

ONC 2013–2014 overnight ski trips

Plan your ski vacations for the upcoming ski season now. The trips listed below are scheduled, and there are still some open weekends so more trips may still be put together. Watch for your October newsletter that will have the complete trip descriptions and sign-up info. Join us on Tuesday, October 1 for the meeting and program (Overnight Trip Extravaganza) to meet the trip leaders and find out more about our ski trips. Overnight trips are exclusively for members and this month is our renewal month; renew your membership by filling out the membership renewal form (also available on our website) that was mailed to you last month so you will be ready to sign up for overnight trips. Thanks.

November 27–Dec 1, Wed–Sun, Thanksgiving in Sunriver

December 26–31, Wed–Mon, Methow Valley

December 28–Jan 1, Sat–Wed, Black Butte over New Years

January 10–12, Fri–Sun, Ochoco Mountains (trip 1)

January 17–20 (MLK weekend), Fri–Mon, Lake Creek Lodge

January 17–20 (MLK weekend), Fri–Mon, Sunriver

January 24–26, Fri–Sun, Mt. Adams Lodge at the Flying L Ranch

February 2–6, Sun–Thur, Scottish Lakes Backcountry

February 7–9, Fri–Sun, Ochoco Mountains (trip 2)

February 14–17 (President’s weekend), Fri–Mon, Sunriver

February 15–23, Sat–Sun, Yellowstone National Park

February 28–Mar 2, Fri–Sun, Crater Lake National Park

March 6–9, Thur–Sun, Wallowas

March 22–30, Sat–Sun, Canadian Rockies

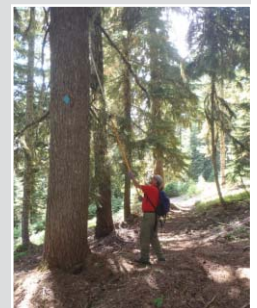
Tilly Jane weekends: December 6–7, January 3–4, February 7–8, March 7–8 and April 4–5

If you are interested in leading other trips, please contact, Ted Scheinman, overnight tour coordinator at 503 452-7432 tedskier@gmail.com.

Ted Scheinman, *Overnight Tour Coordinator*

Inside

- 2 Upcoming Events
- 3 Nordic Issues
- 4 Day Tours
Trail Tending Party
- 5 Summer Trail
Tending Schedule
- 5 Overnight Trip
Setting up Winter trips



Mary Helposki

Come join us to work on the ski trails so they will be ready for us this winter

See page 4 for details

Thank you volunteers

Catherine Rubenstein took over the

task of mailing the paper newsletters this summer for the months of July and August from Donna Parsons who has been folding, stamping, labeling and mailing since December 2008. We would like to thank her for her many years of service. Bill Yaeger is now taking over this task and Donna will act as backup. Thank you volunteers you make our ‘all volunteer’ club happen!

◆ Pam Rigor, *Editor*

Renew your club membership

Your membership renewal form was

‘snail mailed’ early last month; be sure to fill it out and mail it to us with your check. You can use paypal to pay your membership fee (just click on “Renewal” under “Membership Options”), if you join our meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter/); include a copy of the paypal email with your membership form. ◆

Susan Kelly, *Membership Chair*

BOARD MEMBERS

Ann Truax,
President
503 756-8891
Kimberly Davis
Vice-President
503-282-1506
cancionnueva@yahoo.com
Mary Hepokoski
Treasurer
503 245-1618
Steve Planchon
Secretary
503 286-2216
ssplanchon@yahoo.com
Andr  Fortin
503 780-5843
afortin85@gmail.com
Elke Schoen
503-239-9286
elkeschoen@msn.com
William Yaeger
503 516-7794
w.yaeger@comcast.net

COORDINATORS AND COMMITTEES:

Day Tours:

Coordinator — vacant
oncdays@comcast.net

Recruiter(s) — vacant

Novice Ski Tours

Coordinator — vacant
Summer Coordinator
Bike/Hike — vacant

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 oncnwsltr@gmail.com as a Microsoft Word document (no formatting ie. no bold text, all caps text, tabs or other settings) in Times Roman as 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

