



Ski trails and shelters

Almost as fun as spending a midwinter day outdoors between tips and tails, climbing and gliding on ski trails across the snowy landscapes of our mountains and foothills, is the planning of such trips.

Kevin McGillivray



Cooper Spur stone shelter, Mt. Hood behind

Kevin McGillivray



New sign at Tilly Jane A-frame

Including a special trail feature in your trip plans, such as a lake or a shelter, can be a highlight of the day's outing. A chance to pause at such a place is an opportunity to let your senses take in the sights and sounds of your white-mantled locale. Whether solo or in company, you may enjoy a moment to catch your breath, hydrate your thirst and nibble trail goodies. A shelter offering a break from pressing winds and precipitation is especially welcome.

The Ray Garey Cabin opened in November 2005 and became a favorite stop for skiers using the groomed trails of the Teacup Lake Nordic Ski Area and nearby ungroomed trails. The popular Trillium Lake area south of Mount Hood will be getting, this summer, a great addition for Nordic skiers with the planned Trillium Warming Yurt construction. An even greater number of winter day-use shelters—each supported by volunteers—can be found in the Cascades of Central Oregon. Check the website of Willamette National Forest for “winter shelters” info.

ONC Portland Chapter manages the highest Cascades winter overnight shelter in northern Oregon, the rustic, roomy and historic Tilly Jane A-Frame, and it is available (by reservation) to the backcountry-exploring public. Info for reservations is available on our website from a link to the NRRS site: www.onc.org/Tilly-Jane.

Plan ahead; the minimum 3-day booking window does not allow for short notice reservations. Reminder: Dogs are not allowed inside; the structure is now being locked and day visitors may drop in as the overnight guests allow (\$5 day use donation is requested, deposit it in the lock box inside).

Share your “shelters” experience: tell us your story, update our news; share your plans. Email me your info by the 10th of the month at kmcglvry@yahoo.com or via the Portland chapter listserv, or the newsletter editor.

Kevin McGillivray, *Shelters*

Nominees for club officers

The annual meeting of ONC's Portland chapter membership, for the purpose of electing officers and voting on other issues, will be held on Tuesday, April 3, 7 p.m. in the Multnomah Arts Center auditorium, 7688 S.W. Capitol Highway in Portland. The following members have agreed to run for board positions. For a two-year term: **Ann Truax, Elizabeth McLagan and Steve Planchon.**

Candidate profiles and ballots will be mailed out in March.

We'll be accepting nominations right up until the actual election and more nominees are welcome. If you are interested in serving on the board please contact Mary Hepokoski 503 245-1618 hepomp8@comcast.net.

Mary Hepokoski, *Elections' Committee*

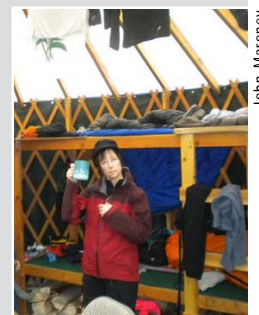
Go green, go paper-less

An electronic newsletter is available. If you did not check the box on your membership renewal that you wanted an e.newsletter and would rather not be mailed a paper newsletter, please send an email to Mark at mfitzsim@aol.com and let him know you are going paper-less.

Pam Rigor, *Newsletter Editor*

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John Maroney

Three Sisters Yurt trip

See overnight trips page 5.

BOARD MEMBERS

Mike Greenstreet,
President
503 699-8672
MBucktrout@pacifier.com

Ann Truax,
Vice-President
503 231-7220

Elizabeth McLagan,
Treasurer
mclaganej@yahoo.com

Mary Hepokoski
Secretary
503-245-1618

Sam Digard
360 834-2401
sam.digard@comcast.net

Ted Magnuson
503-590-7998

Andre Fortin
503 780-5843

COORDINATORS AND COMMITTEES:

Day Tours:

Kathy Burns, coordinator
oncdartours@gmail.com
503 429-4024

Recruiter — vacant

Novice Ski Tours

— vacant

Summer Coordinator

vacant

EDITORIAL NOTES

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

Send submissions to oncnnewsletter@gmail.com

as a Microsoft Word document (no formatting ie. no bold text, all caps text, tabs or other settings) in Times Roman as an attachment (preferred); compatible text files as an attachment; and put text in an e-mail with no formatting.

Corrections: e-mail corrections and/or additions to the editor.

