

Volunteer at the Tilly Jane A-Frame

Mark your calendar for Saturday, July 27 and join us for the first of two Tilly Jane A-Frame volunteer opportunities. The second volunteer work party will be at the annual wood haul on October 5.

On July 27 the duties include: 1) Blue diamond trail marking—we'll be placing blue diamond trail markers up and down the Tilly Jane Trail and attempting to perform light trail tending activities. 2) Interior cabin painting—we painted the cabin interior last summer and need to finish painting the doors and sleeping loft stairwell. 3) Installing new lantern hooks to reduce the threat of starting a fire and/or singeing the sleeping platform beams. 4) Repairing the front door—we encountered a break in since the last newsletter. Someone used an axe to chop off the lock hasp thus damaging the door. 5) Placing overnight and day use signs at the trailhead, Tilly Jane/Cooper Spur trail junction and at the cabin. 6) General cabin cleaning and maintenance.

Toilet facilities update Some of you may remember my brief discussion of this issue in the last newsletter. I don't have much to report other than to say that the Forest Service (FS) is looking into options on how best to address this situation. As a recap, there are two facilities within the alcove area of the cabin, one on each side. We are currently using the facility on the left as you face the front door. For those who were up this past season, this side is now "full" or to the point where it can't be used next season. The facility on the right has been "out of service" for six to seven years. We originally requested approval to dig out the abandoned stall and "close" the left side stall. The thought was that this would buy another few years (or more) to develop a long term strategy on how to address the issue. There are grant opportunities out there but they require matching funds and we're still in a capital fundraising mode. Anyway, I hope to have a firm plan by the July 27 weekend, so more to come. If not, you may be asked to contact the FS to voice your concerns. Without a temporary solution, the cabin will be closed for usage next season.

Those who come up to help on July 27 are invited to stay overnight at the cabin. As you know, the sleeping loft is large or you could pitch a tent. If you choose to do this, please bring camping gear including food, water and any other beverages you may choose to enjoy. Carts will be available to transport your gear.

Andr  Fortin, ONC Board Member and Tilly Jane Lead

Trail Scouting: Ramona Falls

Greg Wenneson hiked the Ramona Falls

trail, a 7-mile loop from the trailhead off the Lolo Pass Road on June 1. The Falls destination was lovely as a hike, but would be very difficult on skis. In winter, the first part would be easily skiable from the winter locked gate over the Sandy, up 2.3 miles to the trailhead and then about a mile to the Sandy River crossing and a (reportedly) seasonal bridge. The downpour a couple of years ago removed any traces of bridge footings. Numerous confused day hikers were puzzled on how to cross the Sandy. After the river crossing, the trail joins the PCT and skiing further would be very difficult for the 1,000 ft. elevation gain on a hiking not skiing trail. Go on this hike; it's wonderful. The lower 2.3 miles is easy on roads, then one mile of intermediate level to the Sandy crossing would be a lower elevation, easy Portland access, lightly used ski tour.

Greg Wenneson, *Trail Maintenance Coordinator*

Siouxon Creek

With a forecast of a tenth of an inch of rain we decided to take our chances on June 12. Our reward was green trees, lots of moss, several orchids (*Corallorhiza mertensiana*), spots of blue above and only a little rain on the way out.

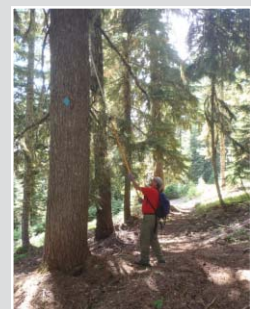


Pam Rigor

Eight of the ten hikers at the Chinnok Creek Falls

Inside

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Hike, Trail Tending Party
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4th of July San Juan Island biking/camping trip



Mary Hejkoski

Join us July 3 to hike/scout winter trails for maintenance work

See page 4 specifics

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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 oncnwletter@gmail.com as a Microsoft Word document (no formatting ie. no bold text, all caps text, tabs or other settings) in Times Roman as a attachment (preferred); compatible text files as an attachment; and put text in an e-mail with no formatting.

Corrections: e-mail corrections and/or additions to the editor.

