



Trail work on new Trillium bike and ski trail

On June 20, Debby and I picked up Marc Leon headed to Trillium Lake, where we met with two Forest Service workers to cut limbs and put up blue diamond markers on a new ski, snowshoe and bike trail. The trail starts at the first junction on the right as you drive down the Trillium Lake Road.

Before starting the trail work, the Forest Service personnel provided instructed on the use of the Forest Service radios. Once that was done we got down to the business of clearing tree limbs and hanging diamonds. The Forest Service provided



Ken Wenzel

diamonds with reflective edges that will make them stand out better in the shade. We completed the trail down to the Trillium Lake Loop Trail at 2:30 p.m., then headed back to the cars to sign out on the radio and have a tall glass of ice tea. We are all looking forward to skiing the new Trillium Bike and Ski Trail. It should be a pleasant change from skiing the road. Check it out this winter! Thank you Forest Service for the two great workers and the great diamonds! ♦

Ken Wenzel, *Trail Tending Coordinator*

Victoria, BC bike trip

Celebrating Canada day in Victoria, BC. Riding the Lockside trail to Sidney. Group shot at Sidney waterfront. More photos and a story will come next month. ♦



Bob Breivogel



Bob Breivogel

Urban hike

Hiking southwest Portland neighborhoods with Dean. ♦



Dean's selfie



Pam Rigor

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Pam Rigor

Bike the Parkways
July 21
See page 4

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EDITORIAL NOTES

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

Send submissions to oncnnewsletter@gmail.com as a Microsoft Word document (no formatting i.e., no bold text, all caps text, tabs or other settings) in Times Roman as an 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

July 7 ▶ TUESDAY ONC Annual Picnic

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

Families welcome; bring your kids and grandkids. Bring a food dish and beverage (beer and wine ok) to share, and your own plate, utensils and cup (it would be good to bring non-disposable as we have to carry out our garbage).

July 14 ▶ TUESDAY

Bike Maintenance Basics–Level 1

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

Backpacking Our National Parks

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

July 20 ▶ MONDAY

Beyond the Challenge–Polar Exploration and Outperformance

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

July 21 ▶ TUESDAY

Washington County Bike Rides

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

July 28 ▶ TUESDAY

Bike Maintenance Basics–Level 1

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

July 29 ▶ WEDNESDAY

First Aid Essentials–What's in your kit?

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



Larry Miller

July 30 ▶ THURSDAY

Gourmet Camp Cooking

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

Clinics & Training

Oct and Nov ▶ SATURDAYS 2015 Fall XC Training Series Portland, OR

Very tentative dates and locations:

Sat, Oct 17, 9:30 a.m. Hoyt Arboretum

Sat, Oct 24, 9:30 a.m. Mt. Tabor Park

Sat, Oct 31, 9:30 a.m. Hoyt Arboretum

Sat, Nov 7, 9:30 a.m. Mt. Tabor Park

Watch the websites for any updates for this year's conditioning sessions for XC skiers of all abilities.

Info: www.xcoregon.org teacupnordic.org

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

December 3–13 ▶ THUR–SUN

2015 Oregon Fall Camp Mt. Bachelor, OR

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.

Training lectures, wax clinics, and video review socials will be held twice over the camp period. Campers can attend any of those programs regardless of whether you ski that particular morning.

Designed specifically for adult XC skiers and racers with skills anywhere from low intermediate to expert.

Registration opens in mid-July.

Info: xcoregon.org/oregon-fall-camp

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 backcountry 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
- ▶ **Discounts at selected merchants (see page 5)**
- ▶ 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 1 each year: \$27 for single, \$33 for family/household. Join on the website. Info: oncmembership@gmail.com

ONC-PDX BOARD SKI TRACKS

Trail tending and work party opportunities! And a newbies view of the ONC-PDX board.

There are opportunities coming up this summer for trail tending and work parties. See the day tours schedule for full details. Here is a brief recap:

July 11, all day Work Party at Tilly Jane. The cabin will be closed to reservations, but open to stay over the weekend. Contact André Fortin tillyjanecabin@gmail.com.

August 8, Trail Tending Party at Wind River, Washington. Contact Ken Wenzel skiwenzel@hotmail.com.

