



# Whoozat Knockin' at my Door?

**April usually brings our biggest snowpack and great conditions to the North side of Hood.**

This year it did not materialize but Mary, Susan, Becky, Andrew and I had a good trip anyway. We planned to go up Friday, April 4 and spend two nights, but Friday was threatening rain so we shortened the trip by a day and drove up Saturday morning.

Trail conditions required us to alternately hike and ski with skins. It was not until 4,500 feet elevation that I clicked in to finish the climb. These conditions are typical in December, but never expected in April. There was no rain but the snow that was falling was heavy stuff moved by a stiff breeze. After about two hours we arrived at the A-frame and were cleaning the stove then stoked it to warm up. Then we headed uphill toward Cooper Spur hoping to find drier snow, which we did. As we approached tree line the wind let us know skiing above the trees was not going to be pleasant. We ripped skins and had a great cruise through the trees back down to the A-frame. Andrew need to head home so I skied with him down a ways until the turning got to be a lot of work.

The A-frame is a castle for only four residents—spacious! It is also like a fortress when the wind is ripping. A bit drafty upstairs, but snug sleeping and the new stove keeps the ground floor comfortable. We

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Kevin McGillivray



Tilly Jane A-Frame surrounded by a white blanket of ...

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## The yurt needs you

**The Portland Chapter of the Oregon Nordic Club** has envisioned a Chapter-maintained day use shelter on Mt. Hood for many years. Now we have the opportunity to make it happen. The Forest Service has purchased a yurt for a warming hut at Trillium Lake.

In a nutshell, the Forest Service will erect the yurt in the overflow camping area at Trillium Lake and the Chapter will build a woodshed. During the summer months the campground concessionaire will rent the yurt for overnight stays. In the winter months the Chapter will maintain the hut as a day-use only facility, supplying warming hut wood from the Chapter constructed and maintained woodshed.

So, what do we need? **Volunteers** for: **1) Building the woodshed this summer, 2) Filling the woodshed with wood this fall, 3) Helping to manage the warming hut during the winter.**

But, if it appears that volunteers are in short supply, the Chapter may need to say no to this opportunity. So, please contact Steve Planchon (steve@planchonconsulting.com) or Ann Truax (ann.truax@gmail.com) right away and let them know that you want to make this opportunity a reality. The Board will be making a decision about involvement at its May 13 meeting. ♦

## Brush never rests!

**Make this be the year that you commit** to at least one trail tending party! Spending a day on a work crew is a fun way to meet new people, catch up with old friends and learn new skills. Everyone appreciates well-marked winter trails free from brush.

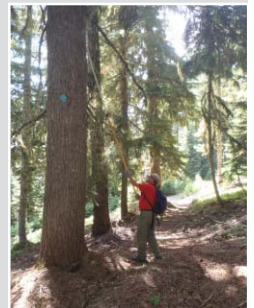
For new hands and old alike, see page 5 for this summer's still somewhat tentative trail tending party schedule. If you have questions about trail work, please contact Greg Wenneson, Trail Maintenance Coordinator, gregwenn@sonic.net. ♦

*Greg Wenneson, Trail Maintenance Coordinator*



Terry Owen

Tasks for everyone: holding the ladder, nailing diamonds, trimming branches...



Mary Helpkoski

**Put a Trail Tending Party on your calendar**

**See page 5 for this summer's Trail Tending schedule**

## BOARD MEMBERS

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## COORDINATORS AND COMMITTEES:

### Day Tours:

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### Recruiter(s)—vacant

### Novice Ski Tours

Coordinator—vacant  
Summer Coordinator  
Bike/Hike—vacant

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

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## UPCOMING EVENTS

### May 7 - TUESDAY

#### Off the beaten trail: 50 fantastic unknown hikes in NW Oregon

ONC monthly program.  
Multnomah Arts Center  
7688 SW Capitol Hwy.  
7:45 p.m. Free!