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Portland, OR 97208

UPCOMING EVENTS

July 9 ▶ TUESDAY ONC Annual Picnic

Laurelhurst Park, S.E.
Ankeny St. and 39th Ave.,
Portland, Picnic Area E,
6–9 p.m. Come join your
fellow club members for a
nice evening in the park
with friends and good food!



Larry Miller

Families welcome; bring your kids and grandkids.
Bring a food dish and beverage (beer and wine ok) to
share, and your own plate, utensils and cup.

July 10 ▶ WEDNESDAY Summer Adventures: Mt. St. Helens

REI Portland, 6:30–7:30 p.m. Free!
Info/sign-up: rei.com (store events)

July 11 ▶ THURSDAY Backpacking Basics II: What's Inside Your Pack

REI Clackamas, 6:30–8:30 p.m. Free!
Limited space. Bring your pack.
Info/sign-up: rei.com (store events)

60 Hikes w/in 60 Miles of Portland

REI Portland, 6:30–7:30 p.m. Free!
Info/sign-up: rei.com (store events)

July 14 ▶ SUNDAY Mt. St. Helens Fee Free Day for REI Members

Learning Center at Coldwater and Johnston Ridge
Observatory. Enjoy interactive displays, award-winning

films, interpretive programs, and incredible views of
the crater and volcanic landscape.

July 17 ▶ WEDNESDAY Walking Portland w/author Becky Ohlsen

REI Portland, 6:30–7:30 p.m. Free!
Info/sign-up: rei.com (store events)

July 24 ▶ WEDNESDAY Bike Maintenance Basics

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

Outdoor Cooking: Lipsmackin' Backpackin'

REI Portland, 6:30–7:30 p.m. Free!
Info/sign-up: rei.com (store events)

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 National Forests
 - ▶ 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

Lets talk trail tending at the annual picnic, July 9

Share experiences and sign up for summer ski trail tending at the picnic. If you've got trail tending suggestions, questions or want to learn more about what we do in the summer to enjoy trails more in the snow, come to the picnic and gather round. Last year's multi-work-day trail tenders can pick up their complementary "Thank you from the USFS" Volunteer NW Trail Pass. ♦

Help wanted with Nordic Issues

The chair position is open (coordinates with the website monitors and compiles the monthly Nordic Issues article along with keeping the board advised of issues). Diane Hsieh has volunteered to monitor the Gifford Pinchot NF website for Nordic issues, but the Mt. Hood NF website requires a monitor or two. Please contact Ann Truax at 503 756-8891 or Pam Rigor oncnwletter@gmail.com to volunteer. ♦

PRESIDENT'S SKI TRACKS

According to Henry David Thoreau, "One must maintain a little bit of summer even in the middle of winter." The opposite could be true as well: that we need to remember winter even while we're enjoying these exhilarating, sunny days of summer.

The ONC board has been doing just that. At our recent board retreat, we worked on plans to enliven the ski season, by focusing on our top priorities: Programs (overnight trips, day tours, and the monthly program); Communication; and Training and Education. Specifically, we're planning two leadership training sessions, to be led by Shelley Hakanson of Wy'east Nordic. The first session will be an indoor training on October 19 at a to-be-determined venue. We'll combine dinner with a training session geared towards the in's and out's of leading a tour. More information to come, so keep that date in mind. New potential leaders as well as our seasoned veterans will be welcome. The second session will be an on-the-snow training where Shelley and her cadre of instructors can help participants refine their own skiing abilities as well as continue to develop their leadership skills. We know that, with Shelley's expertise, these FREE sessions will be active, lively, and lots of fun! What great opportunities to spend time with new and old Nordic friends! We will be planning these sessions in more detail during the summer and will let you know how to sign up to participate soon.

Some of you may have been wondering about the next item of business: the Trillium warming hut. The board had decided that planning a woodshed, purchasing and gathering materials, and organizing a labor party was more than the club could take on. Instead, the board offered to help pay for the construction, spearheaded by the Forest Service. Another idea was put on the table by the Forest Service: to put in a propane stove instead of a wood stove. The board agreed that the propane option was a simpler, easier, less labor-intensive solution. Details are still being worked out, but part of our responsibility, to be shared with the Mt. Hood Nordic Ski Patrol, will be to check on the warming hut periodically and subsidize the stove and the propane.