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UPCOMING EVENTS

March 6 TUESDAY
Turkey: from Istanbul to the bays of the Turquoise Coast

ONC monthly program.
Multnomah Arts Center, 7688 SW Capitol Hwy., 7:45 p.m. Free!



Mar 7 WEDNESDAY
Clinic: Backpacking Basics—Go Lightweight!

REI Portland, 7–8:30 p.m. Free! Info and sign-up: rei.com

Mar 14 TUESDAY
Clinic: PLB, MLU and Beacons with Portland Mountain Rescue

REI Tualatin, 7–8:30 p.m. Free! Info and sign-up: rei.com

Mar 15 THURSDAY
Clinic: Backpacking Basics

REI Clackamas, 7 p.m. Free! Info and sign-up: rei.com

Clinic: Bike Maintenance Basics
REI Tualatin, 7–8:30 p.m. Free! Info and sign-up: rei.com

Mar 17 THURSDAY
Forest Park Work Party

Forest Park, 9 a.m. - 12:30 p.m Free! Info and sign-up: www.forestparkconservancy.org

Mar 20 TUESDAY
Clinic: Exploring the Columbia River Gorge: Waterfall Wanderlust

Hillsboro, 7–8:30 p.m. Free! Info and sign-up: rei.com

Mar 23 FRIDAY
Mazama Used Equipment Sale

MMC, 527 SE 43rd Ave., 6–9 p.m. Check in sale items on Thur., Mar. 22. Gear pick up Sat., Mar. 24, 3–7 p.m.

Mar 24 SATURDAY
Mazama Family Fun Day

Cross-country and snowshoe lessons and tours, sledding the luge run on the Mazama hill, snow cave building, great meals, a Polka band, "Mazambiner" fun race and more. Lodge day use fee: \$5/person or \$15/ family, waived with purchase of delicious hot lunch (\$5.25 kids; \$8.40 adults). (Mazama membership not required) Info/reservations: www.mazamas.org/your/adventure/starts-here/C184

Mar 31 SUNDAY
Trillium Festival family friendly

Tryon Creek State Park 10 a.m. – 4 p.m. Free!
Native plant sale, guided nature hikes, live music, kids' activities, local vendors. The Trillium Festival supports the education and restoration programs of the Friends of Tryon Creek State Park. Info: www.tryonfriends.org

Clinics & Training

May 24–27 THURSDAY-SUNDAY

May 31– June 3 THURSDAY-SUNDAY
2012 Oregon Spring Camp, Mt. Bachelor

Date are tentative. Morning on-snow, groomed ski sessions, optional afternoon dryland clinics. Info: xcoregon.org

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- ▶ Rental discounts at selected merchants
- ▶ Member rates on Mazama activities (exclude classes) and use of Mazama Lodge, Mt. Hood: day-use, overnight lodging and meals
- ▶ Meet new friends who ski, hike and bike
- ▶ Monthly newsletter with free classified ads
- ▶ Support construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot NF

Memberships: \$27 singles, \$33 families
Info and application: membership@onc.org

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 backcountry skiing. In addition we hike, climb, backpack and bicycle year round in the northwest forests, mountains and in-town.

Skis found in bushes

The Portland police have recovered skis in some bushes. Anyone who has lost or has had their skis stolen please contact: John Truong.

truongj@ci.milwaukie.or.us

Wanted: map and compass instructors

Girl Scout Troop seeks map & compass instructor(s): ONC member Amy Blumenberg is seeking 1 or 2 ONC members to teach a map & compass/orienteering class for her Girl Scout troop on Friday, April 13 from 3:30–5:30 p.m. The troop consists of nine girls in 3rd and 4th grades. If you're interested, please contact: Amy Blumenberg 503 891-3689 or ablumenberg@comcast.net.

ONC trip or tour photos

Send your ONC photos to Terry Owen (terryowen@frontier.com). E-mail photos as an attachment—size 5 x 7 inches, 768 x 1024 is a good size to send. He will post them on our photo site. A link to the site is on our home page

BOARD'S SKI TRACKS

"All's well that ends well; still the fine's the crown;
Whate'er the course, the end is the renown."

All's well that ends well. Act 4, Scene 4

In early November of 2011 my friend Terry and I crawled from our tents into the shattering brightness of an eastern Oregon sunrise. It was our second day of a three day guided trip on the John Day River in pursuit of summer steelhead, a fish with a reputation for being wild, intelligent, and stubborn. Since Terry and I have the same reputation, it promised to be an epic struggle, mano a aleta.