Sept 6–8 ▶ FRIDAY – SUNDAY

Pacific Crest Trail Days

Cascade Locks, OR, 9 a.m. to 6 p.m.
Check out the latest outdoor products and gear, participate in classes and activities, listen to music & watch movies, and celebrate the past, present and future of the Pacific Crest Trail. Info: pct.org

Sept 12 ▶ WEDNESDAY

Vaux's Swift Talk

REI Portland, 6–6:45 p.m.
Join the Audubon Society of Portland's Adult Education volunteer, Amira El-Cherbini for Vaux's Swift primer. Park your car and walk the city sidewalks from REI Chapman School for a Swift Watch. REI will provide maps for the 2.5 mile round trip walk. Free! Info/sign-up: rei.com (store events)
<http://audubonportland.org/local-birding/swiftwatch>

Sept 13 ▶ FRIDAY

Radical Reels Adventure

McMenamins Bagdad Theater, 7–9 p.m., doors open at 5 p.m., \$13 REI members, \$18 non/REI members. Ski, climb, paddle, bike or fly, hold on to your seat for the jaw-dropping best mountain sport films!
Info: www.banffcentre.ca
Proceeds benefit non-profit partner, Adventures Without Limits.

Sept 24 ▶ TUESDAY

Comfortweight Fall Backpacking

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

Sept 28 ▶ SUNDAY

SOLVE Beach/Riverside Clean Up

Waterways of Oregon, 9 a.m.–Noon. Join SOLVE to clean up more than 100 parks, beaches, waterways and neighborhoods throughout Oregon. Info/sign-up: www.solve.org

Clinics & Training

Oct and Nov ▶ SATURDAYS
2013 Fall XC Training Series

The dates are not yet set, watch the websites. This is the 11th year of conditioning sessions for XC skiers of all ages and abilities right in the heart of Portland. Just a small donation (for Teacup members) covers the expenses for 4-5 morning sessions (9:30-11a.m.). No special equipment needed. All sessions rain or shine.

Info: teacupnordic.org www.xcoregon.org

Sponsor by: Oregon Nordic Club Teacup Chapter and XC Oregon race team

December 5–15 ▶ WED–SUN

2013 Oregon Fall Camp, Mt. Bachelor

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

Start your ski season off with one of the best camps in the XC ski world! Features reliable early December skiing at Mt. Bachelor, top coaching, training lectures, and (optional) world-class physiology testing. For adult XC skiers and racers (low intermediate to expert). Registration Opens Summer 2013. Info: xcoregon.org

Oregon Nordic Club Portland Chapter

Formed as a nonprofit volunteer organization in 1968 by Nordic ski enthusiasts interested in using public lands for recreational cross-country skiing, the Portland Chapter of the Oregon Nordic Club grew to over 550 members. The Portland Chapter is one of twelve chapters in the state. With activities year-round, the Portland Chapter is dedicated to promoting greater participation in and understanding of the value of outdoor recreation with an emphasis on Nordic and back-country skiing. In addition we hike, climb, backpack and bicycle year round in the northwest forests, mountains and in-town.

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
 - ▶ Clinics and lessons
 - ▶ Rental discounts at selected merchants
 - ▶ Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day-use, overnight and meals
 - ▶ Meet new friends who ski, hike and bike
 - ▶ Monthly newsletter with free classified ads
 - ▶ Support of construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot National Forests
 - ▶ Membership in Northwest Ski Club Council, Far West Ski Association and Federation of Western Outdoor Clubs.
- Discounts/benefits: www.nwskiers.org www.fwsa.org
www.federationofwesternoutdoorclub.org

Memberships are renewed September 1 each year, fees are \$27 for single and \$33 for family/household. Info: membership@onc.org

Improve your skiing and leadership skills

Join us for either of these sessions. On

Saturday, October 19, 3–8 p.m. Shelly Hakanson of Wy'East Nordic, an expert tele and cross-country skier and instructor, will lead an in-town session. Learn how to enhance your skiing, maintain safety and deal with emergency situations while leading groups of skiers with different abilities. A nice dinner is provided. Spaces is limited so RSVP by October 10.

