

Oregon Nordic Club
PORTLAND
CHAPTER

AUGUST

2013

2013 trail tending season begins mysteriously

While skiing the Terminator trail during this last winter, large areas of blow down blocked the trail, making it almost impossible to negotiate. The goal of the workday on July 20 was to clear this from the trail. During Saturday's trail workday, there was no trace of the blow down or any indication of recent trail repair activity.

Sam Digard



ONC trail tending volunteers working on the trail

Theories range from the absurd to the somewhat plausible. I have to rule out the preparation for a zombie attack and the alien invasion theories, but it just doesn't make sense that experienced ONC trip leaders would stray from the marked route. We did find some areas of the trail where the trees had grown in and closed together, but that was at seven feet above ground level. Deciding to open the trail up at these places allowing the sun to shine to the forest floor, we felt a sense of relief that this would keep the vampires away.

But we just weren't conjuring all the possibilities. There is still the possibility that something else, something lying just beyond our grasp of the ordinary, something, some force is waiting. Waiting for hapless XC skiers to venture out onto the Terminator trail.

Sam Digard, *Trail Tending Leader*

Palmateer Trail—a nice hike but challenging ski

Palmateer Trail #482 is a wonderful one-

way 2.4-mile hike starting from the Twin Lakes Trail #495 out of the Barlow Pass Sno-Park. The

Bill Yaeger



Greg on the Palmateer Trail

Palmateer junction is signed on the Twin Lakes Trail and the trail is obvious. The junction up to Palmateer Lookout for a great view

of Mt. Hood is not clearly marked. The main trail continues to Lower Twin Lake or a well-marked short cut will take you back to Twin Lakes Trail. For a winter ski, the trail is fairly wide and clear overhead but could be challenging in several places where marking would be useful. There are a few advanced intermediate slopes.

Greg Wenneson, *Trail Maintenance Coordinator*

It's time to renew your membership

Annual ONC membership payment is due on September 1. Around August 7, check your 'snail mail,' you will receive a US mail notice with a membership renewal form and return envelope. Please don't set it aside, put it on top of bills to pay!

Susan Kelly, *Membership Chair*

Observation Peak

The 360 degree view from the top

of Observation Peak offered a vista of five mountains: Rainier, St. Helens, Adams, Hood and Jefferson. Along with the flowers, it was a nice reward for our hike up through the forest.



Pam Rigor, *Trip Leader*

On the trail near the top

Inside

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Winter trip planning



Mary Helpkosi

Come join us on August 21 to work on the winter trails at Mt. St. Helens

See page 4 for specifics

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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 oncnewsletter@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

August 6 ▶ TUESDAY

Backpacking Basics II: What's Inside Your Pack

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

August 7 ▶ WEDNESDAY

Camp Cooking Basics for Backpackers

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

August 8 ▶ THURSDAY

Camp Cooking Basics for Backpackers

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

August 18 ▶ SUNDAY

Vancouver Sunday Streets Alive

Downtown Vancouver, 11:00 a.m.–4:00 p.m. Free!
A 4.2 mile car free route that will allow you to move, explore, and play through downtown Vancouver, Officers Row and the Historic Reserve, past Clark College and Marshall Center, through Uptown Village to John Ball Park, and back to the downtown area. Bring your bike, scooter, skateboard, rollerblades, stroller, stilts, walking shoes and have fun!
<http://sundaystreetsalive.org/the-route/>

August 24 ▶ SATURDAY

Johnson Creek Clean Up

Mill Park, SE Linwood Ave. and Overland St., 9:00 a.m.–12:00 p.m. Free! Volunteers will walk in Johnson

Creek to remove trash from designated stream segments. REI will be on hand with "Get Dirty" t-shirts for volunteers. RSVP: amy@jcwc.org or call (503)652-

August 28 ▶ WEDNESDAY

Backpacking Basics II: What's Inside Your Pack

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

August 31 ▶ SATURDAY

Forest Park Conservancy - Kids' Discovery Hike

Wildwood Trailhead at NW Germantown Road 9:30 a.m.–11:30 p.m. Bring your kids to Forest Park this summer! Explore Forest Park on a free guided hike designed for youngsters, Families and friends! Enjoy the breathtaking beauty of this Northwest forest.

