

Thanksgiving in Lake Wobegon uh... I mean Sunriver

Mike Greenstreet of Ekle from a previous Sunriver trip



It was a quiet Thanksgiving in Lake Wobegon (near my home town) and also in Sunriver. The Hypothetical Oregon Nordic Club Portland Chapter ventured as far as the hot tub, fireplace and sofa, better to watch the rain fall off and on, day in and day out, argh!—for two days. Only Paul Foster upheld the honor of the club by mostly hiking in Lava Lands and Smith Rocks, returning home after dark to cook. What a guy, as they say. Friday night, “Yowza,” the Roman god of powder snow, deposited 12 inches of the wonderful stuff everywhere we wanted to ski. It was a glorious Saturday and, for some, an even better and sunnier Sunday. We always enjoy this weekend of some sort of activity—in this case, two days of long walks, then spectacular skiing—and we did again. We played games, read educational literature (although the true nature cannot be verified), ambulated, socialized, and enjoyed the nature we got. We are now eager to see more snow. Y’all come back next year. It’s wonderful in Sunriver, no matter what. ♦

Elke Schoen, *Trip Leader*

Overnight Trips Committee

ONC-PDX is well known for its array of fabulous overnight trips to mountainous retreats: Black Butte Ranch, the Methow Valley, Canadian Rockies, Yellowstone and Crater Lake National Parks, and more. Members enjoy easy access to skiing during the day and comfortable lodging, a warm fire, delicious meals, and the company of friends at night—all at an affordable price. Organizing these trips requires spending time making numerous telephone calls, sending and responding to emails, finding leaders, calculating expenses, answering questions, and attending to numerous other details. Ted Scheinman has been handling most of overnight trip planning. He has dedicated many hours to arranging overnight trips, and we’ve all benefitted from his work—for which we’re grateful!

Not surprisingly, Ted is ready to lighten his load. To help him do that, the ONC-PDX Board has determined that we need an Overnight Trip Steering Committee, and we’re looking for volunteers. Do you like to dream big, actualize your vision, plan and organize, work with people, contribute to the ONC-PDX community, and help increase the fun quotient in the club? If yes, this position is for you! Contact Ted Scheinman (tedskier@gmail.com) or Ann Truax (ann.truax@gmail.com) if you’re interested in participating on this committee. ♦

Ann Truax, *President*

Snow’s on, let’s ski

As the newsletter was being finished the snow was coming down on the winter trails in the mountains. After a slow start things are finally looking white and it’s cold. Our friend NOAA says the freezing level will be at the surface Monday night (December 29) and will pop up again on New Years, but snow will continue to fall. ♦

Pam Rigor, *Editor*

Step up and volunteer

Attention all members: Now’s your chance! We’re looking for new faces on the ONC-PDX Board. Here’s a job description: Meet monthly with other outdoorsy folks; engage in thoughtful discussions; think creatively; solve problems; organize projects; improve the functioning of the club; increase membership; meet new people; be a more integral part of the ONC-PDX community; laugh; have fun! If you’re interested, contact Ann Truax, ann.truax@gmail.com. ♦

Ann Truax, *President*

Inside

- 2 Upcoming Events**
- 3 Nordic Issues/News**
 - Gifford Pinchot NF Winter Partnership Meeting
 - Deschutes NF Swampy Shelter
 - New Shelter at Meissner Sno-Park
- 4 Day Tours**
 - Ski, Ski, Ski
- 5 Overnight Trips**
 - Openings:**
 - Sunriver, Lake Creek Lodge, Summit Meadows, Mt. Adams Lodge, Scottish Lakes Crater Lake, Shelter Cove, Manning Park, BC Canada and Tilly Jane A-Frame
- 9 Overnight Trip Application**
- 11 Classified Ads**
 - Buy, Sell, Wanted, Lost and Found



Ted Scheinman

Ski Crater Lake

Board Members

Ann Truax, *President*
503.756.8891
oncpdxpresident@gmail.com

Kimberly Davis,
Vice President
503.282.1506
cancionnueva@yahoo.com

Mary Hepokoski,
Treasurer
503.442.0620
hepomp8@comcast.net

Susan Watt,
Secretary
503.201.3977
susniam@gmail.com

André Fortin
afortin85@gmail.com

Elke Schoen
503.239.9286
elkeschoen@msn.com

Bill Yaeger
503.888.8543
w.yaeger@comcast.net

Committees

Day Tours:
Denise Brem,
Coordinator
503.235.3166
oncdartours@gmail.com

Laurel Dickie, *Recruiter*
503.287.6290
laureldickie@hotmail.com

Membership:

continued on sidebar page 3

EDITORIAL NOTES

The deadline for submissions is the 15th of the month (for the next month's publication).

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

This newsletter is published monthly by:
Portland Chapter of the Oregon Nordic Club, Inc.
P.O. Box 3906
Portland, OR 97208

U P C O M I N G E V E N T S

Jan 4 ▶ SUNDAY

Teacup Nordic Tea Party and Cross-Country Ski Lessons

9:00 a.m. – 1:00 p.m. Teacup Nordic area, Mt. Hood. Ski lessons from skiers with years of experience, enjoy some Stash Tea, and support Teacup Nordic. \$10 donation requested from non-Teacup members. Info: teacupnordic.org

4th Annual Tour for the Heart

11:00 a.m. Mt Bachelor Nordic Center, OR. Fun cross-country ski or snowshoe 5km event Presented by The Center & Therapeutic Associates and produced as a gift to the community by XC Oregon Register: www.xcoregon.org Benefit for Oregon chapter of American Heart Association, focusing on women's heart disease education/research

Jan 6 ▶ TUESDAY

Skiing North Korea's Luxury Resort

ONC-PDX monthly program, 6:30–9:00 p.m. Lucky Lab, 1945 NW Quimby St. Free!



Jan 11 ▶ SUNDAY

Waffle Feed @ Meissner Shelter

10:00 a.m. until the batter runs out. Meissner Shelter Ski out to the Meissner Shelter from the Sno-Park and partake in a Norwegian style waffle cooked in the wood stove at the shelter. First come, first served. Family Friendly. Free!