September 19, Trail Tending Party at Marble Mountain, Mt. St. Helens, Washington. Contact Ken Wenzel skiwenzel@hotmail.com.

October 3, Trail Tending Party at Tilly Jane, Mt. Hood, Oregon. The annual wood haul and stacking party. The cabin is open for volunteers to stay over the weekend. Contact André Fortin tillyjanecabin@gmail.com.

ONC-PDX's Board rocks! Having spent 30

years on nonprofit boards and being supervised by them for 40, I have a good perspective from which to evaluate ONC-PDX's board and membership.

Many of you have put in your time on the board over the years, and it is evident that the bases have been well covered. However, like most organizations, some members have been exceptional in the quality and quantity of their commitment to the board and/or ONC-PDX's many volunteer activities (trip leading, work parties, etc.).

This year's board just met for a retreat and spent time prioritizing ONC-PDX's areas of emphasis and how we can further our mission: "to encourage, foster, and promote a greater interest in an understanding of the values of cross-country skiing and provide a means whereby its members may participate in a variety of social and recreational activities."

The board will refine this process in July and present it for full membership input at the regularly scheduled member meeting in September. Hope to see you there.

◆
Tim Kral, ONC-PDX Board Member

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic

issues. Have some time to track issues (on websites in the comfort of your own home) that affect skiers? To volunteer contact Pam oncnewsletter@gmail.com

Mt. Hood National Forest

Fire restrictions Fire restrictions began on July 1; campfires are only allowed in approved designated developed recreation sites.

Cloud Cap Inn Tours Tours of historic Cloud Cap Inn continue on Sundays through Labor Day. Tours start at 11 a.m. and 1 p.m. and last for 45 minutes to an hour—weather and road condition permitting. They are limited to 12 people and reservations are needed.

Gifford Pinchot National Forest

Fire restrictions After July 3, campfires are only allowed in provided metal campfire rings or grills in developed recreational sites. On June the fire warning level was increased from Level I to Level II. Power-saw usage by the general public is prohibited from 1:00 to 8:00 p.m. and operators are required to keep a one hour fire watch after cutting.

Fire in the Mt. Adams Wilderness On July 3 a fire on the west flank of Mt. Adams began in sub-alpine fir. A Forest closure is in effect. For updates to the Horseshoe Fire check this website: <http://inciweb.nwcg.gov/incident/4360>

Deschutes National Forest

Swampy Lake Rebuild The new Swampy Lake Shelter in Central Oregon will be built in a different location, away from the marshy area, and with views of the Sisters and Mt. Bachelor. The old shelter, which saw many years of use, is in bad condition. New snowshoe and Nordic tie trails will be added with the showshoe trail doubling as a mountain bike trail in the summer. REI made a \$5,000 donation to the project, and to date the community has raised \$32,000, which is enough for the construction of the log kit, foundation, and roof. Volunteers and Forest Service staff have already cut and peeled the logs, which are drying. The design will be the same as the Nordeen shelter that was rebuilt in 2007. The new shelter will be open for the 2016-17 winter season. An article on the Central Oregon Nordic Club's website (conordicclub.org) gives more details about this project. ◆

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

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DAY TOUR POLICIES

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

Trips are not canceled unless the weather and road conditions are unsafe; contact the leader when conditions are dangerous. Tour leaders may change tour itinerary, due to weather conditions. Bring the Tour Essentials (see list on the side bar, page 6), food, water, map, clothing, and equipment appropriate for the tour.

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

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

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

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

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

TOUR RATINGS

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

continued on sidebar page 5

DAY TOURS

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

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

July 11, Saturday, Trail Tending and Work Party Tilly Jane Ski Trail, Mt. Hood, OR

Activities include trail maintenance and rehabilitation work to "smooth" out the trail between the Tilly Jane campground and the cabin, which is critically needed to support the October wood haul weekend. The woodcarts take a beating so the thought is to rehab the trail in an effort to minimize the abuse the carts take. Reglaze the cabin windows and perform general cabin maintenance. Bring a sack lunch, sunscreen, water (we'll have refills available), appropriate clothing/shoes for working in the woods and any other personal items you'll need including work gloves. The cabin will be open for anyone who'd like to stay over and spend the night. Plan accordingly and bring extra food and camping gear. All volunteers will be eligible for a free weekend at one of the winter club weekends. Meet at Gateway Transit Center parking structure, first floor, NE corner, 7:45 a.m.; carpools leave at 8:00 a.m. sharp! **For more info and to RSVP contact the leader: André Fortin tillyjanecabin@gmail.com.**