The frozen water in my Nalgene that morning forecast the weather-bitterly cold, temperature of 28 degrees. My wading boots were frozen in the shape of two dead cats and my neoprene waders were stiff as plywood. Not to worry, a bit of judicious immersion in the 39 degree waters of the John Day and we were good to go, just a wee bit cold, but fired up for a day of flyfishing. But a full day of casting and 10,000 perfect presentations of a fly proved inadequate, and in the teeth of a menacing storm we retired to our campsite, as fine a place you could wish for with camp tables, chairs, a short burn barrel for our fire pit, and dutch oven lasagna and peach cobbler for dinner. During dinner the wind built up tremulously and one tent collapsed completely after two of its poles split. I then realized how serious things were, it was as if this storm were chasing the hounds of hell right through our camp. And then Terry uttered the phrase that would change our night. . . "Where's our boat?" Our 18 foot Clackacraft drift boat, a looming white presence where we had pulled it onto shore and ground anchored it with a 35 pound lead pyramid, was nowhere to be seen, the wind having freed it from its unnatural grounded state and it was now freely running the John Day River at night. Armed with headlamps and a sense of panic, we quickly spotted the boat about 75 yards downstream and 50 feet offshore, meandering down a riffle like a hobbled horse. After a heroic game of tug of war we finally stabled that runaway back at camp, and retired for a sleepless night. The following morning arrived with a slight breeze, warmer weather, and the good luck of finding all of our scattered gear safely imbedded in sagebrush downwind from our camp. And that day's fishing was ample reward for our troubles, Terry doubling his lifetime catch of steelhead and I landing a fifteen pound fish, my largest steelhead ever. (No fish were harmed in the writing of this account.)

◆
Mike Greenstreet, *President*

VOLUNTEER OPPORTUNITIES

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

Nordic Issues committee members Keep the club up-to-date on issues that affect Nordic skiers.
Contact: Mike 503 699-8672, Miriam 360 883-1060

Programs Contact: Ron 503 475-0084

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

Day tours Two recruiter needed for the winter season (November to May) to contact leaders and set up tours. Contact: Kathy 503 429-4024

Website Contact: Mike 503 699-8672

NORDIC ISSUES

Snowshoe track signs

Marc Leon, (with some help from Miriam Hammer) has placed twelve signs reminding snowshoers and skiers to each make their own tracks. Leon took over this task from ONC member Steve Levy who working with the Forest Service and Otto's Ski Shop in Sandy designed and produced the signs in the winter of 2008-2009 to encourage snowshoers and skiers to establish separate tracks to avoid conflicts in trail usage. So far, Marc and Miriam placed signs at the following locations:

Summit Trail to Ski Bowl, Frog Lake, Road #3512 to Cloud Cap, Elk Meadow Trail for road just before the Clark Creek Bridge, Bennett Pass, Barlow Pass for the PCT, Road to Pioneer's Women's Grave from Barlow Pass, Intersection of the Yellow Jacket and Boy Scout Ridge Trail by White River, Pocket Creek trailhead, West end of Crosstown Trail, The Hemlock and Summit Trails intersection across Highway 26 from Summit Ski/tubing area and the intersection of the East Leg & West Leg Trails

Please provide feedback to Marc or Miriam regarding sign placement. We believe that another sign may be needed at the bottom of the West Leg Trail.

Pocket Creek Sno-Park closed this winter

The Mt. Hood Ranger District indicates they are not opening the Pocket Creek Sno-Park until the Fall of 2012—that is next ski season—due to the construction on Highway 35. This is disappointing as this area has good beginner ski runs and was expected to be opened this year.

◆
Miriam Hammer, *Nordic Issues*

Membership:

Susan Kelly, chair
503 706-6463
membership@onc.org
Membership Database
Mark Fitzsimons
503 756-7534
oncmemberDB@gmail.com
mfitzsim@aol.com
Nordic Issues:
Miriam Hammer
360 883-1060
miriamzh@yahoo.com
Overnight Tours:
Ted Scheinman, chair
503 452-7432
tedskier@gmail.com

Programs:

Ron Bekey, chair
503 475-0084
rbekey@comcast.net

Publications:

Pam Rigor, newsletter editor
503 297-4284
oncnewsletter@gmail.com
Newsletter Distribution
Donna Parsons
503 292-9801
dparsons@macforcego.com

Publicity:

Ann Truax,
503 231-7220
ann.truax@gmail.com

Shelters:

Tilly Jane A-Frame
Russ Pascoe
360 993-5259
russ.bec@gmail.com
Trillium Yurt
John Nakada
503-775-4774
johnhnakada@hotmail.com
Pam Rigor
503 297-4284

Trail Maintenance:

Greg Wenneson
503 460-7231
gregwenn@sonic.net
Bill Yaeger
503 516-7794
w.yaeger@comcast.net

Recruiter

Mary Hepokoski
503 245-1618
hepomp8@comcast.net

Website:

Mike Greenstreet
503 699-8672
MBucktrout@pacifier.com
Marita Ingalsbe
503-244-7164
m-ingalsbe@yahoo.com


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 mileage rating, to help you

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DAY TOURS

Note: if weather or road conditions are dangerous, please confirm tour with the leader. Check the website for last minute day tours.

Mar 3, Sat, Easy Ski Location TBD, Mt. Hood, OR

Join us to ski where the snow is good! This easy ski will go 4-6 miles over gentle terrain at a pace comfortable for all participants. We'll ski wherever conditions make a fun outing for all. Meet at the Gateway Transit Center parking structure for an 8:30 a.m. carpool departure. **For more info contact the leader: Kathy Burns 503 429-4024.**

Mar 7, Wed, Intermediate Ski Location TBD

Come join our group for a Wednesday activity. We'll ski where the snow is good! Meet at McMenam's Edgefield, 2126 SW Halsey, in the West parking lot at 9 a.m. to carpool. **For more info contact the leader: Terry Owen 503 590-5825.**

Mar 10, Sat, Intermediate Snowshoe Hike Barlow Pass, Mt. Hood, OR

Join me for an intermediate snowshoe trip starting at Barlow Pass and going over to White River and back. The trip is about 6 miles round-trip. **For more info, meeting place and time contact the leader: Marc Leon 503 644-5925 mleon11@juno.com.**

Mar 10, Sat, Easy Ski Location TBD

Join us to ski where the snow is good! This easy ski will go 4-6 miles over gentle terrain at a pace comfortable for all participants. We'll ski where conditions make a fun outing for all. Bring a lunch. Meet at the McMenam's Edgefield, 2126 SW Halsey, in the West parking lot at 8:30 a.m. for carpooling. **For more info and to confirm attendance contact the leader: Mike Dianich, 503 695-5385.**

Mar 10, Sat, Intermediate "Ski with the Ranger" Inspiration Point, Mt. Hood, OR

Join us for a ski with Jim Thornton, Winter Recreation Ranger from the Forest Service, on the "Inspiration Loop" trail system on the north side of Mt. Hood. We'll ski about 10 (intermediate level skiing) miles. Meet at Gateway parking structure at 8:30 a.m. and arrive at the trailhead slightly after 10 a.m.. **For more info contact the leader: Sam Digard 360 910-1714 sam.digard@comcast.net.**

Mar 14, Wed, Intermediate Ski Location TBD

Come join our group for a Wednesday activity. We'll ski where the snow is good! Meet at McMenam's Edgefield, 2126 SW Halsey, in the West parking lot at 9 a.m. to carpool. **For more info contact the leader: Terry Owen 503 590-5825.**

Mar 17, Sat, Easy/Intermediate Ski Location TBD

Join us to ski where the snow is good! The total distance of the tour will be decided by the level of tour participants. We'll ski where conditions make a fun outing for all. Bring a lunch. Meet at the McMenam's Edgefield, 2126 SW

Halsey, in the West parking lot at 8:30 a.m. for carpooling. **Please call leader to confirm attendance: Mike Dianich, 503 695-5385.**

Mar 21, Wed, Intermediate Ski Location TBD

Come join our group for a Wednesday activity. We'll ski where the snow is good! Meet at McMenam's Edgefield, 2126 SW Halsey, in the West parking lot at 9 a.m. to carpool. **For more info contact the leader: Terry Owen 503 590-5825.**

Mar 24, Sat, Intermediate, "Ski with the Ranger" TBD, Mt. Hood, OR

Join us for a ski with Jim Thornton, Winter Recreation Ranger from the Forest Service and me. This tour is for a strong-intermediate skier and will go between 8-10 miles. The exact location will be where the snow is good that day. Meet at Gateway Transit Center parking structure for an 8:30 a.m. carpool departure. **For more info contact the leader: Julius Dalzell 503 974-9021.**

