 to help track issues that affect skiers. Please contact Mitch Auerbach (see side bar for contact info) to volunteer.

Methow Valley fires The fires in the Methow Valley were extreme this past summer. Ron Hoyt, editor of The Nordic News (newsletter of the Central Oregon Nordic Club) was in the area and had a first hand look at the damage. He wrote an article in the October/November issue of their newsletter with specific info. It is posted on their website: conordicclub.org. He thinks that the damage will not affect skiing in the valley, but it certainly affects those with losses from the fire. He also posted contact to a community organization handling donations for the people who summered losses from the fire. Info can be found here: roomone.org

Mt. Hood National Forest/Gorge Mazama Lodge parking expansion The

Mazamas are proposing to expand an existing 3-4 stall parking area located south of the Mazama Lodge on NFSR 2600530 into approximately 66 parking stalls and one bus pull-out, to mitigate a long-standing visitor safety issue. The parking spots will be along the north side of the road and the bus pull-out will be on the south side.

ONC-PDX President Ann submitted a letter to the Forest Service in support of the project.

For more info contact Leanne Veldhuis 503-622-2030 lveldhuis@fs.fed.us Website: http://www.fs.fed.us/nepa/nepa_project_exp.php?project=45241

Cloud Cap Road Cloud Cap Road is now closed for the season due to ice and snow. High clearance and four wheel drive vehicles were getting stuck in last October due to an early storm.

Gifford Pinchot National Forest Non-stock campground near Kalama Horse Camp The Mt. St. Helens Volcanic Monument is planning a new non-stock campground development located near the existing Kalama Horse Camp

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vacant

Website:
Volunteers needed

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) for more tours.

Nov 1, Sat, Intermediate/Advanced Road Bike Ride Washington County to Verboort, OR

Join me for a ride to the Verboort Sausage Festival (lunch available \$). We'll go 40 miles with an average speed of 15 mph over some rolling hills. Riders are expected to have ridden several times this summer and be able to repair flats (bikes in good order). Regroup for breakdowns, clothing adjustment. It's a get some fresh air, have fun, enjoy the countryside kind of ride. In case of torrential downpours we'll cancel. Helmets required and we'll follow traffic laws. Bring roadside repair gear: spare inner tube, tire pump, etc. Plan on leaving at 10 a.m. (back by 2 p.m.). **For more info and meeting place contact the leader: Ted Magnuson, tedmag@live.com 503 806 4899 cell.**

Nov 8, Sat, Intermediate Hike Siouyon Creek, WA

Hike through ancient forests, past green pools and waterfalls. This is a 7.8-mile round trip hike that goes through a magical landscape. Bring your rain gear, just in case. If we're lucky, we might see chanterelle mushrooms. Plan on leaving at 8:30 a.m. **For more info and meeting location contact the leader: Ann Truax 503 756-8891 ann.truax@gmail.com.** ♦

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. 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.

Take the lead...ski in front

Pick your favorite trail and date volunteer to

take some ONC friends along to enjoy the winter trails. Lead a day tour in December or the first weekend in January! A calendar and list of possible tours will be sent out to leaders on or before first of the month. Watch your email for it.

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

Last minutes tours: send them in and we'll get them on the web, meetup and send out email to members.

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

Nordic Issues/News cont. from page 3

located on two sites along Forest Road (FR) 81: one site is along FR 8122 inside the Monument and the other is on FR 8100-420 outside the Monument boundary. The impetus for the campground was public comment from community meetings in 2009.

Deschutes National Forest

Bachelor to Sisters hut to hut Nordic ski

A new backcountry ski trail with huts for overnight use is open for this winter season. Three Sisters Backcountry, after years of planning, is making this 22-mile self guided traverse available to backcountry skiers. The route curves around the eastern boundary of the Three Sisters Wilderness on the historic Metolius Windigo Trail. It goes from Dutchman Flat near Mt. Bachelor ending at the Three Creeks Sno-Park outside of Sisters, Oregon. The trail weaves through old growth hemlock forests and through a meadow offering vistas of the Three Sisters and Broken Top. The huts sleep up to eight guest and include a full kitchen, padded bunks and wood stoves. Info:

ThreeSisterBackcountry.com/huts.

