



Belknop Hot Springs overnight trip

A very friendly group of six skiers enjoyed the hot springs and the very green environment of Belknop

Hot Springs, Lodge and Gardens on our January 25-27 ONC overnight trip. On Saturday the group skied the Ray Benson trail system near the Hoodoo Ski Area. The exposed areas had some blowing snow, there were several

inches of fresh snow over a hard base. On Sunday four of us skied the trail at Ikenick Sno-Park south of Santiam Pass on Highway 126. ♦

Terry Owen, Trip leader

Robin Williams



Terry on the South Loop, Ray Benson Sno-Park

Terry Owen



The group at Belknop Hot Springs

An Inversion brought spring to the mountains

in January. On January 19 we skied up to June Lake on the South side of Mt. St. Helens making the transition from the Portland in the grip of winter, smothered with fog, to bright blue skies and 60 degrees at 3,100 feet elevation. It was still fairly cool at the sno-park 500 feet below, but at some point while skiing up the trail we felt balmy winds and began to take off our warm clothes. What was happening? A description I found on the NOAA website explained the phenomena as “a layer of the atmosphere in which air temperature increases with height.” Luckily it thawed the snow enough so we were not skiing on hard ice. June Lake fed by a waterfall, surrounded by old growth hemlock trees on two sides was our destination. Next to the lake the surface had a few inches of soft snow over hard packed snow. After a relaxing lunch we continued up and over the snow covered lava field to the Swift Creek Trail. Some of us headed further up the trail for a better view of the mountain. Swift Creek Trail had lots of traffic and was a challenge on the way down dodging snowshoers going down, skiers going up and skiers going down, but for a day in the sun it was worth it. The drive back to town brought us back into the cold fog which stayed until we were well into Portland. ♦

Pam Rigor, Tour Leader

White River, blue sky

Eight skiers enjoyed the warm temperature in mid January and very bright sunshine on Wednesday tour. ♦



Terry Owen



Terry Owen

Terry Owen, Tour leader

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Wallowa Mountains
Methow Valley (family)
Breitenbush Hot Springs
Crater Lake
Idaho Backcountry Huts
- 10 Overnight Trip Application Form**



Rick Grote

Crater Lake overnight trip

See page 9 for details on how to sign-up

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EDITORIAL NOTES

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

Send submissions to oncnwletter@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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UPCOMING EVENTS

Feb 5 TUESDAY

Intro to Skate Skiing

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



Feb 9 SATURDAY

Forest Park Conservancy: Native Planting Work Party

Birch Trailhead of NW 53rd Avenue, 9 a.m. – Noon Free! Sign-up: www.forestparkconservancy.org

Feb 9-10 SATURDAY-SUNDAY

Cabin Fever Festival

Trout Lake, WA

Saturday: Mt. Adams "Big Tree Ski", 8K Nordic Classic Ski Race (fun and competitive) Pineside Sno-Park, Registration 9 a.m., start 9:30 a.m. Free (costumes welcome!)

Sunday: Gotchen Creek Cabin Open house SnowKing Sno-Park 11 a.m. to 3 p.m.

Other community events: Valentine Craft Making, Community Lunch, Snow Ball Costume Party, Cheese Tasting

Info: 509 395-2617 mtngoat98@hotmail.com

Sponsored by Trout Lake Grange, Mt. Adams Institute, Trout Lake Fair Board, Cascade Wellness Clinic, and Mt. Adams Ranger District

Feb 10 SUNDAY

2nd Annual Tour for the Heart

Fun Cross-country Ski or snowshoe 5km Event

Mt Bachelor Nordic Center, OR

Presented by Heart Center Cardiology & St. Charles Health System. www.xcoregon.org Info: <http://www.tourfortheheart.org> Benefit for the American Heart Association

www.tourfortheheart.org

Jan 13 WEDNESDAY

Exploring the Majestic Mt. St. Helens

REI Portland, 6:30–8 p.m.

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

Clinic: Winter Camping Basics

REI Tualatin, 6:30–8 p.m. Free! Info/sign-up: rei.com

Feb 17 SUNDAY

27th Annual John Day Memorial

Citizen's Cross-country Ski Race, Fun Ski

Diamond Lake Resort, Diamond Lake, OR

Info: Reider Peterson 541 488-8830 rspeter@opendoor.com

Entry form: <http://southernonc.tripod.com/id6.html>

Feb 19 TUESDAY

Clinic: Wilderness First Aid Basics

REI Hillsboro, 6:30–8 p.m. Free! Info/sign-up rei.com (store events)

Feb 21 THURSDAY

Clinic: Winter Camping Basics

REI Tualatin, 6:30–8:30 p.m. Free! Info/sign-up: rei.com

Feb 23 SATURDAY

Waffle Feed @ Meissner Shelter

Meissner Cross-country Ski Area outside of Bend, OR

10:30 a.m. until the batter runs out. Family friendly event.