Mar 24, Sat, Advanced Ski Government Camp - Pocket Creek, Mt. Hood, OR

Get two weekends worth of skiing in on one day. We'll set up a car shuttle and ski from Glacier View Sno-Park in Government Camp and ski all the way to Pocket Creek. We'll gain about 1,800 feet, drop a little less and cover about 20 miles as we ski some of my favorite trails: Cross Town, Yellowjacket, White River, Bennett Pass, and Meadows Creek Tie Trail. This will be a long day with 9 plus hours of skiing but this is my favorite tour at Mt. Hood. Meet at Gateway Transit Center parking structure at 5:30 a.m. **For more info and to confirm attendance contact the trip leader: Scott Diamond 503 643-6779 skiing@scottdiamond.com.**

Mar 28, Wed, Intermediate Ski Teacup Lake, Mt. Hood, OR

We'll ski the outside loop at the Teacup Lakes groomed area, eat lunch at the cabin, and continue on some of the inside loops after lunch. The outside loop is about 6.5+ miles. Please bring a \$10 donation to contribute for the grooming, which is managed by volunteers from the Teacup Chapter of ONC. **For more info, meeting place and time contact the leader: Marc Leon 503 644-5925 mleon11@juno.com.**

Mar 31, Sat, Easy Ski Teacup Lake, Mt. Hood, OR

This Easy ski will be 4-6 miles over gentle terrain on the trails at Teacup Lake. We'll ski at a pace comfortable for all participants. Lunch will be in the day building. Please bring a \$10 donation to contribute for the grooming, which is managed by volunteers from the Teacup Chapter of ONC. Meet at the Gateway Transit Center parking structure at 8:30 a.m. to carpool. **For more info contact the leader: John Heaton 503 257-2012.** ♦

Join the ONC leadership team...

Lead a ski tour in April or the first weekend in May! New to leading tours? Send Kathy an email and we'll get you up to speed. Send tour descriptions (**by March 14, 8 p.m.**) to Kathy at oncdays@outlook.com. ♦

Common meeting places: Gateway Transit Center NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center—NE Sandy Blvd. & NE 96th Ave. McMenam's Edgefield—2126 SW Halsey Take I-84 to Exit 16 (Wood Village) turn right, go to Halsey (first stop light) turn left, go 1/2-mile; it's on the right.

OVERNIGHT TRIPS

Sign up early to ensure that trips will have enough people to cover the costs. After the sign up date check with the trip leader for openings. Get on the waiting list by sending in your application and check; last minute opening do occur.

ONC overnight trips are exclusively for members (you must be a current ONC club member before signing up for overnight trips). Membership application available on web

Please read the overnight trip policies (starting on side bar page 6) before signing up. Note you are responsible for finding a replacement for your space if you cancel, ask the leader for the waiting list of people to contact.

Trip insurance is available through Travel Guard Travel Insurance: a link to sign up for the insurance is on the website. Click on the "overnight trip application" link on the home page; insurance info is at the bottom below the application.

**Mar 2-4, Fri-Sun, All Abilities Ski and Snowshoe Crater Lake via Charter Bus
Three spaces available***

The Crater Lake rim, at 7,000 feet, averages 44 feet of snow a year. Join the ONC for our annual trip to Crater Lake. We'll board the deluxe coach in Portland and proceed down I-

5 while sharing in the world famous "Rolling Pot-Luck." After a sound night sleep and after a hearty gourmet breakfast at the historic Prospect Hotel we take a quick ride to the rim and 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. Some can choose a difficult ski to The Watchman, overlooking the Crater Lake from a magnificent viewpoint. After skiing on Saturday, we will return to Prospect Inn for a scrumptious roasted salmon, prime rib, or vegetarian entree. The local bar next door will provide local entertainment after dinner! Sunday will be another day of different trails, different tours, and more exploring. We can also take a ranger-led interpretive snowshoe tour. Later in the afternoon, we'll board our coach and head toward home, stopping in Roseburg for a private Greek dinner on the way home.

Trip Limit: 40 participants.
Cost: \$260 per person for members for a room at the adjoining motel (everyone can have their own bed) or \$275 per person for members for a room at the historic Prospect Hotel (double occupancy, one bed); you must be a current ONC member before signing up for this trip. Includes transportation, two nights lodging, two breakfasts, Saturday dinner, Sunday dinner on the way back and gratuities. Box lunches will be available from the hotel at an additional cost of \$13 or bring your own.

For more info contact: Janet 503 245-1357
janetliu1@juno.com or Ted Scheinman 503 452-7432
tedskier@gmail.com.

