

It is time for some new gear!

Search your garages, attics, basements and in the back of your closets for stuff to sell at the used equipment sale! The Oregon Nordic Club's Annual Ski and Winter Sports Fair (and sale) kicks off to a diagonal stride this winter on Tuesday, December 3 at the Multnomah Arts Center.

Local outdoor shops will be there with cutting-edge, state-of-the-art Nordic skis, backcountry skis, tele skis, snowshoes, and all sorts of outdoor gear, also the newest stylish snow garb to avert the winter chill, which we know is coming—can feel it in the air. Prepared for the new season by moving out the old stuff making a little moola in the process to help with the purchase of this season's offerings. Invite your family, friends, neighbors and co-workers so they too can be part of the rush to make tracks when it starts coming down. We'll have clinics at the fair to get newbies started as well as ones to keep the advanced skiers entertained and something for all levels between. See you at the fair.

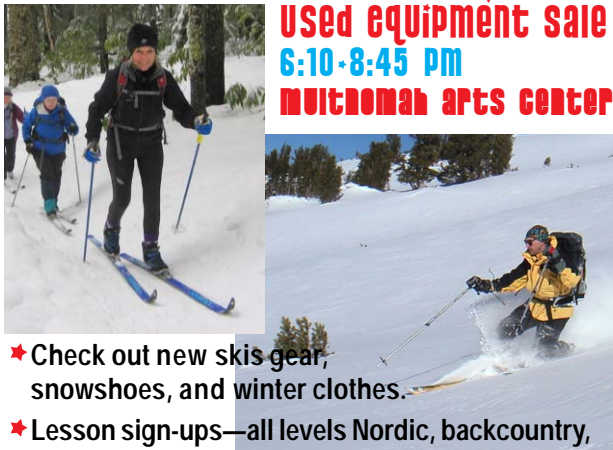
Pam Rigor, *Ski Fair Director*

Bob Breivogel



A big selection, but what gear can you grab first? Be fast! Check it out thoroughly. Discuss it with your friends...

Ski Winter Sports Fair Dec 3
TUES 6-9 PM
Used equipment sale
6:10-8:45 PM
MULTNOMAH ARTS CENTER



- ★ Check out new skis gear, snowshoes, and winter clothes.
- ★ Lesson sign-ups—all levels Nordic, backcountry, and telemark.
- ★ Programs on gear and winter safety!
- ★ Raffle—supports trail tending

ONC Volunteer recognition at the monthly meeting

The board will recognize all volunteers from the last year at the November 5 general membership meeting at the Multnomah Arts Center auditorium, 7688 SW Capitol Hwy., at 7:30 p.m. after the potluck. There will be cake for everyone and special gifts for volunteers. All members are invited to join us to honor our volunteers who keep the club running, day tours on the schedule, our overnight trip schedule full, our website, meetup, and listserv current, Nordic issues front and center, and your newsletter arriving in your email or mailbox each month. Also those who work on the trails each summer so you can ski them when snow covered and those behind the scene who just make sure things get done. Come to the meeting and celebrate our volunteers!

Inside

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Lots to do this month
- 3 Nordic Issues**
- 4 Day Tours**
Ski or hike
- 5 Overnight Trips**
Openings: Tilly Jane A-frame, Black Butte, Sunriver, Summit Cabins, Scottish Lakes, Sunriver family friendly, Yellowstone, Crater Lake
- 10 Overnight Trip Application Form**



Ski Yellowstone in February
See page 8 for details

Pam Rigor

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Summer Coordinator
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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 oncnnewsletters@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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U P C O M I N G E V E N T S

Nov 2 and 3 ▶ SAT & SUN

Preseason Nordic Festival

The Mountain Shop, 1510 NE 37th Ave., with Nordic clubs/ski areas sponsoring free clinics. See page 4 for the schedule of events.

Nov 5 ▶ TUESDAY

Patagonia Hiking Adventure

Multnomah Arts Center, 7688 SW Capitol Hwy., 7:30 p.m. Free!

Nov 7 ▶ THURSDAY

The Continental Divide Trail

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

Nov 9 ▶ SATURDAY

Mt. Hood Cultural Center and Museum Annual Heritage Day Party and Auction

Government Camp. Membership fee is ticket, available at the door. Open house all day at museum, Evening festivities begin at 6 p.m. Info: mthoodmuseum.org

Nov 14 ▶ THURSDAY

Vancouver International Mountain Film Festival

Mazamas Mountaineering Center, 527 SE 43rd Ave. 6 p.m. doors open, 7 p.m. film starts, 9 p.m. after party. \$15 Proceed benefit the Friends of NW Weather and Avalanche Center

Nov 16 ▶ SATURDAY

Backcountry Nordic Expo

Oregon Mountain Community, 2975 NE Sandy Blvd. Used gear sale and consignment. Ski Reps and more! 10 a.m.- 6 p.m. Free! Info: omcgear.com

Nov 19 ▶ TUESDAY

Gorge on Tap!

Lucky Labrador Quimby Brew Hall, NW PDX. Check out the new 3D Gorge map and what you can do to help protect the Gorge. 5:30 p.m. Raffle prizes. Free! Info: gorgefriends.org

Nov 26 ▶ TUESDAY

Mount St. Helens Backcountry

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

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.

Memberships are renewed September 1 each year, fees are \$27 for single and \$33 for family/ household.

Info: membership@onc.org



Dec 7 ▶ SUNDAY

Meissner Nordic Opening Day

Meissner Nordic area near Mt. Bachelor, 10 a.m. Get a look at the new Piston Bully Groomer, waxing and training tips, enter a raffle, and enjoy videos and FREE treats.

Clinics & Training

Nov ▶ SATURDAYS

2013 Fall XC Training Series

9:30-11a.m. Nov. 2 at Forestry Center parking (near zoo), Nov. 9 at Mt Tabor Park, Nov 16 tentative/ location TBD. Conditioning sessions all ages/ abilities. Donation: \$15 Teacup members, \$25 non-members. Info: teacupnordic.org
Sponsor by: Oregon Nordic Club Teacup Chapter and XC Oregon race team

Dec 5–15 ▶ WED–SUN (No class Tue)

2013 Oregon Fall Camp, Mt. Bachelor

XC skicamp (for adult XC skiers/racers--low intermediate to expert) at Mt. Bachelor, top coaching, training lectures, and world-class physiology testing. Info: xcoregon.org

Dec 12 ▶ THUR Jan ▶ SATS & SUNS

Mazamas Nordic Ski School

Beginning, Intermediate, Advanced and Nordic Downhill classes offered during four weekends in January. Applications due Dec. 3. Mandatory Student Orientation Night Dec. 12. Info and applications: www.mazamas.org (Education and Classes/Nordic Skiing) or at the Mazamas Mountaineering Center, 527 SE 43rd Ave.