Clinics & Training

Feb 5 TUESDAY

Tele-Tuesday @ Ski Bowl

Mt. Hood Ski Bowl, Mt. Hood, OR

6 p.m. Tele demo skis, Telemark lessons

Raffles and prizes, Lift ticket or passes required

Info: mountainshop.net

Sponsored by Mountain Shop

May 22-26 WEDNESDAY-SUNDAY

2013 Oregon Spring Camp, Mt. Bachelor

Date are tentative. Morning on-snow, groomed ski sessions, optional afternoon dryland clinics. Registration opens in March. Info: 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 back-country 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 (excludes classes) and use of Mazama Lodge: day-use, overnight 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
- ▶ Membership in Northwest Ski Club Council and Far West Ski Association. Discounts: www.nwskiers.org www.fwsa.org
- ▶ Federation of

Memberships: \$27 singles, \$33 families

Info: membership@onc.org

Mt. Hood Ski Patrol's 75th Anniversary

Come celebrate, Thursday, February 21, 7 p.m. to 10 p.m. at The Norse Lodge, 111 NE 11th, Portland, where there will be music, memorabilia, presentations, old videos and photographs and a lot of fun! Wear your favorite vintage ski sweater! There will be snacks and a cash bar. Everyone will get a free raffle ticket (more are available for \$1 each with chance to win lift tickets from Banff, wine, wonderful restaurants and hotels, gear from Nike, Columbia Sportswear and lots more)! \$20 per person for mail in registration and \$22 per person for on-line registration (www.mthoodskipatrol.org). If you wait and pay at the door (Not recommended! We might run out of beer!) it is \$25 per person.

Info: Pat Stevens, MHSP 75th Anniversary

Committee pat@sdeltd.com. 503 293-6896

PRESIDENT'S SKI TRACKS

MEMBERS, WHO KNOW ME, KNOW I HATE TO cancel ski trips, but it seemed like the right move on Tuesday, January 8 for the Wednesday ski trip. The forecast using a number of websites was rain changing to snow with pretty strong winds. Not great for a good ski experience. The trip was cancelled with time enough to make sure everyone got the message. A very good reason to let a trip leader know you are planning on participating. I felt better about the decision when the Teacup email grooming report on Wednesday included "Wind gusts are preventing safe operations this morning."

A skier new to the sport recently asked me where to go to find out what the conditions on a specific trail were. I said that I was unaware of any place. Following the weather is the only way I know, that and using the list serve to share conditions you find when you've been out on a trail.

I have used "www.tripcheck.com/Pages/CamerasEntry.asp" for road conditions; The National Oceanic and Atmospheric Administration (NOAA) website "www.weather.gov" for forecasts of specific locations on Mt. Hood; and the weather cams at both Timberline and Mt. Hood Meadows for current conditions. A different website "http://thegorgeismygy.com/forecast" was recently brought to my attention. Check it out! Do you have another source of information that you would like to share? Let us know. ♦

Mary Hepokoski, *President*

Mazama 90th Winter Family Festival

ONC families are invited to join the Mazama Winter Family Festival Saturday, March 2nd Noon-8 p.m. at Mazama Lodge. Find additional information about the Festival on the Mazama Lodge website. www.mazamas.org under "facilities." ♦

Columbia Cascades Trail Skills College

The 5th Annual Columbia Cascades Trail Skills College will be on April 19-21 at Cascade Locks, OR. The Pacific Crest Trail Association sponsors this free event that teaches volunteers essential skills in trail construction and maintenance. Registration opens on Friday, February 22. Beginners and experts alike can benefit from the courses being offered. Info and register: www.pcta.org ♦

NORDIC ISSUES

Mount Hood National Forest

Timberline Mountain Biking Project Mt. Hood National Forest approved the Mountain Biking Project at Timberline Ski Area. MHNF states, "The project involves mountain bike riders using a chairlift to travel with their bikes to the top of a 17 mile mountain bike trail system, which would cross through ski trails and forested areas within the Timberline Ski Area." The project is supposed to provide a "well-managed mountain bike park that would appeal to families and feature predominantly beginner and intermediate level trails, as well as features to aid in learning biking skills and riding etiquette." Concerns have been raised about the environmental impact of developing these additional trails that could result in more erosion on Mt. Hood in the Timberline area, which is already prone to erosion issues.

Project info: <http://www.fs.usda.gov/projects/mthood/landmanagement/projects/>.

Comments may be sent to Kristy Boscheinen 70220 E. Highway 26 , Zigzag, OR, 97049. kboscheinen@fs.fed.us, 503-668-1645 or kboscheinen@fs.fed.us.