New shelter at Meissner Sno-Park

The Meissner Board partnered with the Forest Service received a grant from the Recreational Trails Program administrated by the State of Oregon to build a permanent building at the Meissner Sno-Park. The grant was awarded and the funds were received. Construction began in early August with completion scheduled for mid-November. When it is finished a wood stove will be installed. This shelter replaces the temporary yurt that was at this location. It will be a pleasant place for before and after skiing. ♦

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

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

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 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 **Trip full, 2 on waiting list***

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.

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.

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 **Trip full, no one on waiting list***

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.

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).

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 **Trip full, no one on waiting list***

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 Walton Inn in Essex, Montana, located on the boundary of the spectacular Glacier National Park. On Wednesday, ski

Jennifer Klump



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).

For more info email Sam sam.digard@gmail.com
360 910-1714

Dec 31–Jan 4, Wed–Sun, All Ability Ski New Year's at Black Butte, OR **5 spaces available***

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,

Bob Breivogel



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

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

***Trip status as of October 20**

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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

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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. 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 Trip full, 3 on waiting list*

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.

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 Sandy 503 913-3510 sandygooch@comcast.net

Jan 16–19 (MLK wknd), Fri–Mon, All Ability Ski Lake Creek Lodge, Camp Sherman, OR 2 spaces available, 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

Steve Levy



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

3 spaces available*

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

Pam Rigor



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

Trip full, 3 on waiting list*

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.

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 5 spaces available*

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

***Trip status as of October 20**



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
Spaces available*

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
4 spaces available*

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, Inter. 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

Trip full, no one on waiting list*

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.

For more info contact John 503 867-6048 johnlong3@comcast.net.

Feb 7–12, Sat–Thur, All Ability Skate and Track Ski
Methow Valley Trip 2, WA—Groomed Trail Wonderland
Trip full, no one on waiting list*

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).

For more info email Sam sam.digard@gmail.com 360 910-1714.

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

Trip full, no one on waiting list*

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

***Trip status as of October 20**

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

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.

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 Trip full, 2 on waiting list*

This is an opportunity to experience the dream: **YELLOWSTONE IN WINTER!**

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.

Trip limit: 20 participants, including the leader.

Cost: \$825 per person; you must be a current ONC



Amy Blumenberg

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.

For more info contact Ted 503 452-7432 teds skier@gmail.com.

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

Trip full, no one on waiting list*

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!

Spaces available, signup by Feb 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



Bob Breivogel

while sharing in the world famous "Rolling Pot-Luck." We'll arrive in Prospect at around 6 p.m., giving you time to enjoy your room, as well as a tasty spaghetti dinner, in the historic Prospect hotel/motel. 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, views of the lake and surrounding mountains while skiing as far as our legs can carry us. Sunday will be another day of different tours, and more exploring. We can even take a ranger led interpretive snowshoe tour. Later in the afternoon, we'll 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: \$310 (motel) and \$330 (inn), depending on whether you stay in the Inn or adjacent motel.

Includes transportation, lodging, two dinners and two breakfasts. Optional lunches can be ordered for Saturday and Sunday \$13 per day. You must be a current ONC member before signing up for this trip.

Please contact the leader for room availability

***Trip status as of October 20**

before sending your **ONC** overnight trip application and \$310 or \$330 check payable to **ONC-Portland Chapter** 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

1 space available, sign up by Feb 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



Ken Wenzel

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 12–16, Thur–Mon, All Abilities Ski

Wallowa Lake, Joseph, OR

Trip full, 2 on waiting list*

We'll spend an extended weekend skiing in the magnificent Wallowa Mountains in eastern Oregon! 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.

Trip Limit: 12 participants, including the leader
Cost: \$130 per person; you must be a current ONC member before signing up for this trip.

