

Pam Rigor



Who knew ... a mail box with a sense of humor!

Pam Rigor



We'll have to take their word ... (road called 'Longandwinding')

Bob Breivogel



Tempting fate ... does an 'Orca Van' bite?

Bob Breivogel



David demoing the fine art of marshmallow roasting and eating (thanks Stephanie and David)

Pam Rigor



Big smiles as we board the ferry

Island humor and biking fun

Sunny, blue skies, moderate temps, lots of culinary delights, lavender cookies (thanks John), Holly B's fantastic cinnamon buns, many roads to ride, several islands to explore, Orcas, Eagles, Oh my and then there was the bull frog's nightly serenade!

Pam Rigor, San Juan Bike Trip Leader

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Leadership Training

Ever thought about leading an ONC overnight trip or day tour? Wondered what was expected?

A leadership training class will be held Saturday October 13, from 11:00 to 3:00 p.m. at the Lucky Lab (right across the street from the MAC) to get you up to speed on leading. We'll have an all you can eat buffet and other refreshments later in the session.

This training event is open to all ONC members who will lead tours and outings for the upcoming season.

Please, please, please!!! Mark this on your calendars. As a tour leader, you are covered under ONC insurance. There are just a few of things to be aware of, and some forms that are necessary. Contact Ted or Sam for more info and to sign up for the class: Ted Magnuson tedmag@live.com or Sam Digard sam.digard@comcast.net. Thank you!

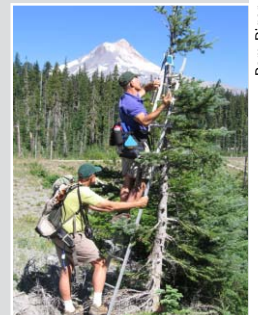
Ted Magnuson, Board member

Weygant diamonds

The July 21 trail work day opened the trail tending season, clearing overgrown brush along the trail and marking the Weygant Loop with blue diamonds making it ready for ski season. Not only does trail maintenance get us up to the mountain, but we even draw participants from around the globe: two women from Japan decided to come up and help. Yes, Mt. Fuji is summited by more people every year than Mt. Hood, but I still say that we have the best XC ski trails.

Thanks to Donna, Louise, Sam, Greg, Marc, Mary, Risa, and Shizuka for all the help on the Weygant loop this July.

Sam Digard, Trail Tending Leader



Pam Rigor

Join us on the 5th and 22nd of the month for a Trail Tending Party
See page 4

BOARD MEMBERS

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

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

UPCOMING EVENTS

Aug 1 WEDNESDAY

Clinic: Backpacking Basics

REI Portland, 7–8:15 p.m.

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

Clinic: Lightweight Backpacking Basics

REI Tualatin, 7–8:15 p.m. Free!

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

August 5 - 26 SUNDAYS

Historic Cloud Cap Inn tours

Join Ranger Ron Kikel for a tour of the historic Cloud Cap Inn high on Mount Hood. Experience this classic Cascades 1889 landmark and for over 50 years the operations base for the Crag Rats, the country's oldest mountain rescue group. The old Inn (not open to the public) has a rich Oregon history and unbeatable setting with available views of Mt Hood, Eliot Glacier and the Washington Cascade volcanoes.

11 a.m. or 1 p.m., Reservations and directions: 541 352-6002.

Aug 9 THURSDAY

Cape Horn Work Party

Cape Horn, Columbia Gorge, WA

Work with the Washington Trails Alliance to continue the re-route construction on the west side of the Cape Horn Trail. Come lend a hand on this trail construction project. The Cape Horn Trail makes a 7 mile loop hike that showcases the Gorge's incredible scenery. WTA provides all tools and instruction, no prior experience necessary. Dress for the weather, bring water, food and appropriate footwear. 8:30 a.m. to 3:30 pm with light refreshments. Volunteers earn a NW Forest Day pass for their service. Sign up at: wta.org

Aug 19 SUNDAY

Wilsonville Sunday Streets

Cyclists, walkers, runners and people of all ages will enjoy traffic-free streets along the 5 mile route filled with fun and interactive entertainment, music, physical activities and food located in three Wilsonville parks. See the link below for a route map. <http://www.ridesmart.com/index.aspx?page=220>

Aug 24 FRIDAY

Radical Reels Film Tour: tickets on sale @ REI Banff Mountain Film Festival Radical Reels Tour will exhilarate you with the wildest, high-adrenaline films of the Festival when it come to the Bagdad Theatre in Portland on September 13, 7 p.m. Proceeds benefit non-profit partner, Adventures Without Limits. <http://www.banffcentre.ca/mountainfestival/worldtour/listings/regions.aspx?cat=RR&location=us>

Clinics & Training—preview!