Gifford Pinchot National Forest

Wind River Ski Area Old Man Pass Sno-Park is not being plowed, but Koshko or McClellan Sno-Parks are being plowed and allow access to the trails at Old Man Pass. The Hardtime Loop is being groomed on Fridays check the Forest Service Website for verification, follow links Recreation/Winter Sports/XC Skiing. Lone Butte Sno-Park will also be plowed, but Rush Creek will not.

Road plowing info can also be found at <http://www.skamaniacounty.org/public-works/homepage/upper-wind-river-recreation-area/>

Info: Mt. Adams Ranger Station: 509 395-3400

Deschutes National Forest

Swampy Lakes ski area The Central Oregon Nordic Club is working to rebuild the Swampy Lake Shelter. They put on a fundraiser last fall and the Forest Service is reviewing the plans for the structure.

Mt. Bachelor Skiers using the common corridor, that goes through the groomed Nordic area are asked to get a pass to use the corridor; the pass is free.

Mt. Bachelor is considering moving the tubing hill and the move might affect the Nordic Ski Area. A new, easier trail for skiers to access the existing trail system is being considered; it would be located on the north side of Old Maid. Blue Jay's Way is in the area of the proposed tubing area and would be realigned. The Nordic Center "Bob's Bungalow" would be refurbished, with a final size of 24 ft. by 30 ft. with an 8-foot deck added around the structure with benches and a wood-burning fire pit. ♦

Miriam Hammer, *Nordic Issues*

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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

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DAY TOURS

Note: if weather or road conditions are dangerous, please confirm tour with the leader.

Check the website for last minute day tours especially if we get snow as there will be ski tours scheduled.

Feb 9, Sat, Easy/Intermediate Ski Weygandt/ Inspiration Point Trail, Mt. Hood

If snow conditions allow we will ski to Inspiration Point along parts of the Weygandt trail from the Tilly Jane parking area on the NE side of Mt. Hood. This is a six to eight mile trip depending on the return route to the cars, it starts at 3,800 ft. elevation with a gain of about 800 ft. Meet at Gateway Transit Center parking structure at 8:15 to form carpools, leaving by 8:30 am. **For more info and to confirm attendance, you must contact the leader: Mary Hepokoski 503 245-1618 503 442-0620 (cell) hepomp8@comcast.net.**

Feb 10, Sun, Easy Snowshoe Pacific Crest Trail, south side of Mt. Hood, OR

Come hike through an old growth forest of mountain hemlock, Pacific silver fir, and Douglas fir, to frozen sub-alpine Lower Twin Lake, where we'll stop for lunch. We start and end at the Frog Lake Sno-Park on Highway 26 and go five miles round trip with 500 ft. elevation gain. Meet at the Gateway Transit Center parking structure at 9 a.m. to carpool. **For more info contact the leader: Gloria Gardiner 503 281-3123 gloria_gardiner@yahoo.com.**

Feb 13, Wed, Intermediate Ski Sherbar Burn Rd., Trillium, Mt. Hood, OR

We'll go where the snow conditions allow. Meet at McMenamins Edgefield, 2126 SE Halsey, in the West parking lot at 8:45 a.m. to form carpools, leaving by 9:00 a.m. Carpool driver are needed; contact Linda the Monday night, Feb. 11 by 9 p.m. or the trip will not go. **For more info and to confirm attendance, you must contact the leader: Linda Schaldach 503 256-9715.**

Feb 14, Thur, Intermediate Ski Twin Lakes, Mt. Hood, OR

We'll start at the Barlow Pass Sno-Park and ski on the PCT to the upper lake. Very scenic tour and the downhill return trip is great fun. This is a 7.6 mile round trip ski with a cumulative 1,100 ft. elevation gain. We need good snow for this trip so the location may change due to snow conditions and weather. We will leave town at 8:45 a.m. **For more info and meeting place contact the leader: Kerstin Jurges 503 234-7551**

Feb 16, Sat, Intermediate Ski Santiam Pass Area, OR

Join the Willamette Chapter ski tour to Santiam Pass. **For more info and meeting place and time contact the leader: Julius Dalzell 503 974-9021**

Feb 20, Wed, Easy/Intermediate Ski Location TBD, Mt. Hood, OR

The Wednesday ski tour group will ski a to-be-determined route in the Mt. Hood area. Meet at McMenamins Edgefield west parking lot for carpools and a 9 am departure. **For more info and to confirm attendance and to be notified of last minute changes; contact leader Janet Liu 503-245-1357 janetliu1 (at) jun0 (dot) com.**

Feb 23, Sat, Intermediate Ski and/or Snowshoe Barlow Pass/Ghost Ridge, Mt. Hood, OR