For more info contact Kathy 503 429-4024 burnskathryn@gmail.com.

March 13–15, Fri–Sun, All Abilities Ski Shelter Cove Resort, Odell Lake, OR
4 spaces available*

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.

Send your overnight trip application and check for \$295 check payable to ONC-Portland Chapter to the trip leader by February 8: Ted Magnuson, 14405 SW High Tor Dr., Tigard, OR 97224-1425. For info contact Ted 503-590-7998 tedmag@live.com.

March 19–29, Thur–Sun, Hut to Hut Skiing Rondane, Norway
1 space available*

This is an opportunity of a lifetime! Let's go to where cross-country skiing began!

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 Haukliseter, 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

***Trip status as of October 20**

cont. from sidebar page 8

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 teds skier@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

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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, offers a 15% discount on purchases of ski equipment and apparel. They also have 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. weastnordic.com

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 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.

Oregon Nordic Club Overnight Trip Application

TOUR NAME: _____

DATE: _____

FEE / DEPOSIT: _____

One application per person

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

NAME: _____

ONC MEMBER: yes no* other ONC Chapter

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

PHONE: (home) _____

(work) _____

(cell) _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

E-MAIL**:

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

Assumption of Risk and Liability Waiver

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

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

Please read ONC's overnight trip policies located on the side bar starting on page 6 before signing for for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip. Purchase trip insurance incase of hardship: www.travelguard.com/agentlink.asp?ta_arc=125858&pcod (this link is on our website)

I have read and understand the above statements concerning the Oregon Nordic Club's programs.

SIGNATURE: _____

DATE: _____

(Parent or Guardian must sign if the trip participant is under 18 years of age)

Welcome New Members!

Sharon Bernstein, John Sheehan, Jack Bernstein-Sheehan, Sammy Bernstein-Sheehan 503 234.3415, John Chichester 973 214.5562, Jamie Hurd 503 201.8819 Michael Kipley 847 475.2266, Erin Martz 503 752.9640, Claudia Montagne 406 461.0615, Darcy Norville and Ira Zarov 503 704.4160, Gail Rubin 503 239.5124, Brooke Ryan 503 720.6690, Elizabeth Sinclair and Thomas Monroe 503 998.4569, Madeleine Von Laue 360 735.9588, Tisa Wrightson 503 695.3419, Renata Yang 503 704.6093, Christine Ye and Jeff Marso, Emily Marso and Caroline Marso 360 576.5332

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

October membership report: 284 total memberships (192 single and 92 family) includes 5 new and 29 renewing. Last year's members still included this month count. Last year at this time there were 268 memberships.

BOARD MEETING MINUTES

Draft Minutes of the ONC-PDX Board Meeting, Monday, October 13, 2014 at Mazama Center

Board Members present: Ann Truax, Kimberly Davis, Andre Fortin, William Yeager, Susan Watt, Mary Hepokoski and Elke Schoen **Club Members present:** Overnight Trips Coordinator Ted Scheinman, Day Tours Coordinator Denise Brem and Program Coordinator Ron Bekey.

Minutes for the September meeting were approved.

Treasurer's Report: The August & September reports were accepted. The August report is the end of fiscal year 2013-2014 summary report and is sent to the state ONC to be used by them to file a tax return for ONC. The proposed 2014-2015 budget was approved eliminating revenue and expenses for the ski fair this year.

President's Report: It was noted that the Oregon Nordic Club state president recently resigned. Forest Service has proposed a new parking area with 60 + spaces, below the Mazama Lodge. The Mazamas support this. With the board's agreement, Ann will write a letter of support.

Website: A small sub-committee has been meeting and working with Cliff on the website. Progress is being made.

Day tours: Denise sent out an email letter to trip leaders but has not had a response. It is assumed that there will be more of a response once the ski season gets going. November may be slow since snow is unknown. The goal is to have one trip per weekend.

