

Smiles, sunshine and sniffles on Sunriver trip

Amy Blumenberg



Five families with kids ranging in age from five to eleven enjoyed plenty of sunshine and excellent snow conditions on the Presidents Day weekend family trip to Sunriver in February. A wonderful time was had by all despite a few of the participants arriving or falling ill during the weekend (hence, the “sniffles”). Several of the kids had never cross-country skied before so trip leaders Amy Blumenberg and Chris Potter gave impromptu lessons. We skied on the beautifully-maintained Meissner Trails outside of Bend on both Saturday and Sunday. The kids enjoyed leisurely lunches with plenty of time for snow play at the Meissner Shelter. Some of the adults took turns watching the kids and skiing extra loops. We all enjoyed delicious potluck meals including an ONC family trip tradition: indoor s’mores.

This was ONC’s third Presidents Day Weekend family trip to Sunriver. Family trips are a wonderful

way to meet other families who enjoy outdoor pursuits. But, they can only happen if parents volunteer to plan and lead them. If you’d like to lead an ONC family trip any time of year (skiing, bicycling, hiking, etc.), please contact Ted Scheinman (tedskier@gmail.com) who will help you get started.

Amy Blumenberg, *Trip Leader*

2012 annual meeting and board elections

The annual meeting and board elections of the ONC Portland Chapter is 6:30 p.m. Tuesday, April 3. There are four positions open on the 2012-2013 board of directors. The nominating committee, consisting of Sam Digard, Ann Truax and Mary Hepokoski, offer the names of the following three candidates for the four seats. Nominations from the floor can be made for any of the seats. Please consider placing yourself in nomination or if you know a member you believe would serve the club well, ask them if you can nominate them that evening.



Elizabeth McLagan I’ve been an ONC member for five years. I’ve volunteered for trail tending, the ski fair, assisting the overnight trips coordinator, and for the last two years I’ve served as your treasurer. I’m running again to provide continuity to the board. Some of my traits are pragmatism and objectivity, as well as being a good listener. I feel strongly that we should participate in the Trillium Lake yurt project. Broadening our membership is an ongoing challenge, but I think the yurt at Trillium Lake has the potential of bringing in new members, particularly young and novice skiers.



Steve Planchon I have been a member of the club for several years, enjoy what it offers and would like to help where I can. I thoroughly enjoy outdoor recreation, including hiking, canoeing, backpacking, biking and cross country skiing. The majority of my professional work experience was in the context of board-governed organizations, both profit and non-profit, including 10 years as the executive director of a 1 million acre land trust, which required a close working relationship with the board of directors. I have also served on and chaired several non-profit boards, including: chairing the Anchorage suicide line board of directors; member of a condo association board; and member of local chapters of professional organization boards of directors. I have worked for over 30 years in the land and natural resource management/development field, with most of those years spent in Alaska, including 5 years helping to establish the Nature Conservancy office in Alaska.

Married for 32 years to Shannon Planchon, with two grown children and two growing grandchildren, we raised our kids in the Jr. Nordic program in Anchorage.



Ann Truax I am a candidate for another term as an ONC board member because I want to give back to a club that offers so many outdoor adventures. As a former teacher, I am a collaborative and organized multi-tasker. I have been serving on the board for the last two years as vice-president. I have also led overnight trips, taught skiing for the ONC novice classes, done trail tending, and assisted in the ski fair.

Mary Hepokoski, *Chair Elections’ Committee*

Inside

- 2 Upcoming Events
- 3 Board’s Ski Tracks
Volunteer Opportunities
Get involved!
- Nordic Issues
- 4 Day Tours
Ski ski ski
- 5 Overnight Trips
Three Sisters Yurt
San Juan Bike
Methow family trip 2013



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
Coordinator—vacant
Summer Coordinator
Bike/Hike—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. This newsletter is published monthly by: **Portland Chapter of the Oregon Nordic Club, Inc.** P.O. Box 3906 Portland, OR 97208

UPCOMING EVENTS

April 3 TUESDAY
The charms of Tanzania— Kilimanjaro climb and the Serengeti
ONC monthly program.
Multnomah Arts Center, 7688 SW Capitol Hwy., 7:45 p.m. Free!