Nov 30–Dec 2 FRIDAY–SUNDAY (tentative)

Dec 5–9 WEDNESDAY–SUNDAY

Dec 12–16 WEDNESDAY–SUNDAY (tentative)

2012 Oregon Fall XC Ski Camp

Mt. Bachelor/Bend, Oregon

World-class fitness and ski education; excellent (& reliable!) early Dec. skiing, top coaching, evening lectures and world-class physiology testing.

Designed specifically for citizen nordic skiers.

Registration is open.

Info: 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

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.

Orchids orchids everywhere

John Heaton's June 30 hike to the Trails Club Lodge was lengthened as we continued up the Franklin Ridge Trail over to the Oneonta Gorge. The trail went through deep forest punctuated by bunches of orchids, *Corallorhiza maculata* (Spotted Coral Root) and *Corallorhiza mertensiana* (Mertens' Coral Root). What a lucky find; a reward for our longer trek!

The Oneonta Gorge falls were in full glory. After reaching the bottom we walked back along the road to Multnomah Falls, tired and ready to head home.

Pam Rigor, *Hiker*



Corallorhiza mertensiana (Mertens' Coral Root)



John Heaton, tour leader

BOARD'S SKI TRACKS

Attending the ONC summer picnic was on my schedule. I biked over to Laurelhurst Park and helped set up, but then luck intervened. Good luck or bad luck it depends on your perspective. I tripped on a badly designed picnic table and hit my forehead hard (and I mean really hard) on the picnic table bench. Not such good luck, but fortunately there were friends there to assist me. An immediate ice pack to the forehead and some paper towels to clean up some blood were brought to me. My husband, Peter, home watching the All Star Game came to pick me up. Fortunately other than going around looking like a raccoon this past week, I do not seem to have suffered anything more serious from my fall. It did provide another opportunity to reflect on what good health and having health care mean. For that I am grateful.

By the time you get this we will have had our first trail tending opportunity of the year, organized by Greg Wenneson and Sam Digard. If you have never done one, please consider joining a crew. It is a very rewarding activity. Whacking off branches with a lopper to clear a path for winter skiers is a great way to rid yourself of stress and you see the progress immediately. Look for the dates for future opportunities elsewhere in this newsletter.

Another opportunity in the club is providing some technology assistance. The ONC board is considering how we communicate within the club and to the public. Board members would welcome a "computer savvy" member to advise us. So don't be shy give me a call to volunteer or let me know someone who might fit this description.

Finally, there are many club members who go about quietly doing tasks to support the club and its operations. Kathy Burns is one of them. She has been the Day Tour Coordinator for as many years as I can remember, but she has decided it is time for someone else to have this opportunity. So if you would like more information about what this volunteer job entails, please contact Kathy or me. Thank you Kathy for your years of service! ♦

Mary Hepokoski, *President*

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

Oregon Highway 35 reconstruction Work continues on a project on Oregon Highway 35 to reconstruct the highway and build a new bridge over the White River (milepost 61 – 62) and the Clark Newton (milepost 65 – 68). This area has experienced significant debris flow in past winters damaging the highway and bridge.

Motorists should expect flaggers and short delays on OR 35 as crews work on rebuilding and paving the roadway. This will be Monday through Saturday from 6:30 a.m. to 7 p.m. There will be flagging at the White River Bridge and at Clark Newton. Traffic on OR 35 is detoured off the highway through the Teacup Sno-park. During the detour, Teacup Sno-park will be closed to parked vehicles. Construction is expected to be completed by late fall of 2012. Weekly reports on progress and traffic impacts are available at <http://www.oregon.gov/ODOT/HWY/REGION1/WeeklyUpdate.shtml>. For more info about the project see: www.wfl.fhwa.dot.gov/projects/or/highway-35

Central Oregon Chapter Seeks Donations to Rebuild the Swampy Lakes Shelter

The Swampy Lakes shelter, which is run by the Central Oregon Chapter (CONC) of the ONC needs to be rebuilt soon. Although the Forest Service (FS) has marked the shelter for replacement, the FS is not able to provide funding. However, youth volunteers may be available through the FS. The cost of a building a different shelter run by the CONC was over \$30,000.