Join us for a ski of four miles-round-trip on moderate to hilly terrain along the PCNST, then we'll go off trail approximately 0.6-mile (20-30 degree slope) to Ghost Ridge (800 ft. elev. gain) for spectacular views of Mt. Hood. Strong side stepping skills required for ascent and descent of the steep off-trail segment to Ghost Ridge. Please bring snowshoes, skins or plan to use baling twine "chains" furnished by the leader and lunch. Ski venue may change due to snow conditions. Meet at McMenamin's Edgefield in the West parking lot at 8:30 a.m. to carpool. **For more info and to confirm attendance contact the leader: Mike Dianich 503 695-5385.**

Feb 27, Wed, Intermediate Ski Location TBD, Mt. Hood

We'll go where the snow conditions allow. Meet at McMenamins Edgefield in the West parking lot at 8:45 a.m. to form carpools, leaving by 9:00 a.m. **For more info and to confirm attendance, you must contact the leader: Mary Hepokoski 503 245-1618 503 442-0620 (cell) hepomp8@comcast.net.**

March 3, Sun, Intermediate/Advanced Ski Cooper Spur/Old Wagon Road, Mt. Hood, OR

We'll ski on the Old Wagon Road towards Cloud Cap. How far up we go will depend on snow conditions, weather and the groups ski level. You will need climbing skins for the upper (steep) part of the Old Wagon Road. There are great views, the snow is usually better in this area and most likely we will see very few people. If we ski to Cloud Cap it's about 10 miles and 2,100 ft. elevation gain. If it's raining or the snow conditions are bad, we will go for a hike instead. Because it is a long drive, we will leave town at 7:30 a.m. **For more info and meeting place contact the leader: Kerstin Jurges 503 234-7551.** ♦

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.

Lets hike or ski

Join the ONC leadership team...

Pick your favorite ski trail (and date) and take some ONC friends along to enjoy the outdoors.

Lead a ski tour in March or the first weekend in April! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (by February 11, 8 p.m.) to day tours at oncdaytours@gmail.com.

Diamonds missing, branches across ski trails?

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

Weekend grooming on Mazama Hill

Every weekend till March 3rd the hill behind Mazama Lodge will get freshly groomed by the operators at Summit Ski area. It is a good place to practice your Nordic turns!

On Saturdays a healthy lunch is being served: fruit, grilled cheese, tomato soup (vegan), 2nd soup- TBA, corn chips, freshly baked cookies and hot beverages, \$8.40 for adults or \$5.25 for 12 and under. Reservations not necessary for Saturdays unless you have a group of over four people.

Lunch is also served on Fridays and Sundays with reservations 503 272-9214 lodge@mazamaz.org

Have your trip photos posted on the ONC photo site

Do you have some photos of our overnight trips or day tours. Send them to our photo site so all club members can enjoy them. The link to our photo site is on our website.

Send photos to terryowen@frontier.com as an attachment—5 x 7 inches, 768 x 1024 is a good size to send.

VOLUNTEER OPPORTUNITIES

Membership Help keep our membership strong. Contact Susan 503 706-6463 or Pam 503 297-4284

Nordic Issues committee members Keep the club up-to-date on issues that affect Nordic skiers. Contact: Miriam 360 883-1060

Programs Contact: Ron 503 475-0084

Publications Contact: Pam 503 297-4284

Publicity Help with outreach for the club and get involved in social media to promote the club. Contact Ann 503 231-7220

Day tours A coordinator and two recruiter needed for the winter season (through May):

We need your help with day tours for the rest of the ski season

Volunteers are needed to help with the day tours schedule (through April--most tasks are during the first two weeks of the month). We would like three volunteers to fill these crucial positions: day tours coordinator and two recruiters.

The day tours coordinator sends emails to our leader list soliciting day tour then puts the tour schedule together each month and submits it to the newsletter. An email address is set up for this task along with a list of leaders.

The two recruiters assist the coordinator in one of two ways 1) attending the monthly general meeting and solicit day tours or 2) making calls to the leaders to gather tours during the first week and a half of the month. This is your chance to contribute to the club for the ski season and get to know some of the active leaders in the club. Give a little time back by helping with day tours. Send us an email at oncdaytours@gmail.com and volunteer. Thanks.

Winter Outdoor Program for the Blind at Teacup in March

The 7th Annual Teacup Winter Outdoor Program for Washington State School for the Blind will be at Teacup from Tuesday, March 19, 9 a.m. to Wednesday, March 20 at 1 p.m. If you are skiing at Teacup on these days, be aware Teacup, the USFS, and ONC-Gorge Chapter are hosting blind and visually impaired skiers using the day lodge and trails for a few hours each day. Please offer them your support and encouragement.

mileage rating, to help you 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.