April 4 WEDNESDAY
Clinic: Exploring the Columbia River Gorge
REI Tualatin, 7–8:15 p.m. Free! Info and sign-up: rei.com

April 7 SATURDAY
CCC Spring Bike Drive
Bring your bike (in good condition) to a Portland-area REI store and help the Community Cycling Center. 10–3 p.m.

April 9 MONDAY
Skiing Heritage Week 2012
Timberline Lodge. 7 p.m. Dinner and presentation by Jeff Kohnstamm, Area operator Timberline Lodge and Lloyd A. Musser, curator, Mt. Hood Cultural Center and Museum 8 p.m. Beekley Memorial Lecture with Kirby Gilbert, ski historian, on Founding of Ski Magazine in Seattle in 1936 \$60 for dinner and presentation and lecture. Reservations: SkiingHeritage2012@skihall.com or 906 485-6323

April 11 WEDNESDAY
Oregon Wild Wednesday with Bill Sullivan
Jam on Hawthorne, 2239 SE Hawthorne Blvd., 6–7:30 p.m.

April 12 THURSDAY
Clinic: Bike Maintenance Basics
REI Portland, 7–8:30 p.m. Free! Info and sign-up: rei.com

April 18 WEDNESDAY
Clinic: Backpacking Basics
REI Tualatin, 7–8:15 p.m. Free! Info and sign-up: rei.com

April 19 THURSDAY
Bike Maintenance Basics
REI Clackamas, 7 p.m. Free! Info and sign-up: rei.com

April 20–22 FRIDAY-SUNDAY
2012 Trail Skills College
Interested in learning more about trail work, leadership, and skill building. Register: www.pcta.org. Free! Info: Rick Pope, poper123@frontier.com 503-641-3609.

April 24–26 TUESDAY-THURSDAY
Banff Mountain Film Festival
McMenamins Bagdad Theater, 3702 SE Hawthorne. Doors open at 6 p.m., show starts 7 p.m. *Note some films have a suggested rating of PG-13. Tickets on sale beginning April 9 at local REI stores. www.banffcentre.ca/mountainfestival/worldtour/films/

Clinics & Training
May 23–27 WEDNESDAY-SUNDAY
June 15–17 FRIDAY-SUNDAY
2012 Oregon Spring Camp, Mt. Bachelor
Registration open. 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.

Go green, go paper-less

An electronic newsletter is available. Please let us know if you would like a paper-less e.newsletter instead of a paper one, send an email to Mark at mfitzsim@aol.com and let him know you are going paper-less. Thanks.

Pam Rigor, *Newsletter Editor*

Odyssey Program at Hayhurst needs gently-used outdoor clothing and gear!

Odyssey is a PPS “living history” program where students participate in week-long outdoor field studies at Mt. Hood, the Oregon Coast, Crater Lake, the Yakima Reservation, etc. ONC member and Odyssey parent Amy Blumenberg is collecting the following items for kids with limited financial resources who might otherwise be poorly outfitted for the often cold, damp conditions: wool socks, non-cotton long underwear, fleece jackets, wool sweaters, hats and gloves, waterproof/breathable shells or rain parkas, rain pants, sturdy hiking shoes or boots, and sleeping bags. Field study participants range in age from eight to fourteen so a **variety of children’s and adult sizes are needed**. Contact Amy to donate: ablumenberg@comcast.net 503 241-2768.

Amy Blumenberg, *Trip Leader*

BOARD'S SKI TRACKS

The Passion For Skiing

It must be that we have a passion for XC skiing. For what other reason would we be a card carrying member of the Oregon Nordic Club? If it weren't for this passion, why would we be here? Would we ever think twice about being part of an organization of like-minded people with that drive, with that energy that binds us to a common cause?