For more info contact: Janet 503 245-1357
janetliu1@juno.com or Ted Scheinman 503 452-7432
tedskier@gmail.com.

**Mar 23-April 2, Fri-Mon, Intermediate Ski w/pack Norway! Mountain Lodge tour on the Hardanger Plateau.
Contact leader for last minute cancellations or vacancies***

Many people associate cross-country skiing with Norway. Here is an opportunity for you to experience Nordic skiing the way it is really supposed to be! We will leave Portland on Friday, March 23, on a direct flight to Amsterdam and then to Oslo. We will take a train to the high Hardanger Plateau, between Oslo and Bergen. We will ski mostly in rolling valleys above timberline. No need to carry a heavy pack - our beds and gourmet meals will be provided for you at staffed mountain resorts. We'll return to Portland on Monday, April 2. This trip will not be as demanding as past trips to Norway!

Sign up now! This trip must be booked no later than December 1, 2011.

Trip limit: 15 participants.

Cost: (estimated) \$2,800 per person for members; you must be a current ONC club member before signing up for this trip. Includes RT flight Portland-Oslo, lodging for nine nights, all meals except in Oslo, local transportation from Oslo to the mountains, and the time of your life!

For more info contact: Ted 503 452-7432
tedskier@gmail.com. There will be a pre-trip meeting scheduled to plan for details.

**April 6-8, Fri-Sun, Inter/Adv Backcountry (AT/Tele) Ski Three Sisters Backcountry Yurts, OR
Spaces available***

Three days of skiing at the Three Sisters Hut at the base of Tam McArthur rim (see <https://threesistersbackcountry.com/huts/> for details on the site). We'll take the snowmobile porter in from near

Sisters on Friday morning and have the Raven Yurt to ourselves. Each person will be responsible for their own food, but stoves or cooking gear is supplied (the snowmobile will carry us in so weight is not an issue).

If the snow is good for turning then we'll spend the next three days putting on skins and exploring the beautiful bowls of Tam McArthur rim and other runs. There is plenty of opportunity to ski as hard as you want or you can skip a loop and instead read/relax at the hut. If the snow is poor for turning then we'll backcountry ski as a group (We'll probably head out to Broken top for nice views.). We may mix doing loops of Tam McArthur with day tours if that is the group interest.

We head back Sunday afternoon. With this trip it is possible to drive from Portland Friday morning and be back in town Sunday evening. You may be exhausted at work Monday morning but you can pack in three great days of skiing with only one day off work.

Backcountry skis, full length skins, avalanche transceiver, snow shovel and probe, which can be rented are required; full telemark or advance touring skis preferred.

Trip limit: 6 participants.

Cost: estimated \$200 per person for members; you must be a current ONC member before signing up for this trip. Includes two nights lodging and shuttle to yurt.

For more info contact: Scott 503 643-6779
skiing@scottdiamond.com.

***Trip Status as of February 24**

better select the right tour for your ability and inclination. Please consider your physical conditioning and your equipment when deciding to go on a tour. Match the tour level to your ability for your physical safety and comfort, and the safety and comfort of other participants on the tour. If you are in any doubt about the rating of a tour, please call the tour leader before the day of the tour.

Novice Ski Tour
These tours are for the inexperienced skiers. While this is not a lesson, the leader will help new skiers as much as possible. Tour length is 3-5 miles over nearly flat terrain.

Easy Tour
Ski: 4-6 miles over gentle terrain at a pace comfortable for all participants.
Bike: Mostly flat terrain, 8-10 m.p.h. pace, frequent regrouping.

Hike: < 8 miles; 200 ft. per mile elevation gain.
Backpack: < 5 miles/day; 200 ft. per mile elevation gain.

Intermediate Tour
Ski: 6-12 miles. Terrain flat to long hills that are no steeper than found on a road (maximum 10 degrees). Moderate pace. Trail turning skills required, if there are hills. Consult tour description for specifics.
Bike: Moderate terrain with rolling hill (some short steep hills); 10-14 m.p.h. pace, regrouping when appropriate.

Hike: 8-10 miles; 200 to 400 ft. per mile elev. gain.
Backpack: 5-7 miles per day; 200 to 400 ft. per mile elevation gain.

Advanced Tour
Ski: > 12 miles. Terrain flat to steep hills (> 10 degrees). Moderate to fast pace. Strong turning skills required on the tours with steeper slopes.