Jan 13 ▶ TUESDAY

Avalanche Awareness

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

Cross Country Ski Destinations

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

Jan 14 ▶ WEDNESDAY

Cross-Country Skiing Basics Class

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

Nordic Ski + Wax Maintenance

6:00–7:00 p.m., Mt. Shop, 1510 NE 37th Ave
Learn the basics of do-it-yourself ski maintenance and how to improve the performance of your old and new Nordic skis with ten time American Berkebiener finisher Guy Trombley, the General Manager of the Mountain Shop. Plus, enjoy 10% off all waxes following the clinic! Info: mountainshop.net

Jan 15 ▶ THURSDAY

Winter Wildlands Alliance Backcountry Film Festival

Doors open: 6:30 p.m. Films start: 7:30 p.m. Mazama Mountaineering Center, 527 SE 43rd Ave
Mazama members \$10, Non Mazama members \$12 Celebrates the human powered winter experience through film. Come early to get a seat, grab a beer, and maybe score an awesome raffle prize. Tickets: <http://mazamas.org/event-calendar/event/2155/> 2015-01-15/ Info: backcountryfilmfestival.org

Winter Camping Basics

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

Jan 27 ▶ TUESDAY

Cross-Country Skiing Basics Class

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

Clinics & Training

Jan 20 ▶ TUESDAY

Intro to XC Skiing Ski Clinic (in-town)

Clinic is for beginning skiers. 6:30 p.m. to 8:45 p.m. in Portland. \$20. Info: oncnnewsletter@gmail.com

Jan 31/Feb 1, 7 & 8 ▶ SATS & SUNS Snow Sessions

9:00 a.m.–3:00 p.m. on the snow. Free for ONC-PDX members who attend the Intro to XC Skiing Clinic.

Two free snow session options:

1) Saturdays: January 31 and February 7

2) Sundays: February 1 and 8

Info: oncnnewsletter@gmail.com

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

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons

- ▶ **Discounts at selected merchants (see sidebar on page 9)**

- ▶ Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day-use, overnight and meals

- ▶ Free Tilly Jane A-Frame weekends during the ski season

- ▶ Meet new friends who ski, hike and bike

- ▶ Monthly newsletter with free classified ads

- ▶ Support of construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot National Forests

- ▶ Membership in Northwest Ski Club Council, Far West Ski Association and Federation of Western Outdoor Clubs.

Discounts/benefits: www.nwskiers.org www.fwsa.org

www.federationofwesternoutdoorclub.org

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

Info: oncmembership@gmail.com

PRESIDENT'S SKI TRACKS

It's mid-December as I'm writing this

article and there's no significant snowpack on Mt. Hood. Meadows ski area is closed; only Palmer is open for skiing at Timberline. The Teacup Nordic area is not being groomed. Next week the forecast for snow looks more optimistic, so we'll keep our fingers crossed and hope not to be disappointed.

Winter sports enthusiasts are first-hand witnesses to global climate change. Every year it seems the ski season starts later. According to an article in the *New York Times*, "The End of Snow," by Porter Fox, February 7, 2014, "the ski season in parts of British Columbia is four to five weeks shorter than it was 50 years ago, and in Eastern Canada, the season is predicted to drop to less than two months by mid-century. At Lake Tahoe, spring now arrives two and a half weeks earlier, and some computer models predict that the Pacific Northwest will receive 40 to 70 percent less snow by 2050." This data does not bode well for ski resorts or snow sport related businesses, which contribute "\$66 billion annually to the nation's economy and support more than 960,000 jobs across 38 states."

Even though the winter sports community waits anxiously for that first big, belated snow fall, we have not taken seriously dramatic action to counteract climate change. There is one group, however, Protect Our Winters (POW) founded in 2007 by a professional snowboarder after he recognized that many of the slopes he had once ridden no longer had adequate snow coverage. The mission of POW is to "engage and mobilize the winter sports community in the fight against climate change" through education, advocacy, and alliances. I encourage ONC-PDX members to check out POW's website: protectourwinters.org.

I'm sure many members have already made changes in their lives like cutting back on driving, walking or biking more, buying local produce, switching light bulbs, installing solar panels, using reusable water bottles, calling and writing to legislators, and staying educated on climate issues. I do believe there's power in numbers; 21 million winter sports enthusiasts in this country can make a difference. Let's open up the discussion about how ONC-PDX can be a part of this struggle against climate change. ♦

Ann Truax, President

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic

Issues—Have some time to track issues that affect skiers? To volunteer contact Pam oncnewsletter@gmail.com

Gifford Pinchot National Forest

Winter Partnership Meeting

The 2014-2015

Winter Partnership Meeting for winter users was held December 3 in Stevenson, Washington. There was much discussion of motorized and other mechanized travel in the forest i.e. fatbikes, track equipped ATV's, motorized snowbikes, etc. Rules regarding their use is inconsistent or confusing. State licensing standards are unclear and there was concern about these new users contributing to the funds that support winter recreation and how their use may affect groomed trails. The upcoming Travel Management-Over Snow Vehicle Rule coming from the Feds at the Department of Agriculture and Office of Management and Budget hopefully will provide some clarity.

It was reported that funding from the Washington State Parks for grooming was down; it was suggested that last year's low snow year contributed to this. Enforcement of the requirement that out-of-state users to have Washington Sno-Park Passes will increase. Skamania County has some funding, and like last year is expect to be able to plow until the funding runs out. At Wind River the Koshko and

McClellan Meadows Sno-Parks will be plowed; Old Man Pass and Rush Creek Sno-Parks will not be. The snow play area at Old Man Pass will also be plowed. Info about sno-park conditions can be found on the Gifford Pinchot National Forest website under Recreation then under Winter Sport where you click on XC Skiing; phone numbers to contact the Rangers are listed when you click on the specific sno-parks listed. A link to Skamania County for info on road plowing is there also.

Deb Schoenberg from the Forest Service is working on grants and designs for the new Marble Mt. Shelter.

Deschutes National Forest

Swampy Shelter Over half the funds for rebuilding the Swampy Lake Shelter in Central Oregon have been raised. The Forest Service wishes to rebuild the shelter at a new site and is seeking funds for a NEPA environmental-impact study that may be required. Further grants will be submitted with the aim of construction in 2016.

New Shelter at Meissner Sno-Park The new warming hut at the Virginia Meissner Sno-Park, which replaces the yurt, was completed in November. Tables and benches were added inside. The parking was expanded and an additional restroom added. ♦

Mitch Auerbach, Diana Hsieh and Kevin McGillivray (Gorge Chapter), *Nordic Issues*, Pam Rigor, Editor

Susan Kelly
503.706.6463
oncmembership@gmail.com
Mark Fitzsimons,
Database
503.756.7534
mfitzsimpica@gmail.com
oncmemberDB@gmail.com

Barbara Sack
503.978.9475
barbara3820@earthlink.net

Nordic Issues:

Mitch Auerbach
503.281.4809
mauerbachfso@yahoo.com
Diana Hsieh
flyhsieh@hotmail.com

Overnight Trips:

Ted Scheinman,
Coordinator
503.452.7432
tedskier@gmail.com

Programs:

Ron Bekey
503.475.0084
rbekey@gmail.com

Publications:

Pam Rigor,
Newsletter editor
oncnewsletter@gmail.com

Bill Yaeger,
Newsletter Distribution
503.888.8543
w.yaeger@comcast.net

Publicity:

Kim Davis
503.282.1506
cancionnueva@yahoo.com

Tilly Jane A-Frame:

Andrè Fortin
tillyjanecabin@gmail.com

Trail Maintenance:

Ken Wenzel
503.297.2958
skiwenzel@hotmail.com

Recruiter

vacant

Website:

Bill Yaeger
503.888.8543
w.yaeger@comcast.net

DAY TOUR POLICIES

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

Trips are not canceled unless the weather and road conditions are unsafe; contact the leader when conditions are dangerous. Tour leaders may change tour itinerary, due to weather conditions.