Jan ▶ TBD Feb ▶ SATS AND SUNS

ONC Ski Clinic and Free Snow Sessions

Clinic (in-town evening session) Jan. TBD, \$20. On-snow sessions, two options: Saturdays, Feb. 1 and 8 or Sundays, Feb. 2 and 9, free for ONC members who attend the clinic. Application will be posted on website. Info: oncnnewsletters@gmail.com

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

PRESIDENT'S SKI TRACKS

In September, I went hiking with my friend Deirdre on sections of the Grand Randonee in Southern France, a series of connected foot paths that go for 1,500 miles from the North Sea to the Mediterranean. We started in the Maritime Alps of Provence, traversing mountain passes and into steep canyons along ancient trails. The terrain and scenery was varied; we passed ruins of forgotten villages, walked along cobbled paths through medieval towns, and skirted hundred-year-old olive trees. Sometimes the trails were lined with clumps of wild rosemary, savory, and oregano. I imagined we were following in the footsteps of the Count of Savoy's cavalry or of a shepherd guiding his sheep down from the mountains for the winter. Unlike our predecessors, we always had good beds in a hotel, lavish dinner and plenty of wine.

The GR trail system is maintained by the French Hiking Federation, sanctioned by the state and manned mostly by volunteers. The trails are marked by simple (and economical) red and white stripes on a tree or a boulder (not always obvious). Our guidebook was essential: "Just past the church turn right up the cobbled steps. At the T-junction turn up the steps to the right and past the ruins turn left."

Along the way, I couldn't help but think about the trails in the Pacific NW. It seems we rely on the Forest Service (FS) to keep our trails marked and free of hazards. As the FS faces more and more limited resources, not to mention shutdowns, it may be necessary for those of us who enjoy the outdoors to take on more of the work to maintain our trail system and related infrastructure. Certainly, like France, we have a precious natural heritage that deserves our protection.

On October 12, I witnessed just that kind of stewardship here in the Northwest. Under the enthusiastic leadership of Andre Fortin, more than thirty volunteers gathered at the historic A-Frame at Tilly Jane, on the slopes of Mt. Hood, to move and stack wood for the A-Frame and the Tilly Jane Guard Station. It wasn't an easy task. First, André had to get permission from the Forest Service to unlock the gate at Cooper Spur so we could reach Tilly Jane. Then he had to re-schedule due to the federal government's shut down. Finally, once we were all there, volunteers had to push cart loads through the snow down a steep gully, across a narrow bridge, then back up again, over a small ridge and finally down to the A-Frame. The volunteers weren't daunted by the challenge. They harnessed their formidable strength, and, by three thirty in the afternoon, they had moved and stacked ten cords of wood. Some of the volunteers were ONC members; others were unaffiliated outdoor enthusiasts who enjoy the backcountry and feel grateful for the use of the cabin. I briefly chatted with a young woman, a snow boarder who had stayed at the cabin the previous winter. She was there because she "wanted to give back." I thought, "What a great attitude!"

There are many ways to give back, of course: maintain trails, lead a ski trip, introduce a young person to the joys of the outdoors, attend a hearing about barging coal down the Columbia, pull ivy in Forest Park, write to a legislator about unregulated gas wells on BLM land, pay attention to issues affecting Nordic skiers... The list goes on. What seems apparent for those of us who loved and appreciated the beautiful, natural world of forests, mountains, deserts and oceans, we each can give back to help insure that those magical places will be here for future generations to enjoy. ♦

Ann Truax, *President*

NORDIC ISSUES

The U.S. Forest Service and Bureau of Land Management (BLM) are waiving fees at most day-use recreation sites over Veterans Day weekend, Nov. 9-11, to honor our veterans and members of the military.

Mt. Hood National Forest

Cloud Cap Road FS 3512 is closed for the season.

The work on the road was delayed due to the government shutdown.

Muddy Fork Bridge The Muddy Fork trail bridge located on the Pacific Crest Trail (accessed by the Ramona Falls trailhead) failed and a project is underway replace the bridge making a safe crossing for hikers.

Sandy River Trail The Sandy River Trail from Ramona Falls Trailhead to the junction of the Pacific Crest Trail which is located off of Lolo Pass road, was damaged due to floods and a project is in the works to improve it. Kathleen Walker (503-622-3191 kwalker@fs.fed.us) is the Forest Service Person in charge of these trail maintenance projects. The hikers in the club will be glad next year when the repair work is done.

Gifford Pinchot National Forest

Ape Cave Overflow Parking A new parking lot will be constructed at ape cave; about 0.2 acres in size, between the current parking lot and the existing overflow parking area.

Climbers Bivouac Road and Trailhead

Improvement FR 8100830 on the south side of Mt. St. Helens will be paved and 15 primitive walk-in tent camping sites in the camping area will be developed.

Falls Creek Falls Trailhead Upgrade The trailheads at Falls Creek and Falls Creek Falls are to be combined and a portion of Falls Creek Trail (#152A) rerouted..

Upper Wind River Road Decommission

Decommission FSR 3056, the highest priority decommission in the Wind River watershed from an aquatics standpoint. Project would include culvert removal and road surface restoration.

Deschutes National Forest

Meissner Nordic has new tracking machine

The Meissner Nordic, the ONC Chapter in the Bend area that manages the Virginia Meissner groomed area on the Cascade Lakes Byway, is awaiting their new track setting machine which is due to arrive in late November.

Thanks to some outstanding support from individuals and businesses throughout their community, they raised 78% of funds for it. As they stated on their website, "It's been an amazing journey getting to this point; we are honored and humbled by your on-going enthusiasm for improving access to Nordic skiing in Central Oregon." The Portland Chapter ski area they manage when we have overnight trips to Sunriver. ♦

Diana Hsieh and Kevin McGillivray, *Nordic Issues*, 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 ONC's website or our meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) for last minute day tours. When the snow comes we will ski.

