



Ted Scheinman



Ted Scheinman



Norway's Hardanger Plateau—the highest in Europe was the destination

of the group of skiers who flew to Amsterdam then to Oslo in late March. A train then carried them to the plateau between Oslo and Bergen. Skiing was mostly in rolling valleys above timberline. Comfy beds and gourmet meals at staffed mountain resorts met them each night. What a trip!

Ted Scheinman, *Trip Leader*

Volunteers lead and make it happen

Our club is run by volunteers... they are the ones that lead the many activities we enjoy throughout the year and keep the club active. As this season comes to an end it is time to recognize and thank them for giving their time for everyone's enjoyment.

Overnight trips The Oregon Nordic Club provides a robust overnight trip program because of those dedicated members who lead our overnight trips. We have had a number of new overnight trip leaders, as well as the experienced ones. I would like to publicly acknowledge the following members and the trips that they led this year. In addition, this list reminds you of the many overnight trips that are offered by the club.

The club plans to offer a workshop for overnight tour leaders later this summer or fall. If you are interested in leading an overnight trip, but are not sure how to do it, please contact me, Ted Scheinman, at tedskier@gmail.com.

Pam Rigor (July 4th San Juan Bicycle), Elke Schoen, David Blanchard and Laura Bodner (Thanksgiving Sunriver), Sam Digard (Methow Valley), Ted Scheinman (Yellowstone), Elizabeth McLagan (Black Butte New Year), Steve Levy (Lake Creek Lodge), Ann Truax (Sunriver MLK Weekend), Mary Hepokoski (Summit Meadow Cabin), Elizabeth McLagan (Breitenbush Hot Springs), John Mahoney (Three Sister Yurt Trip), Donna Matrazzo (Flying L Ranch), Russ Pascoe (Scottish Lake Backcountry), Ann Truax (Shelter Cove at Odell Lake), Ted Scheinman (Ochoco Mountains), Jean Hillebrand (Glacier), Ted Magnuson (Sunriver President's Weekend), Amy Blumenberg (Sunriver Family Trip), Lily Lee (Wallowa Mountains), Kathy Burns (Mazama Lodge), Janet Liu and Ted Scheinman (Crater Lake), Ted Scheinman (Norway), Scott Diamond (Three Sister Yurt) and Jodi Wacenske (Tilly Jane A-Frame). Thank you all for your help with this important program.

Day tours They take us out to find the best snow, show us wild flowers in the spring and take us along the city's and local bikeways. We skied, hike and bike with them and enjoyed a potluck with them at the monthly meetings. We also really appreciate them taking the lead.

Kathy Burns, Ernie Carpenter, Scott Diamond, Mike Dianich, Sam Digard, Sandy Gooch, Miriam Hammer, John Heaton, Mary Hepokoski, Eileen Holzman, Marc Leon, Terry Owen, Pam Rigor, Larry Risch, Rand Schenck, Ann Truax Thanks for taking us out on the trails.

Operations The internal working of our club keep a good number of members busy throughout the year. Without them you would not have a website, a newsletter, a membership card, news about issues that affect you, well taken care of trails to ski on...I could go on and on. Thanks to those who helped this last year and this list has plenty of room to expand...join in the fun and make things happen. Thanks to everyone that did.

Ron Bekey, Louise Brown, Kathy Burns, Mike Dianich, Sam Digard, Tere Enburg, Mark Fitzsimons, Sandy Gooch, Mike Greenstreet, Miriam Hammer, Mary Hepokoski, Leah Ilem, Susan Kelly, Keith Knight, Marc Leon, Darvel Lloyd, Ted Magnuson, Kevin McKillivray, Elizabeth McLagan, John Nakada, Russ Pascoe, Donna Parsons, Charley Reneau, Pam Rigor, Barbara Sack, Ted Scheinman and Ann Truax. The number of volunteers seems small, but the work they do is great. Thanks volunteers!

Inside

- 2 Upcoming Events**
- 3 Board's Ski Tracks Volunteer Opportunities**
Get involved!
- Nordic Issues**
- 4 Day Tours**
Hike
- 5 Overnight Trips**
San Juan Bike
Methow Valley family trip 2013

BOARD MEMBERS

Mary Hepokoski

President

503-245-1618

Ann Truax,

Vice-President

503 231-7220

Elizabeth McLagan

Treasurer

mclaganej@yahoo.com

Mary Hepokoski

Secretary

503-245-1618

Steve Planchon

503 286-2216

ssplanchon@yahoo.com

Ted Magnuson

503-590-7998

Andre Fortin

503 780-5843

**COORDINATORS AND
COMMITTEES:**

Day Tours:

Kathy Burns, coordinator

oncdaytours@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
oncnewsletter@gmail.com

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

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

This newsletter is
published monthly by:
**Portland Chapter of the
Oregon Nordic Club, Inc.**
P.O. Box 3906
Portland, OR 97208

UPCOMING EVENTS

May 1 TUESDAY

**Tea, yak butter,
rhodies and
waterfalls: hiking in
western Yunnan
province**

ONC monthly program.

