



Tilly Jane work party—digging the trail

Please join me in thanking the 12 volunteers who assisted with this year's Tilly Jane summer work party, July 19. The group was evenly split between ONC-PDX members and non-members.

Jennifer Barrows



Jennifer Barrows



Our main task involved grading and smoothing out the trail between the Tilly Jane campground and the cabin located on the other side of Tilly Creek. Efforts were focused on the trail leading down and back up from the creek drainage and where the trail drops into and out of the amphitheater. A lot of large rocks were embedded in the trail, and it appears that the trail became part of a seasonal creek in one section. In a few other areas we widened the trail as needed. This work was critically needed to support the annual wood haul and stacking work party in early October, because carts are used to haul wood from the campground to the cabin.

We also focused on reglazing the cabin windows, performing general maintenance, cleaning the cabin, bucking several downed trees at the back of the cabin, and picking up accumulated garbage in and around the cabin structure. Work wrapped up around 3:00 p.m., and some attendees had time to go hiking. The cabin remained open for everyone to stay and spend the night. Many folks took advantage of this and extended their weekend.

Thank you: Clint Sikes, Ken Wenzel, Marc Leon, Joe Lucas, Michael Schindel, Christine Bierman, Eric Olson, Elliot Martin, Kevin McGillivray, Glen Fenske, Jennifer Barrows, and André Fortin!

André Fortin, *Tilly Jane A-Frame*

An Eagle Creek hike on George's birthday

Our recent hike from Eagle Creek to Tunnel Falls and beyond to Twister Falls was terrific. George, Shasta, and I had a great time hiking in the beautiful surroundings, seeing waterfall after waterfall. George had not hiked in the Gorge and it was great telling him about the dozens of fantastic hikes there and around Mt. Hood. The best part of the hike:

Elenore



George's birthday! Thanks, George, for letting us celebrate your special day. We enjoyed spending time with our new hiking buddy in a beautiful place. Hope to see you on another hike soon.

Eleonore and Shasta, *Tour Leaders*

Change of ONC-PDX meeting/program day

The Oregon Nordic Club Portland

Chapter will meet on the SECOND Tuesday of the month September through May during the 2015-16 year. We'll continue to meet at the Lucky Lab, 1945 NW Quimby St, Portland, 6:30 to 9:00 p.m. The board regrets this change, but there was a conflict booking the venue for the first Tuesday.

Mary Hepokoski, *Treasurer*

Renew your membership

The ONC-PDX membership renewal date

is September 1. You will receive a renewal notice by "snail mail" this month, but to make it easy, use the website to renew.

Please renew your membership, support your club, and enjoy the benefits. We look forward to the ski season!

Membership

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 - Fire Restrictions
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 - Hike, Bike, and Trail Tent
 - Overnight Trips**
 - Innsbruck, Austria and Dolomites, Italy—**sign up now**
- 6 Club Discounts**
- 7 Classified Ads**
 - Buy, Sell, Wanted, Lost and Found



Pam Rigor

Bike the Parkways
August 23 (leader needed)

See Day Tours 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 oncnnews@outlook.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

August 2 ▶ SUNDAY

Cloud Cap Inn Tours

11:00 a.m. and 1:00 p.m. Cloud Cap Road, Mt. Hood. Mt. Hood National Forest hosts 45 minute interpretive tours of the historic Inn. Tours continue through Labor Day, limited to 12 people. Free (registration required). Info: 541.352.6002

August 4 ▶ TUESDAY

Sandy Ridge Trail Bike Demos

2:00 p.m. – 7:00 p.m. Sandy Ridge. Demo mountain bikes to ride. BBQ grill and cooler of cold drinks. Info: mountainship.net (Community/Event Calendar) Sponsored by Mountain Shop

Lightweight Backpacking Basics

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

August 8–9 ▶ SATURDAY–SUNDAY

Annual Steiner Cabins Tour

10 a.m., Noon, and 2:00 p.m. Rhododendron, OR. \$25. Reserve your spot on the website or call 503.272.3301. Bike, walk or shuttle the 2.5-mile route (no private cars). Tour vintage log cabins built by Henry Steiner and sons in the 1930s. Includes eight cabins. Lecture at 7:00 p.m. Sat. at the Mt. Hood Cultural Center and Museum. Info: mthoodmuseum.org