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Hike: > 10 miles; 400 ft. per mile elevation gain. 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

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OVERNIGHT TRIPS

SIGN-UP TIPS

- ❄ Our overnight trips are exclusively for members: join or renew your membership before signing up. Membership applications available on our website (mail to club P.O. Box).
- ❄ Contact the leader with any questions you have. Do my skills fit the skiing conditions? Any special requirements or gear? Travel time?
- ❄ Read the overnight trip policies (see side bar)!
- ❄ Sign up early so we'll have enough people cover trip costs.
- ❄ To sign up: fill out an overnight trip application and mail it with your trip fee to the trip leader.
- ❄ If the trip is full and you still want to go? Join the waiting list: send your overnight trip application and trip fee to the leader (your fee will be returned, if you do not go). Last minute opening do occur!
- ❄ Purchase trip insurance (you are responsible for finding someone to take your place if you cancel). A link to sign-up for travel insurance will be on the overnight trip application form on the web or contact the trip leader or Overnight Trip Coordinator; they'll send you the link.

Feb 1–3, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR Spaces available*

We'll backcountry ski to the ONC managed shelter on East side of Mt. Hood, a 3.5 mile ski with a 1,900-foot gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their own gear, including food for dinner, a wood stove for cooking. Participants can bring their own cooking pots. Experience skills with turning and navigate skills. Climbing skins are required.

Cost: Free (a \$15 dollar check is required to hold your space. If you cancel, the check will be cashed and donated to the TJ cabin). You must be an ONC member before signing up for this trip.

For more info, please e-mail: TillyJaneCabin@gmail.com. We'll forward your request to the appropriate trip leader.

Feb 1–3, Fri–Sun, All Level Ski Ochoco Mountains, OR Trip full, waiting list available*



Andrew Black



Trudy Hussmann

Powder snow in the Wallowa Mountains

can partake in three or four days of skiing. There are opportunities for all levels of skiing—backcountry skiing, road and trail skiing, and snow shoeing (provided by the resort). Some options are Salt Creek Summit, Hurricane Trail, McCully Trail, and the West Fork Trail. We'll carpool from Portland on Thursday morning or early afternoon, arriving in Joseph in early evening. We'll ski around Wallowa Lake and in the mountains on Friday, Saturday, Sunday, and (possibly) part of Monday, returning to Portland on Monday evening. We'll have potluck dinners in the house (large kitchen).

Trip Limit: 7 participants.

Cost: \$130 per person for members; you must be a current ONC member before signing up for this trip.

Send your ONC overnight trip application and \$120 check payable to ONC-Portland Chapter

***Trip status as of January 25**

to the trip leader: Kathy Burns, 58324 Wilson Cutoff Rd, Vernonia, OR 97064. For more info contact Kathy 503 429-4024 burnskathryn@gmail.com.

Feb 8–10, Fri–Sun, All Level Ski Ochoco Mountains II, OR

Trip full, waiting list available*

More detailed info is available on our website.

Cost: \$35 per person for members; you must be a current ONC member before signing up for this trip.

For more info contact Ted 503 452-7432 tedskier@gmail.com.

Feb 14–18, Thur–Mon, Pres' Wknd, All Abilities Ski Methow Valley, WA Family Friendly! 3 spaces available, sign-up now*

For the past three years, ONC member Amy Blumenberg and her family have led hugely successful family trips to Trout Lake, WA and Sunriver over MLK and Presidents

Day weekends. They're now plotting new adventures for ONC members! Join them for a fun-filled Methow



Kids having fun making tracks

Valley trip over Presidents Day weekend. The fabulous and spacious Bend in the River Lodge in Winthrop, conveniently located close to the Rendez Vous ski trails, will serve as our base for a 4-day, 4-night trip. The Methow Valley offers over 100 miles of groomed cross-country ski trails for all levels as well as sledding, snowshoeing, ice skating and other winter fun. Beginners are welcome! We'll enjoy festive potluck dinners around the lodge's 12 foot oak table.

Methow Valley info: www.mvsta.com/ski.html.
Lodge info: www.abendintheriverlodge.com

NOTE: The Methow Valley is a six to seven hour drive from Portland so you'll probably want to take Thursday and Friday off of school and work before the holiday Monday. This is a family-friendly ski trip, to encourage more families to ski together, we are offering a SPECIAL RATE: **Each adult may bring one child at NO COST!** Additional children are half price.

Trip limit: 15 participants, including the leader.

Cost: \$200 per person for adult members; you must be a current ONC member before signing up for this trip. First child with adult member is FREE, additional are \$100 per child. All ONC members are welcome!