Nov 20, Wed, Easy Ski or Hike
Location TBD

We'll ski if snow conditions are acceptable, otherwise we will go hiking. Meet at McMenamins Edgefield for a prompt 9 a.m. departure. **For more info and to confirm your attendance contact the leaders: (please call before 9 p.m.) Tere Enburg 503 642-2886 or Mary Hepokoski 503 245-1618.**

Nov 29, Sat, Easy Ski
Location TBD

Lets find some snow for an easy ski with some downhill. Somewhere to do some fun diagonal striding possibly Trillium or Teacup (bring \$10 donation for groomed area). Plan on meeting at 8 a.m. to carpool. **For more info, meeting place and to confirm your attendance contact the leader: Sandy Gooche 503 913-3510 sandygooche@comcast.net**

Common meeting places: Gateway Transit Center NE 99th Ave. north of NE Pacific Ave. Parkrose/Summer 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 ski

Join the leadership team

Pick your favorite trail (and date) and take some ONC friends along to enjoy the snow.

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

Preseason Nordic Fest

Discounts on Skis and gear. Tune up

your skis. Have your skis camber tested and/or base structure inspection and get discounts. Entry to win a Yakima Sky Box Pro during the event: Compliments of ReRack. Lots of sales.

All attendees who become a Nordic Club member or buy a Nordic season ski pass during the event will get an additional discounts on all already discounted new 2012/2013 skis and ski gear, demo skis, rentals and used skis.

Saturday November 2

10 a.m.-7 p.m. - Informational tables: Nordic Clubs and Nordic Center at Mt. Hood Meadows

10 a.m.-7 p.m. - Flex Testing Skis, roller ski demos

10 a.m.-11:30 a.m. - Basic Nordic Ski Maintenance and Waxing- Dane From Swix

1 p.m.-2:30 p.m. - Advanced Tuning and Waxing- Sam Cordel, TOKO/Mt. Hood Meadows

3-4 p.m. - Women's Clinic on Nordic Skiing

3-4 p.m. - Introduction to Roller Skiing: an off season way of life

4-5 p.m. - Choosing Backcountry Ski: technical tips for the Pacific Northwest Skiers

4-5 p.m. - XC Ski Performance Strength-Shawn Bostad from Upper Echelon Fitness

5-6 p.m. - Introduction to Alpine Touring/Randonee Skiing (a.k.a A.T. skiing)

Sunday November 3

Noon-5 p.m. - Introduction to Nordic Clubs and Destinations

- Nordic Center at Mt. Hood Meadows: Introduction to Nordic Skiing,

- Flex Testing Skis

Noon-1:30 p.m. - Foundations of Nordic Ski Maintenance

1:30 p.m.-2:00 p.m. - Advanced Tuning and Waxing

3-4 p.m. - Choosing Backcountry Ski: Technical Tips for Pacific Northwest skiers

4-5 p.m. - Introduction to Alpine Touring/Randonee Skiing (a.k.a A.T. skiing)

5 p.m.-6 p.m. - Mountain Shop Services for Nordic Racing Teams, coaches meeting w/ Guy

Location: Mountain Shop 1510 NE 37th Ave., PDX

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 to club P.O. Box not to the leaders).
- ◆ 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 sidebars)!
- ◆ Sign up early so we'll have enough people cover trip costs.
- ◆ To sign up: fill out an overnight trip application and mail it with your trip fee to the trip leader.
- ◆ If the trip is full and you still want to go? Join the waiting list: send your overnight trip application and trip fee to the leader (your fee will be returned, if you do not go). Last minute opening do occur!
- ◆ Purchase trip insurance (you are responsible for finding someone to take your place if you cancel). A link to sign-up for travel insurance will be on the overnight trip application form on the web or contact the trip leader or Overnight Trip Coordinator; they'll send you the link.

check payable to **ONC-Portland Chapter to the leader: Elke Schoen, 1533 SE Lexington St, Portland, OR 97202. For more info contact Elke 503 239-9286 elkeschoen@msn.com.**

Dec 6-7, Fri-Sat, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR Spaces available*

We'll backcountry ski to the ONC managed shelter on East side of Mt. Hood, a 3.5 mile ski with a 1,900-foot

Andrew Black



Tilly Jane A-Frame—a great benefit for being an ONC-PDX member

gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their own gear, including sleeping bags, pad and food for dinner, lunch and

breakfasts. We have a wood stove for cooking meals

or heating water. Participants can also bring their own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical condition and navigate skills using map, compass or GPS. Climbing skins are required.

Cost: Free (a \$15 dollar check is required to hold your space. If you cancel, the check will be cashed and donated to the TJ cabin). You must be an ONC member before signing up for this trip.

For more info, please e-mail: TillyJaneCabin@gmail.com. We'll forward your request to the appropriate trip leader.

Dec 26-31, Thur-Tues, All Ability Skate/Track Ski Methow Valley, WA —Groomed Trail Wonderland Trip full, waiting list open*

See Feb 8-13 Methow trip for full description.

Trip limit: 12 participants

Cost: \$240 per person for members; you must be a current ONC member before signing up for this trip. Includes five nights lodging (\$57 to \$76 groomed trail pass cost not included).

For more info text or email Sam 360 910-1714 sam.digard@gmail.com (phone calls are also an option).

Dec 28-Jan 1, Sat-Wed, All Ability Ski New Year's at Black Butte, OR Spaces available*

Pam Rigor
Bob Breivogel



Skiing a trail from Ray Benson Sno-Park, Santiam Pass area

We'll ring in the New Year with four days of skiing in Central Oregon's Black Butte Resort near Sisters. Santiam Pass at 4,817 ft. is about 12 miles away with lots of ski loops and warming shelters. The Camp Sherman area, nearby, has skiing along the Metolius, to the river's headwaters or up Black Butte. The Three Creeks area near Sisters offers more choices and a view of the pole creek area

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

Nov 27-Dec 1, Wed-Sun, All Abilities Ski and Feast Thanksgiving in Sunriver, OR—an ONC Tradition May be full check with leader*

Oregon Nordic Club for our traditional trip to launch the ski season: four nights at Sunriver. A turkey dinner on Thanksgiving will help celebrate the weekend. Our choices of ski options include—track, backcountry and downhill—at Mt. Bachelor and in the National Forest.