### May 1 - WEDNESDAY

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

### May 2 - THURSDAY

100 Hikes in NW Oregon & SW Wash  
w/author Bill Sullivan  
REI Portland, 6:30–8:00 p.m. Free!  
Info/sign-up: rei.com (store events)

Bike Maintenance Basics for Women  
REI Tualatin, 6:30–8:00 p.m. Free!  
Info/sign-up: rei.com (store events)

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

### May 8 - WEDNESDAY

Bike Maintenance Basics for Women  
REI Tualatin, 6:30–8:00 p.m. Free!  
Info/sign-up: rei.com (store events)

### May 22 - WEDNESDAY

#### “Finding David Douglas” special presentation of new documentary movie

The compelling story of the intrepid 19th century Scots botanist David Douglas is told in this tri-national production. Finding David Douglas transports viewers to England and Scotland. Tommy O's Pacific Rim Bistro, 801 Washington St, Vancouver, WA. Happy Hour 3:00–6:00 p.m., speaker at 6:30 p.m.

### May 28 - TUESDAY

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

## 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. 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](http://www.nwskiers.org) [www.fwsa.org](http://www.fwsa.org)  
[www.federationofwesternoutdoorclub.org](http://www.federationofwesternoutdoorclub.org)

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

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listened to the wind freight training through the trees much of the night hoping the leaning firs would hold against it. Sunday morn' presented lots of new snow but the wind was still around. We had a lazy morning then skied and hiked a little back to the cars. I was able to ski from the A-frame to the bottom of the Cooper Spur Ski area with the new snow. However I must say encountering a bit of “Sponsor-Me-Jake” conditions on the trail.

So who was knocking at the door? Not likely we will find out but within a few days of our trip someone left a wood splitting mall outside instead of locking it in the indoor tool box. The next group lacking a reservation used it to chop through the lock hasp and beat the door off the hinges. We fixed the hinge when we arrived – Andrew did most of that. The felons had the sick taste to sign the guest book as “GREATFUL FOR THE AXE.” A heavier door and lock will be on our list of summer chores.

Russ Pascoe



## PRESIDENT'S SKI TRACKS

**Changes! Changes! Change is perhaps the** only constant in our lives. Even the Portland Chapter of the Oregon Nordic Club has changed. We have a new Board with two new outstanding members: Elke Schoen and Bill Yaeger, and we have a new President (yours truly). Right now, we're looking at embarking on a new project, which could potentially change the scope of the club's possibilities: a partnership with the Forest Service to be the winter stewards of a soon-to-be-built yurt/warming hut at Trillium Lake.

If you haven't already heard the reports about this project, here's the story. The Forest Service has already purchased a yurt and plans to put it up this coming summer in the overflow camping area at Trillium Lake. We've been asked to build a woodshed (summer 2013), stock it with wood (fall 2013) and periodically check on the yurt and the wood supply (winter 2013-14 and beyond). During the summer the campground concessionaire will manage the yurt. The Forest Service would like to sign a 5-year contract with the club.

Realistically, we can't initiate this project without willing volunteers from the club. In particular, we need someone to spearhead the construction of the woodshed as well as members who are handy with a hammer. We need members who would like to join in on a wood stocking party. And finally we need members to check on the yurt during the winter and re-stock the wood from the locked woodshed. All of these tasks could be a fun social event out in the fresh air, followed by a cool one in Government Camp.

Of course, there are pros and cons to this project. Why do we want to put our energy into a warming hut at the overused Trillium Lake area with all the post holes, dog do, rutted tracks and Trillium trudgers? A counter-argument is the fact that Trillium Lake connects to some less populated, more enjoyable trails: Mud Creek Loop, Porcupine Basin, and the Sherar-Burn road. Another point to think about is: we are a club dominated by baby boomers, and we need to build our membership among younger folks. What better way to advertise the club than through a shelter visited frequently by newbie skiers. In the words of one club member: "The warming hut will give us a physical presence on the mountain when the greatest number of potential members is using it. If we wished, we could provide hot cocoa once monthly and invite people to learn more about ONC."

The ONC board has to make a decision "yay" or "nay" by the next board meeting, May 13th. We need to hear your opinions and your willingness (or not) to volunteer on this project. Contact me (ann.truax@gmail.com) or Steve Planchon (steve@planchonconsulting.com) to weigh in. All responses (negative or positive) are welcome.

Happy skiing! The season is not over yet!