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



May 2 WEDNESDAY

**Clinic: Bike Maintenance Basics
for Women**

REI Tualatin, 7–8:15 p.m. Free! Info/sign-up: rei.com (store events)

May 8 TUESDAY

Clinic: Bike Maintenance Basics

REI Hillsboro, 7–8:30 p.m. Free! Info/sign-up: rei.com (store events)

May 15 TUESDAY

**Three Monumental Decades: A 30th
Anniversary Celebration of the
Creation of the MSHNVM**

It has been 30 years since the US Congress passed an act to establish the Mt. St. Helens National Volcanic Monument (MSHNVM) in 1982. Come hear conservationist Susan Saul recount how the monument was created. Christine Colasurdo, author of "Return to Spirit Lake," will host the evening and pose the question, "What does the monument mean to you?" Come share your own monumental story and help honor the

national treasure we have in our own backyards.

Tommy O's Pacific Rim Bistro, 801 Washington St., Vancouver, WA Doors open at 5 p.m. Lecture 6:30–8 p.m.

May 22 TUESDAY

**Clinic: Preparing for the Unexpected -
Outdoor Safety Basics**

REI Hillsboro, 7–8:30 p.m. Free! Info/sign-up: rei.com (store events)

May 29 TUESDAY

**Clinic: Gear Gone Wild: Practical Tips
for Comfortable Backpacking**

REI Hillsboro, 7–8:30 p.m. Free! Info/sign-up: rei.com (store events)

May 30 WEDNESDAY

Clinic: Backpacking Basics

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

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

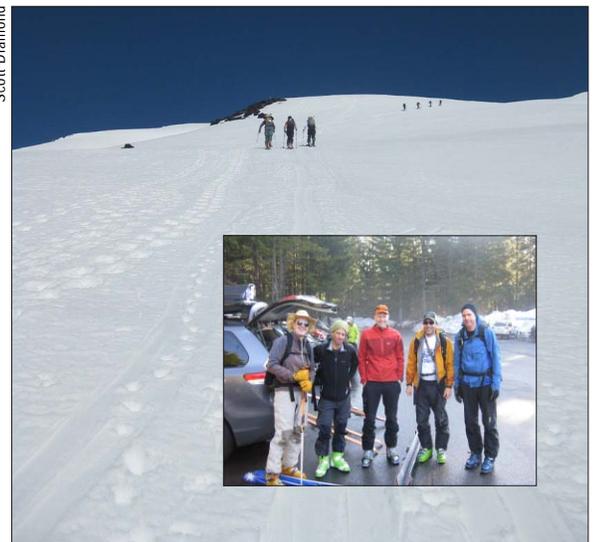
Oregon Nordic Club Portland Chapter

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.

Board members elected

Members enjoyed the pizza provided by the club and voted for new board members at the annual membership meeting on April 3. Three new board members were elected. Ann Truax and Elizabeth McLagan were reelected along with Steve Planchon; all will serve for a two year term. They join the board which currently consists of Mary Hepokoski, Ted Magnuson and Andre Fortin. ♦

Scott Diamond



Scott Diamond leads skiers to Mt. St. Helens summit, April 21

PRESIDENT'S SKI TRACKS

At our April 9 board meeting, the board elected officers for the following year:

Mary Hepokoski – President, Ann Truax -Vice-president, Elizabeth McLagan - Treasurer and Steve Planchon – secretary (Ann and Elizabeth are continuing their duties).

After skiing the Meissner Ski Trails for three hours, I attended the Oregon Nordic Club state spring meeting near Bend on Saturday, April 14. It was interesting to hear the reports from the other chapters around the state. Most reported snow problems in December. When it did finally start snowing at the end of January, it RAINED. The Teacup chapter reported heavy use probably in part because of generally poor conditions. Both the Teacup chapter and the Central ONC chapter are involved in youth ski programs and report increasing participation. The agreements that ONC chapters have with the Forest Service differ depending on which district they are in.

At the meeting I was wearing our new ONC shirt that we have given to volunteers and have available for sale. Unfortunately I did not have any extras as several state board members wanted to buy one.