Each day we will organize ourselves according to interests, carpool to the mountain, and share potluck dinners. Non-skiing options are cycling or walking the bike paths in Sunriver, visiting the High Desert Museum or taking a



Skiing to Todd Lake—one of our favorite ski destinations on the Thanksgiving holiday

trip to the observatory, if it's open. Skiers should bring maps and ideas, as well as hiking boots, just in case, but the Nordic Center tracked trails are always open. Check this site for maps of Swampy Lakes, Dutchman Flat Area, Edison Butte and the Newberry Crater Areas: <http://www.fs.fed.us/r6/centraloregon/recreation/winter/wintermaps.shtml>

Trip limit: 8 participants (includes the leader)

Cost: \$185 per person for member; you must be a current ONC member before signing up for this trip.

Send your ONC overnight tour application and \$185

*Trip status as of October 27

Oregon Nordic Club Portland Chapter

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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that burned a few years ago (it missed the shelter and we ski on the edge of it). Sharing great food at our potluck dinner parties in the large house will top off the day. The hot tub and swimming pool is a walk away at the Glaze Meadow recreation center. The New Years dinner and party are not to be missed! Sign up early to get your spot on this trip.

Trip limit: 10 participants (includes the leader).
Cost: \$200 (estimated) per person for members; you must be a current ONC member before signing up for this trip. Includes four nights' lodging.

Send your ONC overnight tour application and check payable to ONC-Portland Chapter to the leader: Pam Rigor, PO Box 6403, Portland, OR 97228-6403. For more info contact Pam 503 297-4284 onnewsletter@gmail.com.

Jan 3–4, Fri–Sat, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

Spaces available*

See Dec 6–7 trip for full description and sign up info.

Jan 10–12, Fri–Sun, All Abilities Ski

Ochoco Mountains, OR Trip 1

Trip full, waiting list available

This is a repeat of last year's wonderful ski trip to the Ochoco Mountains. The Ochocos are located 30 miles east of Prineville, OR. The high elevation of 4,800 to 6,200 feet and desert location provide for excellent dry snow conditions and unsurpassed views of the Cascades.

Trip limit: 8 participants (includes the leader).
Cost: \$35 per person for members; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

Send an ONC overnight tour application and \$35 check payable to ONC-Portland Chapter to the trip leader: John Long, 3845 SW 54th Place, Portland, OR 97221-2176. For more info contact John 503 867-6048.

Jan 17–20 (MLK weekend), All Ability Ski Lake Creek Lodge, Camp Sherman, OR

Trip full, waiting list available*

Halfway between Santiam Pass and Sisters, the very popular Lake Creek Lodge boasts quaint, rustic cabins panelled in knotty pine, fireplaces, full kitchens, a creek coursing thru the grounds, and the ideal ambience for a cross-country ski holiday.

Trip limit: 16 participants.
Cost: \$179 per person for members; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

Send an ONC overnight tour application and \$179 check to trip leader: Steve Levy, 5441 SW Nebraska St., Portland, OR 97221. For more info, contact Steve at 503-244-4262, or slevy@pacifier.com

Jan 17–20, Fri–Mon (MLK Weekend), All Ability Ski Sunriver, OR

One space available*

Enjoy Sunriver over MLK Weekend. The snow in Central Oregon is known to be powdery, plentiful and dry. Options for skiing vary from the groomed trails of Mt. Bachelor Nordic Center to advanced backcountry tours out toward Broken Top. Sunriver also offers downhill skiing, ice-skating and shopping in the resort or nearby Bend. This is your opportunity to stay at Sunriver, a wonderful resort about 17 miles south of Bend. We have a

comfortable well-appointed rental house with a hot tub. We have the house for four nights.

Trip limit: 8 participants (includes the leader).
Cost: \$185 per person for members; you must be a current ONC member before signing up for this trip.
For info contact Ann 503-756-8891 or email ann.truax@gmail.com.

Jan 24–26, Fri–Sun, All Ability Ski Mt. Adams Lodge at the Flying L Ranch, WA
Spaces available*

Follow the flurries to Mt. Adams and join us for two days of skiing and relaxing in the lodge with its enormous stone fireplace. Nestled among the beautiful Ponderosa pines, Mt. Adams Lodge at the Flying L Ranch B&B is the closest overnight trip from the Portland area and a favorite of ONC. Saturday night we'll potluck. There are plenty of ski trails—beginning to advanced—awaiting you on this sunny side of the Cascades.

The Flying L skier gang



Peggy Macko

Trip Limit: TBD participants.

Cost: \$TBD for members; you must be a current ONC member before signing up for this trip. Includes two nights' lodging and two gourmet breakfasts.

Send your ONC overnight tour application and check payable to ONC-Portland Chapter to the leader: Donna Matrazzo, 15500L NW Ferry Rd, Portland, OR 97231. For more info contact Donna 503 621-3049 matrazzo@msn.com.

Jan 27–30, Mon–Thur, All Ability Ski Summit Meadow Cabins, Trillium, Mt. Hood OR
One space available*

Here's your chance to stay on Mt. Hood and ski many of its trails without having to drive down the mountain at the end of the day. The skiing choices without driving include many of the trails in the Trillium basin and Government Camp area or driving to Bennett Pass, Twin Lakes, or others. We will stay three nights in a house with two bedrooms and a loft, which will accommodate ten people. We will cook communally for breakfasts and dinners.

Trip Limit: 10 participants (includes leader)
Cost: \$70 per person for members; you must be a current ONC member before signing up for this trip.
Send an ONC overnight tour application along with your check for \$70 payable to ONC to the leader: Mary Hepokoski, 5425 SW Alta Mira Cir, Portland OR 97239. For more info contact Mary 503-245-1618 or hepomp8@comcast.net.