Send your ONC overnight trip application and \$200 check payable to ONC-Portland Chapter to the trip leader: Amy Blumenberg, 4232 SW Pendleton St, Portland, OR 97221. For info contact Amy 503 241-2768 ablumenberg@comcast.net

Feb 16–24, Sat–Sun, All Abilities Ski Yellowstone National Park Dream Trip, WY Trip full, waiting list available*

We'll carpool from Portland on Saturday arriving Sunday afternoon, at Mammoth Hot Springs near the north entrance to Yellowstone National Park and stay at the historic Mammoth Hot Springs Hotel. On Monday, a snow-coach ride takes us to Old Faithful where we move into western cabins and the Snow Lodge with private baths. There is a wide selection of trails available, from beginning to advanced, something for every desire, three days of skiing among the magnificent geysers and up to the Continental Divide, the Mallard Lake Trail.

Cost: \$725 per person for members; you must be a current ONC member before signing up for this trip. Includes six-nights lodging and breakfasts (three at Mammoth and three at Old Faithful) and snow-coach to Old Faithful and back. We'll have reservations for dinners (costs not included) at the Mammoth dining room and Old Faithful Snow Lodge dining room. Costs for carpooling and lodging en-route are not included. Special rates are available for children under 12 sharing a room with parents.

For more info contact Ted 503 452-7432 tedskier@gmail.com.

Feb 22–24, Fri–Sun, All Abilities Ski and Soak Breitenbush Hot Springs, OR 2 spaces available*

Join us for two days of skiing and relaxing at this hot springs retreat. Price includes three organic



Breitenbush, "lead me to the hot tubs!"

vegetarian meals a day starting Friday evening and ending Sunday noon (sample, delicious sack lunches will be provided both days). We'll ski

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.

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

Continued on sidebar page 8

***Trip status as of January 25**

ASAP if you must cancel, even if it is a 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

both days either from the hot springs, Maxwell Butte or Santiam Pass.

Trip limit: 10 participants, including the leader.

Cost: \$230 per person for members; you must be a current ONC member before signing up for this trip. Includes two nights lodging and all meals.

Send your ONC overnight trip application and \$230 check payable to ONC-Portland Chapter to the trip leader: Janet Liu, 4305 SW Galeburn St., Portland, OR 97219. For more info contact Janet 503 245-1357 janetliu1@juno.com.

**Mar 1–3, Fri–Sun, All Abilities Ski and Snowshoe Crater Lake via Charter Bus
Spaces available, sign-up by Feb. 15***

The Crater Lake rim, at 7,000 feet, averages 44 feet of snow a year. Join the ONC for the big trip at Crater Lake. We'll board the deluxe coach in Portland and proceed down I-5 while sharing in the world famous "Rolling Pot-Luck." The next morning after a hearty gourmet breakfast at the historic Prospect Hotel we'll take a quick ride to the rim we'll spend the day enjoying the spectacular snow formations and views of the lake and surrounding mountains while skiing as far as our legs can carry us. Sunday will be another day of different trails, different tours, and more exploring. We can even take a ranger led interpretive snowshoe walk. **Group in front of the coach,** we'll board our coach and head toward home, stopping for a special dinner on the way, arriving back in Portland about 10 pm.

There are two types of accommodations: The Historic Prospect Inn which has one double/queen bed in each room for two people and the adjacent motel-like rooms, which have two or three beds per room, but everyone who wishes can have their own bed. The Historic Inn costs \$15 per person more. Please indicate which you wish.

Trip limit: 40 participants, including the leader.

Cost: \$290 per person in Historic Prospect Inn; \$275 per person in adjacent motel-like building; you must be a current ONC club



Ted Scheinman

member before signing up for this trip.

Send your ONC overnight trip application and \$275 or \$290 check payable to ONC-Portland Chapter to the trip leader: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. For more info contact: Ted at 503 452-7432 or tedskier@gmail.com.

**Mar 1–3, Fri-Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR
Spaces available***

See Feb 1–3 Tilly Jane trip for full description.

**Mar 9–12, Sat–Tue / Mar 12–15, Tue–Fri, BC Ski Backcountry Huts near Payette Lake, ID
Spaces available***

The huts are near McCall, ID about a seven-hour drive from Portland. The first and last day is a travel day and/or a break day between two hut trips. The skiing terrain around the Fall Creek Hut (Mar. 10 and 11) is mostly beginner to intermediate backcountry with some steeper sections. The total vertical elevation gain is about 1,200 ft. with slopes ranging from 12 degrees to 30 degrees on mostly open terrain. Around the Twah Creek Hut (Mar. 13 and 14) the slopes range from beginner (10-15 degrees) to expert (35-45 degrees) with some extreme chutes (over 50 degrees) in a bowl. Huts have a wood fired sauna and a composting outhouse. Note: the leader snores.

If there is enough interest, we could go to several other yurts (Alta, WY or Sunriver, ID). They can not be cancel and are quite a bit more expensive.

Trip Limit: 8 participants, including the leader.

