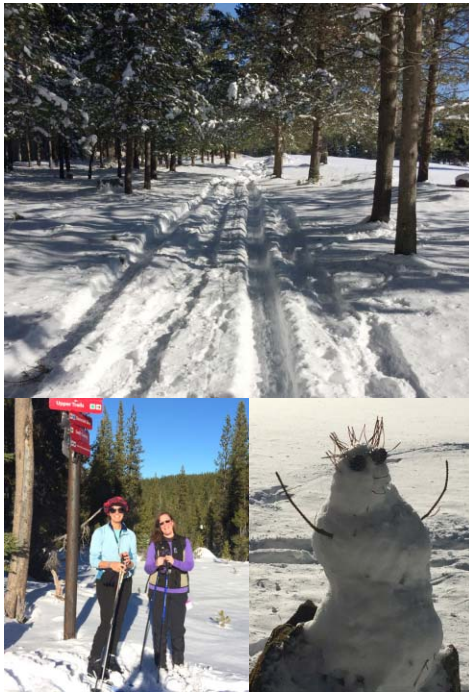


# White Thanksgiving in Sunriver



## Some people just snow dance better than others. What can we say? We

arrived in Sunriver prepared for anything but snorkeling and found half a foot of powder snow surrounding our McMansion. We skied throughout the community on the golf courses and unplowed paths, while a blizzard raged at Mt. Bachelor then checked out the groomed trails at the Nordic Center on day three, a day of sun and perfect temperature. It was a luxurious weekend in most respects, a good launching of the ski season. We had beginning skiers and experts and, in the small and diverse group, found unexpected connections.

Getting to Sunriver was no mean feat on icy roads, past numerous accidents, one of them a recumbent semi that logged some timber beside the road as it tipped over. It took us hours longer than we expected, but we arrived safe.

We gave thanks for Sean, the maintenance man, who came over three times to locate, then unlock, the main floor furnace and brought us a space heater, axe, and kindling. However, if you turned the (heated) lower floor thermostat to 80, the (unheated) upper floor stayed at 55, until the people sleeping on the lower floor rebelled. We burned a lot of wood, and it was cozy near the fire. Errata: Persons who shall remain nameless learned that the left half of a side-by-side refrigerator is actually the freezer and that salad doesn't like it.

Vacation was overshadowed, for some of us, by the passing of Don Sparks one week earlier. He founded this trip 20 years

ago, stopped skiing a few years back, and bequeathed the trip to me. He and his partner, Carol Jeanne, were planning to join us this year. She found him dead at his tree farm near Tillamook November 21, when he did not come home or call. He was a good friend who is now absent. I am thankful that I knew him.

The cast of characters was: Paul Foster, David Foster (AKA David Jr., Paul's nephew of many talents, not to mention being really good with old people), Carol Beauclerk, Nancy Novak, David Blanchard (AKA David Sr., head chef), and Elke Schoen.

Elke Schoen, *Trip Leader*

## Winter Trail Tending

David Rogers and Ken Wenzel went to Pocket Creek on December 17 and tended to trees overhanging the trail. They made it up about a mile above the four-way junction leading to upper Bennett Pass Road. But ran into deep snow up high ( 24 inches new) so they didn't have the time or energy to continue up. But they did remove about 5 trees overhanging the trail. But on their return found a 10 inch diameter dead tree across the road, knocked over by the high winds. They didn't have time to cut and remove it, but did whack off a few branches the new snow will cover it. A good track was set today. The trail is in good shape and a fun ski! Happy trails. ♦

Kenneth Wenzel, *Trail Tending Coordinator*



Terry Owen

## Inside

- 2 Upcoming Events
- 3 Nordic Issues
- 4 Day Tours  
Ski Ski Ski!
- 7 Overnight Trips  
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Scottish Lakes  
Mt. Adams Lodge  
Yellowstone  
Crater Lake
- 10 Club Discounts  
Overnight Trip  
Application
- 11 Classified Ads  
Buy, Sell, Wanted, Free,  
Lost and Found



Mike Dianich

Scottish Lakes  
see overnight trips  
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continued on sidebar page 3

## EDITORIAL NOTES

**The deadline for submissions is the 15th of the month** (for the next month's publication). Send submissions to oncnnewsletter@gmail.com as a Microsoft Word document (no formatting 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

## January 7 ▶ THURSDAY

### Avalanche Awareness

6:30 p.m. – 8:00 p.m. Evo, 200 SE MLK Blvd.