Ann Truax, *President*

## NORDIC ISSUES

### Mt. Hood National Forest

**Knebal Springs Trail reroute** Mt. Hood National Forest, Barlow Ranger District has opened a comment period on the "proposal to reroute approximately 2 miles of the Knebal Springs Trail (Trail #474). The portion of the trail to be re-routed is adjacent to Forest Service Roads (FSR) 1700 and 1720. The project will improve the safety for all users as well as stopping trespass in the City of The Dalles Municipal Watershed along FSR 1720-120. Send comments to Janeen Tervo, District Ranger, c/o Jim Thornton, Barlow Ranger District, 780 NE Court Street, Dufur OR 97021; or fax 541 467-2271; pacificnorthwest-mthood-barlow@fs.fed.us. For more info contact Jim Thornton 541 476-2291 jthornton@fs.fed.us.

### Gifford Pinchot National Forest

**Outfitter/Guide Review Process** Gifford-Pinchot National Forest had been requesting comments for an Outfitter/Guide Review Process. In addition to getting input from outfitters and guides, they were requesting forest users also provide their experience and input. The deadline was April 12 for comments to be considered. However, as it appears to have been a relatively short comment period, it may be worth requesting that the comment period be extended. Updates will be posted on this Web page: <http://www.fs.usda.gov/detail/giffordpinchot/passes-permits/event-commercial/?cid=stelprdb5412755>. Anticipate completing the analysis by fall 2013. Contact for review: Lisa Romano, Acting Recreation Planner, GPNF, 360 891-5176 lromano@fs.fed.us. A short questionnaire can be found either at the web-page indicated above, or at <https://cara.ecosystem-management.org/Public/CommentInput?Project=41512>.

### Deschutes National Forest

**Funds to expand Meissner Sno-Park received** In December 2012, the Meissner Chapter of ONC announced that the Meissner Sno-Park will be expanded by 60 parking spaces, additional accessible parking spaces, accommodation for shuttle buses to encourage multi-modal alternative forms of transportation, a new shelter, and a new double CXT toilet. Funding is through \$410,000 that Deschutes National Forest received from the Western Federal Lands of the Federal Highway Administration through the Oregon Forest Highway Program. Meissner chapter indicates that construction funds will be available in Fiscal year 2015. Meissner Chapter also states, "There will also be a Cascadian-style kiosk for winter recreation information, resource protection education, and interpretation about the late Virginia Meissner, an icon in the Nordic skiing community and namesake for the Sno-Park. The Tumalo Langlauf Club (Meissner Chapter) is the main partner providing assistance with planning and design for this project benefiting the community with improved facilities for winter recreation activities."

Miriam Hammer, *Nordic Issues*

### Membership:

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### Recruiter

vacant

### Website:

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Webmaster  
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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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## Volunteers make it happen

**Our club is run by volunteers...**

they lead the many activities we enjoyed throughout this last year. As this season comes to an end we recognize and thank them for giving their time for everyone's enjoyment.

**Overnight trips** The club's overnight trip program is extensive because of our dedicated members. We thank the following leaders for the trips they led this last season.

**Pam Rigor (July 4th San Juan Bicycle); Dennis Weaver (Crater Lake hike and bike); Elke Schoen, David Blanchard and Laura Bodner (Thanksgiving Sunriver); Sam Digard (Methow Valley); Pam Rigor (Black Butte New Year); Paul Foster (Glacier); Steve Levy (Lake Creek Lodge); Ann Truax (Sunriver MLK Weekend); Terry Owen (Belknap Hot Springs); Donna Matrazzo (Flying L Ranch); Mary Hepokoski (Summit Meadow Cabin); Ted Scheinman (Ochoco I); Russ Pascoe (Scottish Lake Backcountry); Ted Scheinman (Ochoco II); (Methow Valley Family Friendly); Ted Magnuson (Sunriver President's Weekend); Ted Scheinman (Yellowstone); Janet Liu (Breitenbush Hot Springs); Ted Scheinman (Crater Lake); Julius Dalzell and Ted Scheinman (Canadian Rockies); Larry Risch (Idaho Backcountry Huts); Russ Pasceo and Ernie Carpenter (Tilly Jane A-Frame)**

**Day tours** Our leaders find the best places to ski with the best snow, know the wild flowers meadows in the spring and take us along the city's and local bikeways. We skied, hike and bike with them and enjoyed a potluck with them at the monthly meetings. We acknowledge their knowledge, experience and time they put into leading tours. **Stephany Anderson, Mitch Auerbach, Christine Bierman, Kathy Burns, Mike Dianich, Julius Dalzell, Tere Enburg, Gloria Gardiner, Sandy Gooch, Miriam Hammer, John Heaton, Mary Hepokoski, Kerstin Jurges, Janet Liu, Terry Owen, Russ Pascoe, Pam Rigor, Linda Schaldach** Thanks, leaders, for taking us out on the trails and roads. ♦