Bring the Tour Essentials (see list on the sidebar, page 6), food, water, map, clothing, and equipment appropriate for the tour.

Tour leaders can forbid you from joining a tour, if you are not prepared.

Read and heed the Oregon Nordic Club's Tour Ratings listed below.

Day tour participants are encouraged to car pool and share costs. The suggested contribution by each passenger is 15 cents per mile. For three or more passengers, the maximum total contribution by all passengers is limited to 45 cents per mile.

Dogs are only allowed on "Dog Tours." These trips are designated with:  See website for dog policy for ski tours.

Dogs must be on a leash in sno-parks. Please keep dogs off ski tracks and pack out dog waste.

TOUR RATINGS

These designations are a guide to the skill and commitment level required for each tour. A full trip rating always includes a terrain rating plus a

continued on sidebar page 5

DAY TOURS

Note: if weather or road conditions are dangerous, please confirm tour with the leader.

Check website and/or our Meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) for more tours.

Jan 3, Sat, Easy/Intermediate Ski Snow Bunny, Mt. Hood, OR

Join us to ski 4–7 miles round-trip on easy to moderate terrain along the Snow Bunny and Whiteway Trails. Bring a lunch. Meet at McMenamans Edgefield's West parking lot for an 8:30 a.m. carpool departure. **For more info and to confirm attendance contact the leader: Mike Dianich 503.695.5385.**

Jan 1, Thur, Easy Hike Stub Stewart State Park, Vernonia, OR

Lets start off the New Year with a hike. We'll join park staff at the Stub Stewart State Park for the "First Day Hike." Described by the park: "Start the year with a ranger-led hike on the Unfit Settlement View Trail (3 miles, approx. 2 hours) to the highest point in the park. The trail is gravel and natural surfaces with easy to moderate grades (2–8%). Light refreshments." We'll continue for 4 additional miles for a total of 7 miles. **For more info, meeting place and time contact the leader: Kathy Burns 503.429.4024.**

Jan 3, Sat, Easy/Intermediate Ski Snow Bunny, Mt. Hood, OR

Join us to ski 4–7 miles round trip on easy to moderate terrain along the Snow Bunny and Whiteway Trails. Bring a lunch. Meet at McMenamans Edgefield's West parking lot for an 8:30 a.m. carpool departure. **For more info and to confirm attendance contact the leader: Mike Dianich 503.695.5385.**

Jan 7, Wed, Easy/Intermediate Ski Pocket Creek, Mt. Hood, OR

Lets ski the Pocket Creek Trail, a wide, gentle road with views of the East Fork Hood River Valley and Mt. Hood, 7–10 miles depending on conditions. Meet at McMenamans Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info and to confirm attendance contact the leader: Julius Dalzell 503.705.3442 jndalzell@hughes.net.**

Jan 10, Sat, Advanced Ski Pocket Creek and Bennett Pass, Mt. Hood, OR

We'll get a full day of skiing in this advanced tour. The route combines the Pocket Creek and Bennett Pass Trails starting at Pocket Creek, skiing through Teacup, then climbs up to Bennett Pass (ughh). From there we head past the "terrible traverse" and zip down to Pocket Creek for a fast return to the cars. Most of the tour is on trails, with one exciting descent. The distance is >12 miles, and we climb over 1,000 feet! Plan on being on the snow for more than six hours. This tour will be cancelled if condi-

tions are bad (rain or lack of snow). Plan on meeting at 8:00 a.m. on Portland's East side. **For more info and meeting place contact the leader: Scott Diamond 503.643.6779 skiing@scottdiamond.com.**

Jan 14, Wed, Easy/Intermediate Ski Trillium Lake, Mt. Hood, OR

This popular route will be accessed via the Hemlock Trail, a 5–6 mostly flat mile tour; you should also be comfortable with downhill slopes. Plan on meet at 8:00 a.m. Portland's East side. **For more info, meeting place and to confirm attendance contact the leader: Sandy Gooch 503.913.3510 sandygooch@comcast.net.**

Jan 17, Sat, Easy/Intermediate Ski Teacup Lake, Mt. Hood, OR

Perfect your skills and enjoy the scenery on groomed trails. Bring a \$10 donation to contribute for the grooming, which is managed by volunteers from the Teacup Chapter of ONC. Meet at Gateway Transit Center parking structure at 8:15 a.m. for an 8:30 a.m. departure. **For more info, to confirm attendance and for last minute changes due to conditions (possible change to hike) contact the leader by 5:30 p.m. Friday, January 16: Miriam Hammer 360.883.1060 miriamzh@yahoo.com.**

Jan 21, Wed, Easy/Intermediate Ski Location TBD, Mt. Hood, OR

Come join our group for a Wednesday activity. The trail will depend on the snow conditions; we'll ski where the snow is good! Meet at McMenamans Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info contact the leader: Terry Owen 503.590.5825.**

Jan 24, Sat, Easy/Intermediate Ski or Snowshoe Trillium Lake, Mt. Hood, OR

This popular, comfortably wide trail goes down to, then around Trillium Lake for a loop of about 8 miles. Enjoy nice views of Mt. Hood from the south shore of the lake. Meet at Gateway Transit Center parking structure at 9:00 a.m. to carpool. Note: For those living on the west side of town, I will be departing from Tigard. **For more info contact the leader: Ted Magnuson 503.806.4899 tedmag@live.com.**

Jan 28, Wed, Easy/Intermediate Ski Location TBD, Mt. Hood, OR

Come join our group for a Wednesday activity. The trail will depend on the snow conditions; we'll ski where the snow is good! The group will meet Terry up at Mt. Hood. Meet at McMenamans Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info contact the leader: Leader TBD (info will be sent out by email and posted on our website)**

Feb 1, Sun, Intermediate Ski GPS tour to Palmateer Overlook, Mt. Hood, OR

Do you have a GPS device but have not become proficient with it? Do you know how to follow a GPS track? Do you feel confident that you could use your GPS to get back in a white out using the TrackBack feature?

We'll ski over partially unmarked terrain to Palmateer Point using a GPS to navigate. Starting from Barlow Pass Sno-Park we'll ski to Palmateer Point, then join the Twin Lakes Trail for a return, or continue onto Upper Twin Lake if time and conditions allow. Pre-trip homework is to load the GPS track of the route into your device. Plan on meeting at 8:00 a.m. on Portland's East side. **For more info, meeting place and to receive the track file contact the leader: Bill Yaeger 503.888.8543 w.yaeger@comcast.net.** ♦

Common meeting places: Gateway Transit Center parking structure, 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 (1st stop light) turn left, go 1/2-mile, it's on the right.