A complicating factor in rebuilding the Swampy Lakes shelter is a lack of a road nearby, so CONC plans to move materials primarily by snow machine during snow season. CONC estimates that a delivery of raw, unpeeled logs will cost \$4,000. They hope to raise enough money this summer for a log delivery by snowfall, which will enable them to start construction by the summer of 2013. They are asking for contributions to the "Swampy Rebuild Fund," which will be tax deductible as the Oregon Nordic Club is a non-profit 501c3 corporation. The club is also looking for chair people with marketing and/or construction skills to help steer the project. Send your contributions to: Central Oregon Nordic Club, P.O. Box 744 Bend, OR 97709-0744

More details about this project can be found in their newsletter (link on page onc.org): <http://conc.freehosting.net/pdf/NordicNews0612.pdf>. ♦

Miriam Hammer, *Nordic Issues*

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Recruiter

vacant

Website:

Webmaster—vacant
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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.

Aug 5, Sun, Trail Tending Party, All Abilities Bennett Pass area, Mt. Hood, OR

Help us re-establish and improve a little-known ski trail between Bennett Pass Sno-park and Road 48 near White River. We'll be brushing, overhead clearing of branches and setting trail with blue diamonds. Meet at McMenamin's Edgefield in the west parking lot at 8:30 a.m. to carpool. **For more info or to sign up contact the trip leaders: Bill Yaeger 503 516-7794/Greg Wenneson 503 460-7231.**

August 15, Wed, Intermediate Hike Ramona Falls or Fall Creek Falls (WA), Mt. Hood, OR

Enjoy the beauty of one of Oregon's most spectacular waterfalls on a warm summer day. Ramona Falls, the highlight of this hike, fans out across a cliff of columnar basalt on this 7.1-mile loop, with 1,000 ft. elevation gain. A great view of Mt. Hood will reward us at the wild Muddy Fork of the Sandy River. Optional location: Fall Creek Falls (participants get to decide). Bring all the essentials: food, water and a camera. Meet at McMenamin's Edgefield in the West parking lot at 9 a.m. to carpool. **For more info contact and to confirm attendance contact the leader: Linda Schaldach 503 256-9715.**

August 29, Wed, Intermediate Hike Elk Meadows, Mt. Hood, OR

Enjoy a visit to this wildflower meadow on the southwest flank of Mt. Hood. This 6.8 mile round-trip hike that gains 1,200 feet of elevation as it passes Clark and Newton Creeks. The meadow holds an old log shelter and offers a postcard view of the mountain. This is a Wilderness 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: Pam Rigor 503 297-4284.**

Aug 22, Wed, Trail Tending Party, All Abilities Oldman Pass area, Upper Wind River, WA

We will be working on Clint's Trail from OK Loop to FS Road 3053. Meet at the Gateway Transit Center parking structure, NE 99th Ave. north of NE Pacific St., at 8:30 a.m. to carpool. **For more info or to sign up contact the leaders: Ted Magnuson 503 590-7998/Greg Wenneson 503 460-7231.**

Aug 26, Sun, Easy Bike Family Friendly Southeast Portland Sunday Parkways

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)! **For more info contact the leader: Christine Bierman 503 729-5383** ♦

Lead a day tour in September

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

Summer trail tending schedule

August 5, Sunday, Trail Tending Party Bennett Pass area, Mt. Hood, OR

See day tours schedule for details.

August 22, Wednesday, Trail Tending Party Oldman Pass area, Upper Wind River, WA

See day tours schedule for details.