Feb 2–6, Sun–Thur, Intermediate Backcountry Scottish Lakes, WA

Four spaces available*

Join us for a midweek trip up at Scottish Lakes High Camp located near Wenatchee, WA, just east of the Alpine Lakes Wilderness area. High Camp is the gateway to some of the most spectacular scenery and terrain Washington's Central Cascades has to offer. Access to High Camp is via an eight-mile private road. We will take a ride on a snowmobile: no need to part with favored treats and

***Trip status as of October 27**

www.onc.org/PDX-ONC



Misty clouds below untracked snow

Cascade crest to offer blue skies, sunshine, and dry powdery snow. With 35 miles of well marked trails, access to the Alpine Lakes Wilderness, and plenty of thrills and spills in the High Meadows for steep seekers—there's an incredible variety of fun terrain for all levels of touring and backcountry skiing.

Info: www.scottishlakes.com and <http://www.anewoutdoors.com/TripReports/ScottishLakes06.html>.

Trip limit: 15 participants.

Cost: \$330 (estimated) per person for members; you must be a current ONC member before signing up for this trip. Not included is motel for Sunday.

Send your ONC overnight trip application and check payable to ONC-Portland Chapter to the trip leader: Russ Pascoe, 400 E 22nd Street, Vancouver, WA 98663-3205. For info contact Russ 360 901-3411 russ.bec@gmail.com.

Feb 7–8, Fri–Sat, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

Spaces available*

See Dec 6–7 trip for full description and sign up info.

Feb 7–9, Fri–Sun, All Ability Ski Ochoco Mountains, OR Trip 2

Trip full, waiting list open*

The Ochocos are located 30 miles east of Prineville, OR. The high elevation of 4,800 to 6,200 feet and desert location provide for excellent dry snow conditions and unsurpassed views of the Cascades.

Trip limit: 7 participants (includes the leader)

Cost: \$35 per person for members; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

Send an ONC overnight tour application and \$35 check payable to ONC-Portland Chapter to the trip leader: Mary Hepokoski, 5425 SW Alta Mira Circle, Portland, OR 97239. For more info contact Mary 503-245-1618 hepomp8@comcast.net

Feb 8–13, Sat–Thur, All Ability Skate/Track Ski Methow Valley, WA —Groomed Trail Wonderland Five spaces available*

The Methow valley association grooms over 200 kilometers of trail through the communities of Winthrop and Mazama. Trail elevations range from 2000 to 4000 feet.



Beaver Pond trail at Sun Mountain

The snow conditions and trail quality makes the Methow valley a skate skiers Mecca.

We'll stay in luxury condominiums in Winthrop with full accommodations. Plan for potluck dinners that we prepare in the fully

equipped kitchens. Restaurants are always an option and are within skiing distance along with grocery and convenience stores.

If you have considered learning to skate ski, lessons are available at Sun Mountain and also in Mazama. Last year several participants liked their new-found skill so much they decided to keep the rented skate skis for the entire trip. Speaking of skating, there is even an ice skating rink in town.

Trip limit: 18 participants

Cost: \$210 per person for members; you must be a current ONC member before signing up for this trip. Includes five nights lodging (\$57--3 days to \$76--4 days groomed trail pass cost not included).

Contact the leader to confirm space is available, then send your ONC overnight tour application and \$210 check payable to ONC-Portland Chapter to the trip leader: Sam Digard, 133 SE 283rd Ave., Camas, WA 98607. For more info text or email Sam 360 910-1714 sam.digard@gmail.com (phone calls are also an option).

Feb 14–17, Fri–Mon (Pres' Weekend), All Ability Ski Sunriver, OR

Trip full, waiting list open*

Enjoy Sunriver over MLK Weekend. The snow in Central Oregon is known to be powdery, plentiful and dry. Options for skiing vary from the groomed trails of Mt. Bachelor Nordic Center to advanced backcountry tours out toward Broken Top.

Trip limit: 8 participants (includes the leader)

Cost: \$185 per person for members; you must be a current ONC member before signing up for this trip.

Send an ONC overnight tour application and \$185 check payable to ONC-Portland Chapter to the trip leader: Ted Magnuson 14405 SW High Tor Dr., Tigard, OR 97224-1425. For info contact Ted 503 590-7998 tedmag@live.com.

Feb 13–17, Thur–Mon, (Pres' Wknd), All Ability Ski Sunriver, OR Family Friendly

Space for two families, sign-up by December 15

ONC families with kids of all ages and skill levels will enjoy a fun-filled Presidents Day weekend at Sunriver. Come up either Thursday or Friday depending on your



Kids on track

family's schedule and stay for the long weekend (3 or 4 nights—same price). There will be plenty of hot chocolate to go around! Depending on the various skill levels and interest, we can ski at the Mt. Bachelor Nordic

Center, the Virginia Meissner trails or the various Forest Service trails. Beginners can take lessons at Mt. Bachelor. When we're not skiing we'll enjoy communal dinners, go sledding, build snow sculptures, soak in the hot tub and relax among old and new friends. This trip is already filling up so don't delay! We may rent a second house if there's enough demand. This trip is intended for families that will be cross-country skiing and snow shoeing together.

Trip limit: 5 families (room for only 2 families left so don't delay!)

Cost: \$175 per adult; each family brings one child

***Trip status as of October 27**

Oregon Nordic Club Portland Chapter

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

continued on page 8

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?arc=125858&product=125858
 (this link on our website)

at no cost (\$25 for each additional child) You must be a current ONC member before signing up for this trip.

For more info contact trip leaders Amy Blumenberg and Chris Potter at 503 241-2768 or ablumenberg@comcast.net

Feb 15–23, Sat–Sun, All Abilities Ski Yellowstone National Park Dream Trip, WY Ten spaces available, sign-up by January 15

You have been there in the summer with all the tourists. You have heard about it from others who have been there in the winter. Now it is YOUR opportunity to experience the dream: YELLOWSTONE IN WINTER! Twenty lucky people will have the opportunity of a lifetime this ski season for this Presidents' Weekend ski trip.

We'll carpool from Portland on Saturday, February 15, arriving Sunday afternoon, at Mammoth Hot Springs near the north entrance to Yellowstone National Park and staying at the historic Mammoth Hot Springs Hotel, where we'll meet for dinner. Accommodations are in rooms with double beds and shared bath.