Get out on the snow on Saturday, December 14 from 9 a.m.–3 p.m. with Shelly to advance your Nordic skiing technique. All abilities are welcome. She'll cover anything from how to help a beginner glide, stop and turn more effectively; group management (keeping everyone together and still have fun); tour planning; emergency shelter building and more. RSVP by December 1.

For both session RSVP to Ann Truax (ann.truax@gmail.com 503 756-8891) or Mary Hepokoski (hepomp8@comcast.net 503 245-1618)

Ann Truax, *President*

PRESIDENT'S SKI TRACKS

What's on your bucket list for cross-country

skiing locations? Big Sky Resort, Montana? Trapp Family Lodge in Stowe, Vermont? The backwoods of Michigan? Ketchum, Idaho? My dream trip is August in Tierra del Fuego, Argentina. Closer to home, Anthony Lakes in Eastern Oregon sounds distinctly possible. We (the ONC Board) would like to hear your suggestions for overnight trips, so we can expand our offerings. What locations tantalize you? What Nordic dreams do you want to actualize? In the meantime, our overnight tour coordinator extraordinaire, Ted Scheinman, with the help of Sam Digard, Mary Hepokoski and others, has been making calls, reserving condos, and brokering deals for this winter's calendar of trips. So far, the following trips have been scheduled: Methow Valley, WA (120 miles of freshly groomed trails); Black Butte, OR (a luxurious setting close to numerous skiing possibilities); Sun River, OR (comfortable condos available Thanksgiving, MLK Weekend and President's Weekend); Flying L Ranch in Glenwood WA (a real ranch experience close to Mt. Adams); Scottish Lakes (rustic cabins in the skier's paradise of the North Central Cascades); Ochocos (a house in the Ochoco Mountains east of Prineville, OR, surrounded by superb snow and, believe it or not, wild horses); Tilly Jane cabin on Mt. Hood (a real wilderness experience for the hearty); Breitenbush, OR (combining cabins in the woods, hot springs and ski trails); Crater Lake (breathtaking views and plenty of snow); the Wallowas (powder skiing galore); the Canadian Rockies (unbelievable scenery and skiing); and Yellowstone (magic beyond your imagination). Dates, prices and a more detailed description of each trip will be published in the October newsletter and up on the onc.org website soon. If you're new to cross-country skiing, the Crater Lake trip is an excellent choice.

The October first ONC program at Multnomah Art Center is our Overnight Trip Extravaganza. Members (make sure to renew your membership this month) will have first crack at signing up for their trips of choice. If you're not a member, you can certainly become one on-the-spot (\$27 for single, \$33 for a family). Before the snow begins to fall, we still have other opportunities for getting together with other outdoor enthusiasts. Check the website for hikes, trail maintenance and woodstocking at the Tilly Jane cabin on Mt. Hood. Or sign up at meetup.com with Portland Nordic Club for event announcements. Looking forward to seeing you October 1!

Ann Truax, *President*

NORDIC ISSUES

Mt. Hood National Forest

Cloud Cap Road work begins A contractor was selected and hazard tree mitigation begun in late August on Cloud Cap Road, FS Road #3512. Closed all summer, the road up to the Tilly Jane and Cloud Cap areas high on Mount Hood will be reopened after phase 1 is completed. Check the Mount Hood National Forest (MHNH) website for notice of road reopening. www.fs.usda.gov/alerts/mthood/alerts-notice. ONC has an access permit covering all of our volunteers attending the October 5 firewood work party at the Tilly Jane A-Frame.

Facelift of Hood River Ranger District Office The remodeled visitor center of the District's office building, located at 6780 Highway 35, near Parkdale, Oregon, is ready for your visit. An astounding view, wildlife exhibits, maps and informative staff is available Monday through Friday, 8:00 a.m. - 4:30 p.m. New bathrooms are available the same hours. An after hours open house is slated for late September. Come and meet the new permanent District Ranger, Janeen Tervo. Info desk: 541 352-6002.