Cost: \$60 (for two nights in either hut), \$120 (for four nights in both huts) for members; you must be a current ONC member before signing up for this trip. Includes lodging in the huts. There is the option of having cargo carried to the huts \$50 fee for 60 lbs of cargo. Not included: lodging the night before skiing into the huts and food.

Send your ONC overnight trip application and \$60 or \$120 check (indicate hut or huts that you sign up for) payable to ONC-Portland Chapter to the trip leader: Larry Risch 1511 SW Park Ave, Apt. 1305, Portland, OR 97201 For more info contact Larry 503 227-8486 hikernw@gmail.com

***Trip status as of January 25**

www.onc.org/PDX-ONC

**Mar 22–31, Fri–Sun, All Abilities Ski
Canadian Rockies Spring Break Ski Trip
Assiniboine Lodge Option
Trip full, waiting list available***

We have planned six days of glorious backcountry intermediate level ski touring and groomed X-C trails in the magnificent Canadian Rockies Canmore, Banff, Kananaskis Country.

Trip Limit: 10 participants, including the leader.

Trip Cost: \$400 for members; you must be a current ONC member before signing up for this trip. This cost includes seven nights' accommodations in a luxury house in Canmore. Additional costs to be incurred are one or two nights of accommodation on the road, meals, shared costs for transportation, and shared costs for groceries to prepare meals and trail lunches in Canmore. The total cost should be less than \$800.

We have made optional reservations for 3 nights at Assiniboine Lodge, for March 24-27.

If you choose the Assiniboine option, which includes two helicopter rides, accommodations and meals at Assiniboine Lodge, the cost could be substantial. Please contact the leader if interested.

For more info contact Ted 503 452-7432 teds skier@gmail.com or Julius Dalzell 503 705-3443.

**Apr 5–7, Fri-Sun, Intermediate Backcountry Ski
Tilly Jane A-Frame Cabin, Mt. Hood, OR
Spaces available***

See Feb. 1–3 Tilly Jane trip for full description. ♦

***Trip status as of January 25**

**Discounts
for ONC
members!**

Glenn's Mountain Tracks in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. You must show your membership card. On-line rentals. mtntacks.com

Mountain Shop 628 NE Broadway offers ONC members a 15% discount on cross-country ski rentals. On-line rentals. mountainshop.net

Oregon Mountain Community 2975 NE Sandy offers ONC members a 10% discount on cross-country ski rentals.
Otto's Cross Country Ski & Snowshoe 38716 Pioneer Blvd. in Sandy, has cross-country ski package rental for the entire season.

Wy'East Nordic Ski School offers ONC members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.com

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 in case 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)



Ski Crater Lake NP in March 2013

Rick Grote



Ted Scheinman



Welcome New Members! John Orman 503 941.9069 505 301.3889, Barbara Pizaan and Layla Kanaan 503.287.2573 503.913.8881 Nicole Peltz 503 784.7901, Carla, Rio, Cholame and Beaupre Koford 503 284.3437 971 212.0246, Laura Rogers 503 956.2794 and Kathleen Walsh 503 233.6350 503 233.0331

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

January membership report: 239 total members (172 single and 67 family), including 7 new, 6 renewing. Last year at this time there were 206 memberships.

BOARD MEETING MINUTES

January 14, 2013, 7:00 PM

Board Members Present: Kim Davis, Andre Fortin, Mary Hepokoski, Steve Planchon and Ann Truax. Tony Ackerman, ONC Webmaster, was also present.

Approval of Minutes: December minutes approved as drafted.

Treasurer's Report: - About \$25,000 in net income through December 31. Overnight trip expenses expected to reduce this amount in future months. Detailed written report provided.

Reports/Discussion/Actions

Presidents Report: Mary provided a written report, with much of the information addressed under individual business items below.

Day Tours: No report provided. A coordinator is still being sought.

Overnight Tours: No report provided.

Membership: No report provided. The Board did discuss some complaints from new members who did not get timely confirmation of membership. It is hoped that a web-based application process will remedy this problem.

Nordic Issues: No report provided.

Trail Tending: No report provided.

Tilly Jane: Revenue dispute with Reserve America resolved, with ONC confirming its receipt of a double payment in the amount of \$2,320.00. January work meeting was successful, with five ONC members participating; everything in good order. Maintenance spreadsheet created and will be used for ongoing ONC maintenance activities. Tilly Jane operating policy reviewed and adopted by the Board; will be posted on the ONC webpage.

Trillium Yurt: Ann confirmed that the Mt. Hood Ski Patrol is interested in sharing management responsibilities with ONC if the Yurt is built by the Forest Service and operated under an ONC permit. Steve will coordinate with the Forest Service regarding Forest Service expectations and will invite a Forest Service representative to the February board meeting to discuss those expectations in more detail. Mary raised the concern that the Trillium Lake area is not currently a preferred cross country ski location due to competing uses.