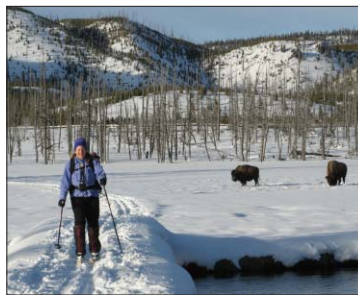
On Monday morning, a snow-coach ride takes us to Old Faithful where we move into modern western cabins with two queen beds per room and private baths. For three days of skiing among the magnificent geysers, including those in the Old Faithful basin and Lone Star Geyser, up to the Continental Divide, the Mallard Lake Trail, all while viewing elk and bison (and perhaps wolves), catching the Yellowstone that most tourists miss. We expect dry snow and clear days. On Thursday morning, we will take special charter snow coaches to the magnificent Grand Canyon of Yellowstone for skiing and sightseeing. We then continue on to Mammoth Hot Springs for two more nights. On Friday and Saturday, we will ski in areas accessible from the Mammoth Basin Area – either Tower or Indian Creek areas. Sunday morning, we take off for home, relaxed and full of stories of our adventures and wild animal sightings. There is a wide selection of trails available, from beginning to advanced, something for every desire.

For those who wish, there is an option for beginning the trip a few days early or extending the trip for one or more days at the end. It is also possible to fly to Bozeman to avoid the drive. Please contact the tour leader for information. This trip fills up quickly so sign up early.

Trip limit: 20 participants, including the leader.
Cost: \$825 (estimated) per person for members; you must be a current ONC member before signing



Boardwalk in the geyser basin



Skiing with the herd, well almost!

Bob Breivogel

Pam Rignor

up for this trip. Includes seven-nights lodging and breakfasts (four at Mammoth and three at Old Faithful) and snow-coach to Old Faithful, charter snow-coach to the Grand Canyon of the Yellowstone and on to Mammoth. We'll have reservations for dinners (costs not included) at the Mammoth dining room and Old Faithful Snow Lodge dining room. Costs for carpooling and lodging en-route are not included. Special rates are available for children under 12 sharing a room with parents.

Send your overnight tour application and \$500 deposit check payable to ONC-Portland Chapter to the trip leader by January 15: (contact the leader to get their address to send the application). There will be a pre-trip meeting scheduled to plan for details and carpool. For more info contact Ted 503 452-7432, by Skype at "tedscheinman," or tedskier@gmail.com.

Feb 28–Mar 1, Fri–Sun, All Abilities Ski/Snowshoe Crater Lake via Charter Bus Spaces available, signup by Feb. 15

The Crater Lake rim, at 7,000 feet, averages 44 feet of snow a year. Join the ONC for the big trip at Crater Lake. We'll board the deluxe coach in Portland and proceed down I-5 while sharing in the world famous "Rolling Pot-Luck."

The next morning after a hearty gourmet breakfast at the historic Prospect Hotel we'll take a quick ride to the rim we'll spend the day enjoying the spectacular snow formations and views of the lake and surrounding mountains while skiing as far as our legs can carry us. Sunday will be another day of different trails, different tours, and more exploring. We can even take a ranger led interpretive snowshoe tour. Later in the afternoon, we'll board our coach and head toward home, stopping for a special dinner on the way, arriving back in Portland about 10 pm.

There are two types of accommodations: The Historic Prospect Inn which has one double/queen bed in each room for two people and the adjacent motel-like rooms, which have two or three beds per room, but everyone who wishes can have their own bed. The Historic Inn costs \$20 per person more. Please indicate which you wish.

Trip limit: 40 participants, including the leader.
Cost: \$295 per person in comfortable motel-like accommodations; \$315 in the Historic Prospect Inn (2 per bed); you must be a current ONC club member

***Trip status as of October 27**

www.onc.org/PDX-ONC



The coach takes you from Portland to the Prospect Hotel then to the rim of Crater Lake. What a great ride! Then you get to ski.



A stop for a photo on the rim of Crater Lake

Ted Scheinman

before signing up for this trip.

Please contact the leaders before sending your **ONC overnight trip application and \$295 or \$315 check payable to ONC-Portland Chapter to them (contact them for their address). For more info contact the leaders: Steve and Shannon Planchon onskiplanchon@gmail.com.**

**March 6–10, Thur–Mon, All Abilities Ski
Wallowa Lake Ski Trip, Joseph, OR
Trip full, three on waiting list**

Come spend an extended weekend skiing in the magnificent Wallowa Mountains in eastern Oregon! We have two Duplex houses at Wallowa Lake, at the entrance to the Wallowas, for four nights so we can partake in three



Trudy Hussmann

or four days of skiing. There are opportunities for all levels of skiing—backcountry skiing, road and trail skiing, and snowshoeing (provided by the resort). Some options are Salt

Powder snow in the Wallowas

Creek Summit,

Hurricane Trail, McCully Trail, and the West Fork Trail. We'll carpool from Portland on Thursday morning or early afternoon, arriving in Joseph in early evening. We'll ski around Wallowa Lake and in the mountains on Friday, Saturday, Sunday, and (possibly) part of Monday, returning to Portland on Monday evening. We'll have potluck dinners in the house.

Trip Limit: 8 participants.

Cost: \$125 per person for members; you must be a current ONC member before signing up for this trip.

Send your ONC overnight trip application and \$125 check payable to ONC-Portland Chapter to the trip leader: **Kathy Burns, 58324 Wilson Cutoff Road, Vernonia, OR 97064.** For more info contact the Kathy 503 429-4024 burnskathryn@gmail.com

**March 7–8, Fri–Sat, Intermediate Backcountry Ski
Tilly Jane A-Frame Cabin, Mt. Hood, OR
Spaces available**

See Dec 6–7 trip for full description and sign up info.