Take the lead...ski in front

Pick your favorite trail/date and lead the ski

group for a day tour in February or the first weekend in March! Are you new to leading tours? Send us an email (at the address below) and we'll get you up to speed.

Last minutes tours: send them in and we'll get them on the web, Meetup and send them out by email to members.

Check for open dates and send tour descriptions (by **January 14, 8 p.m.**) to Day Tours Coordinator Denise at oncdaytours@gmail.com. Thanks. ♦

Share GPS tracks for research

Professor Jordy Hendriks, from Montana

State University, needs data to help with research into avalanche decision making. His long-term goal is to reduce avalanche accidents. Specifically he wants GPS tracks from cross-country skiers with intermediate skills in the Northwest. He will use the data to analyze how the weather and avalanche conditions affect people's decisions on where to ski. Info: <http://www.montana.edu/earthsciences/facilities/tracks.html?origin=snowscience> Participants will be submitted into a drawing for some prizes donated by Black Diamond Equipment. ♦

Help the blind ski

Volunteers needed to help with Washington

State School for the Blind's (WSSB) Annual Ski Retreat March 24 and 25, 2015 at Teacup. This is a cooperative activity with the students and staff of the WSSB, Teacup, ONC Gorge Chapter and the US Forest Service. About 40 to 50 volunteers a day are required to make this activity a success. Volunteers receive training and can participate one or both days. It is a very rewarding experience. Many of these students have participated and are returning, but others are new to the activity, so the level of support varies, but all need at least one sighted skier to ski with them. Questions or to volunteer, please contact Mary Hepokoski (hepomp8@comcast.net) or Richard Fay (rrfay@comcast.net) coordinator. ♦

OVERNIGHT TRIPS

SIGN-UP TIPS

- ♦ Overnight trips are **exclusively for members: join or renew your membership before signing up.** Membership applications are available on our website (mail to club P.O. Box not to the trip leaders).
- ♦ **Contact the leader with questions** Do my skills fit the trip? Any special requirements or gear? Travel time?
- ♦ **Read the overnight trip policies** on the side bars page 6.
- ♦ **Sign up early** so we'll have enough people to cover trip costs.
- ♦ If the trip is full, **join the waiting list** by sending 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 for travel insurance is on the bottom of overnight trip application on the website.

Jan 9–11, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

We'll backcountry ski, snowshoe or hike to the ONC-PDX managed shelter on the East side of Mt. Hood, a three-mile ski with a 1,900-foot elevation gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation.

Participants carry their own gear, including sleeping bag, pad and food for all meals. We have a wood stove for heating water. You can also bring your own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical conditioning and navigation skills using map, compass or GPS are required. Climbing skins are mandatory.

Open to all ONC-PDX members and Tilly Jane Cabin volunteers

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: tillyjanecabin@gmail.com. Your info will be passed on to the trip leader.

Jan 9–11, Fri–Sun, All Abilities Ski Ochoco Mountains–Trip 1, OR Trip full, 3 on waiting list*

The Ochoco Mountains 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.

For more info contact Sandy 503.913.3510 sandygooch@comcast.net

Jan 16–19 (MLK wknd), Fri–Mon, All Ability Ski Lake Creek Lodge, Camp Sherman, OR 3 spaces 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. Check out the website at

***Trip status as of December 15**

cont. from sidebar page 4
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,

continued on sidebar page 6

cont. from sidebar page 5

regrouping when necessary.

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. Overnight tour descriptions must be submitted to the overnight tour coordinator to be approved. Once approved, the overnight tour coordinator submits them to the newsletter editor.

2. Only Oregon Nordic Club members are allowed on Portland ONC overnight tours, even if it is a trip for

continued on sidebar page 7

www.lakecreeklodge.com

We’ll carpool over on Friday, have a traditional ONC-PDX potluck dinner on Saturday, and perhaps head into Sisters for Sunday dinner. Ski options are many—Santiam Pass, Mt. Bachelor area, Maxwell Sno-Park, Tam MacArthur Rim, and if we’re lucky, right out the door of our cabins.

Trip limit: 16 participants, including the leader

Cost: \$164 per person; you must be a current ONC member before signing up for this trip. This fee covers three nights of lodging.

Send your overnight tour application and check payable to ONC-Portland chapter and \$164 check to trip leader: Steve Levy, 5441 SW Nebraska St., Portland, OR 97221. For more info contact Steve 503.244.4262 slevy@pacifier.com.

Jan 16–19, Fri–Mon (MLK Wknd), All Ability Ski Sunriver, OR

2 spaces 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 or downhill skiing to advanced backcountry tours out toward Broken Top. Sunriver also offers 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 for three nights.

Trip limit: 8 participants, including the leader

Cost: \$150 per person; you must be a current ONC member before signing up for this trip.

Send your overnight tour application and a \$150 check payable to ONC-Portland chapter to the trip leader Ken Wenzel, 10322 NW Alpenglow Way, Portland, OR 97229. For info contact Ken 503.297.2958 skiwenzel@hotmail.com.

Jan 23–25, Fri–Sun, All Abilities Ski

Ochoco Mountains–Trip 2, OR

Trip full, 3 on waiting list*

For more info contact Ted 503.452.7432 ted.skier@gmail.com.

Jan 26–29, Mon–Thur, All Ability Ski

Summit Meadow Cabins Trillium Basin, Mt. Hood OR

4 spaces 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’ll stay three nights in a house with two bedrooms and a



Steve Levy



Pam Rigor



Mary Hepokoski

loft, which will accommodate ten people. We’ll cook communally for breakfasts and dinners.

Trip Limit: 10 participants, including the leader

Cost: \$70 per person; you must be a current ONC member before signing up for this trip.

Send your overnight tour application along with your check for \$70 payable to ONC-Portland Chapter to the leader: Terry Owen, 8770 SW Goldstone Pl., Beaverton, OR 97007. For more info contact Terry 503.590.5825 terryowen@frontier.com.

Jan 30–Feb 1, Fri–Sun, All Ability Ski

Mt. Adams Lodge at the Flying L Ranch, WA

7 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-PDX. Saturday night we’ll potluck. There are plenty of ski trails—beginning to advanced—awaiting you on this sunny side of the Cascades.

Trip Limit: 19 participants, including leader

Cost: \$165 you must be a current ONC member before signing up for this trip. Includes two nights’ lodging and two gourmet breakfasts.

Send your overnight tour application and check payable to ONC-Portland chapter for \$165 to the leader: Donna Matrazzo, 15500L NW Ferry Rd, Portland, OR 97231. For more info contact Donna at 503.621.3049 matrazzo@msn.com.