I bet it starts on one of those days when the weather and conditions align in the perfect combination. You get out there and feel like the snow is your friend. It is laughing under your skis as you glide effortlessly through the hillsides and forest. Your skiing buddies also filled with the joy happily chatter away while the trail lures you on, further into a state of bliss.

Sometimes, people aren't comfortable talking about their emotions, but I'm pretty comfortable expressing my passion for this sport. I think of other examples of passion. We all know the story of the passion that the fair daughter of the Capulet family had for the rough and ready son of the Montague household. Their passion ended in the ultimate tragedy. Then there was southwest artist Ted De Grazia, who in a passionate expression against certain government policy, rode into the Arizona desert wilderness on horseback, with 100 of his paintings. At the base of Superstition Mountain, he burned the artwork—another flaming self-destructive demonstration of passion.

Now as much as it is probably a surprise to you, I've been a little reckless with my passions a time or two. And I wonder if those people who I scared with my extreme passion would ever want to see me again. Well, I know that I raise my glass to anyone who stands behind their passion. I respect the person 100% who would throw everything away for their beliefs—for their passion. I would think less, only of the person who doesn't make their stand.

This month is ONC board of directors election month. You should have received your proxy ballot in the mail by now. Hopefully, you will fill it out and mail it in, or even better, bring it with you to the monthly meeting. Pizza starts at 6:30 p.m., followed by the election proceedings at 7 p.m. We're going to change up the venue a bit and have a meet your board of directors session. Maybe you are passionate about something and want to share it with the board. Or with the club. The presentation follows, then the results of the election will be announced. Hope to see you at the MAC on Tuesday, April 3. ♦

Sam Digard, Board Member

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: Ann 503 231-7220, 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: Ann 503 231-7220

NORDIC ISSUES

No column this month

Crater Lake sunny skies



Crater Lake with Phantom Ship

What a weekend! From the rolling potluck, to the sunny skies, to the abundant snow, to the wonderful participants—it was a great weekend for me.

Ted

Hear, hear, Ted and Janet. Thank you ever "snow" much!

Christine

Fab trip y'all! Thank you so much!!

Lis

What a great trip! Now I can say that the lake is indeed there (last 2 trips there was 0 visibility).

Bill

Wow! What an incredible picture—thanks for sharing it with us. I look forward to seeing all of the shots people took on those beautiful days.

Marcia

I'm still remembering what a great spring ski weekend it was last weekend. ...And thanks to Ted and Janet for herding the cats!

Evan ♦

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:

Webmast—vacant
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

continued on page 5

DAY TOURS

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

Apr 4, Wed, Intermediate Ski
Location TBD

Come join our group for a Wednesday activity. We'll ski where the snow is good! Meet at McMenamin's Edgefield, 2126 SW Halsey, in the west parking at 9 a.m. for carpooling. **For more info or if new to Wednesday group, contact the leader: Pam Rigor 503 297-4284.**

Apr 7, Sat, Easy Telemark Ski
Timberline (alt. - Summit), Mt. Hood, OR

Join us to hike/ski above Silcox Hut on Palmer snowfield. We'll hike up on skins or baling twine chains and then tele down for as many loops desired (2-3 mile loops). If weather is not nice, the alternate site will be West Leg Road at Summit ski area and tele down the Glade Trail. Bring free-heel tele gear and skins or baling twine chains and lunch. Meet at McMenamin'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.**

Apr 11, Wed, Intermediate Ski
Location TBD

Come join our group for a Wednesday activity. We'll ski where the snow is good! Meet at McMenamin's Edgefield, 2126 SW Halsey, in the west parking at 9 a.m. for carpooling. **For more info or if new to Wednesday group, contact the leader: Mary Hepokoski 503 245-1618.**

Apr 14, Sat, Easy Ski
Location TBD, Mt. Hood, OR

This easy ski will go four to six miles over gentle terrain at a pace comfortable for all participants. We'll ski wherever conditions make a fun outing for all. **For more info, meeting place and time contact the leader: Sandy Gooch 503 913-3510 sandygooch@comcast.net.**