Free! Info: nwac.us

Sponsored by Northwest Avalanche Center

## January 10 ▶ SUNDAY

### Gunnar Hagen Memorial race

10:00 a.m. start time. Cabin Creek Sno-Park, exit #63 on I-90 in Washington. Registration closes January 8

Info/sign-up: kongsbergers.org

## January 11 ▶ MONDAY

### Cross Country Ski Destinations

6:30 p.m. – 8:00 p.m. Portland REI

Free! Info/sign-up: rei.com/learn.html

## January 12 ▶ TUESDAY

### Oh, where will we

### ski? Germany,

### Austria, and Italy

6:30 p.m. – Social hour

7:30 p.m. – Meeting and

Program

Lucky Labrador Brewing Company,  
1945 NW Quimby St. Free!

## January 19 ▶ TUESDAY

### Preparing for the Unexpected Outdoor Emergency Basics

6:30 p.m. – 8:00 p.m. Tualatin REI

Free! Info/sign-up: rei.com/learn.html

## January 21 ▶ THURSDAY

### Avalanche Awareness

6:30 p.m. – 8:00 p.m. Clackamas REI

Free! Info/sign-up: rei.com/learn.html

## January 24 ▶ SUNDAY

### The Mountain Shop Teacup Classic

10:00 a.m. mass starts Teacup Nordic area, Mt. Hood, OR. 2.5km Kids, 5km Classic, and 15km Classic races.

\$35 suggested donation

Register: teacupnordic.org under events



## Annual Tour for the Heart

11:00 a.m. Mt. Bachelor Nordic Center, OR.

Fun cross-country ski or snowshoe 5km event

Register: tourfortheheart.org

Benefit for Oregon chapter of American Heart Association, focusing on women's heart disease education/research

## February 3 ▶ WEDNESDAY

### Winter Backcountry Safety

6:30 p.m. – 8:00 p.m. Portland REI

Free! Info/sign-up: rei.com/learn.html

## Clinics & Training

### Jan 3 ▶ SUNDAY

#### Teacup Nordic Tea Party and Clinic

9:30 a.m. – 2 p.m. Teacup Nordic area, Mt. Hood

Come take ski lessons (beginning and

intermediate classic and skate) from skiers with

years of experience, have some Stash Tea, and

support Teacup Nordic. \$10 Donation

Info: teaparty@teacupnordic.org

### Jan 8 ▶ FRI Jan–Feb ▶ SATS & SUNS

#### Mazamas Nordic Ski School

Novice, Beginner, Intermediate, Advanced, Nordic

Backcountry, and Telemark classes offered on three

January and February weekends. Mandatory

Student Orientation Night Jan. 8. Sign up by

Dec. 6. Info: www.mazamas.org (Education +

Classes/Nordic Ski School)

### Jan 27 ▶ WED

#### ONC-PDX Ski Clinic (in-town)

#### Feb 6 & 7, 13 & 14 ▶ SATS & SUNS

#### Free Snow Sessions

In-town Ski Clinic is for beginning skiers (evening session in Portland) January 27, \$20.

Two on-the-snow session: Saturdays Feb. 6 and

Feb 13 or Sundays Feb. 7 and 14, free for

ONC-PDX members who attend the in-town Ski

Clinic. Info: oncnnewsletter@gmail.com

## Oregon Nordic Club Portland Chapter

Formed as a nonprofit volunteer organization in 1968

by Nordic ski enthusiasts interested in using public

lands for recreational cross-country skiing, the

Portland Chapter of the Oregon Nordic Club grew to

over 550 members. The Portland Chapter is one of

twelve chapters in the state. With activities year round,

the Portland Chapter is dedicated to promoting

greater participation in and understanding of the

value of outdoor recreation with an emphasis on

Nordic and 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 sidebar on page 10)**

- ▶ 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](mailto:oncmembership@gmail.com)



## ONC-PDX BOARD SKI TRACKS

**Since I started on the board six years ago,** I've seen some changes, thanks to a hard working team of dedicated board members and other terrific volunteers. What has changed since six years ago?

We signed an agreement with the Forest Service to manage the historic A-Frame cabin at Tilly Jane. Under the guidance of Andrè Fortin, the proceeds from the rental of Tilly Jane have helped us accumulate funds earmarked for the renovation of Tilly Jane. We're hoping we can acquire enough additional grant money to start the project soon.

We instituted a leadership training, which is continually being refined. (By the way, the 2016 training will take place on Sunday, January 24. Mark your calendars, even if you're not ready to be a full-blown leader. We're hoping the training will nudge you in that direction. See page 4 for article on Leadership Training)

We set up a website, that's now in full swing. Find information of all kinds there: trail maps, a membership database, a list of current overnight trips and day tours, a handy forum (see page 6 for article on forums) for passing on all kinds of information, a means to renew membership or sign up for overnight trips through paypal, a calendar, information on trip policies, important links, and more.