Feb 1–5, Sun–Thur, Intermediate Backcountry Ski Scottish Lakes, WA

3 spaces available*

Join us for a midweek trip at Scottish Lakes High Camp located near Wenatchee, WA, adjacent to 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 on a snowmobile: no need to part with favored treats and creature comforts this time. High Camp consists of nine rustic cabins, each with its own wood burning stove and stocked kitchen, a comfortable day lodge, hot tub and sauna. At 5,000 feet Scottish Lakes is just far enough east of the Cascade crest to offer blue skies, sunshine, and dry powdery snow. With 35 miles of well marked trails, access to the Alpine Lakes Wilderness, easy open slope touring and High Meadows for steep seekers—there’s an incredible variety of fun terrain for all levels of touring, backcountry skiing and snowshoeing. We will spend Sunday night in a motel in Skykomish. Info: www.scottishlakes.com

Trip limit: 15 participants, including the leader.

Cost: \$350 per person; you must be a current ONC member before signing up for this trip.

Send your 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 6–8, Fri–Sun, Inter. Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 9–11 trip for detailed description

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

***Trip status as of December 15**

Feb 6–8, Fri–Sun, All Ability Ski
Ochoco Mountains—Trip 3, OR

Trip full, 4 on waiting list*

For more info contact John 503.867.6048
johnlong3@comcast.net.

Feb 7–12, Sat–Thur, All Ability Skate and Track Ski
Methow Valley Trip 2, WA—Groomed Trail Wonderland
Trip full, open waiting list*

Methow Valley is an outstanding, unique area that is ideally suited for both classic track skiing and skate skiing.

Trip limit: 12 participants, including the leader

Cost: \$230 per person; 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 email Sam sam.digard@gmail.com
360.910.1714.

Feb 12–16, Thurs–Mon, (Pres' Wknd), All Ability Ski
Sunriver, OR—**Family Friendly**
Looking into getting a second house if a few more sign up, contact Amy*

ONC-PDX families with kids of all ages and skill levels will enjoy a fun-filled Presidents Day weekend at Sunriver.

Come either Thursday or Friday depending on your 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!

This trip is intended for families that will be cross-country skiing or snowshoeing together.

Trip limit: 5 families possibly more with 2nd house
Cost: \$155 per adult; each family brings one child at no cost (\$25 for each additional child)

You must be a current ONC member before signing up for this trip (\$33 for family membership).

For more info contact trip leader Amy Blumberg at 503.241.2768 or ablumberg@comcast.net

Feb 13–17, Fri–Tue (Pres' Wknd), All Ability Ski
Sunriver, OR

Trip full, no one on waiting list*

The snow in Central Oregon is known to be powdery, plentiful and dry.

Trip limit: 8 participants, including the leader

Cost: \$200 per person; you must be a current ONC member before signing up for this trip.

For more info contact Mike 503.284.6315
mikefaden@gmail.com.

Feb 14–22, Sat–Sun, All Abilities Ski
Yellowstone National Park Dream Trip, WY

Trip full, 2 on waiting list*

We'll carpool from Portland and arrive at Mammoth Hot Springs near the North entrance to Yellowstone National Park where we stay at the historic Mammoth Hot Springs Hotel on Sunday. Monday morning, a snow-coach ride

takes us to Old Faithful for three days of skiing among the magnificent geysers all while viewing elk and bison (and perhaps wolves) catching the Yellowstone that most tourists miss. Thursday afternoon, we'll return to Mammoth Hot Springs for two more nights and ski in areas accessible from the Mammoth Basin area —either Tower or Indian Creek areas. Sunday morning after breakfast, we take off for home.

Trip limit: 20 participants, including the leader.

Cost: \$825 per person; you must be a current ONC member before signing up for this trip. Includes seven-nights lodging and breakfasts (four at Mammoth and three at Old Faithful) and snow-coach to Old Faithful and return 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.

For more info contact Ted 503.452.7432
tedskier@gmail.com.

Feb 20–22, Fri–Sun, All Abilities Ski
Ochoco Mountains—Trip 4, OR

Trip full, 4 on waiting list*

For more info contact Ann 503.756.8891
ann.truax@gmail.com.

Feb 27–Mar 1, Fri–Sun, All Abilities Ski/Snowshoe
Crater Lake via Charter Bus

Experience one of the Seven Wonders of Oregon on skis/snowshoes—without crowds!

Spaces available, signup by Feb 15*

The Crater Lake rim, at 7,000 feet, averages 44 feet of snow a year. Join the ONC-PDX for the big trip at Crater



Amy Blumberg

Bob Bravvogel



Lake. We'll board the deluxe coach at noon (**note new departure time**) in Portland on Friday and proceed down I-5 while sharing in the world famous "Rolling Pot-Luck." We'll arrive in Prospect at around 6 p.m., giving you time to enjoy your room, as well as a tasty spaghetti dinner, in the historic Prospect hotel/motel. The next morning, after a hearty gourmet breakfast at the hotel, we'll take a quick ride to the rim we'll spend the day enjoying the spectacular snow formations, views of the lake and surrounding mountains while skiing as far as our legs can carry us. Sunday will be another day of 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 p.m.

There are two types of accommodations: The Historic Prospect Inn which has one double/queen bed in each room for two people (ideal for couples) and the adjacent motel-like rooms, where participants will likely share large rooms with two or three beds per room and, in some cases, kitchenettes.

Trip limit: 40 participants, including the leader

Cost: \$310 (motel) and \$330 (inn), depending on whether you stay in the Inn or adjacent motel.

Includes transportation, lodging, two dinners and two

***Trip status as of December 15**

cont. from sidebar page 6

which no money is collected. Non-members may join the club at the same time they sign up for an overnight tour (and pay the membership fee at that time). The only exceptions are overnight trail tending parties which are open to anyone, and Tilly Jane Club weekends which are open to ONC members and non-member volunteers.

3. The first overnight trip sign-up opportunity is at the October meeting at the designated time. The member must submit their application and payment at that time, in person, or through a representative in person. The trip leader cannot be a representative. Following the trip sign-up date, remaining tour spots will be filled on a first-come, first-serve basis, based on time/date the application is received by the tripler. Overnight tour leaders have the privilege of signing up for any Portland ONC overnight trip, prior to the October meeting.

WAITING LIST

4. If a tour is full, participants can be placed on the waiting list if they submit an application and pay the tour fee. If space becomes available, participants on the waiting list will be notified and if they choose not to go on the tour, they will receive a full refund.

Trip Cancellation Policy

5. If canceling, participants must contact the tour leader immediately to determine if there is a waiting list.

6. Participants are responsible for finding their own replacements,

continued on sidebar page 8

cont. from sidebar page 7
including contacting people on the waiting list.

7. Tour fees and deposits are non-refundable, unless a replacement is found. Commercial trip insurance is highly recommended for members who fear hardship because of these policies. (see below for link to trip insurance)

8. Once a replacement has been found, participant must send a written or e-mail request for a refund to the overnight tour coordinator. When the replacement has been confirmed and payment received, a refund will be issued within 30 days, less \$10.

9. Additional restrictions on participation may apply to some trips based on participant's ability and experience needed to safely execute the trip. The trip leader has the authority to determine this, for the safety of all the trip participants. The trip leader may also limit participation based on accommodations.