Washout detours Round Lake access A road washout on the usual Collawash River Road 63 access to Round Lake and trails requires a detour. Travel the upper Clackamas River Road 46 to the Road 6350 junction to avoid the impasse. See notice on MHNH site. Submitted by Kevin McGillivray, *Nordic Issues*

Oregon Department of Transportation The Mt. Hood Multimodal Transportation Plan

(MHMTTP) In August Oregon Department of Transportation (ODOT) distributed a survey about safety and transit preferences developed in the MHMTTP. This plan has been in the works since the passing of the 2009 Omnibus Public Land Management Act, which called for feasibility analysis of several kinds in the Mt. Hood National Forest. ODOT partnering with Mt Hood National Forest, Clackamas County, Hood River County and FHWA-Western Federal Lands Highway Division, is working on this project to improve safety and enhance travel options in the Mt. Hood area. A previous plan, in 2012, by the Mt. Hood National Forest Services determined travel options such as increased transit, intelligent transportation systems, carpooling, "one stop" traveler information, cell coverage expansion, and on-going transit-recreation provider coordination as key ways to enhance traveler access and help reduce congestion. The study's recommended Pilot Program includes low-cost actions that may be taken within five years. The survey asks for your top-5 choices for early implementation from the forty identified project preferences for this important corridor connecting visitors, residents and others to scenic Mt. Hood.

Info: <http://www.oregon.gov/ODOT/HWY/REGION1/pages/MHMTTP.aspx>

Submitted by Pam Rigor *Editor*

Membership:

Susan Kelly, chair
503 706-6463
membership@onc.org
Membership Database
Mark Fitzsimons
503 756-7534
oncmemberDB@gmail.com
mfitzsim@aol.com

Nordic Issues:
—vacant

Overnight Tours:
Ted Scheinman, chair
503 452-7432
tedskier@gmail.com

Programs:
Ron Bekey, chair
503 475-0084
rbekey@gmail.com

Publications:
Pam Rigor, newsletter editor
503 297-4284
oncnewsletter@gmail.com

Newsletter Distribution
Bill Yaeger
503 516-7794
w.yaeger@comcast.net
Donna Parsons
503 292-9801
drparsons39@gmail.com

Publicity:
Ann Truax,
503 231-7220
ann.truax@gmail.com

Shelters:
Tilly Jane A-Frame
André Fortin
503 780-5843
afortin85@gmail.com

Trillium Yurt
John Nakada
503 775-4774
johnhnakada@hotmail.com
Pam Rigor
503 297-4284

Trail Maintenance:
Greg Wenneson
503 460-7231
gregwenn@sonic.net

Recruiter
vacant

Website:
Tony Ackerman,
Webmaster
503 647-0068
tonyackerman1@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 the ONC's website or our meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) for last minute day tours.

September 4, Wednesday, Trail Tending Party Marble Mountain Sno-Park, Mt. St. Helens, WA

Join me to check and work on the trails on the south side of Mt. St. Helens. If you have not been to this area, this is your chance to see where it is and where the trails are located. Plan on leaving town at 8:30 a.m. **For more info and meeting place, contact the leader: Pam Rigor 503 297-4284.**

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

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

September 22, Saturday, Trail Tending Party Meadows Creek Trail, Mt. Hood, OR

We'll work on the Meadows Creek Trail that goes from Teacup towards the Meadows Creek Tie Tail. Also may work on the Tie Trail. **For more info contact the leader: Greg Wenneson gregwenn@sonic.net**

October 5, Saturday, Firewood Work Party Tilly Jane, Mt. Hood, OR

See the article on page 5 for specific details. **For more info contact the leader: Andre' Fortin afortin85@gmail.com tillyjanecabin@gmail.com**

Lets hike or bike

Pick your favorite hiking trail or bike route (and date) and take some ONC friends along to enjoy the outdoors.

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

Common meeting places: Gateway Transit Center NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center-NE Sandy Blvd. & NE 96th Ave. McMenasins 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.

Portland Sunday Parkways

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

www.portlandsundayparkways.org

Southwest Portland Sunday Parkways September 29, 11 a.m. – 4 p.m. Free!