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. For adult XC skiers and racers (low intermediate to expert). Registration Opens Summer 2013. Info: xcoregon.org

Help wanted with winter day tours and Nordic issues

We all like to go on winter ski tour and to have those tour required some volunteer effort. There are several positions that help set up our tours. Please step forward to coordinate the day tours schedule or to solicit tours each month during the ski season. The tasks are mostly during the first two weeks of the month and most can be done at home on your computer or phone or at the monthly meeting. More specific info is available—ask Pam.

The Nordic issues 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 is monitor the Gifford Pinchot NF and Kevin McGillivray is keeping an eye on Mt. Hood East side for Nordic issues, but we need one or two to keep track of the West side of Mt. Hood and a couple of other areas.

Please contact Ann Truax at 503 756-8891 or Pam Rigor oncnewsletter@gmail.com to volunteer. ♦

PRESIDENT'S SKI TRACKS

Summer in the Pacific Northwest is the

closest I'll ever get to paradise. This week alone I picked raspberries on Sauvie Island, hiked through meadows of avalanche lilies on the way to McNeill Point, and biked the Banks-Vernonia trail through forests dappled by sunlight. Back in the city, I can feel the energy escalating as people pursue various outdoor adventures. Everyone in his or her own way is enjoying the generous gifts of nature—before the rains set in again.

We as Nordic club members have an advantage over the average citizen. We know cold rains mean snow in the mountains, so for us the magic never ends. We look ahead to fresh snow at Cooper Spur or miles of powder in the Methow Valley or the thrill of seeing wild horses in the Ochocos or the magical sight of bison swathed in steam in Yellowstone's thermal areas.

I'm sure every one of us has enjoyed special times in the snow, thanks to the Portland Chapter of the Oregon Nordic Club, whether it was on an organized trip with the club or with friends we met through the club.

So, what am I leading up to here. First of all, you will be receiving a reminder soon to renew your membership. What a deal! For only \$27 for a single person or \$33 for a family, you have access to free hikes and ski tours, affordable overnight trips to places of your dreams, fascinating monthly programs, and reduced equipment rental rates at various outdoor stores. But, that's not all. We've added to the benefits of being an ONC-PDX Chapter member. We will be offering two **free** leadership training sessions, both led by Shelley Hakanson of Wy'east Nordic. The first session will take place on October 19 from 3:00 to 8:00 at a yet-to-be-determined restaurant or brew pub. It will combine an active, informative presentation from Shelley with dinner and a time for socializing with new and old friends. The second session, on December 14, will be on the snow. Not only will Shelley give you tips to improve and fine-tune your own skiing, but she will also address such issues as safety and the ins and outs of leading a group. Members can attend either session or both sessions and will not be required to lead a tour. We're hoping, however, that many of you will be inspired and feel confident enough to lead a tour or two and share the magic of Nordic skiing with others.

Here's another benefit: the Mazamas will be offering an avalanche training course January 3-5, 2014. ONC members may enroll in the course at the Mazamas club rate (\$200). Here's an extra incentive: If you take the course and commit to leading two tours for ONC, we will reimburse you at 25% of the course fee. Check this website for details: <http://www.mazamas.org/your/adventure/starts-here/C118/> Registration opens August 1. Sign up early; the course may fill up quickly.

So, keep on hiking, camping, bicycling and enjoying summer to the max. And, when summer's over, we'll have more fun to look forward to this winter!

Ann Truax, President

NORDIC ISSUES

Mt. Hood National Forest

Cloud Cap Road Closure The club was notified by the Hood River Ranger District (HRRD) in July that the work party received special access permit for the all-volunteer work party on Saturday, July 27. Also, we were notified that a pre-bid contractor meeting for doing the dead tree removal in the area caused by a forest fire is scheduled for July 31. They are pushing to get the hazard mitigated done and the area re-opened to the public. So the selected contractor should be busy in August and, once completed, the Road will be re-opened—very likely by our October 5 work party, perhaps earlier in September.