**Mar 22–30, Sat–Sun, All Abilities Ski
Canadian Rockies Spring Break Ski Trip
Possible Assiniboine Lodge Option (if there is interest contact Julius)**

Trip full, waiting list open

This is the Big One! Don't miss out! Join us for a ski expedition to the magnificent Canadian Rockies

Canmore, Banff, Kananaskis Country. We have planned six days of glorious backcountry intermediate level ski touring and



Ted Scheinman

The Canadian Rockies in the background!

groomed X-C trails of that region. The group will travel by car leaving from Portland Friday, March 21, and arriving in Canmore, Alberta Saturday, March 22 with one overnight stay on the road (not included in cost). We will start our venture by spending a day skiing at the Canmore Nordic Center, the site of the '88 Winter Olympics. Trails selected for ensuing day tours are well known in that area and include Burstall Pass, Canmore to Banff via Goat Creek, Dead Mans Flat to Skogan Pass and Ribbon Creek, and Smith Dorrien trails starting from Chester Lake. These trails can be skied to whatever level of choice. One day will be left open for sightseeing or yes, more skiing! Downhill skiing is also an option. Accommodations entail a luxury house arrangements with kitchen facilities and entertainment areas for dinners and socializing. Canmore is a delightfully entertaining community and worthy of at least one night "on the town." The return trip will begin early Saturday, March 29 returning to Portland Sunday, date March 30. Travel distance to Canmore is approximately 900 miles. A pre-trip meeting will be scheduled to go over the details. A valid passport will be required to travel to Canada.

Trip Limit: 8 participants.

Trip Cost: \$450 for members; you must be a current ONC member before signing up for this trip. This cost includes seven nights' accommodations in a luxury house in Canmore. Additional costs to be incurred are one or two nights of accommodation on the road, meals, shared costs for transportation, trail fees for one day at Nordic Center and shared costs for groceries to prepare meals and trail lunches in Canmore. The total cost should be less than \$750.

We have the option of going to Assiniboine Lodge (not included in trip cost above) if there is interest. If you choose the Assiniboine option, which includes two helicopter rides, accommodations and meals at Assiniboine Lodge, the cost could be substantial. Please contact the leader if interested.

Send your ONC overnight trip application and \$450 check payable to ONC-Portland Chapter to the trip leader: **Julius Dalzell, 14311 SE Cedar Ave., Milwaukie, OR 97267.** For more info contact Julius 503 705-3442 jndalzell@comcast.net.

**April 4–5, Fri–Sat, Intermediate Backcountry Ski
Tilly Jane A-Frame Cabin, Mt. Hood, OR
Spaces available**

We'll backcountry ski to the ONC managed shelter on East side of Mt. Hood, a 3.5 mile ski with a 1,900-foot gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their own gear, including sleeping bags, pad and food for dinner, lunch and breakfasts. We have a wood stove for cooking meals or heating water. Participants can also bring their own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical condition and navigate skills using map, compass or GPS. Climbing skins are required.

Cost: Free (a \$15 dollar check is required to hold your space. If you cancel, the check will be cashed and donated to the TJ cabin). You must be an ONC member before signing up for this trip.

For more info, please e-mail: TillyJaneCabin@gmail.com. We'll forward your request to the appropriate trip leader.

Ted Scheinman, *Overnight Tours Coordinator*

Discounts for ONC members!

Glenn's MountainTracks in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. You must show your membership card. On-line rentals. mtntracks.com

Mountain Shop 628 NE Broadway offers ONC members a 15% discount on cross-country ski rentals. On-line rentals. mountainshop.net

Oregon Mountain Community 2975 NE Sandy offers ONC members a 10% discount on cross-country ski rentals. omcgear.com

Otto's Ski & Bike Shop 38716 Pioneer Blvd. in Sandy, has cross-country ski package rental for the entire season. ottoskishop.com

Wy'East Nordic Ski School offers ONC members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.com

*Trip status as of October 27

Oregon Nordic Club Portland Chapter

Ski Crater Lake NP, March 2014

Rick Grote



Ted Scheinman



Oregon Nordic Club Overnight Trip Application

TOUR NAME: _____ DATE: _____

FEE / DEPOSIT: _____ **One application per person**

Mail your check payable to ONC-Portland Chapter and this application to the tour leader at their address listed in the tour description in the newsletter. Contact them for their address if it is not available.

NAME: _____ ONC MEMBER: yes no* other ONC Chapter

*You must be a current ONC member before signing up for ONC overnight trips

PHONE: (home) _____ (work) _____ (cell) _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL **: _____

** If you do not have an e-mail address, please include a stamped, self-addressed envelope with your check and this form.

Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in the Oregon Nordic Club's outings may expose me to certain risks and dangers including, but not limited to the hazards of mountainous, aquatic, or wilderness terrain, accident, illness, the forces of nature, and travel to and from the trailhead or point of departure. I am aware that it is not possible to foresee all of the potential hazards of outdoor activities. Each participant in a ONC activity is responsible for his or her decisions.

To the best of my knowledge, I feel physically and mentally able to assume full participation in the outings of activities in which I will participate. I understand that the Oregon Nordic Club is a volunteer organization. In consideration of voluntarily participating in these outings, trips, or activities, I have and do hereby assume all the risks inherent in these activities and hold harmless the Oregon Nordic Club and its agents, tour leaders, officers, and instructors, from and against any and all claims, liability, and demands of any nature, for the acts or omissions of the Oregon Nordic Club or its agents, tour leaders, officers, or instructors.

Please read ONC's overnight trip policies located on the side bar starting on page 6 before signing for for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip. Purchase trip insurance incase of hardship: www.travelguard.com/agentlink.asp?ta_arc=125858&pcod (this link is on our website)

I have read and understand the above statements concerning the Oregon Nordic Club's programs.

SIGNATURE: _____ DATE: _____

(Parent or Guardian must sign if the trip participant is under 18 years of age)

X

Welcome New Members!

Michelle Johnson and Tim Sessions 503 543.5826 503.407.4232, Janice Manley 503 557.0631, Madeleine Von Laue 360 735.9588 and Lisa Wisniewski 503 935.6877

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

October membership report: 274 total memberships (199 single and 75 family) includes 4 new members and 63 renewals. Last year at this time there were 250 memberships.

BOARD MEETING MINUTES

October 7, 7 p.m.

Board Members Present: Kim Davis, Andre Fortin, Mary Hepokoski, Elke Schoen, Steve Planchon, Ann Truax and Bill Yaeger. Ted Scheinman was also present.

Approval of Minutes: September minutes approved a drafted.

Treasurer's Report: A detailed Treasurer's report was provided in writing to the Board, with about \$1,300 in net income reported for September and an overall balance of accounts at about \$64,000, including about \$19,000 that has been dedicated to future Tilly Jane Cabin purposes.