Enjoy the added walk-only route, rolling hills, beautiful views, and Hillsdale and Multnomah business districts. Activities, music, food, and vendors will be located in Gabriel Park, Multnomah Village, and Hillsdale Shopping Center. *Route TBD.*



Bob Breivogel

Lot of young riders on the Parkways, July 28



Ann Truax

Ann, Mary Sam and Jean on the McNeil Point hike with Mt. Hood in the background

Brush never rests

Come join in an **ONC's trail tending party**

and clear the brush that blocks the trails. When winter comes you can ski the trails knowing that you were a part of what makes them fun. The Oregon Nordic Club partners with the US Forest Service to maintain and expand the wonderful network of Nordic trails in the Mt. Hood and Gifford Pinchot National Forests.

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

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

Summer trail tending schedule:

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

For more info and meeting place, contact the leader: Pam Rigor 503 297-4284.

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

(See day tours schedule on page 4 for details)

September 22, Saturday, Trail Tending Party
Meadows Creek Trail, Mt. Hood, OR

(See day tours schedule on page 4 for details)

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

Oct/Nov TBD, Volunteer Recognition Party
Portland, OR

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

OVERNIGHT TRIPS

Organizing Winter ski trips

It is time to be dreaming of the ski slopes

and putting together ski trips. We are expecting it will be another great ski year. A number of our usual trips are scheduled: Sunriver over Thanksgiving; Methow Valley at Christmas; Black Butte over New Years, Yellowstone and Eastern Oregon. Some of these trips have leaders, but we do still need other leaders.

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

The 2013-14 winter trip schedule still has some opening see page 1 for open dates. Full trip descriptions are needed by mid September for the October newsletter.

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

Ted Scheinman, *Overnight Tours Coordinator*

Firewood Work Party

Come help stock the Tilly Jane A-Frame

with firewood on Saturday, October 5. The annual Firewood Work Party at Tilly Jane A-Frame is a great way to start a new season of Nordic experiences. Join other volunteers, familiar and new, by preparing this rustic backcountry ski and snowshoe destination for a long winter of skiing and guests! Firewood is the primary source of heat and indoor camaraderie for winter and spring users of this historic "ski warming shelter".

Portland Chapter is entering a fourth year of managing the Tilly Jane A-Frame, built in 1939 by the Civilian Conservation Corps, or CCC. Cloud Cap Road, FS #3512, has been closed all summer, but the club has a special access permit for this volunteer event.

Bring work gloves, long sleeves, beverages and lunch. The firewood is mostly split, so the main chores are transporting and stacking wood.

Plan on getting there in the morning by 10 o'clock, work two or three hours, and enjoy a hardy lunch break with your own picnic package and beverages. Janet Tschanz will share some of her famous "Tilly chili."

Email us for driving directions or other info. It is located about 13 miles from the Highway 35 turnoff for Cooper Spur. Or if you want to get a hike in too hike up from the Sno-Park at Cooper Spur on the Tilly Jane Ski Trail No. 643 (about 2.5 miles, 1,900-foot elevation gain). The first building that you will encounter is the A-Frame.

Contact/info: tillyjanecabin@gmail.com, or André Fortin at afortin85@gmail.com.

Submitted by Kevin McGillivray, *Nordic Issues*

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

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!

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

continued on page 6

Jean Kay Strachan Story

November 16, 1948 – July 31, 2013

Jean Strachan passed away at the age of 64 on the morning of July 31, 2013 from a rapidly progressing neurological illness at home in Redmond, Washington. She is survived by her husband, Glen Charles Strachan and 24 year old son, Brennen Charles Strachan also of Redmond.

Jean was born in Fargo, North Dakota and lived in Walker, Minnesota until age 2. At that time, she frequently visited her family farm in Detroit Lakes before her parents moved to Portland, Oregon. She attended Beaverton High School, Lewis and Clark College, and the Oregon Medical School in Portland. Her mother Ila Johnson was the head nurse at Lewis and Clark College for many years allowing her free tuition to obtain a B.S. in Biology. She earned a B.S. in Medical Technology at the Oregon Medical School and had a long career in this field working at the Red Cross and various private and hospital laboratories such as Corvallis Clinic, Eastside Medical

Laboratories, Evergreen Hospital and Overlake Hospital Medical Center.