July 15, Wed, Easy Paddle Evening Paddle Around Ross Island

BYOB (bring your own boat). PFD (personal flotation device) and Aquatic Invasive Species Prevention permit (for craft over 10 ft.) required. Be ready to launch by 6:30 p.m. We expect to complete the trip by 8:30 p.m. **For more info and launch location, contact the leaders: George and Yvonne Ammerman 971.270.6440 ammermag@aol.com.**

July 22, Wed, Advanced Hike Dog Mountain, WA

If you enjoy hiking with your dog or if you don't have a dog but enjoy hiking with them, please join us for a hike up Dog Mountain. This is a popular hike due to its easy access in the Gorge, beautiful views, and relatively short distance. This loop (7.5 miles, 2,800 ft. elevation gain) is known for its prime wildflower viewing in May and June, but hikes in summer and fall are rewarding for the views. Plan to meet on the east side of Portland at 8 a.m. for a carpool departure. The trip is limited to two dogs (in addition to the leader's). Dogs must be on leashes no longer than six feet in the parking lot; check at trailhead for leash regulations. **For more info and meeting place contact the leader: Elinor 925.768.3603.**

July 29, Wed, Advanced Hike Eagle Creek to Tunnel Falls, OR

If you enjoy hiking with your dog or if you don't have a dog but enjoy hiking with them, please join us for a hike from Eagle Creek to Tunnel Falls (12 miles, 1,200 feet elevation gain). This is one of the most popular and magnificent trails in the Columbia River Gorge. You will pass dozens of spectacular waterfalls along the lush

temperate rain forests and tall basalt cliffs. You'll traverse passageways blasted out of the bedrock, footbridges over bubbling streams, talus slopes, and unique geologic formations. Plan to meet on the east side of Portland at 8:00 a.m. for a carpool departure. The trip is limited to two dogs (in addition to the leader's). All dogs must be on leashes no longer than six feet (including in parking area). **For more info and meeting place contact the leader: Elinor 925.768.3603.**

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.

Let's work on the trails

Set aside a day to work on the ski trails.

It's up to YOU to make a difference! Trail tending parties are a great way to become familiar with trails that you have not skied before. More work parties may be scheduled if work is needed and leaders volunteer.

To volunteer to lead a trail tender contact: Trail Tending Coordinator Ken Wenzel 503.297.2958 skiwenzel@hotmail.com.

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.

Trail tending schedule:

**July 11, Saturday, Trail Tending Party
Tilly Jane Ski Trail, Mt. Hood, OR**

See day tours schedule for details.

**August 8, Saturday, Trail Tending Party
Wind River, WA**

For more info and to volunteer contact the leader: Ken Wenzel skiwenzel@hotmail.com

**September 19, Saturday, Trail Tending Party
Marble Mt. Ski Trail, Mt. Saint Helens, WA**

For more info and to volunteer contact the leader: Ken Wenzel skiwenzel@hotmail.com

**November TBD, Volunteer Recognition Party
Portland, OR**

After all that hard work, you need a pie—a pizza pie! Plan on joining us at our Volunteer Recognition Party to get recognized for your efforts.

Portland Sunday Parkways

Family-friendly, car-free bicycling in Portland this summer! Hosted by PDX's Department of Transportation.

Northeast Portland (8 miles)
July 26, 11 a.m. – 4 p.m. Free!

Explore the Northeast Neighborhood Greenways while you make your way around the Northeast Portland route.

Southeast Portland (7 miles)
August 23, 11 a.m. – 4 p.m. Free!

Spend a warm summer day walking and rolling around the Southeast Sunday Parkways route.

Tilikum Crossing/Sellwood (7 miles)
September 27, 11 a.m. – 4 p.m. Free!