August 11 ▶ TUESDAY

Backpacking the Three Sisters Wilderness

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

Backpacking Basics II: What's Inside Your Pack

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

August 28–30 ▶ FRIDAY–SUNDAY

Pacific Crest Trail Days

Fri: 9:00 a.m. – 9:00 p.m., Sat: 8:30 a.m. – 9:30 p.m., Sun: 9:00 a.m. – 3:00 p.m., Cascade Locks, OR. The latest outdoor products and gear, free classes and

activities, watch an outdoor photography show and a documentary film, help with a trail work party, go for a hike or bike, and camp under the stars. Raffle proceeds go to Pacific Crest Trail Association and American Long Distance Hiking Association–West Info: pctdays.com

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

Sponsored by: Oregon Nordic Club Teacup Chapter and XC Oregon Race Team

December 3–13 ▶ THUR–SUNDAY 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 or not you ski that morning. Designed specifically for adult XC skiers and racers with skills anywhere from low intermediate to expert.

Registration is open

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 6)**
- ▶ 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

This month's article is devoted to the club's work with the Tilly Jane A-Frame cabin.

Board member André Fortin (author) has led the management of this facility for the past four years. Initially the Oregon Nordic Club Portland chapter (ONC-PDX) agreed to lease and manage the structure on a year-to-year basis. With the successful completion of a third year and because of the "fire drill" each lease cycle created, last October the club agreed to a five-year lease.

The Board approved the extended lease for many reasons—the foremost being the opportunity to engage the younger set. The ONC-PDX's involvement in the cabin also supports our value of giving back to the wider outdoor community. The Tilly Jane A-Frame, the only structure on Mt. Hood available for year-round public rental, is popular with backcountry skiers, snowshoers, and summer hikers. We've attracting some new members because of our efforts.

ONC-PDX members have special access privileges during the club's maintenance weekends between January and April. Non-ONC-PDX members can join us on these weekends if they have volunteered on one of the summer work parties.

The A-Frame had suffered from decades of deferred maintenance, resulting in a long list of rehabilitation projects. Over the past few years, we've added a new wood stove, painted the cabin interior, marked the ski trail from the parking lot to the cabin, and rebuilt several sections of trail—including the "swamps" close to the winter sno-park. We also recently cleaned the wood stove chimney flu and made minor repairs to the roof. During the July work party we graded the trail between the campground and the cabin to facilitate a smoother ride for the carts, which haul firewood at the October work party.

The A-Frame user community has noticed the changes! Prior to our lease, the cabin wasn't locked or managed for the best possible user experience. People showed up whenever they chose, often leaving trash and not contributing financially to the upkeep. Sometimes over 50 people spent the night! This contributed to the mounting maintenance backlog. The club's first two lease seasons saw lots of vandalism, because people were use to staying for free. With an extensive outreach effort—signage added explaining the change, how to reserve the structure, and, most importantly, asking for volunteers to help maintain the cabin—instead of six or seven people helping with the year's wood haul weekend, we expect 50-60 people to attend (last year we had 40 volunteers). This year's wood haul party is on October 3. Join us! It's turned into a great social event, with a potluck lunch and beverages donated by a local brewery.

We've only just begun. After the addition of an outside picnic table and a fire ring for evening marshmallow roasts, summer rentals increased. Structural engineers will evaluate the cabin this summer. Then we'll put bids out for rehabilitation projects, which will allow us to apply for grants. In the meantime we're doing our best to maintain the A-Frame without putting a lot of money into it. The current Tilly Jane A-Frame account balance is over \$40,000—all earmarked solely for cabin management, repairs, and rehabilitation. The ONC-PDX's management of the Tilly Jane A-Frame is an integral part of our strategy to maintain relevance in the way people recreate. ◆

André Fortin, Board Member and Tilly Jane A-Frame

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

Lolo Pass Road Delays While work on the bridge (10.5 miles from junction with Hwy. 26) continues there may be up to a 30 minute delay.

Cooks Meadow Trail A proposed four mile reroute of this trail off a forest road. Trail located on the east side of Mt. Hood. Info: Casey Gatz

541.575.3031 cgatz@fs.fed.us www.fs.fed.us/nepa/nepa_project_exp.php?project=47389

Skibowl Mt. Bike Trails Approved This project was listed in the May 2015 Nordic Issues column. An additional two miles of downhill mountain bike trails within the Mt. Hood Skibowl permit boundary will be built; some will be on existing roads.

Gifford Pinchot and Deschutes NF Public Use Fire Restrictions Both National Forests have usage restrictions; check their websites for specifics. ◆

Mitch Auerbach, Diana Hsieh, 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

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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.