Submitted by Kevin McGillivray, *Nordic Issues*

New Zigzag District Office and Mt. Hood Visitor

Information Center open The Zigzag Ranger District's new office building, located at 70220 E. Highway 26 in Zigzag, Oregon which opened for visitor services in June (7:45 a.m. – 4:30 p.m. open hours, closed between noon and 1:00 p.m.) includes a public restroom that will be accessible 24 hours a day. The Center is operated in a partnership with the Forest Service, Clackamas County Tourism and Cultural Affairs and the Mt. Hood Area Chamber of Commerce.

Submitted by Pam Rigor, *Editor*

Gifford Pinchot National Forest

East Mt. St. Helens area opens Forest Road 25, which runs along the east side of Mt. St. Helens from Randle south to Swift Reservoir, and Forest Road 99, which accesses Windy Ridge, opened in early July. It's an stunningly unique area within the blast-zone and has a short window of accessibility due to snow. There are daily interpretive talks in the Windy Ridge-Road 99 area.

Government Mineral Springs cabin It's the 10th anniversary of the Government Mineral Springs cabin's participation in the recreation rental program! Located next door to the Trapper Creek Wilderness, the cabin sits among towering old growth trees. The area was originally a popular mineral water spa resort in the early 1900's, with a hotel, bath houses, dance pavilion and ice cream store.

New rental cabin ? Plans are in the works to add the historic Gotchen Creek Guard Station cabin to the rental program, probably by this winter or next. This cabin is the oldest structure on the Forest, and only one of four in Oregon-Washington constructed before 1910. The Forest Service website states "the cabin was strategically placed on an old wagon road that served as a principal entry point to the Forest from the east. In the early days, tens of thousands of sheep passed by the station on their way to grazing allotments. Rangers based at the cabin counted sheep and conducted horseback patrols of the surrounding country. "Last year special efforts were made to protect it from the Cascade Creek fire.

Submitted by Diana Hsieh, *Nordic Issues*

Volunteers A few more volunteers are wanted to work on Nordic Issues: a Coordinator and some Mt. Hood area monitors. Contact Ann Truax or Pam Rigor.

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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 ONC's website or our meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) for last minute day tours.

This hike is sponsored by BARK

August Bark-About Hike to Polallie Cooper Sun, Aug 11, 9:00 a.m. to 5:00 p.m.

Join herbalist Missy Rohs and naturalist Candace Larson for a hike (four miles with moderate elevation gain and some portions off-trail) on Mt. Hood's eastern flanks. We'll visit the recently revived Polallie Cooper timber sale and also hike a section of the beautiful Tilly Jane Trail, learn about the ecological, edible and medicinal uses of the area's local plants, and talk about what you can do to help protect Mt. Hood National Forest. Please bring lunch, water, and sturdy boots. Be prepared for all weather conditions. Please leave your dog at home. Meet to carpool at the Hollywood Trader Joe's, 4121 NE Halsey in Portland (across the street from the Hollywood Transit Center, near the I-84 exit 2) at 9 a.m. sharp. Info: 503 331-0374.

August 15, Wednesday, Intermediate Hike Ramona Falls, Mt. Hood, OR

Enjoy the beauty of one of Oregon's most spectacular waterfalls on a warm summer day. Ramona Falls, the highlight of this hike, fans out across a cliff of columnar basalt on this 7.1-mile loop, with 1,000 ft. elevation gain. A great view of Mt. Hood will reward us at the wild Muddy Fork of the Sandy River. **For meeting place/time and more info contact the leader: Linda Schaldach 503 256-9715.**

