



ONC 2012–2013 overnight ski trips

Plan your ski vacations for the upcoming ski season now. The trips listed below are scheduled, and there are still some open weekends so more trips may still be put together. Watch for your October newsletter that will have the complete trip descriptions and sign-up info. Join us on October 2 for the meeting and program to meet the trip leaders and find out more about our ski trips. Overnight trips are exclusively for members and this month is our renewal month; renew your membership by filling out the membership renewal form that was mailed to you last month. Thanks.

- Nov 21–25, Wed–Sun, Thanksgiving in Sunriver**
- Dec 26–30, Wed–Sun, Methow Valley**
- Dec 28–Jan 1, Fri–Sun, Black Butte over New Years**
- Dec 28–Jan 2, Fri–Wed, Glacier National Park, ski train**
- Jan 18–21 (MLK weekend), Fri–Mon, Lake Creek Lodge**
- Jan 18–21 (MLK weekend), Fri–Mon, Sunriver**
- Jan 25–27, Fri–Sun, Belknap Hot Springs**
- Jan 25–27, Fri–Sun, Flying L Ranch**
- Jan 28–31, Mon–Thur, Summit Cabins, Mt. Hood**
- Feb 1–3, Fri–Sun, Ochoco Mountains**
- Feb 4–7, Mon–Thur, Scottish Lakes Backcountry**
- Feb 8–10, Fri–Sun, Ochoco Mountains**
- Feb 16–24, Sat–Sun, Yellowstone National Park**
- Feb 15–18 (President’s weekend), Fri–Mon, Sunriver**
- Feb 15–18 (President’s weekend), Fri–Mon, Methow, Family friendly**
- Mar 1–3, Fri–Sun, Crater Lake National Park**
- Mar 22–31, Fri–Sun, Canadian Rockies/Assiniboine Lodge**

A few more leaders are needed for the open weekends (Jan. 11–13, Feb 22–24, March 8–10 and March 15–17). Leading weekend trips is pretty easy and there is real satisfaction in leading a trip, plus the leader costs are reimbursed! If you are interested, please contact, Ted Scheinman, overnight tour coordinator at 503 452-7432 tedskier@gmail.com.

Ted Scheinman, *Overnight Tour Coordinator*

Clippers, ladders, and blue diamonds

We were out with clippers, ladders, and blue diamonds to clear and mark trails near Old Man Pass Sno-Park in the Gifford Pinchot National Forest on August 22. Thank you Mary Hepokski, Nancy Chapman and Ted Magnuson for your efforts. If you would like smooth gliding and well marked ski trails this winter—join us on an upcoming trail tending party. It’s a great way to get up to the mountains, commune with nature and fellow snow enthusiasts, and use sharp pointy implements... and the mileage is on the club (carpool drivers reimbursed). Check the schedule on page 4 and join us.

Ted Magnuson, *Trail Tending Leader*



Ted putting up a directional sign

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Mary Hepokski

Join us Sept. 8 and Sept. 23 for a Trail Tending Party
See page 4

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oncdartours@gmail.com

Recruiter(s)—vacant

Novice Ski Tours

Coordinator—vacant

Summer Coordinator

Bike/Hike—vacant

Membership:

EDITORIAL NOTES

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

Send submissions to oncnnewsletter@gmail.com

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

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P.O. Box 3906
Portland, OR 97208

UPCOMING EVENTS

Sept 3 THURSDAY

A Tribute To Tradition: free concert and Heritage Fair, 75th Anniversary of Timberline Lodge

Visit with representatives from many of Oregon's leading historic preservation organizations who will set up information booths in and around the Lodge. Outside in our historic amphitheater, we will have sizzling barbecue, face painting, and other children's activities. LIVE MUSIC will begin at noon featuring performances from singer/songwriters Sarah Lee Guthrie and Johnny Irion, Slaid Cleaves, Eliza Gilkyson, Jimmy LaFave, and auto harp master Bryan Bowers. At 5 p.m. we will be celebrating Woody Guthrie's 100th birthday with a very special 2 hour tribute performance of "Walkin' Woody's Road." Info: TimberlineLodge.com

Sept 4 TUESDAY

Oregon wildlands and the "Wolf Rendezvous"

ONC monthly program.