August 5, Wed, Intermediate Hike Serene Lake Hike, Mt. Hood

Let's hike to mountain lakes, eat huckleberries, and enjoy the views! It is supposed to be warm, so it's time to take one of my favorite hikes—Serene Lake in the tableland between the Clackamas and Roaring Rivers, near Timothy Lake. We'll take a good gravel road to a new trailhead for Shellrock Lake, Rock Lake, Serene Lake, and Cache Meadow—a 7.7-mile loop hike, with 1,500 ft. elevation gain. Lunch will be at Serene Lake, which is generally warm enough to swim in and cool off. We'll leave early to avoid the heat, and get back to town at a reasonable time for parks concerts. Meet at the Gateway Transit Center parking structure at 7:30 a.m. to carpool; a second meeting place can be arranged. **For more info and to RSVP contact the leader: Ted Scheinman 503.914.9584 tedskier@gmail.com.**

August 8, Sat, Trail Tending Party Red Top Meadow Trail, Mt. Hood, OR

Instead of working at Wind River, we'll once more be at Trillium Lake. The Red Top Meadow Trail, which is one mile in length going from the Trillium Lake Sno-Park to the new Trillium Lake Bike and Ski Trail, needs some TLC. ONC-PDX has done work on this trail in the past, clearing brush, and posting blue diamonds; a little more clearing and marking will make it useable again. Lend a hand and help us get ready for the ski winter season. **For more info, and meeting place and time contact the leader: Ken Wenzel 503.297.2958.**

August 9, Sun, Advanced Bike Forest Park, Skyline Drive, Washington Park, OR

We'll ride 21 miles with 1,800 ft. elevation gain through the hills of Forest Park, Skyline Drive, and Washington Park. A road bike with sturdy wheels and tires is suitable for about seven miles of unpaved roads in Forest Park and is the best choice for paved roads on the remainder of the route. Link to map and elevation profile: <https://connect.garmin.com/activity/830246728>. Bring biking essentials. Meet outside the Lucky Lab, 1945 NW Quimby St. at 9 a.m. **For more info contact the leader: George Ammerman 971.270.6440 ammermag@aol.com.**

August 23, Sun, Easy Bike Sunday Parkways, Southeast Portland, OR

Spend a warm summer day walking and rolling around the Southeast Sunday Parkways route (7 miles). While you're at it, take a few moments to explore Laurelhurst, Colonel Summers, Sewallcrest, and Ivon Parks to grab a bite to eat, listen to tunes, and jump into a dance or activity or two. Free! **Volunteer to lead this tour by contacting oncdaytours@gmail.com.** ♦

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. Bring a lunch, snacks and lots of water, as you are sure to work up an appetite.

Trail tending schedule:

**August 8, Saturday, Trail Tending Party
Red Top Meadow Trail, Mt. Hood, OR**

See day tours schedule for details.

**September 19, Saturday, Trail Tending Party
Marble Mt. Ski Trail, Mt. St. 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. ♦

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 (onc-pdx.org/acitivies/overnight-trips) or fill out an overnight trip application and mail it with your trip fee to the trip leader (make checks payable to Oregon Nordic Club Portland Chapter).

◆ 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 for travel insurance is on the overnight trip application form on the web, or contact the trip leader or overnight trip coordinator.

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 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.

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

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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,

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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: http://www.travelguard.com/agentlink.asp?ta_arc=163395&pcode= (this link is on our website)

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

SIGNATURE: _____

DATE: _____

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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

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www.travelguard.comagentlink.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.)

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. mnttracks.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

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. ♦

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-PDX members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.com ♦

Welcome new members! Alison Perkins and Nancy Novak

July membership report: 278 total memberships (184 single and 94 family) includes 2 new. Last year at this time there were 266 memberships.

BOARD MEETING MINUTES

Minutes of ONC-PDX Board Meeting, July 20, 2015, 6:00 p.m., Tim Kral's home

Board Members Present: Kim Davis, Scott Diamond, Tim Kral, Mary Hepokoski, and André Fortin

Other Members Present: None

Treasurer's Report: We have \$500 limit per month on PayPal transfers. Mary will work on resolving that by overnight tour signup meeting.

President's Report: We lost our spot with Lucky Lab so the general meeting will be moving to second Tuesday of each month. Mary will call to see if there are options to move back to first Tuesday. Whatever date is settled on, Mary will let Pam know so we get new date into newsletter. ■ Next “Ski Tracks” newsletter article will be written by André on Tilly Jane. ■ Kim will write the following “Ski Tracks” article submission due on 15 August.