Electronic newsletter

The board is trying to go greener by encouraging electronic distribution of our newsletter. If you are getting a newsletter by mail and want to go greener, email the database coordinator at mfitzsim@aol.com and ask for the change from paper to e-newsletter. ♦

Mary Hepokoski, *President*

Wilderness first aid class

A wilderness first aid class will be conducted on Saturday June 23-June 24, 2012 by the Wilderness Medicine Institute and REI. These classes are not held often in the local area. The cost is \$200, or possibly priceless if you face an emergency hours away from professional medical attention.

For more info contact the REI Outdoor School at <http://www.rei.com/class/5638/market/300/12312012> ♦

Jean D. Dawe Beima Dunlop November 1926 March 2012

Jean D. Dawe Beima Dunlop passed away on March 20, 2012 in Vancouver, WA after a brief illness. Jean was born November 5, 1926 in Portland, Oregon. "Jean Dunlop was a longtime ONC member and Wednesday skier during the Roy Buntin era. She could out ski most of us in her 70's! She was my inspiration to ski in Norway as she had with the Sierra Club many years prior.," Stephany Anderson. ♦

VOLUNTEER OPPORTUNITIES

Membership Contact Susan 503 706-6463

Nordic Issues committee members

Contact: Ann 503 231-7220, Miriam 360 883-1060

Programs Contact: Ron 503 475-0084

Publications Contact: Pam 503 297-4284

Publicity Contact Ann 503 231-7220

Day tours Contact: Pam 503 297-4284

Website Contact: Ann 503 231-7220

NORDIC ISSUES

Mt. Bachelor area Community Ski Trail in the works

Planning is underway to create a new cross-country ski trail that would connect the Dutchman Flat area next to Mt. Bachelor with the Virginia Meissner Sno-Park. The trail would be for users of all abilities and be groomed for both classic and skate skiing. It would be modeled on the Methow Valley Community Trail and be open for use year round. The popular Flagline Trail will not be affected by the new trail. More info on this can be found in the Central Oregon Nordic Club's April/May 2012 Newsletter (go to onc.org and click on Central Oregon Nordic club).

Government Camp rest area Senate Bill 1591, which shifts the funding of the Government Camp rest area on Highway 26 along with 16 other rest areas throughout Oregon was signed into law by Governor John Kitzhaber in March. Oregon Travel Experience, the semi-independent state agency is now responsible for the rest stop management.

Meadow Twilight Parking Lot Mt. Hood Meadows Parking Improvements (Twilight Parking Lot and Sunrise Maintenance Shop) Environmental Impact Statement (EIS) is listed as under "planning status" with a draft Environmental Impact Statement (DEIS) due in May 2012 and an expected decision due in February 2013 and expected implementation in May 2013. The contact for this project is Jennie O'Connor Card 541 352-1255 jennieoconnorcard@fs.fed.us

Cooper Spur The proposed land swap exchange that would put the Cooper Spur area off limits to development, mandated by the Mt. Hood wilderness bill that Congress passed in 2009 is listed as "under analysis" with a decision due April 2013 and expected implementation in June 2013 according to this website: <http://data.ecosystem-management.org/nepaweb/current-sopa.php?forest=110606>. The land swap would exchange 120 acres of property at Government Camp for 770 acres of private land at Cooper Spur. The contact for this project is Kristy Boscheinen 503 668-1645 kboscheinen@fs.fed.us. ♦

Pam Rigor, *Editor*

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.**

May 5, Sat, Easy/Intermediate Hike Tom McCall Preserve, Columbia Gorge, OR

Surround yourself with spring wildflowers and views of the Columbia Gorge. This hike in the east end of the Columbia Gorge is on a cliff-edged plateau covered with oak grassland dotted with abundant wildflowers in the spring. We'll take a short hike of 2.2 miles (round trip) with 300 feet elevation gain to the lower plateau passing several ponds then go up to Tom McCall Point, 3.4 miles (round trip) with a gain of 1,100 feet, ending with a rewarding views of Mt. Hood, Mt. Adams and the whole eastern Gorge. Meet at Gateway Transit Center parking structure at 8:30 a.m. to carpool. **For more info contact the leader: John Heaton 503 257-2012.**

May 12, Sat, Easy Hike Lewis River Falls, WA

Lets check out the three immense falls along the Lewis River plus several others. Starting in a forest of Douglas firs with under story of Oregon grape, salal and vine maple, we soon meet the river at an overlook of the Lower Falls. We continue our hike passing Cooper Falls, Middle Falls before reaching the Upper Falls. A couple more falls completes the trip before we return for a total of about seven miles and 500 feet elevation gain. Meet at Gateway Transit Center parking structure at 9 a.m. to carpool. **For more info contact the leader: Pam Rigor 503 297-4284.**