Many thanks to all the members who volunteered to help with the Trillium warming hut project!

We're still looking for a day tour coordinator. If you're the type of person who likes to connect with people, make new friends and open up more skiing and hiking opportunities, this is the perfect position for you!

Other items in the works are: a volunteer appreciation night, opportunities for avalanche training, orienteering training and first aid training.

So, we've been busy thinking about winter even though it's summer and time for picnics, barbecues, gardening, hiking, kayaking and more, which we hope you're all enjoying to the max! By the way, hope to see you at the annual Nordic club picnic on July 9 at Laurelhurst Park. ♦

Ann Truax, *President*

NORDIC ISSUES

Mt. Hood National Forest

New Summer hours for the Zigzag Ranger Station It is open seven days a week 7:45 a.m. to 4:30 p.m.; they will be closed from Noon to 1:00 pm for lunch.

Polallie Cooper Hazardous Fuels Reductions. Options for reducing fuels loading in the Cooper Spur area located on the East side of Mt. Hood are being considered.

Treatments may include plantation thinning, firewood removal, fuel break and natural stand thinning. A Collaborative Group, coordinated by the Hood River Collaborative Stewardship Crew, was formed last year and has been meeting since last October. To get involved in the group process, contact Anne Saxby with the Hood River Soil & Water Conservation Group at 541 386-6719 or saxharp@gorge.net.

Info: <http://www.fs.usda.gov/projects/mthood/landmanagement/projects> Then click on "Polallie Cooper Hazardous Fuels Reductions." There are maps of the area and minutes of the Collaborative Group's meeting on the website.

Submitted by Pam Rigor, *Editor*

Gifford Pinchot National Forest

Climbing access to Mt. Adams. Last year's Cascade Creek Fire closed the Cold Springs trailhead access to the south side of Mt. Adams. The Ranger District reports that it is open now. Over 35 waterbars were constructed to protect the road from erosional forces, and high clearance vehicles are recommended. You may not recognize where you're at, driving through acres and acres of burned forest that have created stunning views of the mountain.

Siouxon Trailhead restroom. Hikers starting on the verdant Siouxon Creek trail will still have to wait for a new trailhead restroom. It's been in the Ranger District plans for a couple of years, but funding is still an issue. For those of you not familiar with the hike, it's an outstanding one due to the Creek's numerous pools and small waterfalls and surrounding old growth forest.

Fossil Creek Trail & Bridge. A new bridge to replace a ford on the Fossil Creek trail is being constructed by the Backcountry Horsemen in conjunction with the Forest Service, who provided the design, engineering and materials. The trail is located on the southwest side of Mt. St. Helens, just north of Goat Mountain. The Monument recreation manager, William Uyesugi, estimates the project should be completed this fall. The Columbian newspaper article has additional background information: <http://www.columbian.com/news/2011/nov/17/horsemen-build-bridge-mount-sthelens-area-trail/>

Deschutes National Forest

Three Sisters Wilderness trails. Last year's Pole Creek fire (southwest of Sisters) severely impacted over 20 miles of trails in the eastern portion of the Three Sisters Wilderness. A substantial effort is underway this spring and summer to remove blowdown, control erosion and repair trail tread. Anticipate trail and area restrictions, and read the Central Oregon Nordic Club's article on page 6 of their newsletter: <http://conc.freehosting.net/pdf/NordicNews0613.pdf> ♦

Submitted by Diana Hsieh, *Nordic Issues*

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DAY TOUR POLICIES

Tours depart promptly, arrive at least 10 minutes before the scheduled departure time to allow for necessary arrangements. Arrive fully prepared for the day's activities!

Trips are not canceled unless the weather and road conditions are unsafe; contact the leader when conditions are dangerous. Tour leaders may change tour itinerary, due to weather conditions. Bring the Tour Essentials (see list on the sidebar, 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 ONC's website or our meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) for last minute day tours.

