

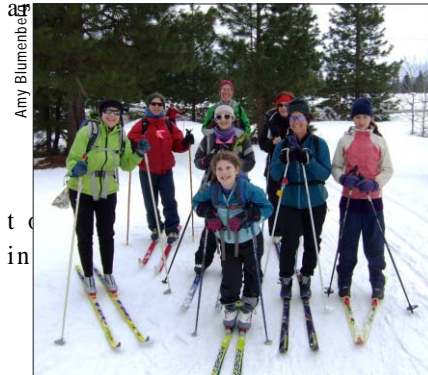


Families enjoy “mostly” sunny Methow Valley!

ONC families enjoyed fantastic weather and loads of fun during the extended Presidents Day weekend trip to Washington’s Methow Valley, Thursday, February 14 – Monday, February 18. The Bend in the River Lodge in Winthrop was a spacious and comfortable base from which to explore and enjoy wonderful group meals. Upon



Amy Blumenberg
ONC kids with “Princess Leah” and “Yoda” at the Doggy Dash



Amy Blumenberg
ONC families head out on the 10K Route on the Tour of the Methow

rival, we learned that the Methow Valley Nordic club’s annual “Tour of the Methow” was scheduled for Saturday along with other family-friendly events all weekend. With tours ranging from 5K to 80K, our group of adults and girls ages 9-13 opted for the 10K family tour. We introduced ourselves to the Methow Nordic crowd and were treated like honored guests at the Saturday night community potluck at the community barn in Winthrop. The absolute highlight of the weekend was the Sunday morning “Doggy

Dash” where skiers of all ages raced around the course dressed in creative, and sometimes hysterical, “skier-dog” costumes such as Dorothy and Toto, Bride and Bridesmaid, and Flyfisherman and Trout. We had brilliant sunshine for the Doggy Dash and our group (kids and adults!) loved the event. We all had such a fabulous time that we’re already plotting more ONC family trips for next winter. We hope you’ll join us!

Amy Blumenberg, *Trip Leader*

2013 Annual Meeting

The Annual Meeting of the Oregon

Nordic Club Portland Chapter (ONC-PDX) is Tuesday, April 2. The evening will start with the club provided pizza at 6:30 p.m. at the Multnomah Arts Center, 7688 Capitol Hwy. Then there will be an introduction of the current board members at approximately 6:45 p.m. Nominations for the new board will be at 7:00 p.m. followed by balloting. The evening program will start at 7:30 p.m. followed by the announcement of the new board members. Please join us for this important event.

There are three positions open on the ONC-PDX Board of Directors for 2013-2014. The nominating committee, Kim Davis, Ted Magnuson, Ted Scheinman, and Ann Truax, offer the names of the following three candidates for the open seats. Nominations from the floor can be made for any of the seats. Please consider placing yourself in nomination or if you know a member you believe would serve the club well, ask them if you can nominate them that evening. Please see article on page 3 for candidate statements.

Mary Hepokoski, *President*

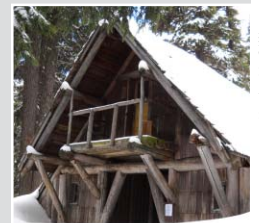
Snowshoe hike to Lower Twin Lake

On Sunday, February 10, a small group of us carpooled from the Gateway Park and Ride garage to the Frog Lake Sno-Park on the south side of Mount Hood. We left gray and cloudy Portland behind for views of snow-covered Mt. Hood against a clear sky. As we climbed the Pacific Crest Trail through an old-growth forest, shafts of sunlight filtered through the trees. Our destination was frozen Lower Twin Lake. It was surrounded by snow-covered conifers under a blue sky. We ate lunch in the hot sun. Gray jays (“camp robbers”) arrived right on schedule. They silently landed on the tree branches above us, looking for an opportunity to grab a snack. A raven made a lot of noise in the trees. After catching a few rays, we packed up, put our snowshoes back on, and hiked back down to Frog Lake.

