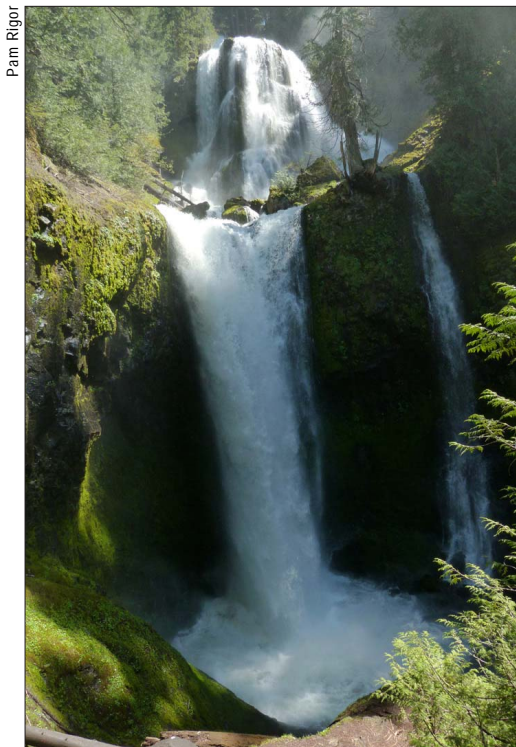


Pam Rigor

Balsamroot and Lupin over looking the Columbia River at Tom McCall Preserve in the East Gorge



Pam Rigor

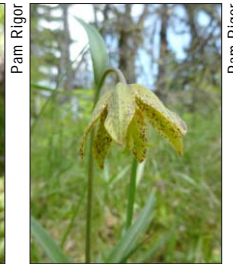
Fall Creek Falls, WA

## Wildflowers and waterfalls

Hiking in May offered lots of opportunities to delight in the spring wildflowers. First starting in the East Gorge then by mid month they were bursting out on all of the trails. An unusual find was a chocolate lily (*Fritillaria lanceolata*) that was more yellow than brown.

When the rains came back the falls were not to be missed. We skipped Lewis Falls due to the driving distance and went to Fall Creek Falls instead. The three-level falls with a bottom drop of eighty feet was at its best. The hike to its top offered a lot Fairy Slipper (*Calypso bulbosa*), a native orchid, sightings, but it was too early for glimpses of the native dogwood trees in bloom although we did see them along the road as we drove to the trailhead.

The trail beyond Angels Rest was lined in places with several kinds of Larkspur and in a couple of areas it was mixed in with *Corydalis*.



Pam Rigor

Pam Rigor

Fairy Slipper

Chocolate Lily

Pam Rigor, *Tour Leader*



Pam Rigor

Roberta and Sally Jo on the trail to Wakheeah Springs

## Elk Meadows on snowshoes

Our (Glenn and me) attempt to reach Elk Meadow using snowshoes was successful on Sunday, May 6. There was absolutely no one else on the trail or at Elk Meadows. We were completely alone and the weather was perfect and we had a great view of Mt. Hood. Check out the shot on the club's photo site (link on the website).

Marc Leon, *Tour Leader*



Marc Leon

Beside the Elk Meadow shelter

## Inside

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**Nordic Issues**
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Ski and Hike
- 5 Overnight Trips**  
San Juan Bike Trip  
Crater Lake Hike and Bike Trip  
Methow Valley family trip 2013



Pam Rigor

**Trail tending leaders needed.**  
**See page 5**

## BOARD MEMBERS

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*Vice-President*

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Recruiter—vacant

Novice Ski Tours

Coordinator—vacant

Summer Coordinator

Bike/Hike—vacant

Membership:

Susan Kelly, chair

503 706-6463

membership@onc.org

## EDITORIAL NOTES

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

Send submissions to  
oncnewsletter@gmail.com

as a Microsoft Word document (**no formatting** ie. no bold text, all caps text, tabs or other settings) in Times

Roman as 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

**June 2 SATURDAY**

### National Trails Day

#### Catherine Creek/Coyote Wall

Trail building, 10 a.m. – 3 p.m. Restoring and improving trails at the Catherine Creek area in collaboration with Washington Trails Association, IMBA, and other trail partners.

#### Stub Stewart State Park

Trail building, 9 a.m. – 1 p.m. join REI for a National Trails Day volunteer trails service project, with a Park Ranger hosted BBQ afterwards. Other weekend of events include guided hikes/bike rides and interpretive programs.