July 3, Wed, Easy and Inter. Trail Scouting Hike Mt. St. Helens, WA

Come join us to walk the ski trails and check for needed maintenance. If you have not skied this area, this is your chance to see the trails (without snow). We're going to split into small groups to hike the ski trails. In August we'll come back and work on the trails. **For more info and meeting place contact the leader: Pam Rigor 503 297-4284.**

July 17, Wed, Intermediate Hike Observation Peak, WA

Come join me for a hike to a peak in the Trapper Creek Wilderness. We'll hike up a ridge of ancient Douglas fir and western hemlock then up to the top of Observation Peak, about 6 miles round-trip with 1,390 ft. elevation gain. Wilderness limit of 12 hikers. Plan on leaving town at 9 a.m. **For more info and meeting place contact the leader: Pam Rigor 503 297-4284.**

July 21, Sat, Trail Tending Party Terminator Trail in Old Man Pass Area, WA

In just 3 years, mother nature has uprooted trees, made many others grow, and weathered the blue diamonds ONC volunteers maintained on this trail. Come help your fellow skiing compatriots get one of the finest Nordic ski trails back into shape. We have the tools, just bring gloves, lunch, and a smile. 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. Meet at Gateway Transit Center parking structure at 8:30 a.m. to carpool. **For more info and to RSVP contact the leader: Sam Digard sam.digard@gmail.com 360 910-1714.**

July 27, Sat, Tilly Jane Work Party Tilly Jane, East side of Mt. Hood, OR

Join us to work on the Tilly Jane A-Frame and the Tilly Jane Trail. Various tasks to help maintain the cabin and trail. See article on page 1 for specifics tasks. **For more info, meeting place and time, and to RSVP contact the leader: André Fortin 503 780-5843 afortin85@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. 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 August or the first weekend in September! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (**by July 15, 8 p.m.**) to day tours at oncdaytours@gmail.com. **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: July 28, 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: oncdaytours@gmail.com.

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.*



Hoola hoop lessons on the Parkways, June 23

Pam Rigor

Brush never rests

Come join in for ONC's summer physical conditioning program—summer ski trail tending. 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:

**July 9, Tuesday, Trail Tending Kickoff @ ONC Annual Picnic
Laurelhurst Park in Portland, OR**

Come talk trail tending, experiences and tools at the picnic. Find out more about the work and trails. Sign up for a trail tending day at the party! **For more info contact Greg Wenneson 503 460-7231 gregwenn@sonic.net**

**July 20, Saturday, Trail Tending Party
Terminator Trail, Old Man Pass/Wind River, WA
(See day tours schedule on page 4 for details)**

**August 4, Sunday, Trail Tending Party
Palmateer Trail, Barlow Pass area, Mt Hood, OR**
The Palmateer Trail will be a new area for trail tending. **For more info and meeting place, contact the leader: Bill Yaeger w.yaeger@comcast.net.**

**August 21, Wednesday, Trail Tending Party
Marble Mountain Sno-Park, Mt. St. Helens, WA**
Last year we cut and marked basic access on the little used Fir and Silver Ski trails off the main Swift Trail #244. This year we will be working on other trails in the area. Plan on leaving town at 8:30 a.m. **For more info and meeting place, contact the leader: Pam Rigor 503 297-4284.**

**September 7, Sunday, Trail Tending Party
Wygant Loop and Basin, Cooper Spur area
North side of Mt. Hood, OR.**

The Wygant Loop Trail basics have been done, and we'll be improving some downslope access making the loop more skiable. The blueberries may be still be available. **For more info and to RSVP contact the leader: Sam Digard sam.digard@gmail.com 360 910-1714.**

**September 22, Saturday, Trail Tending Party
White River Sno-Park, Southeast side of Mt. Hood, OR**

This will be a new area for ski trail work. Come discover new trails on the East side on Mt. Hood, four miles past the Highway 26 junction on Highway 35. **For more info contact the leader: Greg Wenneson 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.

continued on sidebar page 6

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 membership 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.