Multnomah Arts Center, 7688 SW

Capitol Hwy., 7:45 p.m. Free!



Sept 6 THURSDAY

Oregon Wild's screening of 'A Fierce Green Fire: The Battle for a Living Planet'

Hollywood Theatre, 7-915 p.m.,

The first big-picture exploration of the environmental movement - grassroots and global activism spanning fifty years from conservation to climate change. Tickets are \$7 (\$5 senior, students and children). Tickets: www.oregonwild.org

Sept 9 SUNDAY

Down the River Clean Up

Barton County Park, 9 a.m. - 5 p.m. 10th Annual Down the River Clean Up on the Clackamas River.

Info/sign-up: www.welovecleanrivers.org

Sept 12 WEDNESDAY

William Sullivan's New Hikes in the Central OR Cascades

REI Portland, 7-8:15 p.m.

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

Day and Section Hikes Oregon's PCT

REI Tualatin, 7-8:15 p.m. Free!

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

Sept 13 THURSDAY

Day & Section Hikes on the PCT: Oregon

REI Clackamas, 7-8:30 p.m.

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

Banff Mountain Film Festival - Radical Reels Tour

McMenamins Bagdad Theater, 7-10 p.m., \$13 REI members, \$18 non REI members. Radical Reels focuses on dynamic, high-adrenaline films featuring skiing, climbing, BASE jumping, kayaking, snowboarding and mountain biking. Info: www.banffcentre.ca

Proceeds benefit non-profit partner, Adventures Without Limits.

Sept 22 SATURDAY

SOLVE Beach/Riverside Clean Up

Waterways of Oregon, 9 a.m. - 1 p.m. Join SOLVE to clean up more than 100 parks, beaches, waterways and neighborhoods throughout Oregon. Info/sign-up: www.solve.org

Sept 25 TUESDAY

Clinic: Fall Backpacking

REI Hillsboro, 7-8:30 p.m.

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

Clinics & Training—preview!

Oct and Nov SATURDAYS

2012 Fall XC Training Series

10th year of conditioning sessions for XC skiers of all ages and abilities right in the heart of Portland. Just a small donation (for Teacup members) covers the expenses for 4-5 morning sessions (9:30-11a.m.). No special equipment needed. All sessions rain or shine.

Info: teacupnordic.org www.xcoregon.org

Sponsor by: Oregon Nordic Club Teacup Chapter and XC Oregon race team

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

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.

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**

BOARD'S SKI TRACKS

When you are gliding down the trails next fall and you are not being slapped in the face by branches, it may be because there have been crews out there working on pruning, lopping and sawing. Not to mention putting up blue diamonds or clearing the view to those already there. A small crew of three worked on one of Klindt's trails near Old Man Pass today. It was a beautiful day and we all enjoyed the sunshine, views, camaraderie and the sense of accomplishment that comes when a trail beginning to grow over is opened up. This was the third trail tending event ONC has had this year. I hope that you will consider joining one of the remaining opportunities this fall.

If you have a favorite trail that needs some attention, please contact Greg Wenneson or Bill Yaeger.

You should have all received your renewal letter that went out mid-August. All memberships all are due and need to be renewed in September. There is a box on the form that allows you to choose getting an electronic newsletter. Really the board intended that all members get an electronic newsletter with those who still needed a copy mailed would indicate that. So if you want a newsletter mailed to you each month, cross out the electronic option and write mailed. Please complete your form and get it mailed in and make the job of the membership committee a lot easier.

Mary Hepokoski, *President*

traffic turning onto Meadows Access Road.