Travel Insurance

We remind participants that trips are non-refundable, unless a replacement is found. We recommend that you use trip insurance, through our membership in the Northwest Ski Club Council/ National Ski Federation Council. The cost is usually 7% of the trip cost, with a minimum of \$10. This is less than commercial policies. A link is on the overnight trip application on the web at the bottom.

Where they ask you for tour operator, select "not listed" and

continued on sidebar page 9

breakfasts. Optional lunches can be ordered for Saturday and Sunday \$13 per day. You must be a current ONC member before signing up for this trip.

Please contact the leader for room availability before sending your overnight trip application and \$310 or \$330 check payable to ONC-Portland chapter to the trip leaders: Steve and Shannon Planchon, 6205 N Depauw St., Portland, OR 97203. For more info contact: Steve and Shannon 503.467.8599 oneskiplanchon@gmail.com

March 6–8, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 9–11 trip for detailed description

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

March 9–13, Mon–Fri, All Abilities Ski Manning Park and Ski Area, BC Canada

1 space available, sign up by Feb 8*

E.C. Manning Park is located on Highway 3 in B.C. just north of the North Cascades National Park. It is about a seven-hour drive from Portland by taking I-5 to Bellingham and crossing the border at Sumas then driving east. It offers skiing for all levels and types of skiers. But its best offering is for some longer distance tours with very low danger from snow slides. My favorite is Fat Dog Creek Trail, 14 miles round trip, with excellent glades and steep road touring, requires BC ski and skins. Another good trail for all levels is Blackwall Peak Trail, 10 miles round trip, to a view point or 20 miles round trip to the summit an easy road tour. The resort also offers 27 km of groomed track skiing and three chairs at the lift area or snowshoe trails. A free shuttle get you to the lift area or accesses the high point of the groomed trails and skiing back takes you down directly to the house passing Lightning Lake, 10 km each way. Several other trail options available.

There are options to ski one of the eastside of Washington ski areas on the return home by driving back on Highway 97, which adds two to three hours to the drive. The lodge has a large indoor pool with two large hot tubes to soak in after skiing, included at no additional cost. The houses are three bedrooms each with a great room, kitchen and fireplace for visiting. Two of the bedrooms have double beds and the other bedroom has two bunk beds. Meals will be planned and cooked at each house. The lodge has a bar and dining room.

Trip limit: 10–12 participants, including the leader, depending on number of singles vs. couples.

Cost: \$295 per person; you must be a current ONC member before signing up for this trip. Includes four nights lodging. Costs for carpooling are not included. Cross-country trail fee of \$20 or downhill lift tickets of \$50 per day are not included.

Send your overnight trip application and check for \$295 check payable to ONC-Portland chapter to the trip leader by February 8: Ken Wenzel, 10322 NW Alpenglow Way, Portland, OR 97229. For info contact Ken 503.297.2958 skiwenzel@hotmail.com.

March 12–16, Thur–Mon, All Abilities Ski Wallowa Lake, Joseph, OR

Trip full, open waiting list*

We'll spend an extended weekend skiing in the magnificent Wallowa Mountains in Eastern Oregon! There are opportunities for all levels of skiing—backcountry skiing,

road and trail skiing, and snowshoeing.

Trip Limit: 12 participants, including the leader

Cost: \$130 per person; you must be a current ONC member before signing up for this trip.

For more info contact Kathy 503.429.4024 burnskathryn@gmail.com.

**March 13–15, Fri–Sun, All Abilities Ski Shelter Cove Resort, Odell Lake, OR
4 spaces available***

Join us for a stay on the west side of Odell Lake at the Shelter Cove Resort. Odell Lake at 4,800 feet is just over the top of Willamette Pass beside Highway 58, east of Eugene. A multitude of ski routes is available for all levels, from the groomed trails at the ski resort, easy trails to Gold Lake and Odell Lake, and backcountry trails to Maiden Peak, Rosary Lakes, and Mt. Fuji.

Our lodging will be in the Kokonee Lodge C. All bedding and towels are included. We'll share potluck meals at night, bring your own lunch and breakfast meals. There is no restaurant at the resort, although there is one at Odell Lake Resort on the other side of the lake. Come experience a real winter in the luxurious cabin on the shores of Odell Lake.

Trip limit: 8 participants, including the leader

Cost: \$85 per person; you must be a current ONC member before signing up for this trip.

Send your overnight trip application and check for \$295 check payable to ONC-Portland chapter to the trip leader by February 8: Ted Magnuson, 14405 SW High Tor Dr., Tigard, OR 97224-1425. For info contact Ted 503.590.7998 tedmag@live.com.

March 19–29, Thur–Sun, Hut to Hut Skiing Rondane, Norway

Trip full, 1 on waiting list*

We will fly to Oslo in the late afternoon of Thursday then travel by train to Otta and take a bus to Haukliseter, from where we will begin our tour from mountain lodge to mountain lodge in the Rondane National Park. These mountain lodges have electricity, dining facilities with huge meals, rooms with beds and blankets, saunas, and sometimes hot showers. You only need to carry your clothes and personal gear in your pack. We will stay for a more than one night at one of the lodges so we can explore areas around the lodge.

It is not necessary to be expert skiers to come on this trip; this is not a technically difficult trip. You should have intermediate-level cross-country skills and ability to ski up to 15 miles per day (although most days are much shorter). Most of the trails are fairly gentle through valleys with mountains on either side. The trails are well marked with flags and there are many Norwegians skiing during this time period.

Trip Limit: 8 participants

Cost: TBD, total cost probably less than \$3000.

For more info contact Ted 503.452.7432 teds skier@gmail.com.

April 3–5, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 9–11 trip for detailed description

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader. ♦

***Trip status as of December 15**

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-PDX 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 in case 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)



Welcome New Members!

Andrea Baker 971.706.4629, Craig Billings 503.278.4879, Don and Nell Colburn, John and Elaine Croft 520.820.8751, Matt and Kim Danielson, Susan and David Duck 503.234.7167, Susan Hunt 503.926.3381, Dolores Kueffler 970.222.4945 and Lauren Markovich 406.531.1211

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

December membership report: 244 total memberships (168 single and 76 family) includes 8 new and 12 renewing. Nonrenewing 2014 members not included. Last year at this time there were 216 memberships.

BOARD MEETING MINUTES

Minutes of the ONC-PDX Board Meeting, Monday, December 8, 2014 at Mazama Mountaineering Center

Board Members present: Ann Truax, Kimberly Davis, Bill Yaeger, Susan Watt, Mary Hepokoski and Elke Schoen.

Club Members present: Overnight Trip Coordinator Ted Scheinman and Newsletter Editor Pam Rigor

Minutes for the November meeting were approved.

Treasurer's Report: November's report was submitted. The board discussed posting the annual report that is submitted to the state organization in October. If posted on the website it would be visible to members only.

President's Report: Leadership training has over 30 people signed up. The on-snow training may have to be cancelled if there is no snow. Ann will notify participants on Friday and work on rescheduling it if necessary.