## 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](mailto: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! ♦

## 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. To add a last minute tour on meetup send the info to Ann Truax.**

### May 5, Sun, Intermediate Hike Labyrinth at Coyote Wall, WA

Join me for this East Gorge hike of about 7-miles and about 1,500 ft. elevation gain that goes up through an area called the labyrinth at Coyote Wall. We'll go by some waterfalls and be in open meadows with wildflowers and possibly through an oak forest. **For more info, meeting place and time contact the leader: Ann Truax 503 756-8891.**

### May 11, Sat, Advanced Hike Ruckel Creek (Columbia Gorge), OR

This is a very scenic hike in the Gorge but it is steep and quite a workout! The rewards are great views, beautiful wildflowers and very few people. We'll hike about 8-miles round trip, climbing about 3,500 feet. If the weather is bad and the trail is muddy we do a different hike. Plan on leaving town at 8:30 a.m. **For more info and meeting place call the leader: Kerstin Jurges 503 234-7551**

### May 15, Wed, Intermediate Hike Cape Horn Trail, WA

Come and experience a gorgeous (pun intended) new trail just 15 miles from Portland. The trail goes through a bigleaf maple forest to viewpoints on the cliff above the Columbia Gorge. It continues below the cliff for a hike of 7.2 miles and 1,300 ft. elevation gain. Meet at McMenamins Edgefield's west parking lot, at 9 a.m. to carpool. **For more info contact the leader: Pam Rigor 503 297-4284.**

### May 29, Wed, Intermediate Hike Siouxon Creek, WA

Let's explore one of southwest Washington's most beautiful trails. Ancient forest, green pools and several waterfalls make this moderate hike (7.5 to 9.2 miles, 700 feet elevation gain) a delight. Be sure to bring your rain gear just in case. Meet at McMenamins Edgefield's west parking lot, at 9 a.m. to carpool. **For more info contact the leader: Pam Rigor 503 297-4284.**

### June 1, Sat, Trail Scouting on National Trails Day Mt. Hood, OR (or your favorite trail)

Attributes needed for this trip include sharp observations and strong legs. We're going to split into small groups to hike the ski trails. Your observations will go into a report detailing trail conditions. **For more info and meeting place, contact the leader: Greg Wenneson at [gregwenn@sonic.net](mailto:gregwenn@sonic.net)** ♦

## Lets hike or bike

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

**Common meeting places:** Gateway Transit Center NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center—NE Sandy Blvd. & NE 96th Ave. McMenamins Edgefield—2126 SW Halsey Take I-84 to Exit 16 (Wood Village) turn right, go to Halsey (first stop light) turn left, go 1/2-mile; it's on the right.

## Portland Sunday Parkways cycling events

Join other cyclist for family-friendly, car-free bicycling in Portland this summer! Portland's Department of Transportation is hosting Sunday Parkways: May 12, June 23, July 28, and August 25 and September 29.

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

### East Portland Sunday Parkways May 12, 11 a.m. – 4 p.m. Free!

Celebrate Mother's Day with a jaunt (7 miles) around East Portland, including two miles on the Springwater Corridor. Glenwood, Bloomington, Lents, and Ed Benedict Parks will be filled with activities, food, vendors, music, and more. And don't miss the activities at the Foster Flood Plain Natural Area.

### Northeast Portland Sunday Parkways June 23, 11 a.m. – 4 p.m. Free!

Explore Neighborhood Greenways and the Cully Boulevard Cycletrack while you make your way around the Northeast Portland route (8 miles). Lots of activities, music, and food will be at Woodlawn, Alberta, and Fernhill Parks.

### North Portland Sunday Parkways July 28, 11 a.m. – 4 p.m. Free!

Cruise around North Portland this July. Enjoy roses, activities, food, music, vendors, and fun at Peninsula, Arbor Lodge, Kenton, Columbia Annex, and McCoy Parks; plus the wide open car-free Willamette Boulevard (9.5 miles).