We have set up an overnight trip committee to share some of the load of planning and organizing trips — so the burden isn't carried by one person (and you know who that is).

We have implemented a day tour committee that has energized our day tour program and increased the skiing opportunities.

We are a regular presence now on Meetup (see article on page 5)—an effective way to attract new members.

We've gone over some of our policies with a fine-tooth comb, in an attempt to simplify and clarify some of the club's working guidelines. As always, that is a continual work in progress.

We've changed the monthly program location from Multnomah Art Center to the Lucky Lab in NW Portland.

We've publicized the club through presentations at REI and Mountain Shop.

You can imagine we've had a few critics, but, overall, the changes have been positive. Again, let me reiterate that the team of volunteers has made these changes possible. Of course, there is always room for improvement, but I feel we've made significant progress moving into the 21st century and promoting the sport we love.

I'll be leaving the board in April, when this year's elections roll around. I'm ready to hand the position over to someone younger and better looking with new ideas and a fresh approach. If you're interested in being on the board, let me know. You will find it a challenging, rewarding experience — definitely worth doing! ♦

Ann Truax, *President*

## NORDIC ISSUES/NEWS

**Volunteers are needed.** Have some time to track issues that affect skiers (on websites in the comfort of your own home)? Contact Pam oncnewsletter@gmail.com.

### Mt. Hood National Forest

**Downed Trees On Ski Trails** When you are skiing and encounter some downed trees across trails, please let Ken Wenzel (skiwenzel@hotmail.com) know their location.

### Gifford Pinchot National Forest

**Road 82 Plowing** The Yakama Nation was plowing Forest Road 82 on the Gifford Pinchot National Forest in mid December to allow for timber haul from areas of the Cougar Creek Fire which are being salvage logged. There is the possibility that plowing will also occur later this winter on Forest Road 82, as well as Forest Roads 23 and 5603. Skiers going to Pineside, Snowking or Smith Butte Sno-Parks should exercise additional caution driving Forest Road 82 due to the potential to encounter log trucks.

**Fat Tire Bicycle** State Parks in conjunction with the USFS plan to have a pilot program for fat tire bicycles on the dog sled trails out of Crystal Springs Sno-Park in the I-90 Corridor in Washington. This pilot was originally planned for last season, but did not occur due to lack of snow.

### Mt. St. Helens

**Marble Mountain Shelter** The Mount Saint Helens Trac Riders removed the foundation of the old day use shelter that burned down a number of years ago, and are reviewing design plans for the new shelter. \$17,651 has been set aside for construction of the new shelter, and there is a Title II funding request being put together for an additional \$10,000.

### Wind River

**Road Plowing** Wind River Highway and the following Sno-Parks will be plowed as long as funding is available: Old Man Sled Hill, Koshko, McClellan, and Lone Butte. Curly Creek Road will be plowed as long as funding is available. (There was a foot of new snow on Christmas Eve on a 26 inch base.) Updates will be posed their website with plowing and road conditions: Skamainiacounty.org Info/comments: winter@co.skamania.wa.us

### Deschutes National Forest

**Meissner Nordic Grooming** The trails at the Meissner Sno-Park 14 miles west of Bend, OR will be groomed Tuesday, Thursday, Saturday, and Sunday. ♦

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

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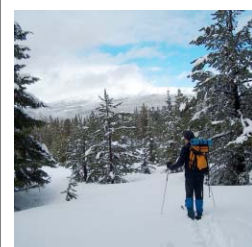
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vacant

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Bill Yaeger, *Webmaster*  
503.888.8543  
w.yaeger@comcast.net

### Mt. Adams Lodge, WA



Ann Truax

## 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 (Forest Service regulation). 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

continued on sidebar page 5

## Leadership Training

### Want to lead a day tour or an overnight trip

but feel uncertain about your abilities to lead a group of skiers and want more support and training? Or are you a seasoned trip leader who would like to improve your leadership skills in order to ensure that the trips you lead are successful and safe?

Whichever is the case, whether you're a new or an experienced leader, here's a great opportunity for any member of ONC-PDX. We are offering Leadership Training on Sunday, January 24, from 5:00 to 8:00 at the Mazama Mountaineering Center, 527 SE 43rd Avenue (just off SE Stark) in Portland. The focus of the training will be on SAFETY, our number one priority of the trips we lead (besides having fun in the snow).