Gloria Gardiner, *Trip Leader*

Inside

- 2** Upcoming Events
- 4** Nordic Issues
- 6** Day Tours
Ski Ski Ski
- 7** Overnight Trips
Tilly Jane A-Frame
- 8** Overnight Trip
Application Form



Kevin McCallivray

Tilly Jane overnight trip
See page 7 for details on how to sign-up

BOARD MEMBERS

Mary Hepokoski

President

503 245-1618

Ann Truax,

Vice-President

503 231-7220

Elizabeth McLagan

Treasurer

mclaganej@yahoo.com

Steve Planchon

Secretary

503 286-2216

ssplanchon@yahoo.com

Kimberly Davis

503-282-1506

cancionueva@yahoo.com

Andre Fortin

503 780-5843

afortin85@gmail.com

Ted Magnuson

503-590-7998

COORDINATORS AND COMMITTEES:

Day Tours:

Coordinator—vacant

oncdelaytours@gmail.com

Recruiter(s)—vacant

Novice Ski Tours

Coordinator—vacant

Summer Coordinator

Bike/Hike—vacant

Membership:

Susan Kelly, chair

503 706-6463

membership@onc.org

EDITORIAL NOTES

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

Send submissions to 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.

This newsletter is published monthly by:

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

UPCOMING EVENTS

April 2 TUESDAY

Friends of the Columbia Gorge

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



April 4 THURSDAY

WILD w/author Cheryl Strayed

REI Portland, 6:30–8:00 p.m. Free!
Info/sign-up: rei.com (store events)

April 6 SATURDAY

CCC Spring Bike Drive

Bring your bike (in good condition) to a Portland-area REI store and help the Community Cycling Center.
10–3 p.m.

April 6–7 SUNDAY

Trillium Festival family friendly

Tryon Creek State Park 10 a.m.–4 p.m. Free!
Native plant sale, guided nature hikes, live music, kids' activities, local vendors. The Trillium Festival supports the education and restoration programs of the Friends of Tryon Creek State Park. Info: www.tryonfriends.org

April 16 TUESDAY

Discover the Tillamook State Forest

REI Hillsboro, 6:30–8:00 p.m. Free! Info/sign-up: rei.com (store events)

April 20 SATURDAY

SOLVE IT on Earth Day

Various sites across Portland. 9 a.m.–1 p.m.
Volunteers from across the state will dig in to take care

of our parks, neighborhoods and waterways. Find your favorite place and register at: solv.org

April 19–21 FRIDAY-SUNDAY

2013 Trail Skills College

Interested in learning more about trail work, leadership, and skill building. For beginners and experienced. Free! Info and register: www.pcta.org

April 23–25 TUESDAY-THURSDAY

Banff Mountain Film Festival

McMenamins Bagdad Theater, 3702 SE Hawthorne.
Doors open at 6 p.m., show starts 7 p.m. Tickets on sale beginning April 5 at local REI stores.
www.banffcentre.ca/mountainfestival/worldtour/films/

April 24 WEDNESDAY

Film: The Greatest Good

Explores the history of the U.S. Forest Service
REI Portland, 6:30–8:30 p.m. Free! Info/sign-up: rei.com
Proceeds benefit Adventures Without Limits

Clinics & Training

May 23–26 WEDNESDAY-SUNDAY

2013 Oregon Spring Camp, Mt. Bachelor

A second session May 30 to June 2 may be scheduled if at least 10 people sign up by May 10. The Oregon Spring Camp offers citizen skiers a very unique chance to take part in a world-class ski education experience in the late spring. Mt Bachelor typically holds sufficient snow on the Nordic Center trails to allow grooming into June. Our camp dates are set up to take advantage of the most reliable window concurrent with U.S. and Canadian National Ski Team camps. Intermediate skill level required. 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 of construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot NF
 - ▶ Membership in Northwest Ski Club Council, Far West Ski Association and Federation of Western Outdoor Clubs.
- Discounts/benefits: www.nwskiers.org www.fwsa.org
www.federationofwesternoutdoorclub.org

Memberships are renewed September 1st each year, fees are \$27 for single and \$33 for family/household. Info: membership@onc.org

Trillium yurt update

A winter warming hut at Trillium Lake will enhance cross-country skiing experiences associated with the Trillium Lake Loop. The Portland Chapter of the Oregon Nordic Club Board continues to work with the Forest Service on this project. A yurt was purchased by the Forest Service to serve as the warming hut, with necessary site prep completed last year. Club members will be responsible for:

- 1) Building a woodshed adjacent to the yurt;
- 2) Filling the woodshed prior to each winter season;
- 3) Operating and maintaining the warming hut facilities.