### Southeast Portland Sunday Parkways August 25, 11 a.m. – 4 p.m. Free!

Spend a warm summer day walking and rolling around Southeast Sunday Parkways. Take in the great city views from the top of Mt. Tabor! Activities, food, vendors, music, and fun will be in Laurelhurst, Colonel Summers, Ivon, and Mt. Tabor Parks; plus Universal Cycles Marketplace (9 miles).

### Southwest Portland Sunday Parkways September 29, 11 a.m. – 4 p.m. Free!

End the Sunday Parkways season with a trek in Southwest! Enjoy the added walk-only route, rolling hills, beautiful views, and Hillsdale and Multnomah business districts. Activities, music, food, and vendors will be located in Gabriel Park, Multnomah Village, and Hillsdale Shopping Center. *Route TBD.* ♦

[www.portlandsundayparkways.org](http://www.portlandsundayparkways.org)

## Join the parties, keep the trails clear

Take the initiative and jump at this chance to lead one of our trail tending parties. When winter comes you can ski the trails knowing that you were a part of what makes them fun. The Oregon Nordic Club partners with the US Forest Service to maintain and expand the wonderful network of Nordic trails in the Mt. Hood and Gifford Pinchot National Forests.

Join a trail tending party—mark your calendar with one or more of these tentative dates.

To volunteer to lead a trail tender contact:  
Greg Wenneson, trail tending coordinator at 503 460-7231 [gregwenn@sonic.net](mailto:gregwenn@sonic.net)

### Summer trail tending schedule

June 1, Sat, Trail Scouting National Trails Day  
Mt. Hood, OR (or your favorite trail)

See day tours schedule for details.

July 9, Tue, Trail Tending Kickoff at Annual Picnic  
Park in Portland, OR

Meet people who have done trail work before. Find out how to use the tools, and what we do. Sign up for a trail tending day at the party!

July 20, Saturday, Trail Tending Party  
Terminator Trail, Old Man Pass/Wind River, WA

This trail heads off to the left as you head out on the McClellan Meadows trail. There is a stunning view of Mt St Helens. For more info and meeting place, contact the leader: Sam Digard, [sam.digard@comcast.net](mailto:sam.digard@comcast.net).

August 4, Sunday, Trail Tending Party  
Location TBD, Mt. Hood, OR or WA  
**Leader needed!**

August 21, Wednesday, Trail Tending Party  
Marble Mountain Sno-Park, Mt. St. Helens, WA  
For more info and meeting place, contact the leader: Pam Rigor [oncnewsletter@gmail.com](mailto:oncnewsletter@gmail.com).

September 7, Sun, Trail Tending Party  
Wygant Loop and Basin, Cooper Spur area  
North Side of Mt. Hood, OR.

The blueberries may be still be available. For more info and meeting place, contact the leader: Sam Digard [sam.digard@comcast.net](mailto:sam.digard@comcast.net).

September 22, Sat, Trail Tending Party  
White River Sno-Park, South East Side of Mt. Hood, OR

For more info contact the leader: Greg Wenneson at [gregwenn@sonic.net](mailto:gregwenn@sonic.net)

October 2 or 9, Wednesday, Trail Tending Party  
Location TBD, Mt. Hood, OR or WA  
**Leader needed!**

Oct/Nov TBD, Volunteer Recognition Party  
Portland, OR

After all that hard work, you need a pie, a pizza pie! Come get recognized for your efforts. ♦

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.

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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 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 (available on our website 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.

Overnight Trip Policies continued sidebar to the left

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.

### Trips 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 take personal responsibility for lost funds.

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

## July 4–8 or 9, Thur–Sun/Mon, Easy+Abilities Bike Annual Fourth of July Camping Holiday San Juan Islands, WA

### Trip Leader needed

Let’s continue an ONC tradition—bike the San Juan Islands in Washington state on July 4th week-end. Explore these magical islands—on San Juan, we’ll visit English Camp and American Camp in the National Historical Park, savor the fragrance at the lavender farm, and watch the orcas at San Juan County Park; on Lopez—spy on the seals at Shark Reef Sanctuary, and beach comb at Spencer Spit; on Orcas—intrepid cyclists can take the challenging ride up Mt. Constitution, or more recreational cyclists can enjoy a shorter ride to the charming town of Eastsound and the local pottery galleries. Keep your eyes out for the camel on San Juan Island as you ride to the campground! On the Fourth, we can take in the Fourth of July parade in Friday Harbor and later, the fireworks display at Roche Harbor.