Apr 15, Sun Intermediate Ski or Hike
Mt. Hood, OR or Columbia Gorge, OR

Whether this is a ski or a hike depends on the conditions— if snow is good, we'll ski; if not, go for a hike. If it's a ski, it will be on Mt. Hood: 6-12 miles with terrain varying from flat to long hills that are no steeper than found on a road. If it's a hike it will be in Columbia Gorge: 8-10 miles; 200-400 ft. per mile elevation gain. **For more info, meeting place and time along with the decision to ski or hike contact the leader: Ann Truax 503 231-7220.**

Apr 21, Sat, Advanced Ski
Summit Mt St Helens; WA

We'll start at the Marble Mountain Sno-park and ascend (about 5,000 feet) to the summit of Mt. St. Helens. From there we'll take many wonderful turns as we ski directly back to the car. Telemark or AT skis with skins required. Crampons needed as well in case it is icy and we can't skin all the way up. We'll not climb fast but good physical conditioning required. Trip limited to 4 people total. In addition to carpooling cost, \$22 each is required for climb permit. Meeting time and location TBD (plan on meeting at about 4:30 a.m.). **For more info contact the leader: Scott Diamond 503 643-6779 skiing@scottdiamond.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. McMenamins 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.



ONC skiers Meadows Creek Trail

Wednesday skiers at Teacup

On Wednesday, March 7 twenty skiers broke into several groups at Teacup. Blue sky, fresh snow, and warmer than expected temperature made for a great day. Eight completed the upper Pocket Creek loop going in a clock-wise direction from the Cabin. ♦

Terry Owen, Trip leader

Lead a tour in May

Join the ONC leadership team...

Lead a hike or bike (ski if there is snow) tour in May or the first weekend in June! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (by April 14, 8 p.m.) to day tours at onedaytours@gmail.com. ♦

Diamonds missing, branches across ski trails?

Have you skied on trails with blue diamond trail markers missing, downed trees or brush across the trails and unexpected dead ends? Trail maintenance season will be here soon enough and we'll have trail tending parties to improve these trails. Greg Wenneson and Bill Yaeger will be taking charge of trail tending this year and meeting with the Forest Service representatives from Mt. Hood and Gifford Pinchot National Forests to identify trail maintenance projects for this summer. Please send your recommendations for trails to work on this summer during our trail tending parties (include information about what needs to be repaired or improved) to: Greg Wenneson gregwenn@sonic.net ♦

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 New memberships between April and August 2012 will have an expiration date of September 2013

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.

April 6–8, Fri–Sun, Inter/Adv BC (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

John Maroney



ONC skiers on the January yurt trip

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.

July 4–July 8, Wed–Sun, All Abilities Bike Annual Fourth of July Camping Holiday San Juan Islands, WA

Let's continue an ONC tradition—bike the San Juan Islands in Washington state on July 4th weekend. Explore these magical islands—on San Juan, we'll visit English Camp and American Camp in the National Historical Park,

Bob Breivogel



Biking to the campground on San Juan Island

Bob Breivogel



Biking on Lopez Island, WA

savor the fragrance at the lavender farm, and watch the orcas at San Juan County Park; on Lopez—spy on the seals at Shark Reef Sanctuary, and beach comb at Spencer Spit; on Orcas—intrepid cyclists can take the challenging ride up Mt. Constitution, or more recreational cyclists can enjoy a shorter ride to the charming town of Eastsound and the local pottery galleries. Keep your eyes out for the camel on San Juan Island as you ride to the campground! On the Fourth, we can take in the Fourth of July parade in Friday Harbor and later, the fireworks display at Roche Harbor.

We'll carpool to Anacortes, WA, leave most of our cars, and take the ferry to Friday Harbor on San Juan Island. Upon arriving, we'll bike about five miles to Lakedale Campground, and stay for four nights. We have some

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

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

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

TOUR ESSENTIALS

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

Skiing & Hiking Essentials

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

Biking Essentials

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

OVERNIGHT TRIP POLICIES

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

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be publicized. A potential leader must follow the

Continued in column to right

potluck dinners. The striking of the colors and fireworks at Roche Harbor are quite a dramatic way to celebrate the 4th. This trip will be easygoing, enjoying the weekend without our cars.