The board of directors will likely make a final decision to proceed with the project at its May 8 meeting. A favorable board decision will require an acceptable Forest Service permit and confidence that sufficient volunteers will be available to operate the facility. A short presentation about the project will be given on Tuesday, April 2 at the Annual Meeting. ♦

Candidates for the board

Mary Hepokoski Having served on the ONC board the last two years, I would like to continue to serve the club with the additional experience I have gained. The club has been the permit holder for the Tilly Jane A-Frame for three years and after many years of planning with the Forest Service is close to seeing the construction of a warming yurt at



Mary Hepokoski

Trillium Lake. It has always been impressive the energy and time that some dedicated ONC members contribute to the club. Since moving here in 2006 I have thoroughly enjoyed participating in a number of the ONC trips including Yellowstone, Glacier, Scottish Lakes and Norway and have led a number of day trips and enjoy trail tending. Bridge, volunteer tax preparation for AARP and gardening are several of the other activities that I try to find time for.

Elke Schoen I joined the Nordic Club when I moved to Portland in 1995, which opened a world of Oregon outdoors for me. I've enjoyed skiing and hiking and cycling with the club, made acquaintances and friends, and have led the Thanksgiving trip for many years. It's been an important part of my life. I have held off seeking office until I felt I had time to do it



Elke Schoen

well. I would now like to serve on the board. I would like to see the club maintain the informality and friendliness for which we're known while we add new members and expand what we do. I was once a bureaucrat, and bureaucracy is not what we are about. Mainly, we want to have fun outside with old and new friends, and we want "outside" to be there in perpetuity. We want to enjoy nature in many ways, make it easy for people to discover us, have fun on our trips, learn skills, and advocate for the environment that attracts us to Oregon. As a board member, I would offer an easy interpersonal style in discussing issues before us and not lose track of the fun.

William Yaeger I joined the club about three years ago, and have enjoyed trips, tours, and trail maintenance activities with club members. Membership on the board is another way for me to contribute to the club. I have skied most of my life, and am concerned about maintaining access to trails and improving the winter experience for all. ♦



William Yaeger

PRESIDENT'S SKI TRACKS

In my March column I made reference to the thoughtfulness of the co-operator of High Camp in the Scottish Lakes where one of our overnight trips went in February. I regret to report that Don Hanson died several weeks later when the snow in a heavily loaded tree fell on him while he was working outside the lodge (www.scottishlakes.com). Many in the outdoor community will miss him.

The first weekend in March found me skinning up to Tilly Jane with a few other club members. It was only the second time I skied up there in the winter. The weather was beautiful, the company great, but



ONC skiers on the East side of Mt. Hood

Unfortunately the snow was just a little bit crusty. The rain, several days before, caused rivulets which then hardened forming a hard washboard surface. It was challenged for me, but my companions were patient as I cautiously made my way down enjoying the experience after the first few difficult turns.

The weekend of April 5-7 provides another opportunity for ONC members to ski up and stay at the Tilly Jane A-Frame as part of a maintenance weekend. This is the third year our club has operated the facility under a permit from the Forest Service. This winter the club scheduled weekends for club members to stay for free and help with some upkeep. The maintenance duties should be light and it would be really great to see a large number of ONC members taking advantage of this opportunity. Trip details can be found in the overnight trips schedule on page 7. On other weekends there is a fee. The funds charged help cover the maintenance costs and will go towards future repairs that are going to be necessary for renovating the structure.