May 19, Sat, Intermediate Hike Angels Rest/Wakheen Springs, Columbia Gorge, OR

Angles Rest, on a bluff overlooking the Columbia River, will give us great views of the Gorge. The trail starts in the forest, passes the 100-foot Coopey Falls and another small falls. We can see if there are any trilliums left or look for the late spring larkspur. After reaching the Bluff we will continue on a trail that takes us to Wakheen Spring returning the way we came. Meet at Gateway Transit Center parking structure at 9 a.m. to carpool. **For more info contact the leader: Pam Rigor 503 297-4284.** ♦

If you would like to add a day tour please sent and email to oncdaysitours@gmail.com.

Lead a day tour in June Join the ONC leadership team...

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

Portland Sunday Parkways cycling events

Join other cyclist for family-friendly, car-free bicycling in Portland this summer! Portland's Department of Transportation is hosting four more summer of the Sunday Parkways: May 13, June 24, July 22, and August 26 and September 30.

If you would like to organized a club ride at one of these events send an email to oncdaysitours@gmail.com.

Northeast Portland Sunday Parkways May 13, 11 a.m. – 4 p.m. Free! 8 miles

Celebrate Mom as you walk, bike, run, roll and play around Northeast Portland. Activities, food, vendors, music, and more will be at Woodlawn, Alberta, and Fernhill Parks.

North Portland Sunday Parkways June 24, 11 a.m. – 4 p.m. Free! 9.5 miles

Our oldest route, North Sunday Parkways, has grown in mileage and participants. In order to get all of you around the route we are completely closing Willamette Blvd. from Fiske to Rosa Parks Way. Enjoy activities, food, vendors, music, and fun at Peninsula, Arbor Lodge, Kenton, and McCoy Parks.

Southwest Portland Sunday Parkways July 22, 11 a.m. – 4 p.m. Free! 7.8 miles

Introducing our NEW Southwest route! There are so many exciting highlights for the Southwest route - rolling hills, beautiful views, and Hillsdale and Multnomah business districts. Activities, music, food, and vendors will be located in Gabriel Park, Multnomah Village and the Hillsdale Business District.

Southeast Portland Sunday Parkways August 26, 11 a.m. – 4 p.m. Free! 9 miles

Spend a warm summer day walking and rolling around the Southeast Sunday Parkways...and for a challenge climb your way up Mt. Tabor! That's right we have added Mt. Tabor back to the route. Activities, food, vendors, music, and fun will be in Laurelhurst, Colonel Summers, and Mt. Tabor Parks.

East Portland Sunday Parkways September 30, 11 a.m. – 4 p.m. Free! 7 miles

End the Sunday Parkways season with a jaunt around East Portland, including two miles on the Springwater Corridor. Glenwood, Bloomington, and Ed Benedict Parks will be filled with activities, food, vendors, music, and more.

www.portlandsundayparkways.org

Take the lead, lead the party or just join in the fun...

Take the initiative and jump at this chance to lead one of our trail tending parties. When winter comes you can ski the trails knowing that you were a part of what makes them fun. The Oregon Nordic Club partners with the US Forest Service to maintain and expand the wonderful network of Nordic trails in the Mt. Hood and Gifford Pinchot National Forests. Spend a fun day on a work crew improving our ski trails, meeting new people, catching up with old friends, and spending a day in the woods, while providing an important service to our Nordic community.

Join a trail tending Party—mark your calendar with one or more of these dates.

To volunteer to lead a trail tender contact: Greg Wenneson, trail tending coordinator at 503 460-7231 gregwenn@sonic.net

Summer trail tending schedule

July 21, Saturday, Trail Tending Party
Weygant Loop, Mt. Hood, OR

For more info and to sign up contact the leader: Sam Digard 360 910-1714 sam.digard@comcast.net

August 5, Sunday, Trail Tending Party
Bonney Butte, Mt. Hood, OR

For more info and to sign up contact the leader: Bill Yaeger 503 516-7794

August 22, Wednesday, Trail Tending Party
Location TBD
Leader needed

September 8, Saturday, Trail Tending Party
Yellowjacket Trail, Mt. Hood, OR

For more info and to sign up contact the leader: Greg Wenneson 503 460-7231.

September 23, Sunday
Location TBD
Leader needed

September 26 or October 3, Wednesday TBD
Teacup Tie Trail, Mt. Hood, OR

For more info and to sign up contact the leader: Pam Rigor 503 297-4284.