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 take personal responsibility for lost funds.

www.travelguard.com/agentlink.asp?ta_arc=125858&pcod (this link on our website) ◆

July 3–7, Wed–Sun, Easy+Abilities Bike Annual Fourth of July Camping Holiday San Juan Islands, WA

Spaces available contact the leader

Let’s continue an ONC tradition—bike the San Juan Islands in Washington state on July 4th weekend. 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.

Trip Limit: 25 participants.

Cost: \$100 for members; you must be a current ONC member before signing up for this trip.

For more info contact the trip leader: Rick Grote 360 834-6132 rfgrote@comcast.net. ◆

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.

June membership report: 268 total memberships (193 single and 75 family). Last year at this time there were 237 memberships.

BOARD MEETING MINUTES

Minutes of ONC Board Meeting May 13, 2013, 7:00 p.m.

Attendees: Ann Truax, Mary Hepokoski, Andre' Fortin, Bill Yaeger, Elke Schoen

April meeting minutes were approved

Day Tours:

Need plan to find day tour coordinator. Ann has list of people who are interested in leading tours. Mary to forward day tour description. We need to get people to lead tours by calling them versus e-mail requests. A co-lead coordinator type position would be acceptable. Ann to forward list of with phone #'s and the board will make recruitment calls

Treasurer Report:

Mary is working on revamping the report, updating authorized signers and investigating investment options.

Website:

Ann to obtain an update from Tony

Membership:

We haven't purchased a new printer. Board authorized Sue Kelly to obtain a new printer.

Publications:

Donna Parson will be stepping down from the newsletter mailing duties. Add newsletter article to ask for volunteers to assist with this function.

Nordic Issues:

Ann to contact prospect for replacement of Miriam Hammer.

Trail Tending:

Need new coordinator to place "share the trail signage."

Tilly Jane

Working on July work weekend maintenance plans, coordinating problem tree inspection, creating a structure rehabilitation master plan and toilet replacement options. High use rental season has wound down. Rentals are still occurring just not at the level of high use season. \$22 cash was given to treasurer from fee box.

Trilliam Yurt

Ann has list of interested ONC membership. We're looking for someone to lead this effort. Mt. Hood ski patrol committed to going up two times a month for wood stocking and maintenance duties. ONC is willing to contribute \$5k towards the wood shed and would consider a one year lease to maintain structure. Ann to contact Kathleen of FS and draft response to FS.

New Business

Volunteer recognition:

Mary still researching the purchase of hats and patches

Retreat Agenda:

Leader manual/training, Volunteer recognition, Perks for leadership, Core functions. July 8, 9-2 p.m. at Mary's House

Next Board Meeting: The June board meeting is cancelled.

Submitted By: André Fortin, *ONC-PDX Board Member*

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.

Join us July 9th for the Annual Picnic

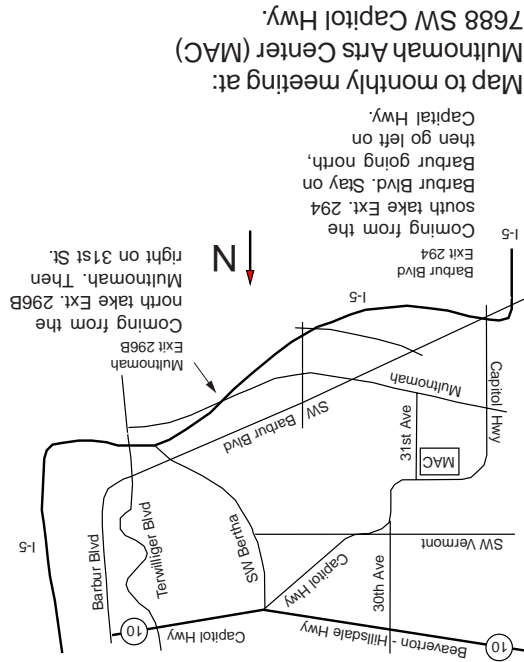


Laurelhurst Park
S.E. Ankeny St. & 39th Ave.
Picnic Area E (at the
north side of the park near
Ankeny St.)
S.E. Ankeny St. & 39th Ave.

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.

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.



Oregon Nordic Club
PORTLAND
CHAPTER