At the club's annual meeting, the first Tuesday in April, club members will elect three new board members. You should have received your proxy ballot in the mail by now. You can attend the meeting and cast your ballot there, or mail it in. Instead of our monthly potluck the club is providing pizza. Hope to see you at the Multnomah Arts Center on Tuesday, April 2 at 6:30 p.m. ♦

Mary Hepokoski, *President*

Membership Database

Mark Fitzsimons
503 756-7534
oncmemberDB@gmail.com
mfitzsim@aol.com

Nordic Issues:

Miriam Hammer
360 883-1060
miriamzh@yahoo.com

Overnight Tours:

Ted Scheinman, chair
503 452-7432
tedskier@gmail.com

Programs:

Ron Bekey, chair
503 475-0084
rbekey@gmail.com

Publications:

Pam Rigor, newsletter editor
503 297-4284
oncnewsletter@gmail.com

Newsletter Distribution

Donna Parsons
503 292-9801
dparsons39@gmail.com

Publicity:

Ann Truax,
503 231-7220
ann.truax@gmail.com

Shelters:

Tilly Jane A-Frame

Andre Fortin
503 780-5843
afortin85@gmail.com

Trillium Yurt

John Nakada
503 775-4774
johnhnakada@hotmail.com
Pam Rigor
503 297-4284

Trail Maintenance:

Greg Wenneson
503 460-7231
gregwenn@sonic.net
Bill Yaeger
503 516-7794
w.yaeger@comcast.net

Recruiter

vacant

Website:

Tony Ackerman,
Webmaster
503 647-0068
tonyackerman1@comcast.net

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

continued on sidebar page 5

NORDIC ISSUES

Mt. Hood National Forest

Safety projects on Mount Hood Highway

Oregon Department of Transportation (ODOT) is planning major traffic-safety improvement projects on US 26 just east of Camp Creek from milepost 49.2 to the intersection with Highway 35 at milepost 57.45. Studies show there have been numerous accidents in this area. In rock-fall areas or places where widening is necessary "ODOT plans to cut back the rock slope away from the highway. ODOT is currently designing the rock cut slope so that it is stable and has an adequate rock catchment area to contain any future rock fall." Where head-on crashes are common, they plan on installing a median barrier. Where passing lanes are too short or too curvy for safety, the plan is to extend the downhill passing lanes. A project for re-paving from Rhododendron to Oregon Highway 35 is in the works too. Other proposed projects in the area include more visible signs, increased driver safety education and enforcement, and improved "multi-modal" transportation.

Environmental impacts will include at least the loss of some trees as the roadway is widened in most of the project areas. They did not specifically state a NEPA process was in effect. Information on lane closures, including some temporary full highway closures will be available in the summer of 2013. Construction on this multi-year project may begin in early 2014.

Info: www.us26mthoodssafetyopenhouse.org and www.oregon.gov/ODOT/HWY/REGION1/pages/mthood/project_mhh_safety.aspx. Questions and comments: Kimberly Dinwiddie, ODOT Community Affairs, 503 731-8281, kimberly.dinwiddie@odot.state.or.us.

Gifford Pinchot National Forest

Donations sought to replace historic Peterson

Prairie Guard Station The eighty-six year old Guard Station, a popular rental cabin that stood in the area between Indian Heaven and Mount Adams, burned to the ground in Fall 2012. According to the Mount Adams Institute, "The Forest Service is committed to moving the Willard Tool House, a historic structure built by the Civilian Conservation Corps in 1940, to the site." The Willard Tool House is slated for demolition unless it can be moved. "The project budget is \$75,000, including the structure relocation, foundation construction and finish carpentry. To date, one third of the budget has been secured. The Institute is helping to raise additional funds. Your tax-deductible donation can help make this project a reality." Info: <http://www.mtadamsinstitute.com/support/petersen-prairie-cabin-replacement-project/>

Deschutes National Forest

The Meissner Nordic Club of ONC is seeking donations to purchase a new Piston Bully 100 groomer, which will, they say, "take us 15-20 years into the future of Meissner Nordic." Those wishing to donate via PayPal can go to <http://www.meissnernordic.org/announcements/check-out-a-new-snowcat-for-meissner/> and click on the "Donate" button below the announcement. Paper checks "New Groomer Fund" in the memo line can be sent to Meissner Nordic PO Box 2032 Bend, OR 97709-2032. ♦