Reports continued on page 11

President: Ann Truax reported that it has been determined that first aid training is not a requirement for trip leaders in order to continue insurance coverage through the state ONC Board, but First aid training is highly recommended.

Day Tours: The Chapter still needs a day tour coordinator, who will be responsible for working with existing and future day tour leader volunteers. Mary Hepokoski has volunteered to coordinate day tours for November.

Overnight Tours: The overnight tour extravaganza was generally a success, but improvement needs were cited for next year. The Board did discuss apparent confusion about family tour pricing policies and confirmed through a vote of the Board that is not the intention of the Chapter to subsidize overnight family tours, with trip leaders being responsible for ensuring that participant costs are calculated on an equitable "break even" basis.

Membership: Annual membership forms and checks are still being processed.

Nordic Issues: No report, other than to note recent activities associated with the State of Washington's decision not to honor Oregon Sno-Park Passes.

Trail Tending: No report.

Tilly Jane: Annual wood hauling party was cancelled due to recent shut down of the federal government. About 30 volunteers had RSVP'd to help. Will reschedule. Sat, October 12. Roof repairs scheduled to occur at the same time.

Publicity: ONC Board members (Mary and Kim) to represent the Chapter at the NW Ski Fair on November 18. Arrangements being made for board members to make up to four presentations about ONC overnight tours at REI stores in the Metro area.

Website: No report.

Leadership Training: October 19 Training-- 26 members have signed up for the October 19 training, with more expected. Contact Ann Truax to register. Handbook--Handbook being revised with final draft version to be available at the October 19. First Aid Training--no report. Orienteering Training--Mazamas instructor willing to provide class to Chapter members for \$50 per member. Kim to investigate details further.

Volunteer Recognition: Currently scheduled to occur at the Nov. 5 membership meeting. Elke is coordinating.

Photography Class Opportunity: The Board considered a proposal from Chapter member and professional photographer Jason Waicunas to lead a ski tour which emphasizes outdoor photography lessons. The per-person rate will be discounted from \$125 to \$50 for ONC members. The Board approved the proposal, subject to Jason being responsible for all aspects of the tour, including fee collections. The Board will include the tour in its advertisement of other day and overnight tours.

Next Meeting: Scheduled for November 11 at 7 p.m. @ Mazamas Mountaineering Center, 527 SE 43rd, Portland

Meeting adjourned: 8:45 pm

Submitted By: Steve Planchon, *Secretary*

CLASSIFIED ADS

FOR SALE: ► **Fischer RCR Crown Vasa X Skis** 207 cm Length Used once. 207cm (good for skier 5'10" to 6'3" tall and 185 to 210 lbs.), no-wax. Accepts either Salomon or Rottefella bindings. Good for groomed areas. \$150 obo (paid \$250). **Chris or Amy 503 241-2768**

► **Women's Showers Pass Club Pro Jacket** Nearly brand new (worn twice!) Women's large, Neon Yellow. I need a medium size. \$65 (paid \$110). **Amy or Chris 503 891-3689.** 1/14

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 12/13

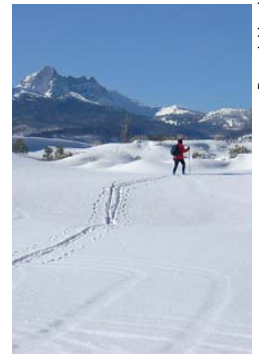
FOR SALE: ► **Fischer RCS Classic Crown Skis**, "nearly new" (used twice), 207 cm, Performance-level groomed track ski, \$150 (paid \$250).

Chris or Amy 503 241-2768 12/13

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** 1/14

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.**

Black Butte for New Years



Darvel Lloyd

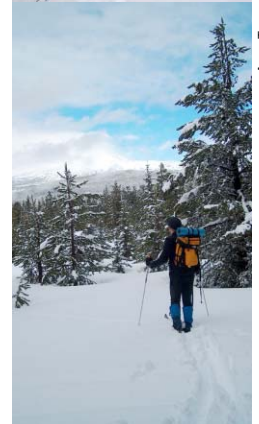


Darvel Lloyd

Flying L Mt. Adams



Ann Truax



Ann Truax

Patagonia Hiking Adventure

Join Barbara Hayman and Bill Newman as they present images from their trekking trip to the southern half of Patagonia—at 45 degrees latitude, it's the same distance from the equator as Oregon, but with a remarkable variety of landscape and culture. They traveled from the Chilean icefields and glaciers to the Argentine Pampas and hiked in Torres del Paine National Park, Fitz Roy and Cerro Torre. Unique wildlife they saw includes guanacos, rheas (an ostrich-like bird), penguins and more. They also toured Ushuaia, the southernmost city in the world, and Buenos Aires, the "Paris" of South America.



Multnomah Arts Center Auditorium

7688 SW Capitol Hwy.

Tuesday, November 5

6:30 p.m. potluck

7:30 p.m. meeting / program

Guests are welcome to join club members for the potluck. Bring a food dish to share, along with your own plate, utensils and beverage (sorry, alcohol is not allowed).

Upcoming programs

December 3—Ski Fair and Used Equipment Sale

January 7 – TBD

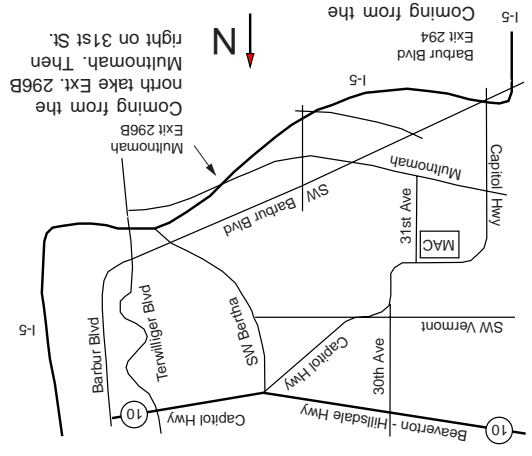


Oregon Nordic Club
P O R T L A N D
C H A P T E R

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



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



Coming from the north take Exit 296B
Coming from the south take Exit 294
Barbur Blvd. Stay on south take Exit 294
Barbur going north, then go left on Capitol Hwy.

Coming from the north take Exit 296B
Coming from the south take Exit 294
Barbur Blvd. Stay on south take Exit 294
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