#### Forest Park

9 a.m. – 12:30 p.m. Give back and get dirty completing various trail repair projects along a two-mile section of Wildwood Trail. Register: on rei.com (follow link to store events at bottom) Info: www.americanhiking.org

**June 6 SUNDAY**

### Paddle Demo DAY

Vancouver Lake, 10 a.m. to 2 p.m. Paddlers of all skill levels are invited to REGISTER for free boat demos. Gear, including paddles and PFDs (Personal Flotation Devices) provided. See www.rei.com/portland for available time slots.

**June 5 TUESDAY**

### Land of the Thunder Dragon—exploring Bhutan from Paro to Bumthang

ONC monthly program

Multnomah Arts Center, 7688 SW Capitol Hwy. 7:30 p.m. Free!



**June 7 THURSDAY**

### Clinic: Backpacking Basics

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

**June 9 SATURDAY**

### National Get Outdoors Day

Fort Vancouver National Historic site 10 a.m.–3 p.m. Free! www.nationalgetoutdoorsday.org

**June 19 TUESDAY**

### Clinic: Bike Maintenance Basics

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

**June 21 THURSDAY**

### Summer Adventures: Mount St. Helens

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

**June 27 WEDNESDAY**

### Clinic: Backpacking Basics

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

## Clinics & Training

**June 15–17 FRIDAY-SUNDAY**

### 2012 Oregon Spring Camp, Mt. Bachelor

Morning on-snow, groomed ski sessions, optional afternoon dryland clinics, training plan/video review, optional world-class physiology lab testing ... and much more! Apply ASAP. Info and registration: <http://www.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](mailto: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.

## Equipment donations wanted

The cross country ski team for the Crook County High School this next season is looking for equipment donations. Contact the coach Russell Johnson 541 447-4204 [russell\\_johnson@kastanet.org](mailto:russell_johnson@kastanet.org) ♦

## Flora and Fauna of Mount Adams

The Second annual one-day science-based conference will be held Saturday, November 3, 2012, 9 a.m. to 4 p.m. at Trout Lake School, Trout Lake, WA 98650—at the base of Mount Adams. It is hosted by the Friends of Mount Adams (a Washington non-profit). Info and registration: [MtAdamsFriends.org](http://MtAdamsFriends.org) ♦

## 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



## PRESIDENT'S SKI TRACKS

My husband, Peter and I just returned from two weeks out east, ten days in Windsor, Ontario with our son, daughter-in-law, and two-year-old granddaughter and then three days in New York City visiting with friends. Windsor, just south of Detroit, is very flat, better for bicycling than cross country skiing. The weather was beautiful except for one rainy day.

We had clear skies and I had a window seat as we flew from the Newark airport to Portland via Salt Lake City. I was shocked at how little snow remained mid-May on the Rocky Mountain peaks I could see. I was a young adult from Minnesota when I saw my first snow covered mountains as we drove to Denver. It was the middle of the summer and

there was much more snow. An internet search of snow pack in Colorado for 2012 confirmed it was a poor snow year there. They did have snow storms in February but not enough to solve the state's water problems.

The view out my window as we approached Portland was magnificent. Things were luscious green, with Mount St. Helens, Mount Adams, and Mount Rainier in the distance, all with great snow pack. I am grateful that at this time we do not face the water shortages that may challenge other parts of our country this summer. Besides I hope to take advantage of some late season skiing before I put my skis away.

Mary Hepokoski, *President*

## NORDIC ISSUES

### Mount Hood National Forest

**Comment period open on the Twilight Parking Lot for Meadows.** It appears that the expected end-date for the Comment Period is July 2012, but this may include the FS's response to the comments. Comments may be sent to: Jennie O'Connor Card, 6780 Highway 35, Parkdale, OR, 97041. [jennieoconnorcard@fs.fed.us](mailto:jennieoconnorcard@fs.fed.us)

[http://www.fs.fed.us/nepa/nepa\\_project\\_exp.php?project=26954](http://www.fs.fed.us/nepa/nepa_project_exp.php?project=26954)

**Decision made on developed recreation site concession permit project.** This decision would bundle 28 recreation sites with other more economically viable recreation sites that are already included in a concessionaire permit. For more info go to FS "Projects" web page. (then scroll down the page to the "Analysis Completed" section.)

**Off-Highway Vehicle Management Plan now in effect for Mt. Hood National Forest.** All roads and areas are closed to motor vehicles unless designated open and depicted open to motor vehicles on the Motor Vehicle Use Map (MVUM). <http://www.fs.usda.gov/detail/mthood/home/?cid=STELPRDB5200698>

**Large portion of Road 45 (Memaloose Road) to remain closed through June 20.** Forest Road 45 will be closed between its junction with Forest Road 4500-320 and its junction with Forest Road 4550 to ensure the safety of forest workers in the area.