Note: If you know of other trails that need work, contact Greg. More dates may be added and further details on these trail tenders will be posted in the newsletter and on the website when it becomes available. ♦

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.

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,



Biking to the campground on San Juan Island

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.

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

Upon arriving, we'll bike about five miles to Lakedale Campground, and stay for four nights. We have some 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.

Welcome, New Members!

Alice Price 503 287-6870 503 778-0152, Erin Lynch 503-, Layne Russel 360 991-9469 and Amiel Oliver Alo 360 254-1905 971 533-2596

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

April membership report: 236 total members (175 single and 65 family), 4 new and 1 renewal. Last year at this time there were 244 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

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

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 March 12, 2012, 6:30 p.m., Ann Truax's

Board members present: Sam Digard, Andre Fortin, Mary Hepokoski, Ted Magnuson, Elizabeth McLagan, and Vice-president Ann Truax

Minutes of February 13, 2012 approved as emailed.

Treasurer: (Elizabeth) Year-to-date revenue over expenses: \$1694.46

Reports

Publicity: (Ann) She has had trouble linking facebook and meetup. Mary will explore paypal for membership on meetup.

Day tours: Sam had listed a day trip on meetup had a good response, but mostly no shows.

Overnight tours: none

Website: March newsletter is not yet posted. Question about registering on the website and Lloyd sends an email. We need a committee to design a process, club history and help make website redesign decisions. We need professional help. Probably retreat time.

Election details: Bylaws allow Proxy Balloting. Mail out a ballot to all members, two envelopes. Get up-to-date membership list. Discussed agenda for election meeting: 6:30 p.m. Pizza, 6:45 Summary of past year-open floor for questions, 7:00 election, follow with Program, announce results of balloting after program. Elizabeth will get the pizza, small paper plates and napkins, Ann – the juice, Mary – vegetable tray. Sam and Ted will serve as electors. We discussed having an annual meeting in September. Agenda would be a treasurer's report, budget for new year, board plans, introduction of committees.

Shelters:

Tilly Jane – update (Andre) Tillyjanecabin@gmail.com The Tilly Jane A-Frame standing committee plans to develop a mission statement and spending policy. Discussed process of confirmation and distribution of the combination for the lock. We are loosing locks. They would like to get a template letter for NRRRA (the reservation website) and then the committee would send a confirmation with a combination which could be changed more frequently. Use about the same use as last year. We have about 75% more wood at this time than last year so the new stove is working much more efficiently. Andre is talking with Lloyd for a Tilly Jane section which could cover the A-frame on the website. Committee members do regular safety checks. They are looking for grants to do some of the higher maintenance costs in 2013. Will talk to Forest Service about cutting down some diseased trees this summer and then use it for firewood.

Trillium yurt – (Ted) the forest service plans to build the yurt, with or without ONC help. They will provide the materials. ONC is to provide materials and plans for the wood shed. John has requested plans from the Forest Service for a wood shed (much like the one standing by the Meisner shelter in Bend). ONC could also buy and install the stove. Costs for the above have yet to be calculated but an estimate for the shed material, stove and install could be about \$8-10 thousand. The yurt was to have been built last summer but the USFS staff had been called to fight forest fires, so yurt construction has been put off. The materials are already in storage somewhere in the USFS system. Do we need to have a board member involved in this project?

New Business:

Overnight and Day leader training. — Ted & Sam develop a committee to work on this with the idea of implementing in September.

Permanent board meeting location –Elizabeth checked into meeting at the Mazama office. She will schedule use of one of their rooms.

Meeting adjourned.

Next meeting at MMC, 527 SE 43rd Ave., Monday, May 14, 6:30 p.m.

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 BC. Nearly perfect. Sz. 39. \$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.

► 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.

Monthly meeting and program

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

Western Yunnan province and the three parallel gorges' region offer virtually unlimited opportunities for hiking and exploration. In May 2011, Heather Erickson and a friend spent five weeks in this remote and undiscovered part of China, often off-road and on-trail. Ostensibly in search of blooming tree rhododendrons (over 250 species are endemic to the region), they discovered as well, a region marked by rich culture, natural beauty, and modern challenges. This May, come and enjoy Heather's presentation of their fascinating trip.



Multnomah Arts Center
7688 SW Capitol Hwy.

Tuesday, May 1
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

June 5 – Land of the Thunder Dragon – exploring Bhutan from Paro to Bumthang

July 10 – Annual picnic (members and guests)



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



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