End the Sunday Parkways season big by exploring the new Tilikum Crossing Bridge of the People and the Sellwood area.

www.portlandoregon.gov/transportation/58929 ◆

OVERNIGHT TRIPS

SIGN-UP TIPS

- ◆ Overnight trips are exclusively for members; join or renew your membership before signing up. Membership applications available on our website (mail to club P.O. Box, not to leaders).
- ◆ Contact the leader with any questions you have. Do my skills fit the trip? Any special requirements or gear? Travel time?
- ◆ Read the overnight trip policies (see sidebars)!
- ◆ Sign up early so we'll have enough people cover trip costs: sign-ups can be made on the website (<http://onc-pdx.org/events/victoria-bc-bike-trip/>) or fill out an overnight trip application and mail it with your trip fee to the trip leader (make checks payable to ONC-PDX).
- ◆ 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 openings do occur!
- ◆ Purchase trip insurance (you are responsible for finding someone to take your place if you cancel). A link to sign up for travel insurance is on the overnight trip application form on the web or contact the trip leader or overnight trip coordinator.

March 5 – 19, 2016, Sat – Sat, All Abilities Ski Innsbruck, Austria and Dolomites, Italy

Skate and classic cross-country ski in the Austrian Alps and the Dolomites of Italy in March 2016! We'll fly from Portland or Seattle on Saturday, March 5 to Munich and take the train to Seefeld, Austria (near Innsbruck). We'll have hotel rooms and an apartment for group meals and food preparation. For the first week of the trip, we can take a ski bus to different local villages, or ski from the hotel. Tourist activities are also an option (costs vary). On Sunday, March 13, we go to Plan de Gralba, Italy, where we will ski the Dolomites of Val Gardena through Plan de Gralba until Friday, March 18, when we will travel to Munich, have dinner at the world famous Hofbrauhaus and stay overnight, preparing to return back to Portland on Saturday, March 19.

Our hotel rooms are modern with private bathrooms, in room. Breakfasts are included. Lunch is typically eaten on the trail, or ski up to a chalet and dine as you desire. Dinner will be in the apartment or at the many choices of restaurants. Lunches and dinners are not included.

There are no in-city tourist activities planned; however, if the group desires, we can set aside a day to tour museums and cathedrals—with time for taking photos.

Trip Limit: 12 participants

Cost: estimated at \$2,900 (but the recommended budget is \$3,500), includes round trip airfare to

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

Discounts for ONC-PDX members and 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 Mountain Tracks

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. mtntracks.com

Mountain Hardwear

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

The Mountain Shop

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

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 rentals for the entire season. ottoskishop.com

Wy'East Nordic Ski School

offers ONC members a 10% discount on cross-country ski and telemark lessons. weastnordic.com ◆

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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

Munich from Portland or Seattle, train to Seefeld and Plan de Gralba, and then back to Munich, bus passes near Seefeld, skiing in Plan de Gralba, all lodging (double occupancy), breakfasts and final dinner in Munich. Deposit \$500 with the full balance due by September 1, 2015. ONC-PDX TravelGuard or equivalent travel insurance required. This is a special arrangement the ONC-PDX has with TravelGuard for 7% of trip cost. <http://www.travelguard.com/>

agentlink.asp?ta_arc=163395&pcode= (There are some tricks to using the TravelGuard website and getting the ONC-PDX rate. Please contact the leader to work through them.)

For more info contact trip leader: Sam Digard sam.digard@gmail.com call/text 360.910.1714 (voice calls are often difficult to answer, so please be ready to leave a message) for more details and a larger PowerPoint overview of the trip.

Oregon Nordic Club-Portland Chapter Overnight Trip Application

TOUR NAME: _____

DATE: _____

FEE / DEPOSIT: _____

One application per person

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

NAME: _____

ONC MEMBER: yes no* other ONC Chapter

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

PHONE: (home) _____

(work) _____

(cell) _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

E-MAIL**:

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

Assumption of Risk and Liability Waiver

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

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

Please read ONC's overnight trip policies located on the side bar starting on page 6 before signing for for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip.

Purchase trip insurance incase of hardship: www.travelguard.com/agentlink.asp?ta_arc=125858&pcod (this link is on our website)

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

SIGNATURE: _____

DATE: _____

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

Trip Cancellation Policy continued from 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 website at the bottom.