Jean enjoyed the outdoors immensely and was initially active as a mountaineer, backpacker and hiker with the Mazamas and as a cross-country skier with the Oregon Nordic Ski Club, both based in Portland. She met her husband, Glen, skiing at Bennett Pass on Mt. Hood. They were later married at St. Marks Presbyterian Church in Portland on February 12, 1977. In the late 1980's, they briefly lives near Sacramento, California where Brennen was born and then returned to the Seattle area to raise Brennen and continue life in the Pacific Northwest. Jean enjoyed sewing and quilting with friends and quilt groups, traveling and camping with family, and had a passion for raising parakeets. She will be cherished and loved always.

In his glory,

Glen and Brennen Strachan

Overnight Trip Policies continued sidebar page 6

publicized. A potential leader must follow the procedures for leading a trip as determined by the overnight trip coordinator. Overnight trips are announced in the newsletter or on the website.

2. Overnight trips are limited to members; non-members are invited to join using the application in the monthly newsletter or on the website.

3. All spaces are filled on a first-come, first-served basis. Participants can reserve a place on a trip by mailing or delivering the Overnight Trip Application, payment and self-addressed stamped envelope to the trip leader. Space is not reserved until receipt of required deposit or payment. The date of receipt is the earlier of the postmark date or the date of physical delivery to the trip leader.

4. Participants must provide an email address or a self-addressed, stamped envelope with payment so the leader can easily provide trip information.

5. Other ONC Chapter members are considered members and can go on Portland Chapter trips.

WAITING LIST: If a trip is full, participants can be placed on the waiting list by sending the trip leader an application and trip fee. The application and fee will be held by the leader until a space becomes available; at that time, the participant will be asked if s/he wishes to join the trip. Those not offered a place on the trip receive a full refund.

Trip Cancellation Policy

Notify the trip leader ASAP if you must cancel, even if it is a shared-cost trip and no deposit has been paid. Trip fees are nonrefundable unless a replacement is found.

The following applies:

1. If the participant desires a refund, they are responsible for finding their own replacement. Check with the trip leader to get a copy of the waiting list; this list can be used to locate a replacement. The participant should cooperate with the trip leader to draw on the waiting list for a replacement member

Once a replacement has been secured, a written or e-mail request for refund must be sent to the Overnight Trip Coordinator. Once it has been confirmed that a replacement participant has paid for the tour, a refund will be issued within 30 days, less \$10.

2. If a replacement is not secured, the participant is accountable for the full cost, and no refund will be issued.

3. If the participant has paid a deposit only, and withdraws from the trip without finding a replacement, the full amount of the deposit is forfeited and no refund will be issued.

Travel Insurance

ONC has made arrangement with TravelGuard for a special travel insurance program for trips, which covers death of a family member, major illness, or injury. It is recommended that members sign up with them at the following site, make their own arrangements for travel insurance, or take personal responsibility for lost funds.

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

Welcome New Members!

No new members this month

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

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

BOARD MEETING MINUTES

August 12, 7 p.m.

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

Approval of Minutes: Minutes of the July Board meeting were previously approved through email communication between Board members.

Treasurer's Report: - A detailed Treasurers report was provided in writing to the Board, with about \$14,705.00 in net income reported through July 30, 2013. This amount included about \$7,750.00 in net proceeds from the Tilly Jane cabin. Andre noted that recent Tilly Jane cancellations will result in some future Tilly Jane revenues being offset by Reserve America to account for refunds that were, or will be made, due to the recent road access problems.

Reports:

President: Noted that the ONC State Board meeting is being held on August 24 at the Discovery Center in the Dalles.

Day Tours: No report provided.

Overnight Tours: The overnight program is evolving towards a full calendar of offerings for this ski season. The Board will be soliciting ideas for new destinations for upcoming years, with the annual show case of offerings scheduled for the October 1 members meeting.

Membership: Annual dues letters were sent out, with membership levels expected to remain about the same at the end of the dues collection process.