Bike: Difficult terrain with one or more major hills/series of longer, steeper hills; 15-18 m.p.h. pace, regrouping when necessary.
Hike: > 10 miles; 400 ft. per mile elevation gain.

continued on page 6

Ted Scheinman



Crater Lake rim, Wizard Island behind

John Maroney



ONC skiers on the January yurt trip

Steady pace and/or difficult terrain (a workout).

Backpack: > 7 miles/day; 400–600 ft./mile elevation gain.

TOUR ESSENTIALS

Pack these essentials on any ONC activity, "just in case." Remember that cotton offers no insulation when wet. Choose wool or synthetics like polypro or Capilene® for warmth and comfort.

Skiing & Hiking Essentials

- First aid kit
- Matches (in waterproof case) and fire starter
- Rain gear and extra clothes, including a warm sweater
- Extra food and water
- Plastic whistle
- Map and compass (know how to use)
- Flashlight, extra batteries and bulb
- Space blanket or bivy bag
- Pocket knife
- Toilet paper and trowel (ziplock bag to carry out toilet paper)
- Sunglasses, lip balm and sun screen
- Foam sit pad

Biking

Essentials

- Helmet (required on all bike rides)
- Spare tube
- Patch kit
- Tire pump
- Water bottle (filled)
- Tire irons

OVERNIGHT TRIP POLICIES

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

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Continued in column to right

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)

Discounts for ONC members!

Glenn's Mountain Tracks in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. You must show your membership card. On-line rentals. mnttracks.com

Mountain Shop

1510 NE 37th Ave offers ONC members a 15% discount on cross-country ski rentals. On-line rentals.

Park in front on NE 37th, across the street at the Banfield Motel, or nights and weekends at MBank. mountainshop.net

Oregon Mountain Community

2975 NE Sandy offers ONC members a 10% discount on cross-country ski rentals. e-omc.com

Otto's Cross Country Ski & Snowshoe

38716 Pioneer Blvd. in Sandy, has cross-country ski package rentals for the entire season. ottoskishop.com

Wy'East Nordic Ski School offers

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

Overnight trip policies continued from side bar to the left

procedures for leading a trip as determined by the overnight trip coordinator. Overnight trips are announced in the newsletter or on the website.

2. Overnight trips are limited to members; non-members are invited to join using the application in the monthly newsletter or on the website.

3. All spaces are filled on a first-come, first-served basis. Participants can reserve a place on a trip by mailing or delivering the Overnight Trip Application, payment and self-addressed stamped envelope to the trip leader. Space is not reserved until receipt of required deposit or payment. The date of receipt is the earlier of the postmark date or the date of physical delivery to the trip leader.

4. Participants must provide an email address or a self-addressed, stamped envelope with payment so the leader can easily provide trip information.

5. Other ONC Chapter members are considered members and can go on Portland Chapter trips.

WAITING LIST: If a trip is full, participants can be placed on the waiting list by sending the trip leader an application and trip fee. The application and fee will be held by the leader until a space becomes available; at that time, the participant will be asked if s/he wishes to join the trip. Those not offered a place on the trip receive a full refund.

Trip Cancellation Policy

Notify the trip leader ASAP if you must cancel, even if it is a

Continued on side bar on page 7

Welcome, New Members!

Duke, Pamela, Kaitlyn and Micah Bishop 503.658-6865 503.799-2979, Matthew Carr and Rosa Celestine 503.750-5799, Judy Dancer 503.246.2294 503.789.8820, Joie Faulk 503.810.7856, Inga Fisher Winians 503.281.6239, Melissa Gray 503.679.3518, Ashlesha Joshi 503.840.8265, Jaime Kean, Zoe Carver and Lucy Carver 503.206.7657 503.866.5805, Jane Lange 510.508.1646, Tara O'connor 503.926.1369, Wayne and Janine Ohmer 503.693.6407 and Audrey Sweet 503.307.8166

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

February membership report: 229 total members (165 single and 64 family), 12 new, 10 renewing. A reminder will be sent to non-renewing members. Last year at this time there were 284 memberships.

BOARD MEETING MINUTES

Minutes of January 9, 2012 board meeting at Elizabeth McLagan's house.

Meeting was called to order at 6:45 p.m.

Present: Mike Greenstreet, Sam Digard, Mary Hepokoski, Ted Magnuson, Elizabeth McLagan, and Ann Truax
Minutes of the December 2011 meeting were approved as sent out.

Treasurer's report: Elizabeth. Cash on hand in checking and savings is \$58,697.00.