Miriam Hammer, *Nordic Issues*

Ochoco Mountains

While the famous groundhog was telling you that it was going to be winter for six more weeks, nine skiers headed off to the rarely used



Ted Scheinman

ONC skiers in the Ochocco Mountains

Ochoco Mountains on the first weekend in February for skiing and eating. We stayed at the Ranger's Cabin and skied out of the Walton Lake Sno-Park. Two days of skiing, two days of good snow and sunshine, and one ONC special potluck dinner. We enjoyed seeing the wild horses on and near the road on the way up to ski—a unique sight.



Ted Scheinman

Wild horses near the road we drove to the Sno-Park

Few skiers from Portland have experienced this high, dry area for skiing. Although the driving distance is about the same as going to Bend, it is a lot less crowded. The closest store was thirty-five miles away. There is snowmobiling out of Walton Lake Sno-Park, however, the trail system they use is separate from the Nordic ski trails. ♦

Ted Scheinman, *Trip Leader*

ONC-PDX photo site

Do you have photos of our overnight trips or day tours? Send them to Terry to be posted on 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. Contact Terry for further info about how to send the photos. Thanks! ♦

ONC Crater Lake 2013 — the place to be!

For more than 30 years, the Oregon Nordic Club trip to Crater Lake has been a success!

While skiers at Mt. Hood suffered with ice, those lucky skiers on the 2013 Crater Lake trip enjoyed a combination of overcast skies on Saturday and bright sunshine and a couple inches new snow on Sunday. It



Ted and Christine at the rim of Crater Lake

was fabulous. We had a variety of levels of skiers, but on Saturday most ended up about the same place—skiing towards the Watchman. On Sunday four brave souls headed out to see Sun Notch, about a 10-mile ski from the Visitor's Center, where the views were unbelievable with blue skies all around. Many others took the interesting ranger-led snowshoe hike.

But, a trip to Crater Lake is not just skiing! First, it is the world-famous rolling potluck on the bus, with many unique finger-foods, including, to die for,

mint and caramel brownies. Then we experienced the wonderful ambiance of the Prospect Inn, both for lodging and for food, with our new friends. The creative buffet breakfasts both days and a special dinner of salmon or prime rib on Saturday night were enjoyable. Afterwards, a few of the group headed over to the local pub where we entertained the locals and they entertained us. Could you ask for more? On Sunday, on the way back to Portland, we enjoyed a special meal of Greek gourmet food in Roseburg, then relaxed the rest of the way home. Although most of us were probably tired on Monday morning, I think everyone thought it was worth it.

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The date for next year's Crater Lake trip is February 28 to March 2, 2014.

Ted Scheinman, Trip Leader

Yellowstone National Park dream trip

For over three decades, the Oregon Nordic Club has led cross-country ski trips to

Yellowstone National Park, to enjoy the magic of Yellowstone in the winter. This year, from February 16 to 24, we had twenty-three enthusiastic skiers, coming from as far away as Connecticut. If you haven't been



ONC skiers at Lone Star Geyser

there in winter, it is a completely different trip than summer vacations. The snow brings out a different group of visitors – human and animal. We saw wolves, coyotes, deer, bison (of course), and elk, as well as numerous other smaller creatures.

Skiing at 7,000 to 8,000 feet elevation is a different experience than skiing on Cascade concrete in Oregon. The snow is dry and light and stays a long time after a snowfall. It also takes more breath to ski at that elevation, but we got used to the elevation quickly. Some of the most beautiful ski trails in the world are located at Yellowstone—like the Spring Creek Trail from the Continental Divide, past Lone Star Geyser, over the

Howard Eaton trail back to Old Faithful Snow Lodge. It is a long but worthwhile ski trip. And you never know when there will be animals on the trail! Yellowstone also allows you to take it easy, enjoying the thermal features and taking photos. Where else can you ski with Bison and Elk and see Old Faithful going

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.

continued on page 6

continued on sidebar page 6

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

continued on sidebar page 7

Yellowstone National Park dream trip continued from page 5

off in the background? You have a chance to decompress, if you want. But there is plenty of challenging ski trips, like the Mallard Lake and Creek Trails, if you want to prove yourselves. Some drove to the Lamar Valley to look for wolves and other wildlife; some took a snowcoach to the Grand Canyon of the Yellowstone River to see and ski.