Trip Limit: 25 participants.

Cost: TBD

For more info contact the trip leader: Pam 503 297-4284.

Join a Methow Valley Family Trip in 2013!

For the past three years, ONC members Amy Blumenberg and Chris Potter have led hugely successful family trips over MLK and Presidents Day weekends. After leading trips to Trout Lake, WA and Sunriver, OR they're plotting some new adventures for ONC families! Is your family interested in joining Amy and Chris for a Methow Valley trip over MLK or Presidents Day weekend in Jan. or Feb. 2013? This would likely be a 4-day, 3-night trip and would require taking at least the Friday before the holiday Monday off of school and work due to the long drive (6-7 hours from Portland). The Methow Valley offers over 100 miles of groomed cross-country ski trails for all levels. See <http://www.mvsta.com/ski.html> for more information about the Methow Valley.

For more info and preference for MLK weekend or Presidents Day weekend contact: Amy ablumenberg@comcast.net.

Welcome, New Members!

Sally Jo Browne 503 651-1046, Ron Burian 503 245-3417 503 525-7888, Katheryn Cagle 931 319-0129, Michele Francesconi 503 867-7464, Camilo Marquez 503 206-7616 503 935-1397 and Pat Martinez

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

March membership report: 235 total members (170 single and 65 family), 6 new, 1 renewing. Last year at this time there were 261 memberships.

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

Want to lead an overnight trip this summer?

Spring is just starting but now is the time to think ahead about backpacking, car camping, biking or any other overnight trip you may want to lead this summer. Make your plans now! The Pacific Northwest has many wonderful outdoor places to explore—lead a trip close to home: the Oregon or Washington Coast, Mt. Rainier, Crater Lake, Central or Eastern Oregon.

Leading an overnight trip comes with privileges. The leader goes for free and you get an ONC T-shirt (we now have some nice synthetic black ones now) as well as the opportunity to spend time with some great people!

Contact Overnight Tour Coordinator Ted Scheinman with your trip ideas: 503 452-7432 tedskier@gmail.com.

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. mtntracks.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

BOARD MEETING MINUTES

Minutes of ONC Board meeting February 13, 2012, 6:30 PM, Mary Hepokoski's

Board members present: Sam Digard, Andre Fortin, Pres. Mike Greenstreet, Mary Hepokoski, Ted Magnuson, Elizabeth McLagan, Ann Truax. **Guests:** Ted Scheinman

Meeting called to order at 6:48 p.m.

Minutes of January 2012 Board Meeting approved as emailed.

Treasurer's Report: Elizabeth. Our current balance is \$57,576.16. The December used equipment sale grossed \$2,211.00 and made a profit of \$458.20. The profits covered the expenses of the sale and fair leaving \$56. There was a brief discussion about whether we should consider continuing this event. With people using Craig's List, is our used equipment sale necessary?

Membership Report: membership consists of about 190 memberships and approximately 20 past presidents

Reports and Information

Shelters: Tilly Jane A Frame-Andre The reservation system was discussed. Andre's very committed to the A-Frame. He would like to see a page dedicated to Tilly Jane A-Frame on the ONC Portland Website.

Publicity: Ann Marc Leon, Leah Ilem and Charles Reneau participated in the REI Nordic event on Feb.11 at Mt. Hood Meadows. Ann set up a table to promote ONC at the Brentwood-Darlington community center Wellness Fair.

Day Tours: no report

Overnight Trips: There was a clarification that members on the waiting list can be contacted when a participant wishes to cancel. They have the opportunity to join the trip at that time or not. If they do, the member canceling will receive a refund, otherwise our policy is no refunds.

