



Some rain and lots of flowers

With the wet Spring thick steams of blue larkspur flowed along the Cape Horn trail. A few white ones took a stand here and there. ‘A little rain never hurt anyone’ and the flowers figured that out this year. Fringecup caught on right well too, in places—white and pink blooms on stems pointing upward welcoming the light rain. Honeysuckle, arnica,

Pam Rigor



Hiking the Cape Horn trail, which was lined with larkspur, vanilla leaf and fringecup on May 15

baneberry, queen’s cup, tiger lily, penstemon, lomatium, Indian paintbrush, Nootka rose, wild iris punctuated spots along the way. A chocolate lily, late in the bloom, caught our attention also. An American goldfinch flashed yellow in the middle of a meadow beside the trail as we passed by. The gorge was tucked up nice with the clouds when we reached Nancy’s overlook where we stopped for lunch. The wind was around too. After a short respite down to the tunnel we went. A glimpse of a waterfall distracted us for a few moments then we continued to a bridge for our turnaround point. Reversing course back up the hill through the forest we, at one point, were surrounded by a flock of winter wrens in a musical rush of high pitched trills as they flitted from one branch to the next. Following our course back seeing the blooms from another point of view before reaching our starting

point we were glad for the showers which reward us with the Spring flowers.

Pam Rigor, *Trip Leader*

Misty Saddle Mountain

We were too late to catch the pink deer lilies that frame the start of the Saddle Mountain trail, but there were a couple of them up much higher on the mountain. Last year they surrounded us as we began this hike. We must have

Pam Rigor



Bob and Mitch looking at Palmate Coltsfoot (Petasites palmatus) along the trail

come earlier. Mitch Auerbach led us up a misty Saddle Mountain on May 19. Overcast skies transformed the forest to a vivid green. False lily-of-the-valley and redwood sorrel lay thick on the forest floor, while moss embraced the tree trunks. Higher up we revelled as we stepped from flower to flower.

Pam Rigor, *Trip Participant*

Overgrown ski trails? Missing blue diamonds?

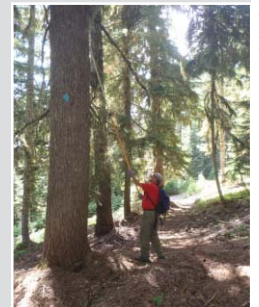
Were you on a ski a trail this last winter that was difficult to ski due to tree limbs, down trees or brush crossing the trail? Were the blue diamond trail markers missing or just ready to fall off making the trail hard to follow? You now have a chance to help improve the trails. Join us this summer and work on a trail tending party.

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*

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Mary Hejposki

Join us June 1 to scout winter trails for maintenance work (see change in the day tours schedule)

See page 4

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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 oncnwsltr@gmail.com

as a Microsoft Word document

(no formatting ie. no bold text, all caps text, tabs or other settings) in Times Roman as an 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

June 4 ▶ TUESDAY

Bike Maintenance Basics

REI Portland, 6:30–8:00 p.m. Free!

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

June 5 ▶ WEDNESDAY

Lightweight Backpacking Basics

REI Portland, 6:30–7:30 p.m. Free!

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

June 6 ▶ THURSDAY

Camp Cooking Basics for Backpackers

REI Portland, 6:30–8:00 p.m. Free!

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

Bike Maintenance Basics

REI Clackamas, 6:30–7:30 p.m. Free!

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

June 11 ▶ WEDNESDAY

Camp Cooking Basics for Backpackers

REI Hillsboro, 6:30–8:00 p.m. Free!

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

June 15 ▶ WEDNESDAY

Friends of the Columbia Gorge Work Party

Mosier Plateau, 10:00 a.m.–3:00 p.m.

Remove invasives and poison oak on the trails edge of this seldom-visited Friends of the Columbia Gorge land trust property called Cedar Falls. Gorge Towns to Trails Project. Info and sign-up: <http://gorgefriends.org>

June 18 ▶ TUESDAY

Summer Adventures: Mount St. Helens

REI Hillsboro, 6:30–7:30 p.m. Free!

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

June 19 ▶ WEDNESDAY

Preparing for the Unexpected - Outdoor Safety Basics

REI Tualatin, 6:30–8:00 p.m. Free!

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

New Zealand: Taking the Road Less Traveled

REI Portland, 6:30–7:30 p.m. Free!

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

June 26 ▶ WEDNESDAY

60 Hikes w/in 60 Miles of Portland

REI Tualatin, 6:30–7:30 p.m. Free!

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

June 30 ▶ SUNDAY

Lend-a-Hand Stewardship at Balfour-Klickitat Park, WA

Balfour-Klickitat Park, 10:00 a.m.–3:00 p.m.

Info/sign-up: <http://gorgefriends.org>

Clinics & Training

December 5–15 ▶ WED–SUN

2013 Oregon Fall Camp, Mt. Bachelor

(no session on Tue, December 10, all dates tentative)

Start your ski season off with one of the best camps in the XC ski world! Features reliable early December skiing at Mt. Bachelor, top coaching, training lectures, and (optional) world-class physiology testing. Designed specifically for adult XC skiers and racers with skills anywhere from low intermediate to expert.