The lodging at Mammoth and Old Faithful was warm and comfortable, providing a place to get a good night sleep after a long day of skiing. It is enjoyable to ski to dinner from your lodgings! And the sky at Yellowstone, when it is clear, really is a BIG SKY! Some went to ranger presentations, others lingered over their gourmet meals, and a few just chatted with other visitors in front of the fireplace. This year, we had the opportunity to enjoy an international buffet, with foods from the Greece, Mexico, Italy, and Japan – more food than you could ever consume.

The dates for next year’s Yellowstone trip are tentatively set for February 15 – 23. Make plans now for a wonderful experience.



View of the backcountry

Ted Scheinman

Ted Scheinman, *Trip Leader*

DAY TOURS

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

Check the website or meetup site for last minute day tours.

April 3, Wed, Easy/Intermediate Hike Tom McCall Preserve, Columbia Gorge, OR

Surround yourself with spring wildflowers and views of the Columbia Gorge. This hike in the east end of the Columbia Gorge is on a cliff-edged plateau covered with oak grassland dotted with abundant wildflowers in the spring. We’ll take a short hike of 2.2 miles (round trip) with 300 feet elevation gain to the lower plateau passing several ponds then go up to Tom McCall Point, 3.4 miles (round trip) with a gain of 1,100 feet, ending with a rewarding views of Mt. Hood, Mt. Adams and the whole eastern Gorge. Meet at McMenamins Edgefield, west parking lot at 9:30 a.m. to carpool. **For more info and to confirm attendance, you must contact the leader: Linda Schaldach 503 256-9715.**

April 6, Sat, Intermediate Ski Location TBD, Mt. Hood, OR

Come join us for a ski tour, if the conditions are not good we’ll do a hike instead. The route will depend on the snow conditions and the group. Meet at Gateway Transit Center parking structure at 8:00 a.m. to carpool. **For more info and to confirm attendance contact the leader: Sandy Gooch 503 913-3510.**

April 10, Wednesday, Intermediate Ski Location TBD, Mt. Hood

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

April 13, Sat, Easy Hike Cooper Mt. Nature area, OR

Lets explore this nature park south of Portland. The 231-acre park has gravel trails which traversing rare habitats and natural features. We’ll enjoy the flowers and perhaps see some wildlife. Bring cameras and binoculars. Cooper Mountain Nature Park is operated through a partnership between Metro and the Tualatin Hills Park & Recreation District. Plan on meeting at 9:30 a.m. for the hike. **For meeting place and to confirm attendance contact the leader: Pam Rigor 503 297-4284.**

April 14, Saturday, Easy/Intermediate Ski Location TBD, Mt. Hood

We’ll go where the snow conditions allow. 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 contact the leader: Mary Hepokoski 503 245-1618 503 442-0620 (cell) hepomp8@comcast.net.**

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.

April 17, Wed, Intermediate Hike Wahkeena Falls Loop, Columbia Gorge, OR

Join us for this wonderful Gorge hike. We will start up Wahkeena Falls trail and hike the loop, going down the Multnomah Falls trail. It is a 5-mile hike with 1700 ft. elevation gain. If people want, we could extend the hike by continuing up the Larch Mountain trail along the river for a mile. Meet at McMenamins Edgefield, west parking lot at 9 a.m. to carpool. **For more info and to confirm attendance contact the leader: Barbara Sack 503 978-9475 barbara3820@earthlink.net.**

April 24, Wed, Intermediate Hike Falls Creek Falls, WA

Join us for a scenic hike beginning in the second-growth forest along side Falls Creek. The trail crosses a suspension bridge on the way to a colossal 200 ft. waterfall. It then climbs to an overlook above the falls. This hike is 6.3 miles with 1,150 ft. elevation gain. Meet at McMenamin's Edgefield in the west parking lot at 9:30 a.m. for carpool departure. **For more info contact the leader: Linda Schaldach 503 256-9715.**

Lets hike or bike

Join the ONC leadership team...