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

For more info and to sign up contact the leader:

Kathy Burns 503 429-4024

burnskathryn@gmail.com

September 23, Sunday, Trail Tending Party Fir / Silver Loop, Marble Mt., Mt. St. Helens, WA

For more info and to sign up contact the assistant leader:

Greg Wenneson 503 460-7231

gregwenn@sonic.net

October 3, Wednesday, Trail Tending Party Teacup Tie Trail, Mt. Hood, OR

For more info and to sign up contact the leader:

Pam Rigor 503 297-4284.

Know of any other trails that need work?

Contact Greg (503 460-7231) and we'll add them to our schedule! ♦

Tilly Jane A-Frame work party

October 6, Sat, Work Party Tilly Jane A-Frame, Mt. Hood, OR

Volunteers are welcome to join us for the Annual Work Party at Tilly Jane A-Frame on the first Saturday in October. Help prepare this great winter shelter with stocking of firewood and other chores. From 10 a.m. to 4 p.m. at Tilly Jane A-Frame. For more info contact: Kevin McGillivray kmeglvry@msn.com or Russ Pascoe russ.bec@gmail.com ♦

Portland Sunday Parkways

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)! 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!

Bike 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

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.

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 to sign up). Membership applications available on our website.

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.

September 7-9, Fri-Sun, Inter Hike/Bike Crater Lake NP, OR Spaces available, sign up now!

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: \$40 (2 nights) or \$60 (3 nights)/member per person (you must be a current member before signing up for this trip.). Includes: 2 (or 3) nights camping and Friday night dinner. Costs for carpooling and lodging en-route are not included.

Send your ONC overnight trip application and check payable to ONC-Portland Chapter to the trip leader: Dennis Weaver, 38514 NE 135th Ave., La Center, WA 98629. 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 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.

Overnight Trip Application on the next page. ♦

Leaders needed for 2012-13 overnight Winter ski trips

Planning for the winter season is in the works. We are expecting it will be another great ski year. Reservations are already made for Sunriver over Thanksgiving; Methow Valley at Christmas; Glacier National Park over New Years, Black Butte over New Years, Yellowstone over President's Week and Eastern Oregon over President's Week.

Others trips are in the planning stage too. If you would like to lead another trip, please feel free to add your favorite one. Remember as a trip leader your trip costs are reimbursed!

The 2012-13 winter trip schedule will be published in the September newsletter. Trip ideas and dates are due to me by August 14; complete trip descriptions are needed by September 14 for the October newsletter.

Talk to me, Ted Scheinman the overnight tour coordinator, if you are interested in leading a trip. More info is available at: www.onc.org **Contact Ted at 503 452-7432 tedskier@gmail.com.** ♦

Ted Scheinman, *Overnight Tours Coordinator*

It is time to
start dreaming of a
New Years overnight ski trip!



Glacier National Park

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

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Oregon Nordic Club Overnight Trip Application

TOUR NAME: _____

DATE: _____

FEE / DEPOSIT: _____

One application per person

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

NAME: _____

ONC MEMBER: yes no* other ONC Chapter

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

PHONE: (home) _____

(work) _____

(cell) _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

E-MAIL **: _____

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

Assumption of Risk and Liability Waiver

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

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

Please read ONC's overnight trip policies located on the side bar starting on page 6 before signing for for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip.

Purchase trip insurance incase of hardship: www.travelguard.com/agentlink.asp?ta_arc=125858&pcod (this link is on our website)

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

SIGNATURE: _____

DATE: _____

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

Welcome, New Members!

David Frost, Uma Frost-Hausman, Jonas Frost-Hausman (Stephany Hausman). Welcome back, renewals: Rick Grote 360 834-6132, Diana Hsieh 503 341-0021 and Kathy Jameson.

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

July membership report: 237 total members (176 single and 66 family), 4 renewing. Last year at this time there were 241 memberships.

BOARD MEETING MINUTES

Minutes of ONC Board Meeting, July 16, 2012, 6:30 PM

Board Members Present: Mary Hepokoski, Steve Planchon, Ted Magnuson and Ann Truax. Greg Wenneson was also present.

Approval of Minutes: June 11, 2012 meeting minutes approved as drafted.

Treasurer's Report: - Provided in writing to the Board after the Board meeting, with \$5,110.43 reported in net income through June 30, 2012, resulting in a bank and funds balance of \$64,853.78 as of June 30, 2012.