Registration Opens Summer 2013.

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

**Wy'East Nordic's
30th Annual
SUMMER
TELE/AT
SKI CAMP**

**Mt. Hood, Oregon
June 21-23, 2013**

High glacier summer skiing and instruction.
Check out www.wyeastnordic.com
or call 503.313.2619

paid ad

PRESIDENT'S SKI TRACKS

Last month, I was asked me to lead a hike

by Pam Rigor, who has been organizing day tours. I have to admit I didn't jump on the chance with the full force of my enthusiasm, but I agreed since, as the new President, I felt I should. I chose the Labyrinth trail near Coyote Wall, not too far past Bingen, Washington. The group met at Gateway that Sunday morning in early May was small: four members and two newbies, who found out about the hike through meetup.com. It was a congenial group of old friends and potential new ones. The day was perfect. A slight breeze mellowed out the heat of the Eastern gorge. We ambled up the slope through the meadows and oak forests along a creek and past a waterfall. The flowers put on a show for us: wild cucumbers, larkspur, bitterroot, balsalm root, cluster lilies. The views of Mt. Hood and the Oregon side of the gorge were in sparkling focus. On the way down we paralleled the precipitous cliffs of Coyote Wall, where swallows did their aerial dance. After about seven miles and 1400 feet total elevation gain, we returned to our cars with that contented feeling that, yes, we had spent one day out of our lives in one of the best ways possible: enjoying nature and the company of others. The moral of this story is that I was very happy that I led this trip. I intend to lead more, and I encourage ONC members to do the same. You will be rewarded—mentally and physically—as well as with new friends and a sense of accomplishment.

Speaking of rewards, the ONC board is planning a retreat in June, and one of our goals is to come up with perks for our volunteers—to encourage volunteerism and to give back to the many generous members who have put time and energy into the club.

On a different note, you may be wondering what's happening with the Trillium Lake woodshed project. It's still in the works, but we have a different proposal for the Forest Service. Basically, we would like the Forest Service to head up the design and construction of the woodshed. In return, we will offer financial support to the project. We also have had several members who have volunteered to help build the woodshed, stock it and maintain it during the ski season. In addition, the Mt. Hood Nordic ski patrol is willing to share maintenance duties with us. We believe that the project fits in with one of our core functions: to promote the sport of cross-country skiing. We realize there may be significant challenges with the maintenance of the shelter, so we are only willing to sign a contract with the Forest Service for one year—to see whether it's a project we can sustain long-term. Once we hear the Forest Service's response, we will pass on the news to our club members. One more thing: please note that there will be no general meeting in June and August. That leaves more time for camping, hiking, kayaking, fishing and bicycling. We will, however, have a picnic in July, so please join us for a lively, delicious get-together!

◆
Ann Truax, *President*

NORDIC ISSUES

Help wanted with Nordic Issues

Miriam Hammer, Nordic issues chairperson has resigned. Thanks Miriam for all your work on issues that affect Nordic skiers. We need a person to take over the chair position and a few people willing to monitor websites for Nordic issues affecting skiers. Please contact Ann Truax at 503 756-8891 and volunteer for these positions.

Deschutes National Forest

Some issues that were reported in the Central Oregon Nordic Club's newsletters are listed below.

Mt. Bachelor Common Corridor Ski Pass. The Central Oregon Chapter of the ONC (CONC) was looking into the permits that Mt. Bachelor Ski area is requiring Nordic skiers to obtain before passing through the groomed area to access the backcountry trails. The found that the resort may not charge a fee for the public's use of this "common corridor" which leads to the no fee Forest Service trails. The Forest Service is allowing the ski area to require the permit to help them monitor the usage of the corridor. Some of their club members complained of a bottleneck causing safety concerns at the permit checking station. (CONC April/May 2013)

Possible Swampy Lake Shelter location.

A member of the CONC joined several Forest Service people to explore possible locations for a new Swampy Lake Shelter. The shelter on the ski trails, in the Swampy Lakes Nordic ski area on the road to Mt. Bachelor is getting old and in need of replacement. A map of the possible location is shown in the club's June/July 2013 newsletter (a link from onc.org will take you to the club's website and newsletter). The club is starting a fund-raising effort to build the new shelter. (CONC June/July 2013)

Sno-Park permit cost may go up.

It was reported at the most recent state-wide Oregon Nordic Club (ONC) meeting on March 24 that "according to a member of the Salem ONC Chapter, who is on the Winter Recreation Advisory group with ODOT, if the sno-park permit fee is not increased then some sno-parks will close and others will have less plowing. Mt. Ashland and Anthony Lakes would probably close." It was suggested that the cost of a season pass would probably go up no more than \$5, to \$25 from the current \$20. Steve Snyder the ONC state-wide president said in an email that he supported the increase to keep sno-parks open.

John Craig Event

It was stated at the state-wide Oregon Nordic Club (ONC) meeting that "everyone was happy with the John Craig turn out this year. It was decided that it should continue as a tour and not as a race which it is has been in the past. ONC will provide patches for the tour in the future. It was decided to move the date a bit earlier to avoid spring break. The date of the next John Craig will probably be March 15, 2014."