Membership Report: (December) 188 total members (137 single and 51 family), 11 new, 20 renewing. A reminder will be sent to 89 non-renewing members. Last year at this time there were 296 memberships.

Reports and Information

Overnight Trips: Need to work on the leadership training.

Day Tours:

Website: Mike. April will be Mike Greenstreet's last month as Administrator/Editor. A volunteer is needed to replace him. Different members will be able to post items like Newsletter, overnight trips, etc.

Publicity: Ann. REI event at Feb 11 at Meadows.

Membership: Emails sent to a large list of nonrenewable. Pam Rigor said there are some bad emails in the batch. Russ does not purge the list serve if a person has not renewed.

Unfinished Business

1. President Ski Tracks February – Ted Magnuson will write. He will cover the need for a Web master, a thank you to Mike, and appointment of new board member Andre Fortin.
2. Volunteer ONC shirts- Kudo's to Elizabeth. Place new order for sales to PDX or other chapter members
3. Board nominations. Mary Hepokoski, Ann Truax, and Sam Digard will be the nominating committee.
4. Waiver of liability language. We need the new language incorporated into our membership and overnight applications. Sam will work on them.
5. Electronic newsletter - An email notice with an attachment or a link to the issue will be sent out each month instead of mailing copies. A volunteer is needed to do this notice. Members who opt for a mailed copy will still get one.
6. Hemlock Butte Cabin follow-up. A letter was sent and the information passed on to Miriam.

New Business

1. Board vacancy caused by resignation. Motion made, seconded and carried to appoint Andre Fortin to the board vacancy created when Keith Knight resigned.
2. Monthly meetings. An announcement for board elections needs to be made at the Jan. and Feb. meetings.

Next board meeting will be at Mary Hepokoski's home at 6:30 pm, February 13, 2012

Meeting adjourned.

Submitted by Mary Hepokoski, *Secretary*

CLASSIFIED ADS

FOR SALE: ► **Women's ski boots.** Alpina Backcountry Normal. Nearly perfect. Size 39. Thinsulate lining. Black and navy blue. \$50 or best offer. **Christine 503-729-5383 sisu1956@gmail.com.**

WANTED: ► **Karhu 10th Mountain XCD or Madshus Epoch skis and cable bindings** for telemarking. **John Wadsworth 503 478-0667**

FOR SALE: ► **Two REI water bottles.** 32 oz., new, \$5 each. u **Gaiters.** new size small, \$10. **John 503 257-2012.**

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.**

shared-cost trip and no deposit has been paid. Trip fees are nonrefundable unless a replacement is found.

The following applies:

1. If the participant desires a refund, they are responsible for finding their own replacement. Check with the trip leader to get a copy of the waiting list; this list can be used to locate a replacement. The participant should cooperate with the trip leader to draw on the waiting list for a replacement member. Once a replacement has been secured, a written or e-mail request for refund must be sent to the Overnight Trip Coordinator. Once it has been confirmed that a replacement participant has paid for the tour, a refund will be issued within 30 days, less \$10.

2. If a replacement is not secured, the participant is accountable for the full cost, and no refund will be issued.

3. If the participant has paid a deposit only, and withdraws from the trip without finding a replacement, the full amount of the deposit is forfeited and no refund will be issued.

Travel Insurance

ONC has made arrangement with TravelGuard for a special travel insurance program for trips, which covers death of a family member, major illness, or injury. It is recommended that members sign up with them at the following site, make their own arrangements for travel insurance, or take personal responsibility for lost funds. www.travelguard.com/agentlink.asp?ta_arc=125858&pcod (this link on our website)

Monthly meeting and program

Turkey

Join Steve Levy and Sue Van Loon as they present a program on their recent trip to Turkey, journeying by local bus from Istanbul, with its Hagia Sofia, Blue Mosque and Topkapi Palace to the classical ruins of Troy, Pergamum and Ephesus; from the crystalline, travertine terraces of Pamukkale to the mountains, villages and bays of the Turquoise Coast, where evidence of ancient civilizations contrast sharply with 21st century modernity.



Multnomah Arts Center
7688 SW Capitol Hwy.

Tuesday, March 6

6:30 p.m. potluck/social hour

7:30 p.m. meeting/program

Guests are welcome to join club members for the potluck. Bring a food dish to share, along with your own plate, utensils and beverage.

Upcoming programs

April 3—Annual meeting and elections

Climbing Kilimanjaro, safari in Tanzania

May 1—Treking in China



Oregon Nordic Club
PORTLAND
CHAPTER

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