Action Items: none

Reports

Presidents Report: Provided in writing to the Board, with key items being the need to find volunteers to fill vacancies and consideration of opportunities for the Chapter to fill part of the void created by Portland Parks eliminating its outdoor recreation program.

Publicity: Ann will be looking into the process for getting indemnifications from people signing up for Chapter trips through Meet-up, as well as the process that can be used for those people to pay Chapter costs with PayPal on Meet-up.

Trail Tending: Greg reported that he solicited volunteers for the July 21 outing and will be ramping up efforts to get more trail tending volunteers (e.g., making sure the web page is updated). Mary Hepokoski will transfer her volunteer notification responsibilities to Greg.

Day Tour: Kathy Burns has resigned to dedicate time to other interests. Board acknowledged her excellent work. Ann Truax will contact to Kathy regarding possible recommendations for how to transition the position to another person.

Overnight Tours: Ted Reported that the tour leader training is proceeding as proposed to and approved by the Board. Efforts will be made to consult with others involved in past training activities.

Website: Limited discussion of follow-up actions from June 16 Board meeting, with consensus reached that the Board needs to develop a better understanding of who is doing what (e.g., newsletter, Yahoo listserv, Meet-up, etc.) before proceeding with plans for how to improve the Chapter's communication technologies. In the meantime, the Board thought it would be a good idea to train key individuals on how to update the current webpage.

Shelters: Tilly Jane- Mary Hepokoski noted that efforts are being made to reconcile accounting differences between the Chapter and Reserve America, with the Chapter showing more revenues due than being shown by Reserve America. The Board acknowledged the apparent difficulties associated with managing the facility, but generally agreed that it made sense to continue managing the facility as long as Chapter volunteers remain interested in managing the facility and Forest Service relationship. The Board will need to formally approve a new one-year permit with the Forest Service later this year.

Trillium Yurt- No Report.

Other Business:

Budget: Mary intends to work with Elizabeth and possibly a non-board member on a proposed annual operating budget. The Board intends to provide a fiscal report to the general membership in the Fall.

Decals: Decals have been printed and will be sent out along with membership renewal and new member materials.

Next Meeting: Monday, August 13, 7:00 p.m. @ Mazamas, with the format to be a work session, as noted above.

Meeting adjourned at 8:30 p.m.

Submitted By: Steve Planchon, *Secretary*

CLASSIFIED ADS

FOR SALE: ► Madshus Megasonic skate skis, 190 cm, for skiers up to 136 lbs. (bought at ski swap by mistake; I am heavier). Brand new, still in plastic wrapper. \$120. Clayton claytonha@yahoo.com.

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

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.

Overnight Trip Policies continued from column to the right

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

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.

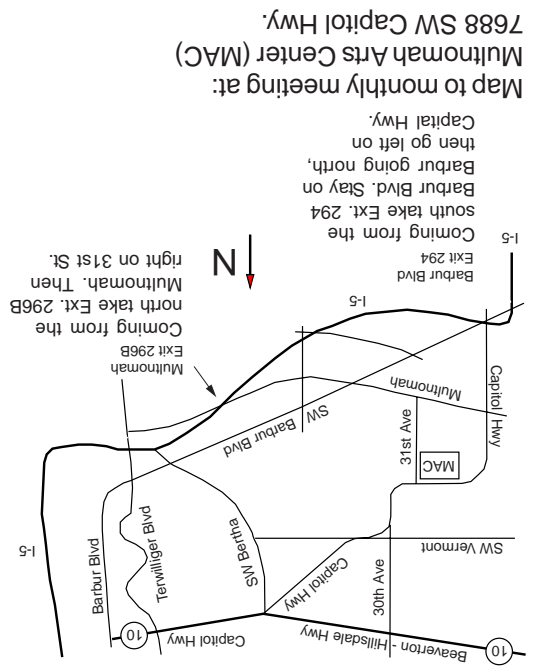
Trip Cancellation Policy

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

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It is time to renew!
Your membership
renewal form will be
mailed (U.S. Post) to
you mid-month.

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



Upcoming programs
August 7 - No program



Oregon Nordic Club
PORTLAND
CHAPTER