◆
Pam Rigor, *Editor*

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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 or meetup site for last minute day tours.

June 1, Sat, Trail Scouting on National Trails Day Ramona Falls, Mt. Hood, OR

(last minute change to this outing) Join Greg to hike the Ramona Falls trail for possible new ski trails for the winter. For more info and meeting place, contact the leader: Greg Wenneson at gregwenn@sonic.net

June 12, 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. (The weather was not so good last month so we'll try this one again) Be sure to bring your rain gear just in case. Plan on meeting at 9 a.m. to carpool. For more info and meeting place contact the leader: Pam Rigor 503 297-4284.

June 19, Wed, Easy and Intermediate Trail Scouting Hike Mt. St. Helens, WA

Attributes needed for this trip include sharp observations and ability to possibly be going over brush on the trail. We're going to split into small groups to hike the ski trails. Your observations will go into a report detailing trail conditions so that we can work on the trails later in the year. For more info and meeting place contact the leader: Pam Rigor 503 297-4284. ♦

Common meeting places: Gateway Transit Center NE 99th Ave. north of NE Pacific Ave. Parkrose/Summer Transit Center—NE Sandy Blvd. & NE 96th Ave. McMennamins 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 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 July or the first weekend in August! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (by June 15, 8 p.m.) to day tours at oncdays@oncdays.com. Thanks. ♦

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! ♦

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: June 23, July 28, and August 25 and September 29.

www.portlandsundayparkways.org

If you would like to organized a club ride at one of these events please contact us at: oncdays@oncdays.com.

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. ♦



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.

To volunteer to lead a trail tender contact: Greg Wenneson, trail tending coordinator at 503 460-7231 gregwenn@sonic.net. To go on a trail tending party contact the leader of the party.

What to bring: Most trail tending parties involve light brushing, tree limbing and the hanging of blue diamonds. Bring a comfortable pair of gloves to protect your hands, long pants and good shoes, preferably hiking boots. We provide the tools but quantities are limited. If you have tools that you don't mind sharing (pruning shears, long handled loppers, bow saws), feel free to bring them. Finally, bring a lunch, snacks and lots of water, as you are sure to work up an appetite.

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

Summer trail tending schedule:

**June 1, Sat, Trail Scouting National Trails Day
Ramona Falls, Mt. Hood, OR**

See day tours schedule for details.

July 9, Tue, Trail Tending Kickoff at Annual Picnic

Laurelhurst 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.**

**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 onnewsletter@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.**

**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

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

**Oct/NovTBD, Volunteer Recognition Party
Portland, OR**

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

Note: More info on these trail tenders will be posted in the day tours schedule and on the website when it becomes available. ♦

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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Lead an overnight trip this summer

Spring skiing is 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 first day of summer is this month.

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, just to name a few areas.

Leading an ONC overnight trip comes with

privileges. The leader goes for free and you get an ONC T-shirt (we have new black synthetic ones with the onc logo) 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. ♦

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 (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 ◆

Welcome New Members!

No new members this month

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

May 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

Minutes of May ONC Board Meeting were not submitted by publication date and will be included in the next newsletter ♦

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.**

There is no June Meeting and Program



Join us July 9th for the Annual Picnic

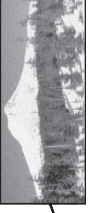
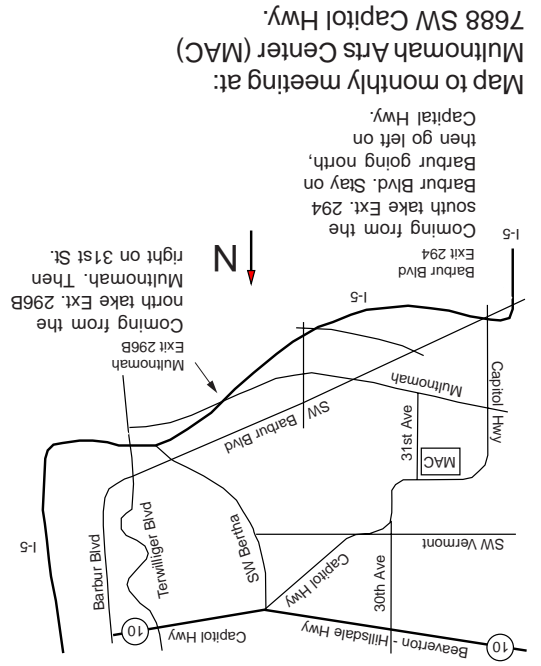
Laurelhurst Park
 S.E. Ankeny St. & 39th Ave.
 Picnic Area E (at the
 north side of the park near
 Ankeny St.)
 S.E. Ankeny St. & 39th Ave.

Tuesday, July 9
 6-9 p.m.

Bring a food dish and refreshments to share—beer and wine are allowed—and your own plates, utensils and cups. We have to remove our own garbage so please try to minimize garbage. If you wish to bring a BBQ, please contact Ron Bekey for specific requirements. Thanks.



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