### Gifford Pinchot National Forest

**Avalanche danger on Mount St. Helens.** On May 11 the Forest Service issued a high avalanche warning. Check the website for current conditions: <http://www.nwac.us/weatherdata/mtsthelens/now/>

**Goat Creek Trail #205 is closed.** Due to a washout in a

hazardous location at Milepost 0.5, the Goat Creek Trail will be closed until further notice. An evaluation was due in May for potential trail reconstruction.

**Ape Cave Overflow Parking.** The analysis on a new parking lot to be constructed is completed.

**Clear Creek Road decommissioning project.** The analysis on a proposal to close or decommission 25.3 miles of roads within the Muddy, Upper Lewis, and White Salmon Rivers fifth-field watersheds is completed.

**Protests filed to protect Oregon spring water.** On March 29, 2012 Crag Law Center filed two protests challenging the Oregon Water Resources Department's (Water Department) approval of permits that move Nestlé a step closer to bottling and selling water from the Columbia Gorge National Scenic Area. The spring water that is to be bottled is located on state property and is currently used by the Oregon Department of Fish & Wildlife (ODFW) for a hatchery raising threatened salmon. In February, the Water Department approved the water transfer permits that are now under protest, as they are an integral part of the process that would lead to ODFW exchanging its water rights with the City of Cascade Locks, so that ultimately the City can sell the spring water to Nestlé. CRAG argues that the state agencies are in essence, carving up the water right for a publicly owned fish hatchery to facilitate Nestlé's plans to bottle and sell Oregonians' public water for private gain. The Keep Nestle Out of the Gorge Coalition has raised many other concerns, including the increased manufacturing of wasteful plastic bottles and Nestlé's documented track record of not serving rural communities' best interests when bottling public water resources.

Miriam Hammer, *Nordic Issues*

### Membership Database

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503 297-4284

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Bill Yaeger  
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### Website:

Webmast—vacant  
Marita Ingalsbe  
503-244-7164  
[m-ingalsbe@yahoo.com](mailto: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.**

### June 2, 3, 8, 9, and/or 10, Fri–Sun, Track Ski Mt. Hood Meadows Nordic Center, Mt. Hood, OR

We'll have a special 3.5 km track set at the Mt. Hood Meadows base area, open Friday-Sunday the first two weekends of June, from 6 a.m.– 2 p.m. \$10 daily track fee. This is a great opportunity to cut down on the time off from skiing, which is a huge benefit in terms of muscle memory and ongoing improvement of skiing technique! **For more info and to confirm attendance, meeting place and time contact the leader: Mary Hepokoski 503 245-1618**

### June 16, Sat, Intermediate Hike Gorge Falls, OR

Join me for a waterfall hike in the Gorge. The falls we'll see are Horsetail, Ponytail, Oneonta and, at the top, Triple. The hike is about 4.5 miles with 1,200 ft. elevation gain at an easy pace. Hike limited to 12 people. Meet at the Gateway Transit Center parking structure at 9 a.m. to carpool. **For more info contact the leader: John Heaton 503 257-2012.**

### June 20, Wed, Intermediate Hike Table Rock, OR

Join me for a hike to a fortress-shaped plateau called Table Rock in the Bull of the Wood Wilderness near Molalla. We'll be rewarded with views of the ten Cascade snowpeaks and the Coast Range. The hike is 7.2 miles with 1,500 ft. elevation gain. Hike limited to 12 people. Meet at McMenamin's Edgefield in the West parking lot at 9 a.m. to carpool. **For more info contact the leader: Linda Schaldach 503 256-9715.**

### June 24, Sun, Intermediate Hike Wildcat Mountain, OR

Lets hike to this mountain on one of the westernmost ridges in the Cascade for views of Mt. Hood and the Willamette Valley. The hike is 6.8 miles with 1,200 ft. elevation gain at an easy pace, but we may extend it a bit by going to some more viewpoints. Hike limited to 12 people. Meet at the Gateway Transit Center parking structure at 9 a.m. to carpool. **For more info contact the leader: Pam Rigor 503 297-4284.**

### June 30, Intermediate Hike Multnomah Falls to Trails Club Lodge, OR

Join me for a hike to the top of Multnomah Falls and on along the creek to the cutoff trail for the Lodge. We'll go 6 miles with about 1,200 ft. elevation gain at an easy pace. Meet at the Gateway Transit Center parking structure at 9 a.m. to carpool. **For more info contact the leader: John Heaton 503 257-2012.** ♦

## Lead a day tour in July

Lead a hike or bike tour in July or the first weekend in August! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (**by June 14, 8 p.m.**) to day tours at [oncdaytours@gmail.com](mailto:oncdaytours@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. 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.