Membership: Membership report listed above.

Tilly Jane: Work party was great with 12 people. We are in prime position for October work party. Engineer site visit scheduled for July 22. This will allow bid/grant and improvement project. ■ Reservations have picked up dramatically. Cabin is being used year round now. Will order more cords of wood. ■ A marketing organization (Blue Collar Marketing) has offered to provide free assistance. André to see about increased marketing for donations and work weekends.

Day Tours and Overnight Trips (general): The board recommends to day tour and overnight trip committees that we do not do water trips. We would ask each committee to consider this and come back with response/suggestion. ■ The board recommended that for summer day tours we should not expend energy recruiting. If someone comes to them with a tour, then the day tour committee can facilitate the tour (i.e., posting on newsletter, meetup, etc.) but the day tour committee should not feel compelled to recruit leaders in the summer. If there is any official focus of club effort in the summer then it should be on trail maintenance.

Overnight Trips: There was discussion that if a member has an issue with a trip, they should coordinate with the leader first before taking things into their own hands. Will cover this in leader training. ■ There was discussion if trips are getting too expensive. No board actions, but we will monitor signup/participation for trips this season. ■ A destination and leader is needed for overnight trips on January 22 -24 and March 18-20. A leader is needed for the February 12-15 trip to Mt. Adams Lodge at the Flying L Ranch.

Day Tours: A separate meeting was held on June 16 to discuss how we could improve day tour participation. The group came back with the following recommendation: ■ Send out leader request to everyone (we had been using a subset of mailing list). ■ Hold social event and have prior leaders talk about new policy and experience leading day tours. ■ New leader meeting. With Pizza!!! (November with Volunteer Recognition Meeting). ■ Write article in the

September newsletter summarizing changes. ■ Also send e-mail. ■ Incentive for day tour leaders: 1st tour-- volunteer gift & sno-park pass (or equivalent) and 2nd tour—get first shot at sign-up at following year's overnight trip sign-up meeting. ■ Form a day tour committee (as is done for overnight trips). Tim to cover at September meeting. Leader Training—Offer co-leader/mentoring, have training session for leader (with overnight as well), and day tour committee will more proactively send sign off form to leaders prior to trip (there was some concern that leaders were unaware of the liability release). The board approved all the above recommendations.

Nordic Issues: The State ONC is pushing for more involvement from local chapters. André will talk to Jan and Skip to get more info on what it takes (Tim might be interested). Andre will forward Jan/Skip info to Tim.

There was discussion on the Cooper Spur land trade complaint. It was decided that this info should be provided for the State ONC to decide.

Ski Fair and Used Equipment Sale: Board decided we will not have ski swap of our own. Board would like to direct members to Mazama and other ski swaps

Programs: Tim will write an article about the September general meeting for newsletter. Board asked Mary to pick up a number passes to sell at cost at our general meeting.

Website: We are moving forward with website forum e-mail publishing to everyone. Two versions of trip forms were submitted; we believe this is due to old website. Request that Ann contact Lloyd to have links to old website jump to new website.

Publicity: The club's Meetup continues to draw new members with folks joining every week in spite of the hot summer weather.

New Business

Survey—Board approved up to \$75 for Scott Diamond to spend survey monkey fees. ■ Shirts—Mary will order another round of shirts for volunteer incentives and recognition. ■ Board agreed to donate \$200 to Mazamas for use of meeting rooms (they have not been charging us for board meeting rooms).

Old Business

Leadership training: Group felt that scenario-based discussion would be a good method to conduct leader training. It was suggested that a committee be formed to work on leader training session. Tim will cover at September meeting.

Next Board Meeting: No board meeting in August. Future board meetings will move to first Tuesday of month (starting September). Mary to check on availability for Mazamas meeting room. ◆

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>

Jacque 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.

Trip Cancellation Policy continued from sidebar

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 for tour operator, select "not listed" and indicate that the "ONC" is the tour operator. For agent's initials, use: "TPS." Read the coverage carefully and make your choice.

For more info contact the Overnight Trip Coordinator Ted Scheinman tedskier@gmail.com ◆

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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,

continued in columns to the left

There is no program or meeting in August.

**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.)
located between NW 20th Ave. and NW 19 Ave. in
Northwest Portland.

Upcoming programs

Sept 8 – Members’ Forum

Oct 13 – Overnight Trip Extravaganza

Nov 10 – Leader presentation and Volunteer Recognition



Oregon Nordic Club
**PORTLAND
CHAPTER**