August 18, Sun, Intermediate+ Hike McNeil Point, Mt. Hood, OR

This 8.2-mile hike with an elevation gain of 2,100 feet will go through the meadows of Bald Mountain along the PCT until it joins the Timberline Trail. Continuing towards the McNeil Point shelter at 6,100 ft., we will pass through fields of blooming beargrass and other wildflowers. We can go past the shelter for a real "in your face" view of the Sandy Glacier. Then loop around past two reflecting ponds with some spectacular wildflower viewing. For more info, meeting place and time contact the leader: **Ann Truax 503 756-8891.**

August 28, Wednesday, Intermediate Hike Table Rock, OR

Join me for a hike to a fortress-shaped plateau called Table Rock in the Bull of the Wood Wilderness near Molalla. We'll be rewarded with views of the ten Cascade snow peaks and the Coast Range. The hike is 7.2 miles with 1,500 ft. elevation gain. Hike limited to 12 people. **For meeting place/time and more info contact the leader: Linda Schaldach 503 256-9715.**

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.

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

Lets hike or 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 September or the first weekend in October! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (by **August 15, 8 p.m.**) to day tours at oncdaytours@gmail.com. Thanks.

Portland Sunday Parkways

Join other cyclist for family-friendly, car-free bicycling in Portland this summer!

www.portlandsundayparkways.org

Southeast Portland Sunday Parkways

August 25, 11 a.m. – 4 p.m. Free!

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!

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.*



Bob Brevoort

Lot of young riders on the Parkways, July 28

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 and sign up.

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:

August 4, Sunday, Trail Tending Party
Palmateer Trail, Barlow Pass area, Mt Hood, OR
Trail tender cancelled.

August 21, Wednesday, Trail Tending Party
Marble Mountain Sno-Park, Mt. St. Helens, WA
(See day tours schedule on page 4 for details)

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
Meadows Creek Trail, Mt. Hood, OR

We'll work on the Meadows Creek Trail that goes from Teacup towards the Meadows Creek Tie Tail. Also may work on the Tie Trail. **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. ♦

Lead an overnight trip this summer or fall

Summer is in full swing, but there is still time plan for backpacking, biking or any other overnight trip later this summer or fall. Make your plans now and we'll get the word out on your trip!

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. ♦

mileage rating, to help you better select the right tour for your ability and inclination. Please consider your physical conditioning and your equipment when deciding to go on a tour. Match the tour level to your ability for your physical safety and comfort, and the safety and comfort of other participants on the tour. If you are in any doubt about the rating of a tour, please call the tour leader before the day of the tour.

Novice Ski Tour

These tours are for the inexperienced skiers. While this is not a lesson, the leader will help new skiers as much as possible. Tour length is 3–5 miles over nearly flat terrain.

Easy Tour

Ski: 4–6 miles over gentle terrain at a pace comfortable for all participants.

Bike: Mostly flat terrain, 8–10 m.p.h. pace, frequent regrouping.

Hike: < 8 miles; 200 ft. per mile elevation gain.

Backpack: < 5 miles/day; 200 ft. per mile elevation gain.

Intermediate Tour

Ski: 6–12 miles. Terrain flat to long hills that are no steeper than found on a road (maximum 10 degrees). Moderate pace. Trail turning skills required, if there are hills. Consult tour description for specifics.

Bike: Moderate terrain with rolling hill (some short steep hills); 10–14 m.p.h. pace, regrouping when appropriate.

Hike: 8–10 miles; 200 to 400 ft. per mile elev. gain.

Backpack: 5–7 miles per day; 200 to 400 ft. per mile elevation gain.

Advanced Tour

Ski: > 12 miles. Terrain flat to steep hills (> 10 degrees). Moderate to fast pace. Strong turning skills required on the tours with steeper slopes.

Bike: Difficult terrain with one or more major hills/series of longer, steeper hills; 15–18 m.p.h. pace, regrouping when necessary.

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Hike: > 10 miles; 400 ft. per mile elevation gain.
Steady pace and/or difficult terrain (a workout).
Backpack: > 7 miles/day; 400–600 ft./mile elevation gain.

TOUR ESSENTIALS

Pack these essentials on any ONC activity, "just in case." Remember that cotton offers no insulation when wet. Choose wool or synthetics like polypro or Capilene® for warmth and comfort.