A scoping letter was distributed for public comments in June 2011 and comments identified concerns regarding the loss of Nordic ski trails and the affect the parking lot would have on the Nordic skiing experience along with concerns about water quality and quantity, huckleberry removal and spotted owl suitable habitat. Addressing these issues other options for developing the parking lot location and size along with mitigating the loss of Nordic ski trails in the area have been developed. Due to delay with their transportation analysis they do not expect beginning the formal Notice and Comment period until winter 2013. For more info on this project contact District Ranger Daina Bambe 541 352-1201 dbambe@fs.fed.us or Interdisciplinary Team Leader Jennie O'Connor Card 541 352-1255 jennieoconnorcard@fs.fed.us

Decision Made on Developed Recreation Site Concession Permit Project

Mt. Hood National Forest has completed an Environmental Assessment and Decision Notice/ Finding of No Significant Impact for the Developed Recreation Site Concessionaire Permit Project.

This decision groups 28 previously Forest Service managed recreation sites with other recreation sites that have been operated by concessionaires for many years. These include small rustic campgrounds or picnic areas and also Bagby Hot Springs.

For more info or to review the Environmental Assessment and other documents go to the 'Land and Resources Management' page on the Mt. Hood Forest website.

Pacific Crest Trail and Olallie Lake Resort Reopened

The Pacific Crest Trail (PCT) section and most of the Olallie Lake Scenic area that was closed due to the Waterfalls 2 wildfire is now open to through hikers, but not to camping.

Olallie Lake Resort and the following campgrounds are now open: Camp Ten, Lower Lake, Olallie Meadow, Paul Dennis, Peninsula, and Triangle Lake. The other trails in the area that were closed are now open are: Fish Lake Trail #717, Lodgepole Trail #706, Potato Butte Trail #719A, and Red Lake Trail #719.

Forest Road 4220 from just past Monon Lake, to the south and west to Road 46 is still closed. Breitenbush Lake and Horseshoe Campgrounds, and Gibson Lake Trail #708, Horseshoe Lake Trail #712, and Ruddy Hill Trail #714 remain closed.

Info about the Waterfalls 2 fire available at: www.inciweb.org/incident/3165.

Pam Rigor, *Editor*

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NORDIC ISSUES

Field tour for Mt. Hood Meadows proposed Twilight Parking Lot

The Forest Service is hosting a field tour September 28, 2012, 10 a.m. to 2 p.m. to visit and discuss the options for the proposed parking lot locations and Nordic ski trails. Meet at the Hood River Meadows parking lot located off the Mt. Hood Meadows Access Road (Forest Service Road 3545) on Highway 35. There will be a brief introduction prior to the tour. Please be dressed to take a walking tour, and bring lunch and water.

The proposal is to construct the Twilight Parking Lot (12.5 acres) including the access roads, cut/ fill slopes, storm water swales, snow storage, and equipment maintenance yard along with a new maintenance shop on the north side of the Sunrise parking lot. They would also be a left turn lane for the northbound and a right turn land for southbound

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.

**Sept 8, Sat, Trail Tending Party, All Abilities
Yellowjacket Trail, Mt. Hood, OR**

Help us clean up and improve trail markings on sections of the exciting Yellowjacket Trail. The weather will be perfect for working at 4,500 ft. on this Saturday. Meet at the Gateway Transit Center parking structure at 8 a.m. to carpool. **For more info or to sign up, contact the leader: Kathy Burns 503 429-4024, burnskathryn@gmail.com.**

**Sept 15, Sat, Easy Hike
Ramona Falls, 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. Meet at the Gateway Transit Center parking structure at 9 a.m. to carpool. **For more info and to confirm attendance contact the leader: John Heaton 503 257-2012.**

**Sept 22, Sat, Easy/Intermediate Hike
Cape Lookout or Netarts Spit, Coast, OR**

The 5-mile hike, 400 ft. elevation gain, to the cape will take us through a forest of gnarled old spruce and hemlock trees filled with ferns, salal, salmonberry and candyflowers to a cliff-top meadow of red Indian paintbrush, white yarrow and scarlet fireweed. Or if we choose to go to along the spit it will be about 10 miles roundtrip with little elevation gain. Meet at the Gateway Transit Center parking structure at 9 a.m. to carpool. **For more info and to confirm attendance contact the leader: John Heaton 503 257-2012.**