## 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: June 24, July 22, and August 26 and September 30.

If you would like to organized a club ride at one of these events, contact us: [oncdaytours@gmail.com](mailto:oncdaytours@gmail.com).

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

Our oldest route, North Sunday Parkways, has grown in mileage and participants (9.5 miles). 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!

Introducing our new Southwest route (7.8 miles)! 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!

Spend a warm summer day walking and rolling around the Southeast Sunday Parkways...and for a challenge climb your way up Mt. Tabor (9 miles)! 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!

End the Sunday Parkways season with a jaunt around East Portland (7 miles), 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](http://www.portlandsundayparkways.org)





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

Help Greg with a trail tender; he'll show you the ropes. When winter comes you can ski the trails knowing that you were a part of what makes them fun. We partner 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 improving our ski trails, meeting new people, catching up with old friends, and enjoying a day in the woods 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

For more info and to sign up contact the leader: John Nakada 503 775-4774.

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

#### Leader needed to assist

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

September 23, Sunday  
Location TBD

For more info and to sign up contact the leader or assistant leader: Ted Magnuson 503-590-7998 and Greg Wenneson (assistant) 503 460-7231..

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 the website or ask the trip leader**

**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.**

**September 7–9, Fri–Sun, Inter Hike/Bike Crater Lake NP, OR**

### Sign up deadline: August 1

Following up on Ted's successful Crater Lake ski trip, here is the summertime alternative!

We will carpool from Portland on Friday, arriving at a Forest Service campsite Friday evening. For those there by 6:30 p.m. we will have a group spaghetti dinner (included in price). Saturday and Sunday we will offer a couple options for bike rides and hikes in the area, or people can make their own arrangements or hang at the campsite. Saturday night will be a potluck dinner.

The Friday dinner will be basic spaghetti and sauce, salad and bread. Participants may bring embellishments to liven the meal, and your beverage of choice.

Sunday we will pick a convenient stop for dinner for those interested.

**Trip Limit: minimum of 6/maximum of 15 participants**

**Cost: \$TBD/member per person (you must be a current member before signing up for this trip.). Includes: 2 nights camping and Friday night dinner. Costs for carpooling and lodging en-route are not included.**

**For more info contact: Dennis Weaver dreamweaver2650@gmail.com. A pre-trip meeting will be scheduled to go over the details and plan carpools.**

### 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

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-

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 the trip leader: Amy ablumenberg@comcast.net.** ♦

## Lead an overnight trip

Spring is nearly over so it is 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! Lead a trip close to home or venture further afield

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 Trip Coordinator Ted Scheinman with your trip ideas: 503 452-7432 [tedskier@gmail.com](mailto:tedskier@gmail.com). ♦

## Save the Kalmiopsis Trails

The Siskiyou Mountain Club (SMC) has four work parties planned in the Kalmiopsis Wilderness Area this summer June 22–30, Aug 10–17, Aug 18–26, Aug 31–Sept 4. Volunteers work from remote basecamps maintaining a 28-mile continuous system of trails that was left dangerous and impassable by the 2002 Biscuit Fire's aftermath.

SMC provides tools, training and food. Volunteers provide their time, some basic outdoor gear and an adventurous attitude. Twenty-one miles of the “Trans-Kalmiopsis Route” have been cleared and we hope to do the last 7-8 miles this year.

Info: [www.siskiyoumountainclub.org](http://www.siskiyoumountainclub.org) or contact SMC President, Gabe Howe at [howegabe@gmail.com](mailto:howegabe@gmail.com). ♦

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 shared-cost trip and no deposit has been paid. Trip fees

Continued on side bar on page 7

No new members this month

**May membership report:** 236 total members (175 single and 65 family). Last year at this time there were 242.

## BOARD MEETING MINUTES

**Draft minutes of ONC Portland board meeting April 9, 2012, 6:30 p.m. p.m. at MMC, 527 SE 43rd Ave.**

**Board Members Present:** Mary Hepokoski, Ted Magnuson, Elizabeth McLagan, Steve Planchon and Ann Truax

**Approval of Minutes:** March 12, 2012 meeting minutes approved with minor non-substantive edits.

**Election of Officers:** Motion made, seconded and unanimously passed to appoint Mary Hepokoski as president, Ann Truax as vice-president, Elizabeth McLagan as treasurer, and Steve Planchon as secretary.