Nordic Issues: Andre confirmed that BARK, an advocacy group focused on Mt. Hood Forest issues, is willing to keep an ONC liaison informed on forest matters related to the ONC. Ann will follow-up.

Trail Tending: Tilly Jane facility and trail tending activities were a success in July, with over 12 volunteers helping with the efforts. Increased effort will be made to increase ONC member use on free member weekends. Annual wood stocking day is planned for October 5.

Trillium Yurt: Still waiting for the Forest Service to decide how it wants to proceed regarding ONC's offer to contribute up to \$5,000 towards a stove and furniture and to provide some warming hut management assistance.

Publicity: The Board intends to facilitate ONC information distribution at: the upcoming Pacific Crest Trail celebration in Cascade Locks; the upcoming Northwest Ski Association Meeting; and at REI informational meetings. Additionally, the Board discussed improving the use of the Meetup site for new member cultivation.

Web Site: Board members and others still experiencing problems with the web page and intend to discuss possible improvements in October with the Portland chapter's webmaster.

Leadership Training: RSVP's being received for Shelly Hakanson training sessions. The in-door training session will be on October 19 from 3-8 at O'Connors, with the on-snow training scheduled for December 19.

Next Meeting: Tentatively scheduled for Monday, September 9 or 14 at 7 p.m. @ Mazamas, 527 SE 43rd, PDX, with the selected date to be based on Board member availability.

Meeting adjourned: 8:30 p.m.

Submitted By: Steve Planchon, *Secretary*

CLASSIFIED ADS

FOR SALE: ► Fischer RCS Classic Crown Skis, 195 cm, Rottefella NNN bindings, great condition Rossignol Xcium LVF boots, sz 40 (unisex/low volume fit), \$90 (skis & bindings only). \$90 (boots only). \$150 (skis & boots \$30 discount on the set).

► Women's Karhu Convert II 75 mm cross-country ski boots, sz 8.5, Comfortable, lots of great features. Like new condition in original box. \$80 (\$160 new). Amy 503 891-3689 ablumenberg@comcast.net

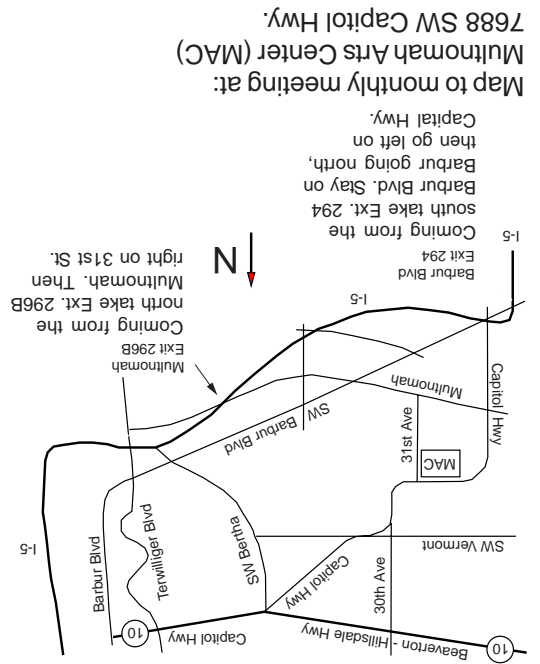
FOR SALE: ► Fischer RCS Classic Crown Skis, "nearly new" (used twice), 207 cm, Performance-level groomed track ski. \$150.
Chris 503 241-2768 imayoooper@hotmail.com

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

Deadline: 15th of the month (for next month's publication). Free ads are for members only, placed on a first come basis and may be edited depending on space availability. Send to: oncnewsletter@gmail.com as a MS Word document attachment -- preferred--(with no formatting i.e. no bold text or tabs), in Times Roman, compatible text file, or send text in an email. Ads will be published for 3 months. Please notify editor to run ads longer or be remove earlier.

No meeting in September

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



Upcoming programs

October 1 – Overnight Tour’s Extravaganza (potluck and social hour)

November 5 – TBD

December 3 – Ski Fair and Used Equipment Sale