A demonstration of the site could be presented at the meeting. An ONC statewide conference call meeting was held and Bill Yeager participated. Various ONC chapters were represented. Chapter reports were given and planning for the John Craig Event was discussed.

Day tours: Vetting of trip leaders had been discussed at prior board meetings and the Day Tours Coordinator had modified the Leadership Basics document. The changes and modifications were approved by the board and the new

***Trip status as of December 15**

www.onc.org/PDX-ONC

cont. from sidebar page 8
indicate that the "ONC" is the tour operator. For agent's initials, use mine: "TPS." Read the coverage carefully and make your choice. For more info contact the Overnight Trip Coordinator Ted Scheinman tedskier@gmail.com ♦

Discounts for ONC-PDX members/leaders!

Columbia Sportswear

911 SW Broadway (flagship store) and 7000 NE Airport Drive, Suite T2572 (airport location)—15% discount on purchases. Special week (November 1 - 11) of 30% discounts. Current membership card required. columbia.com

Glenn's MountainTracks

in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. Current membership card required. On-line rentals. mntntracks.com

Mountain Hardware

722 SW Taylor Street—15% discount on purchases. Special week (November 1 - 11) of 30% discounts. Current membership card required. mountainhardware.com/Stores_Portland.html

Mountain Shop

1510 NE 37th Ave., 10% discount (15% discount for leaders) on purchases and 15% discount on rentals. mountainshop.net

continued on sidebar page 10

cont. from sidebar page 8

Oregon Mountain Community

2975 NE Sandy, ONC members—subscribe to OMC e-newsletter and received the following discounts: 15% discount on purchase price. omcgear.com

Otto's Ski & Bike Shop

38716 Pioneer Blvd. in Sandy, offers a 15% discount on purchases of ski equipment and apparel. They also have 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. weeastnordic.com ♦

Ski Crater Lake



document will be posted on the website.

Overnight trips: Ted's proposal concerning the Overnight Trip Coordinator position was further discussed. The board agrees that changes need to be made so that the burden is not all on one person. A lot of time is required to organize the trips and currently that burden is all on the one Overnight Coordinator. Options discussed were that overnight trip leaders could make their own reservations and this would reduce time spent by the coordinator. An overnight trip coordinator's assistant could also help spread the burden of work. Ted remarked that this was requested and discussed by the board on prior occasions but had never happened. The board acknowledged this and determined to make it a priority. The board will in the near future make changes to the way the overnight trips get organized. Also discussed was a proposal to set up a committee for the planning of the overnight trips so the effort and decision making responsibility is shared by the committee instead of one coordinator. This committee would need to form and start the planning process in January to plan for trips next year. Volunteers will be needed for this as current board members are already volunteering a great deal of time. Also discussed was the need for a club credit card to facilitate the reservation process in the future.

Membership: The current membership numbers were published in the November newsletter.

Nordic Issues: Pam Rigor reported on the Southwest Washington Partnership meeting that occurred last month. The report indicated that classifications of vehicles and regulations are inconsistent, not clear and there are differences between the State and USFS regulations. Most of the people in attendance were from the motorized sports groups. Trail grooming for the year was also discussed. Signage that requests snowshoers and skiers take different tracks have been posted at trailheads in former years. The club will continue to do this on Mt Hood trails but not on Washington ski trails. Steve Levy has volunteered to do this but more signs are needed. Mary Hepokoski will check on getting more signs made and talk to the Forest Service.

Publications: Proofreading of the newsletter prior to publication will be done by Denise. Pam will be sending the document to her prior to publication.

Publicity: The REI in-store event is happening this week and Ann, Bill and Denise will represent the club. Kim will be volunteering for the January REI Tualatin event. The Facebook page still needs a volunteer to update and manage.

Tilly Jane A-Frame: Nothing new was reported or discussed.

Website: Website development is making progress and is close to a point where it can be opened up to membership and the public. The payment system and membership database are still not fully operational and will take more time. There has been good progress in uploading content to the site as well as finalizing decisions about the layout, appearance and basic functions. Potentially opening up the website to membership was discussed for the February general meeting.

New Business: Ski Clinic was discussed with Pam who has organized this in the past. This year the board requested that there be two instructors at a minimum for the clinics and that a third person be available in case there is a drop out at the last minute. The board also requested that the class be cancelled for safety considerations if there is only one instructor available. Pam reported that there are others who may help this year and they will be people who have taught before. No one has signed up for the clinics yet but usually there are two classes with 10 people each maximum. A Nominating Committee needs to be formed prior to February 15, 2015. Three board members terms are expiring.

Minutes of the ONC-PDX Board Meeting, Monday, November 10, 2014 at Mazama Mountaineering Center

Board Members present: Ann Truax, Kimberly Davis, Mary Hepokoski, Elke Schoen, Susan Watt and Bill Yaeger.

Club Members present: Day Tours Coordinator Denise Brem

Minutes for the October 2014 meeting were approved

Treasurer's Report: The October Treasurer's Report was submitted.

President's Report: The John Craig Event will be held March 7, 2015 at McKenzie Pass. The state board has money for high school scholarships to help kids on a X-country ski team. The state will donate \$75, which needs to be matched by the school or the team, to worthy students. There is a formal application process. Ann is going to contact the coaches about the scholarships. A Leadership Training will be scheduled for the spring. This could be focused as an overnight trip leader training.

Website: Clint has made changes as suggested by the Website Committee. The committee continues to meet and add content to the website under development. Darvel Lloyd has some good photos that could be used.

Day tours: Trip Cancellation Policy—Day trip leaders should be encouraged to plan for an alternate activity but it is not a requirement. Vetting Trip Leaders—Currently this is not done by the club. Minimum Requirements should be established first. This was discussed and the board will follow up to develop a policy. Agenda item for next month. There are incentives for trip leaders. PDX-ONC will reimburse \$50 of the fee for a class (first aid, avalanche training, orienteering, etc.) taken by a leader who has led at least two trips. Ann will compile a list of possible classes for the next President's ski tracks. Denise created a form for Reimbursement.

Overnight trips: Ted's proposal was discussed and the board will meet with Ted at next month's meeting since he was not present. Shannon Planchon's proposal to have Shelly Hakanson or someone equivalent, offer ski lessons on the Crater Lake trip was approved by the board.

Nordic Issues: The Winter Partnership Meeting will be held December 3, 7:00 to 9:00 pm in Stevenson Washington. Tilly Jane A-Frame: A five year contract has been signed with the Forest Service regarding ONC-PDX management of the Tilly Jane A-Frame. Roof repairs were completed last month.

Publicity: Mountain Shop Nordic event included a table staffed by PDX-ONC volunteers. Face book page – We have one, but it has not been updated since 2012. Any Volunteers? The first REI event occurred with Andre Fortin presenting at the Clackamas REI regarding possible day tours and overnight trips.

Publications: Proof reading the Newsletter was discussed.