Pick your favorite hiking trail or bike route (and date) and take some ONC friends along to enjoy the outdoors.

Lead a day tour in May or the first weekend in June! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (by April 15, 8 p.m.) to day tours at oncdaytours@gmail.com.

Diamonds missing, branches across ski trails?

Have you skied on trails with blue diamonds missing, downed trees or brush across the trails and unexpected dead ends? Trail maintenance season is coming up and we'll be making improvements. Greg Wenneson is in charge of trail tending this year and will meeting with the Forest Service representatives from Mt. Hood and Gifford Pinchot National Forests to identify trail maintenance projects for this summer. Please let us know what trails need diamond trail markers or to be brushed. Contact: Greg Wenneson gregwenn@sonic.net

Lead an overnight trip this summer

Spring skiing will soon be over and it's time to think ahead and plan for backpacking, biking or any other overnight trip this summer. Make your plans now! The Pacific Northwest has many wonderful outdoor places to explore—San Juan Islands, the coast, Mt. Adams, Mt. Rainier, Crater Lake, Central or Eastern Oregon.

Leading an ONC overnight trip comes with privileges. The leader goes for free and you get an ONC T-shirt as well as the opportunity of spending time with some great people!

Ask Overnight Tour Coordinator Ted Scheinman for help: 503 452-7432 Scheinman@comcast.net. More info and required forms can be download from the resources for trip leaders on the website.

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.

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 application to the club's 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 bars)!
- ◆ 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.

April 5–7, 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



ONC skiers at the Tilly Jane A-Frame

cabin at 5,700 feet elevation. You carry your own gear, including sleeping bags, pad and food for dinner, lunch and breakfasts. We have a wood stove for cooking meals or heating water. You can also bring their own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical condition and navigate skills using map, compass or GPS. Climbing skins are required.

Cost: Free (a \$15 dollar check is required to

Trip Cancellation Policy

Notify the trip leader ASAP if you must cancel, even if it is a shared-cost trip and no deposit has been paid. Trip fees 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

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. ♦

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!

February: Valerie Aliski 503 858-5241, Danielle Barriga and Peter Fraser 503 662-3794 805 570-1994, Ron Burian, Eve Epstein and Leah Burian 503 245-3417 971 219-0856, Andrea Cohen 503 297-6010 503 593-7117, Claire Dantoni 503 913-3859, Nancy Fletcher 503 642-9380 503 432-5012, Ignacio Gonzalez 503.887.3437, Zbigniew Grabowski, Sara Swetzoff and Oona Grabowski 860 617-4106, Elsa Hume 503 713-7321, Brandon Larkin 541 554-1404, Marci Lehman 503 803-3207, Laura Loop 503 285-5667, Victor Pastore 503 209-4886 503 331-7277, Elisa Joy and Kelly Payne 503 341-8639, Hari Radhakrishnan 503 564-5364 503 330-2026, Martha and Clare Robeck 503 297-2209 503 730-4388, Helen Rodman 503 235-2036 503 358-3015, Douglas Shoemaker 704 936-8249, Melanie Spencer 360 713-3859, Karin Towles and Benjamin Doyle 503 734-8610 608 313-4646, Ben Wright 512 773-3239, Pauline Yonemura 360 225-0136 503 705-8006, Zabelle Zakarian 202 302-0663

March: Allison Boomer and Marshall Dunst

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

March membership report: 268 total members (194 single and 74 family), includes 1 new. Last year at this time there were 235 memberships.

Febuary membership report: 267 total members (194 single and 73 family), includes 23 new, 4 renewing. Last year at this time there were 229 memberships.