Skiing & Hiking Essentials

- First aid kit
- Matches (in waterproof case) and fire starter
- Rain gear and extra clothes, including a warm sweater
- Extra food and water
- Plastic whistle
- Map and compass (know how to use)
- Flashlight, extra batteries and bulb
- Space blanket or bivy bag
- Pocket knife
- Toilet paper and trowel (ziplock bag to carry out toilet paper)
- Sunglasses, lip balm and sun screen
- Foam sit pad

Biking Essentials

- Helmet (required on all bike rides)
- Spare tube
- Patch kit
- Tire pump
- Water bottle (filled)
- Tire irons

OVERNIGHT TRIP POLICIES

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be publicized. A potential leader must follow the procedures for leading a trip as determined by the Overnight Trip Coordinator. Overnight trips are announced in the newsletter or on the website.

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be

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OVERNIGHT TRIPS

Thinking about 2013–14 overnight Winter ski trips?

Perhaps you are not dreaming of the ski slopes, but it is time to start planning for the

winter season trips. We are expecting it will be another great ski year. Trips that we are always on our schedule are Sunriver over Thanksgiving; Methow Valley at Christmas; Glacier National Park over New Years, Black Butte over New Years, Yellowstone over President's Week and Eastern Oregon over President's Week and these trips need leaders. If you would like to lead any of these trips, please contact Ted Scheinman real soon.

Trips to other places are encouraged so if you have a place you would like to visit this winter let Ted know. He can help you with the ONC trip planning process. Remember as a trip leader your trip costs are reimbursed and you will get one of our new ONC T-shirts!

The 2013-14 winter trip schedule will be published in the September newsletter. Trip ideas and dates are due to me by August 14; complete trip descriptions are needed by September 14 for the October newsletter.

Talk to me, Ted Scheinman the overnight tour coordinator, if you are interested in leading a trip. More info is available at: www.onc.org/PDX-ONC Contact Ted at 503 452-7432 tedskier@gmail.com.

Ted Scheinman, *Overnight Tours Coordinator*



Yellowstone National Park



Crater Lake National Park



Glacier National Park



New Years at Black Butte



Flying L Ranch



Sunriver

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!

Overnight Trip Policies continued sidebar page 6

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)



St. Helens view, flowers & butterfly, Observation Peak

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.

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

BOARD MEETING MINUTES

No board meeting in August.

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.

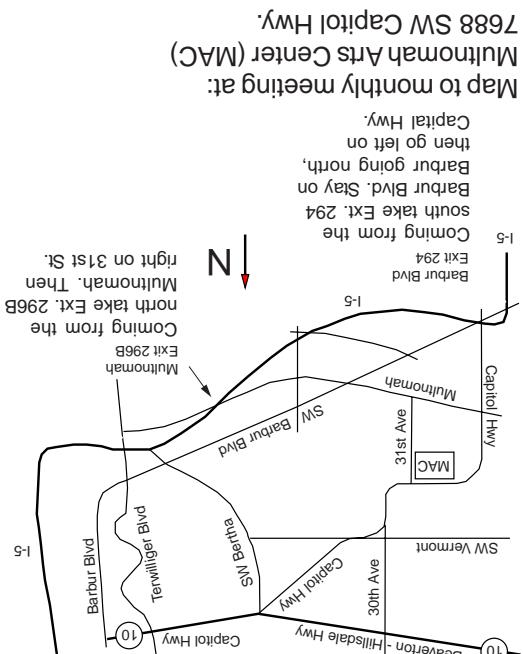
Chris 503 241-2768 imayooper@hotmail.com

FOR SALE: ► Brand-new Rossignol BCX5 touring boots. Egads! My loss could be your gain . . . Women's size 41. Black with copper brown accents. Very attractive and comfortable boot. I merely ordered the wrong size once more. Bought new from Sierra Trading Post for \$65. Will take \$50 OBO. Ted 503 452-7432

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.**

No meeting in August

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.