Website: Mike. Need to address membership process and a Membership Directory- Mike is going to leave the website without requiring a password access before the end of his term. Adding content can be done. We have a Facebook presence, a yahoo list, a meetup site and ONC Portland website.

Programs: no report

Unfinished Business

1. President/Board Ski Tracks Suggestion was made to have the profiles for candidate for board as the President's column (see next item).
2. Board nominations-report of Nominating committee. The following members have agreed to have their names placed in nomination: Ann Truax, Elizabeth Mclagan, and Steve Planchon. We agreed to send out bios with a ballot in early to mid-March.
3. Electronic newsletter- Pam wants help with sending out a link.
4. Forms-Sam No report

New Business

1. Request for partial refund by two members on the Yellowstone trip. Motion made to authorize the overnight trip leader to give a partial refund to two Yellowstone participants who cancelled. Seconded. Motion failed.
2. Renewal of ONC membership in the Federation of Western Outdoor Clubs (FWOC) Motion made, seconded and carried to renew our membership in the FWOC.
3. Trillium Lake Yurt- Motion to build a woodshed and pursue a SUP with USFS to manage the yurt during the winter ski season. Motion seconded. Motion made to move until next month when we have better information. Seconded and carried. Ted M has volunteered to gather the information. What are the projected costs, the volunteer requirements and volunteer interest, and the effect on our relationship with USFS staff?

Adjournment at 8:45 pm

Next board meeting: April 9, 6:30- 8:30 p.m. at Mazamas Mountaineering Center, 527 SE 43rd Ave. ◆

Submitted by Mary Hepokoski, *Secretary*

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)

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.**

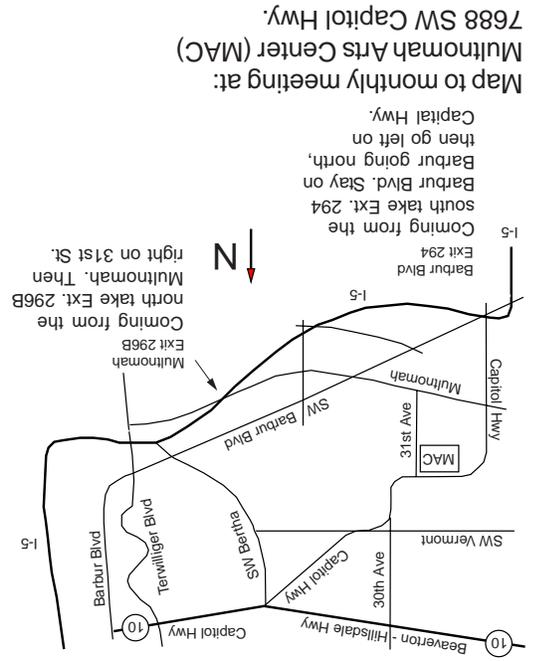
Program, Annual Meeting and Elections

The charms of Tanzania— Kilimanjaro climb and the Serengeti

In August 2010, Chuck Daellenbach of Albany and his son, Keith of Portland, climbed Kilimanjaro and went on a wildlife safari in northern Tanzania. The climb of Africa's highest peak was by the seldom-climbed Western Breach. The tight-knit team of guides and porters were from the local Chagga tribe and shared many interesting aspects of their culture along the way. The safari to Tarangire, Serengeti, Ngorongoro Crater, and Lake Manyara covered 800 miles in distant stretches of the vast savannah. They saw a variety of amazing animals including the "Big Five" (elephant, cape buffalo, lion, leopard, and rhinoceros) witnessing the interplay between predator and prey.



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



Map to monthly meeting at:
 Multnomah Arts Center (MAC)
 7688 SW Capitol Hwy.

Multnomah Arts Center
 7688 SW Capitol Hwy.
Tuesday, April 3
7:45 p.m.-program
Pizza served at 6:30 p.m.
Annual meeting and board elections at 7 p.m.

Upcoming programs

May 1-Tea, yak butter, rhodies and waterfalls: hiking in western Yunnan province



Oregon Nordic Club
PORTLAND
CHAPTER