Overnight trips: Ted reported that most of the trips are full. The sign-up went well and approximately 90 people attended. There was good feedback on the new venue. Improvements for next year were discussed: A better set up for queues would help the sign up process and avoid confusion about who was in line. The club should add more backcountry type trips next year. Slide show could be improved on.

Membership: The current membership number was not reported at this time. It was suggested that while past presidents all get a free membership, they should be asked to send in an annual application or letter of intent. This would save the club from paying for insurance for people who are no longer participating members. The membership coordinator could make sure this gets done each year so the list is more current. A standard letter should be written that can be sent each year to the past presidents. The Board supports this proposal. A letter template should be written that will be sent each year to non-renewing members. This "reminder" letter shall be approved by the board before being sent. Also discussed was the timing of when the letter would be sent. This should be before the October trip sign-up.

Nordic Issues: None reported

Shelters: Tilly Jane A-Frame—The October volunteer event was very successful with 45 people who showed up to help haul and stack wood and perform maintenance/clean-up chores at the A-frame cabin. Andre expressed interest in a Tilly Jane sub-committee for long range planning. The lease is being renewed with the Forest Service. This has been a 1 year lease in the past but the FS would like the Guard Station and A-frame to be tied together and to extend the duration for longer than 1 year. A volunteer is drawing up the As-built plans of the cabin. There are roof repairs that need to be done and are being coordinated.

Publicity: Dates from REI were sent out. We need a volunteer for the Salem date. Kim will ask Willamette Chapter for help with that. REI wants us to talk about destinations for day trips. The Day Tour suggested trip list can be used for that. The club should have a form letter to send out to donators. Kim still looking into the REI affiliate program.

Old Business: Leadership training has people signed up for both sessions. There are still openings. The handbook is being updated for the trainings.

New Business: Ski Fair— This has been a net cost or a break even for the club in past years. Also, there are other ski fairs offered around town. The board discussed not having it and a motion was passed to cancel it for this year. Volunteer Appreciation will happen at the November meeting. Shirts will be ordered for this. A list of volunteers needs to be put together prior to the meeting. Mary H. is working on and Susan W. will help. The board supports a proposal that monthly meeting "Speakers" should get their dinner paid for. The details will be worked out with Lucky Lab. A proposal to allow the Overnight Trip Coordinator to attend trips as an assistant leader at half price was presented. The proposal deserves further discussion and was tabled until next meeting. The club should get trip evaluations from participants. This will help the Coordinators and Club to track satisfaction with the trips. This should be a standard "on-line" format that is accessible through our website.

Next board meeting: November 10, 2014 7 p.m. @ Mazamas Mountaineering Center ◆

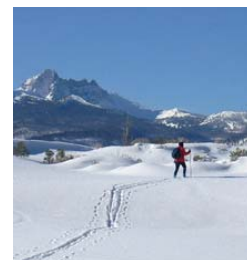
Submitted by: **Susan Watt**, Secretary

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**

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.**

Black Butte for New Years



Darvel Lloyd

Flying L Mt. Adams



Ann Turax



Ann Turax

Ski Crater Lake NP



Ted Scheinman

Avalanche Awareness

Most of us are aware of the dangers, but do we recognize risky conditions? Are we always as careful as we should be? Do we know what to do if the unspeakable happens?

Join Roland "Em" Emetaz of the Avalanche Awareness Program (Northwest Avalanche Center and American Institute for Avalanche Research and Education) for a very important update, including where and



why avalanches occur, who gets caught and why, and tips for staying safe in the backcountry. You will learn how to recognize signs of avalanche danger, how to avoid or reduce the risk, how to access local avalanche reports, and the importance of companion rescue techniques and equipment. The show will feature slides and local case histories, and will encourage questions from the audience.

Upcoming programs
December 2--TBD



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, November 4
6:30 p.m. Social time
**7:15 p.m. Volunteer
Recognition**
7:30 p.m. Meeting /Program
Food and drink are available \$

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



Oregon Nordic Club
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CHAPTER