Publicity/Meet-up Site: The Board generally discussed disappointing results from ONC outreach efforts through the Meet-up Site, with the principal complaint being the high rate of "no shows" for planned trips.

Website: Tony provided a detailed report on results to date. He remains optimistic that ONC-PDX concerns about, and expectations of, the website can be successfully addressed over time.

Nominating Committee. No report provided.

Other:

Following up a recommendation from Terry Owen, the Board approved a \$100 donation to a local weather website that Terry relies on when planning outings. The website is: thegorgeismygy.com/forecast.

Pam Rigor provided a written report: (i) outlining ONC proceeds from the Ski Fair and Sale; (ii) noting the ongoing need for day tour leaders and recruiters; providing a schedule of upcoming ski tours; organizing the ski clinic in January and lessons in February.

Next Meeting: Monday, February 11 7:00 p.m. @ Mazamas, 527 SE 43rd, PDX

Meeting Adjourned: 8:30 p.m.

Submitted By: Steve Planchon, *Secretary*

Oregon Nordic Club Tilly Jane A-Frame Financing and Club Weekend Policy Declaration

Purpose:

The A-Frame cabin is a historic structure in need of ongoing stewardship. The ONC Portland Chapter is uniquely qualified to fulfill this role, with the ongoing stewardship activities being consistent with the purpose and mission of the ONC Portland Chapter. The A-Frame cabin is expected to become a major club asset for the PDX ONC chapter. It will provide an opportunity for club members and the general public to have an overnight experience in a rustic cabin in the woods thereby increasing access to Mt. Hood and its recreation offerings. The club expects use of the A-Frame to contribute to membership increases over time, including an increase in a different segment of outdoor enthusiasts including backcountry and telemark skiers and snowshoeing.

Policy Declaration:

Working with the U.S. Forest Service, the ONC Portland chapter will continue to permit its use of the Tilly Jane A-Frame warming hut located on the SE flank of Mt. Hood. It is intended that the current year-to-year permit will evolve to a longer term permit or lease, with use fees collected by the Chapter to be used exclusively for stewardship activities related to the A-Frame. Example uses of Tilly Jane revenues under this policy will include: (i) reasonable maintenance and operation costs required to comply with the Forest Service permit or lease; (ii) capital improvement costs authorized by the Forest Service and approved by the Chapter; and (iii) other costs authorized by the Chapter which are consistent with the long-term Tilly Jane stewardship goals of the Chapter.

Furthermore, consistent with the Chapter's underlying purpose for accepting Tilly Jane stewardship responsibilities, use of the A-Frame will be free to Chapter members once a month during the Chapter's scheduled maintenance weekends for the A-Frame. Chapter policies for overnight trips will apply to all member use of the A-Frame. Additionally, members must comply with all Forest Service use requirements, including the 20-person maximum occupancy and the no dogs on the premises requirements. Finally, Forest Service maintenance requirements will be a higher priority than member use of the A-Frame and the Tilly Jane subcommittee is expected to initiate adaptive measures if club weekend usage increases to the point where interest outstrips the Chapter's ability to comply with its maintenance responsibilities under the Forest Service authorization.

Reviewed and approved by the ONC Board and effective: January 14, 2013

Mary Hepokoski, President
Ann Truax, Vice President
Elizabeth McLagan, Treasurer
Steven Planchon, Secretary
Kimberly Davis
Ted Magnuson
Andre' Fortin

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 Karhu Convert II 75 mm cross-country ski boots, sz 8 1/2, Super comfortable, lots of great features. Great for touring and backcountry. Like new condition in original box. \$80 (retail for \$160 new). Amy 503 891-3689 ablumenberg@comcast.net

FOR SALE: ► Nearly-new women's BC NNN boots for sale. Used just 2 hours. Beautiful Rossignol black boots with copper accents. Sz 41. Easy lacing system with a zippered front to keep out snow. Bought from Sierra Trading Post for \$63 plus shipping. \$50 OBO. Christine 503 729-5383 sisu1956@gmail.com

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.

Ski Crater
Lake NP in
March 2013



Andrew Black

Monthly meeting and program

Introduction to Skate Skiing

On a frozen lake in 1980, US Olympian Bill Koch watched a Swedish racer whiz by him with skis anything but parallel. Thirty-three years later, Nordic racing is split into two disciplines: skating and classic. Come learn a bit about this newer style from the President of the Teacup Lake chapter of the Oregon Nordic Club. Slides and equipment "petting zoo" will accompany the presentation.



Multnomah Arts Center
7688 SW Capitol Hwy.
Room 30
Tuesday, February 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 (sorry alcohol is not allowed).

Upcoming Programs

March 5—Hiking in the Sierras (in Room 30)
April 2—TBD
May 7—Friends of the Columbia Gorge



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



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