New Business: Ski Clinic – Ann will ask Pam to present her plans for the ski clinic. Who will be teaching? How will the instructors be trained? Nominating Committee – There should be one formed to facilitate the next board membership transition.

Next board meeting: January 12, 2015, 7 p.m. @ Mazamas Mountaineering Center ◆

Submitted by: **Susan Watt**, Secretary

CLASSIFIED ADS

FOR SALE: ► New Scarpa T4 Boots Atomic Tele and backcountry Boots, Shell size 30 (www.scarpa.com/t4). This is the lightest tele boot on the market great for long tours! The shells have one short season on them. The LINERS ARE, NEW, NEVER HAD A FOOT in them. This warm and light backcountry tele/touring boot is elegant in its simplicity. The T4's two-buckle closure and walk/ski mode work in unison to create an easy system for transitions, touring comfort, and downhill dependability. The ergonomic bellows enhance the overall flex for added smoothness on the down as well as the up. **\$220 or best offer.** Contact **Russ Pascoe**, russ.bec@gmail.com 2/15

FOR SALE: ► Alpina Lite Terrain Skis 178 105/65/88 (www.backcountry.com/alpina-lite-terrain-ski) Great touring and turning ski. The Alpina Lite Terrain Ski glides along the trails, climbs like a goat, and lives for technical descents. This all-around backcountry adventure ski's full steel edges, alpine ski-inspired sidecut, and stout dimensions mean it quickly snaps into turns and can float through the deep stuff. Thanks to Alpina's Posi-Grip no-wax base, the Lite Terrain glides and grips like a Nordic ski without sacrificing downhill performance. Deep sidecut for quick turns. Posi-Grip no-wax base for climbing and downhill performance. Full steel edges for durability and hold. Mounted with RIVA lightweight tour/telemark bindings and heel lifts. **\$200 or best offer.** Contact **Russ Pascoe** russ.bec@gmail.com 2/15

FOR SALE: ► Atomic Telepathic Telemark Skis 170cm. Rottefella bindings (COST \$75 ALONE). Skins available too. **\$75 or best offer.** Contact **Russ Pascoe**, russ.bec@gmail.com 2/15

FOR SALE: ► Riva Super Loop Tele Bindings New, never mounted. The lightest tele binding available, great for back country touring and turning. **\$55 OBO.** Contact **Russ Pascoe**, russ.bec@gmail.com 2/15

FOR SALE: ► Fischer RCS Carbonlite High Performance Classic Ski Boot Size EU 41 (unisex), NNN compatible. Almost Brand New (worn once before realizing I needed smaller size). These boots are racing/performance-level for groomed trails not for ungroomed/backcountry. **\$190** (I paid \$270 for these new from Winthrop Mountain Sports in the Methow Valley last February) Contact: **Chris or Amy**, 503 241-2768, ablumenberg@comcast.net 2/15

WANTED: ► Ski Boots Size 40 European, size 7 men's US three pin boots. Used OK. My old boots are falling apart and my new ones gave me bad blisters. Prefer Trak or Garmont brands but will try anything available. Contact **Tere** 503 642-2886, Terexcski@gmail.com 2/15

FOR SALE: ► Fischer BCX 675 Backcountry Boot 3-pin compatible and extra ankle support for superior control on turns, size EU 41 (unisex), virtually Brand New (worn ½ day before realizing I needed smaller size). These are top-quality boots for ungroomed forest service/backcountry trails. **\$165** (I paid \$200 for these new from Winthrop Mountain Sports in the Methow Valley last February) Contact: **Chris or Amy** at 503-241-2768; ablumenberg@comcast.net 2/15

FOR SALE: ► TUA RAZOR MX Telemark Skis with Rottefella TRP 100 releasable bindings 190 cm, almost brand new condition, pristine bases! "The Razor MX is for those looking for a shaped, super-sidecut ski designed specifically for telemark—not built for the masses—this is it. The Razor's corpulent 92-64-82 shape is super-sidecut, yet not so extreme as to sacrifice versatility." **\$300** (NOTE: the bindings alone were over \$300 new – this is a \$1000 set-up for \$300!) Contact: **Chris or Amy**, 503-241-2768, ablumenberg@comcast.net 2/15

FOR SALE: ► Mammut Mt. Vista LTH Hiking/Backpacking Boots Women's EU size 41 (app US Size 8.5 - 9): Worn on one day hike before realizing these are about 1/2 size too small to fit with my special insoles. Brand New Condition. Excellent, versatile boots for hiking and backpacking in all weather. **\$160** (Purchased new for \$200, worn once on short day hike) Contact: **Amy**, ablumenberg@comcast.net, 503 241-2768 2/15

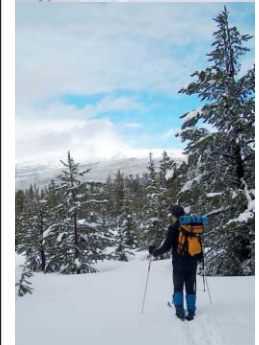
FOUND: ► Poles & rain chaps on the Crater Lake bus (sometime the last few years) Poles and rain chaps. Contact to claim 503 452-7432 2/15

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.**

Mt. Adams Lodge at the Flying L Ranch, WA

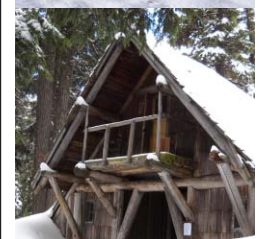
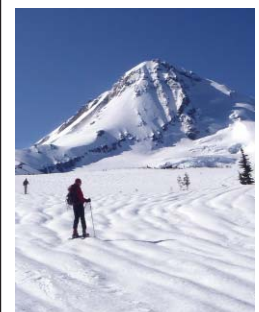


Ann Turax



Ann Turax

Tilly Jane A-Frame on the east side of Mt. Hood, OR



Skiing North Korea's Luxury Resort

In 2012, North Korea's Kim Jong-un dispatched thousands of soldiers into the mountains of the heavily armed Kangwon Province to carry out a bizarre mission: build the country's first luxury ski resort. They succeeded, sort of, and in February 2014, Bend resident Tim Neville, a correspondent for Outside magazine and a frequent contributor to the New York Times Travel Section, became one of the first Westerners to ski the Masik Ryong resort. Join him on a dark but fascinating journey deep inside the Hermit Kingdom where skiing offers a tiny taste of freedom.



Lucky Labrador Brewing Company
 1945 NW Quimby St.
 Tuesday, January 6
 6:30 p.m. Social Hour
 7:30 p.m. Meeting/Program
 Food and drink are available \$

Upcoming programs

- Feb 3–The Igloo: A Shelter for Backcountry Ski Trips
- March 3–PCT Through Hike
- April 7–Oregon Deserts
- May 5–Traveling Patagonia

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

Map to monthly meeting at:
 Lucky Labrador Brewing Company (1945 NW Quimby St.) is located between NW 20th Ave. and NW 19 Ave. in Northwest Portland.



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