**For more info contact: Pam**  
[oncnewsletter@gmail.com](mailto:oncnewsletter@gmail.com) ◆

## Welcome New Members!

**Thanks for renewing: Shari and Sebastain Exo**

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

**April membership report:** 268 total memberships (193 single and 75 family), includes 1 renewal. Last year at this time there were 236 memberships.

## BOARD MEETING MINUTES

**DRAFT: Minutes of ONC Board Meeting** April 8, 2013, 7:00 p.m.

**Board Members Present:** Kim Davis, Mary Hepokoski, Elke Schoen, Andre Fortin, Bill Yaeger and Ann Truax.

**ONC Community Member Present:** Ted Scheinman

**Approval of Minutes:** March minutes approved as drafted.

**Election of Officers:** President – Ann Truax, Vice-President – Kim Davis, Treasurer – Mary Hepokoski, Secretary - Steve Planchon.

**Treasurer's Report:**

Detailed written report provided. Total cash on hand: \$66,082.95

As the new treasurer, Mary H. will set up two separate bank accounts: one for Tilly Jane funds and one for general ONC funds – to avoid co-mingling of funds. Mary also plans to set up a different accounting system so that debits and credits for various overnight trips can be tracked more easily. In addition, an audit of the ONC bookkeeping is in process. Bill and Andre will become co-signers for checks.

**Reports/Discussion/Actions:**

**Presidents Report:** No report provided.

**Day Tours:** No report provided.

**Overnight Tours:** Ted Scheinman indicated he may not be organizing all the overnight trips in 2013-14. He would like to know how trips come out financially. Some trips lost money this year. Many leaders have not been sending in trip reports. Organizing overnight trips requires considerable time and energy.

**Membership:** 268 units (up a little)

**Nordic Issues:** No report provided.

**Trail Tending:** No report provided.

**Shelters:**

**Tilly Jane** The club weekend (first weekend of each month) in April had 5 members participating. Serious damage to the door was noted.

**Trillium Yurt** Continued discussion about the level of interest within the club to build a woodshed, stock wood and maintain shelter. Eight people signed up to help with the woodshed at the April general meeting. The following steps will be taken: contact listserv to recruit volunteers (Ann); contact membership via email to recruit volunteers (Ann); contact other organizations about their willingness to help (Primetimers, Mazamas, Mt.Hood Ski Patrol, state ONC, Teacup chapter) (Ann, Mary and Kim). Contact McKenzie (from the Forest Service) to get in touch with her father re plans for a woodshed.

**Publicity:** Meet-up Site. Mary reported that Paypal can be used for overnight trips.

**Website:** No report provided.

**Other Business:**

Volunteer recognition – Patches will be ordered (Mary).

July Picnic – July 9 was suggested as the date

Board retreat – June 8. Possible topics: budget, leadership training. A retreat agenda will be put together during the May board meeting.

**Next Meeting:** Monday, May 13, 2013 7:00 p.m. @ Mazamas, 527 SE 43rd, PDX.

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

Submitted By: Ann Truax, *President*

## 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), \$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 8.5, Comfortable, lots of great features. Like new condition in original box. \$80 (\$160 new). **Amy 503 891-3689 ablumenberg@comcast.net**

**FOR SALE:** ► **Fischer RCS Classic Crown Skis**, "nearly new" (used twice), 207 cm, *Performance-level* groomed track ski. \$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.**

# Monthly Meeting and Program

## Off the beaten trail:

### 50 fantastic unknown hikes in NW Oregon

Join Matt Reeder for a presentation on his new hiking guide, *Off the Beaten Trail*. Reeder's book covers lesser-known, obscure yet spectacularly beautiful day hikes in Forest Park, the Coast Range, SW Washington, the Columbia River Gorge, Mount Hood, the Badger Creek Wilderness, the Clackamas River Canyon and Mount Jefferson Wilderness. There will be a presentation and slideshow followed by a Q+A session and book sales. You won't want to miss this opportunity to discover some great new hikes!



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

**Tuesday, May 7**

**7:30 p.m. Club Meeting**  
**7:45 p.m. Program**

Join us for a potluck and social hour, 6:30 – 7:30 p.m., bring a food dish to share along with your own plate, utensils and beverage (sorry, alcohol is not allowed).

## Upcoming Programs

**June 4–No meeting**  
**July 9–Annual Picnic, Location 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**