Continued on sidebar page 9

BOARD MEETING MINUTES

March 11, 2013, 7:00 p.m.

Board Members Present: Kim Davis, Andre Fortin Mary Hepokoski and Steve Planchon . Ted Scheinman was also present, as was Kathleen Walker representing the Forest Service.

Approval of Minutes: February minutes approved as drafted.

Treasurer's Report: About \$21,600 in net income through February 28. 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.

Overnight Tours: Ted noted that Overnight Tours are generally going well. The Crater Lake trip ran at 50% of capacity, with mostly new members. Ted believes that the market is changing, with increased competition being a key factor that needs to be addressed in the future.

Membership: No report.

Nordic Issues: No report.

Trail Tending: No report.

Shelters:

Tilly Jane. Reservations are running steady with no problems noted. Andre did note that the free weekend use for ONC-PDX members has not generated much interest yet. Next member's weekend: April 5 and 6.

Trillium Yurt. Board members discussed the Trillium Yurt/woodshed with Kathleen Walker from the Forest Service. While some problems were noted with user conflicts at the Trillium Loop (e.g. dogs, snow shows, etc.) the board did note the long term ONC-PDX interest in operating a warming hut in the area. The Board will likely proceed with the project subject to being able to identify sufficient volunteer resources (including volunteers from other organizations) and an acceptable Forest Service permit. A final decision is expected at the May board meeting.

Publicity/Meet-up Site: No report provided.

Website: No report provided.

Nominating Committee: The Nominating Committee has identified 3 candidates: Mary Hepokoski, Elke Schoen and Bill Yaeger. Ballots are being mailed and voting will also take place at the April 2nd Annual Meeting.

Other Business:

The Board approved a \$100 donation honoring Don Hanson of the High Camp at Scottish Lakes.

The Board approved a \$200 donation to the Mazamas Club as a token of appreciation for the support provided to ONC-PDX, including free Board meeting space.

The Board approved spending about \$500 for ONC patches.

Next Meeting: Monday, April 8, 7:00 p.m. @ Mazamas, 527 SE 43rd, PDX.

Meeting Adjourned: 8:45 p.m.

Submitted By: Steve Planchon, *Secretary*

take personal responsibility for lost funds.
www.travelguard.com/agentlink.asp?arc=12888&pod
(this link on our website) ◆

CLASSIFIED ADS

FOR SALE: ► Fischer RCS Classic Crown Skis, 195 cm, Rottefella NNN bindings, great condition Rossignol XCium LVF boots, sz 40 (unisex/low volume fit), great condition. \$90 (skis & bindings only). \$90 (boots only). \$150 (skis & boots \$30 discount on the set).

► 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: ► Fischer RCS Classic Crown Skis, "nearly new," 207 cm, one season "new" (used twice). *Performance-level* groomed track ski (e.g., Teacup, Trillium, Meisner Trails in Bend, etc.). \$150. Chris 503 241-2768 imayoooper@hotmail.com

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.

Annual Meeting and program

Friends of the Columbia Gorge

Let Maegan Jossy, Outdoor Programs Coordinator for the Friends of the Columbia Gorge, show you where to see March to July wildflower displays, and when to hit the trail for the peak of your favorite blooms! Their Spring hiking series includes 60 educational outings for hikers of all levels. These weekends and weekdays hikes follow the wildflower blooms from the eastern end of the



Gorge westward and are led by gorge experts in the areas of botany, geology and gorge history. We'll also hear about the Flower Frenzy challenge and Friends' new recreation vision they are calling Gorge Towns to Trails, a comprehensive trail system that wraps around the Gorge, and the Friends' efforts to maintain the beauty and wonder of the Columbia Gorge.

Multnomah Arts Center
7688 SW Capitol Hwy.
Tuesday, April 2
7:30 p.m. Program
6:30 p.m. Pizza served
6:45 p.m. Annual Meeting and elections
There is no potluck. (sorry, alcohol is not allowed)

Upcoming Programs

May 7-TBD



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



Map to monthly meeting at:
 Multnomah Arts Center (MAC)
 7688 SW Capitol Hwy.