**Sept 23, Sun, Trail Tending Party, All Abilities
Fir and Silver Trails, Mt. St. Helens, WA**

Help us clear underbrush and widen the Fir and Silver Trails out from the Marble Mountain Sno-Park. The Fir trail is a moderate trail. The weather should be crisp in early fall for working at 2,800 ft. on this Sunday. Meet at the Gateway Transit Center parking structure at 8:30 a.m. to carpool. Or make arrangements to meet on the way north. **For more info or to sign up, contact the leader: Greg Wenneson 503 460-7231, gregwenn@sonic.net.**

**Sept 26, Wed, Intermediate Hike
Junction Lakes loop, Indian Heaven, WA**

Lets hike into the Indian Heaven Wilderness to visit their alpine meadows passing a number of lakes and heather fields. Meet at McMenamin's Edgefield, 2126 SW Halsey, in the West parking lot at 9 a.m. to carpool. **For more info and to confirm attendance contact the leader: Pam Rigor 503 297-4284.**

**October 3, Wed, Trail Tending Party, All Abilities
Teacup Tie Trail, Mt. Hood, OR**

Join us and help finish this trail by posting of blue diamond and check out some rerouting. If the huckleberries are still on the bushes, we'll take the time to enjoy them as we work. This trail connects the Teacup groomed area to a couple of ski loops in the area. Meet at McMenamin's Edgefield, 2126 SW Halsey, in the West parking lot at 9 a.m. to carpool. **For more info and to confirm attendance contact the leader: Pam Rigor 503 297-4284.** ♦

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.

Summer trail tending schedule

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

See day tours schedule for details.

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

See day tours schedule for details.

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

See day tours schedule for details.

**Know of any other trails that need work? Contact
Greg at 503 460-7231 to add them to our schedule!** ♦

Tilly Jane A-Frame work party

**October 6, Saturday, Firewood Work Party
Tilly Jane Campground, Mount Hood, OR**

Help us prepare for another long winter of skiing and guests by stocking firewood for the winter season. We may also include some basic grounds work by the A-Frame and hike the nearby Tilly Jane Trail (#600A) up to the Timberline Trail (#600) and above to the stone shelter and Cooper Spur. Bring lunch, water and work gloves. Work party begins at the Tilly Jane Campground about 10 a.m. The campground and A-Frame are located at the upper end of the all-weather Cloud Cap Road (Forest Road #3512); the upper 4 miles has "speed bumps" in the form of drainage bars due to the 2008 Gnarl Ridge forest fire. Get to FR #3512 by taking the Highway 35 turnoff near Mile Post 74 and Polallie Creek, and follow the "Cooper Spur Ski Area" sign. Carpoolers meet at the Gateway Transit Center parking structure at 8:30 a.m. **For more info and RSVP, contact Andre Fortin 503 780-5843, afortin85@gmail.com, or Kevin McGillivray 503 762-6366 kmcglvry@msn.com.**

See Tilly Jane area trails map at: www.mthood.info/hikingtrails/cooperspur600b.pdf ♦

Portland Sunday Parkways

**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

Lead a day tour in October

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

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. ♦

A few 2012-13 overnight Winter ski weekends open for more trips

We are expecting it will be another great ski year. Reservations are already made for many trips and others are in the planning stage too. If you would like to lead a trip on one of the weekends listed on page one, please feel free to add your favorite trip. Remember as a trip leader your trip costs are reimbursed!

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. Contact Ted at 503 452-7432 teds skier@gmail.com. More info is available at: www.onc.org. ♦

Ted Scheinman, *Overnight Tours Coordinator*

Start dreaming of a New Years ski trip to Glacier!



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

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!

No new memberships this month.

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

August membership report: 237 total members (176 single and 66 family), 20 renewing. Last year at this time there were 242 memberships.

BOARD MEETING MINUTES

Minutes of ONC Board Meeting, August 13, 2012, 7:00 p.m.