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

Welcome new members! Michelle Pigott. Welcome back Howard Seigel.

June membership report: 276 total memberships (182 single and 94 family) includes 1 new and 1 renewal. Last year at this time there were 264 memberships.

BOARD MEETING MINUTES

Minutes of ONC-PDX Board Meeting, June 9, 2015, 6:00 p.m., Susan Watt's home

Board Members Present: Ann Truax, Susan Watt, Kim Davis, Scott Diamond, Tim Kral, Mary Hepokoski, and André Fortin. Other Members Present: None

Treasurer's Report: Financially, we are doing fine (in part because Europe and Canada trips did better due to favorable exchange rate).

Discussion—should club be doing accrual instead of cash based accounting? Will discuss further at future date.

Tilly Jane: Board approves up to \$500 towards making donation button on ONC-PDX web page.

Board approves honorarium membership to Geoff Guillory for his efforts in Split-Board Tilly Jane fund raising effort.

Goal Setting: Board went through a prioritization process for the club and the following five items were identified as top items: winter day tours, training leaders, club governance, website, winter overnight trips, and Meetup. Primary improvement goals for next year are identified as: winter day tours and training leaders. ■ Scott Diamond will develop Survey Monkey poll for member input on key activities club should focus on. Survey planned for launch in mid-August. ■ Tim Kral will lead a discussion at the September club meeting. He will discuss survey results and get further input on direction for club.

Political Stance: The question was raised whether the club should be taking political stances. Club mission statement was reviewed for guidance:

MISSION: The mission of the Chapter is to encourage, foster, and promote a greater interest in and understanding of the values of cross-country skiing, and to provide a means whereby its members may participate in a variety of social and recreational activities.

Political activism is not called out explicitly in the mission statement. The board decided, if there is a desire to participate in a political activity, then the board will review this activity in light of the mission statement and decide on club position. Individuals should not represent the club politically without board approval. The recent posting in June newsletter on Portland Coal and Oil Forum was not in line with this policy and should not be listed in newsletter.

Overnight Trips: Trip cancellation policy: If the club cancels the trip, then the club will refund the cost of the trip. Any trip cancellations will be decided by overnight trip steering committee. Existing policy exists for individuals.

Overnight Trip Committee structure: It was suggested that the Overnight Trip Committee structure be formalized by the board; however, the board decided that the committee should recommend a structure and process for the committee. This should include how many members, duration of their appointment, new appointments, roles and responsibilities. Since this is evolving, the current committee members will discuss and make a recommendation to the board.

Publicity: Meetup continues to go well with 6 new members joining in the last two weeks and 569 members in total.

Website: Website is doing well. People are using it to sign up for trips.

New Business

By-Laws Committee: Tim Kral and Mary Hepokoski will form bylaw committee to review and propose possible changes.

Next Meeting: There will be another extended board meeting. It is tentatively planned for some time in first two weeks in August. It will be at Tim Kral's house.

Submitted by: **Scott Diamond**, Secretary

CLASSIFIED ADS

FOR SALE: ► **Mt. Adams View Property.** 3.3 acre building site adjacent to the Flying L Ranch in Glenwood, WA with a spectacular view of the mountain. Private road, power and water to the site, perk tested for septic. Guaranteed view corridor. \$130k cash-out or \$145k with owner-carried contract. See Craigslist ad for photo and more info: <https://portland.craigslist.org/mlt/reo/5041657424.html>
Jaquie 503.730.5571 8/15

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 removed earlier.**

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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,

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Join us July 7 at the Annual Picnic



Laurelhurst Park
S.E. Ankeny St. & 39th Ave.
Picnic Area E (at the
north side of the park near
Ankeny St.)
S.E. Ankeny St. & 39th Ave.
Tuesday, July 7
6-9 p.m.

Bring a food dish and refreshments to share—beer and wine are allowed BYOB—and your own plates, utensils and cups. We have to remove our own garbage so please try to minimize garbage. If you wish to bring a BBQ, please contact Ron Bekey for specific requirements. Thanks.



Oregon Nordic Club
PORTLAND
CHAPTER

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

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