**Treasurer's Report:** Provided in writing to the Board, with \$17,886.37 reported in net income through March 31, 2012. Noted that Norway income is accounted for in the report, but not all Norway expenses.

### Committee Reports

**Publicity:** discussed the need to better understand the mechanics and interrelationship of Meetup, Yahoo List Serve and other membership tracking and communication devices, with this topic to be the primary focus of an upcoming retreat

**Day Tours:** no report.

**Overnight Tours:** Elizabeth reported that it appears that refund complaint filed with the Justice Dept. has been resolved.

**Website:** Discussed the need to improve the website, but noted the need to better understand the relationship to the state-wide website as part of the process. Mary Hepokoski may be able to follow-up on this need at the upcoming State Board meeting on April 14.

**Tilly Jane:** Written report submitted by Andre Fortin: new efficient stove using less wood; \$5,010 of rental reservations thru April 22 (does not reflect actual receipts); beginning to plan maintenance party for cabin and cabin area; still working out reservation procedures; reviewing need to take position on recent Forest Service concession decision.

**Trillium Yurt:** No significant updates to the March report. Concern remains about the Forest Service perception of ongoing support from the club.

**Overnight and Day Leader Training:** September training likely, to be planned by Sam and Ted.

### Other Business

**State Board Meeting:** Mary Hepokoski will be attending.

**Retreat Plan:** agreed that the June 11 Board Meeting will be a work session format focused on membership communication issues, including improved use of Meetup.

**Summer Plans:** picnic to be planned for July 10.

**Newsletter:** efforts will continue to convert members from paper to electronic delivery.

**Monthly Meetings:** will not occur in June, August or September.

**Trail Tending:** To begin in May.

**Annual Budget:** Discussed the possibility of proposing an annual budget to the membership.

**Next Meeting:** Monday, May 7, 6:30 p.m @ Mazamas

**Meeting adjourned:** 8:30 p.m.

Submitted By: Steve Planchon, *Secretary*

## CLASSIFIED ADS

**FOR SALE:** ► **Women's Montrail backpacking/mountaineering boots** (crampon compatible), sz 8 1/2, new condition, in original box with original paperwork. Were \$225 new. \$85. ► **Women's Scarpa T-2 Telemark Boots**, sz 8, excellent condition in original box. Photos available upon request. Amy 503 891-3689 [ablumenberg@comcast.net](mailto:ablumenberg@comcast.net)

**FOR SALE:** ► **Women's ski boots.** Alpina BC. Nearly perfect. Sz. 39. \$50 or best offer. Christine 503 729-5383 [sisu1956@gmail.com](mailto: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](mailto: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.

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&pcode](http://www.travelguard.com/agentlink.asp?ta_arc=125858&pcode) (this link on our website)

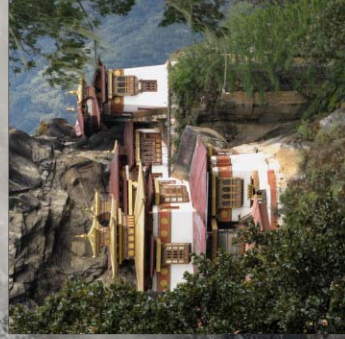


# Monthly meeting and program

## Land of the Thunder Dragon exploring Bhutan from Paro to Bumthang

Last fall Bob Breivogel and Pam Rigor journeyed to Bhutan going on the Gangkhar Puensum trek. Starting in Paro with a hike to the famed Tiger's Nest then a thrilling mini bus ride east over Dochu La (10,006 ft.), which provided a clear view of the Himalayas, took them over a series of passes to Jakar in central Bhutan. The ten-day trek in a remote area through forests of blue pines, fir, spruce, bamboo and rhododendrons and above tree line alongside yak herder villages and glacier streams, up and down valleys passing over Tholey La (15,570 ft.), and up the Chamkhar Chhu valley for a view of Gangkhar Puensum (24,836 ft.), the highest mountain in Bhutan and believed to be the highest unclimbed mountain in the world.

A short trip to Bangkok and Northern Thailand, which they visited before and after completing the program.



**Multnomah Arts Center**  
7688 SW Capitol Hwy.

**Tuesday, June 5**

**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

**July 10 – Annual picnic (members and guests)**

**August 7 – No program**



Oregon Nordic Club  
**PORTLAND**  
**CHAPTER**

**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.