Board Members Present: Andre Fortin, Mary Hepokoski, Elizabeth McLagan, Steve Planchon, and Ann Truax. Susan Kelly was also present to provide information on membership processing.

Special Order of Business: Membership Processing. Susan Kelly provided a description of the current process: (i) membership applications picked up at post office by Susan Kelly; (ii) fees forwarded to treasurer; (iii) application forwarded to keeper of membership spreadsheet (Mark Fitzsimons); and (iv) Barbara Sack sends new member letter and membership card. Susan thinks that the process generally works. Membership cultivation efforts are not as well defined, with the Club's monthly meeting providing the primary venue for membership cultivation. New Club banners would help improve membership cultivation efforts. **BOARD ACTION:** approved the purchase of two new banners.

Approval of Minutes: July 16, 2012 meeting minutes approved as drafted.

Treasurer's Report: About \$3,500.00 in net profits through July 31 for general activities of the Club and about \$2,600.00 in net profits through July 31 for Tilly Jane rental activities. The Board generally discussed the need to review and possibly revise spending guidelines of the Club. Approved continued membership in the Northwest Ski Club Council for an annual \$25.

Reports/Discussion/Actions

Presidents Report: Volunteers are needed to attend the ONC Board meeting on behalf of the Portland Chapter. The meeting will be held on September 8 at Diamond Lake Lodge.

Publicity/New Member Cultivation: Elizabeth and Steve met with Jennifer Kilcoyne to discuss web page assistance and assistance with improving the use of the Club's Meet-up site for new member cultivation, with an emphasis on enabling membership fees to be paid through PayPal on the site. **BOARD ACTION:** approved Ms. Kilcoyne's bid to complete the PayPal/Meet-up work (\$225-\$300) and requested a cost estimate for web site work. Elizabeth to follow-up with Ms. Kilcoyne.

Member Services/Volunteer Cultivation: Board discussed the possibility of producing a hard copy membership directory this fall, and also discussed the need to facilitate increased volunteerism.

Trail Tending: Two trail tending efforts have been completed: Bennett Pass and Wygant Trail.

Day Tours: Club still needs a Day Tour coordinator volunteer.

Overnight Tours: Plans for upcoming overnight tours proceeding well, with numerous reservations already in place (e.g. Methow at Christmas, Glacier National Park at New Years, etc.); August 15 deadline for proposed tours.

Website: Board continues to be interested improving the Club's website with use of a private contractor likely (as noted above).

Shelters: Tilly Jane. Painting improvements completed. Danger trees continue to be a concern. Firewood cutting activity scheduled for October 6th. Revenue report differences between the Club and Reserve America are being resolved. Opportunity for increased Club member use appears likely.

Trillium Yurt: No Report.

Budget: Board remains interested in improving the Club's budget process, with efforts likely to be initiated in September.

Portland Mountain Rescue: **BOARD ACTION** *Approved \$100.00 donation.*

Next Meeting: Monday, September 10, 7:00 p.m. @ Mazamas.

Meeting adjourned: 8:40 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

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 (this link on our website)

Continued in column 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

Monthly meeting and program

Oregon wildlands and the "Wolf Rendezvous"

Erik Fernandez and Rob Klavins from Oregon Wild (formerly ONRC) will be sharing with us some of the most spectacular wilderness areas in Oregon that their group is working to protect for future generations, including currently unprotected areas on Mt. Hood and Crater Lake, and the Devils Staircase in the Coast Range.

Robert Much



Jim Dutcher

They will also tell us about the "Wolf Rendezvous" that takes place in August every year in NE Oregon, and the current status of wolves in Oregon.



David Tvedt

Come join us for an opportunity to find out about the special areas you probably haven't seen, and what you can do to help to protect them.

Multnomah Arts Center
7688 SW Capitol Hwy.

Tuesday, Sept 4

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

October 2 – Overnight Tour's Extravaganza/Oregon's Best Snow Trips by William Sullivan

November 2 – TBD

December 4 – Ski Fair and Used Equip. Sale



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