We'll kick off the training with free pizza, salad, beer and wine. We'll talk about some pre-trip necessities (choosing a tour, advertising, communicating, packing for the trip, setting expectations at the car pool spot, starting from the trailhead). Then we'll break into groups to discuss important issues of maintaining safety: how to handle weak skiers, how to deal with difficult people, how to lead an overnight trip of mixed abilities, and what to do if someone gets injured. We're sure that many of you have some worthy answers to these questions, and we'll have an opportunity to share our collective wisdom. We'll also take a look at resources for further training (e.g. wilderness first aid and avalanche training) and share how the club can support you in your efforts to expand your knowledge. Finally, we'll hear about what our insurance covers and how that might affect you as a leader.

Even if you're not sure that you want to be a leader, you are still welcome to this training. We all love cross-country skiing and know how glorious it feels to be gliding across the snow on skis, but there are times when things can go wrong, and we want to do everything in our power to avoid accidents or other miserable experiences and keep our tours and trips safe and enjoyable for everybody.

If you plan on attending, please r.s.v.p. to Kim Davis by January 17 at [cancionnueva@yahoo.com](mailto:cancionnueva@yahoo.com). ♦

## Teacup Races January 9

### Teacup will be busy on Saturday, January 9

due to a Oregon High School Race in the morning and a youth program in the afternoon. Consider skiing somewhere else that day. ♦

## DAY TOURS

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

**Check website ([onc-pdx.org](http://onc-pdx.org)) and/or our Meetup site ([www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter](http://www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter)) for last minute day tours.**

### Jan 1, Fri, Easy Hike

#### Stub Stewart State Park, Vernonia, OR

Let's start off the New Year with a hike. We'll join park staff at the Stub Stewart State Park for the "2016 First Day Hike. A ranger-led trek for hikers...will connect multiple trails, including part of the Banks-Vernonia State Trail, and the new nest bridge in the park. Following light refreshments, we will continue for 4 additional miles for a total of 7 miles." **For more info, meeting place and for carpooling contact the leader: Kathy Burns 503.429.4024.**

### Jan 2, Sat, Novice/Easy Ski

#### Mt. Hood Meadows or Teacup, Mt. Hood, OR

Come ski 3-4 miles on relatively flat terrain at Mt. Hood Meadows or the Teacup groomed Nordic areas. No experience necessary, there will be a brief introduction of Nordic ski techniques. Please rent your equipment the night before. Bring lunch and \$10 donation to contribute to the grooming, which is managed by volunteers from the ONC Teacup Chapter or \$15 for Meadows groom area. Meet at McMenemy's Edgefield, 2126 SW Halsey, in the west parking lot for an 8:30 a.m. carpool departure. **For more info and to confirm attendance contact the leader: Mike Dianich 503.695.5385.**

### Jan 10, Sun, Easy Ski

#### Teacup Lake, Mt. Hood, OR

Perfect your skills and enjoy the scenery on groomed trails, where conditions are nearly always good. Bring a \$10 donation to contribute for grooming, which is managed by volunteers from the Teacup Chapter of ONC. Ski 5 to 7 miles with option to take a break in the warming hut. Bring 10 essentials and avoid wearing cotton. Meet at 9:00 am. **For more info and meeting place contact the leader: Ann Truax, 503.756.8891 [ann.truax@gmail.com](mailto:ann.truax@gmail.com).**

### Jan 14, Thur, Intermediate Ski

#### Palmateer Overlook/Barlow Pass, Mt. Hood, OR

We'll ski toward Twin Lakes and go off trail to the (unnamed) meadow below the lookout (5.4 miles, 400 feet elevation gain). We can loop back on the hiking trail, or return the way we came. If the snow is bad we might go to Twin Lakes instead. For more info, meeting place and time contact the leader: Larry Risch [hikernw@gmail.com](mailto:hikernw@gmail.com)

### Jan 18, Mon, Advanced Ski

#### Mystery Tour Location TBD

Tour will depend on weather and conditions on Mt. Hood. **For more info, meeting place and time contact the leader: Steve Levy 503.244.4262 [slevy@pacifier.com](mailto:slevy@pacifier.com)**

## Jan 21, Thur, Intermediate Ski Newton Creek, Mt. Hood, OR

We'll ski the Elk Meadows Trail to Newton Creek, and then up the woods along the creek to just before the small vertical ridge that comes right down to the creek. At that point we will ski in the creek bed to the Gates of the Mountain or as far as snow bridges and the groups wants (6 miles round trip, 1,500 feet elevation gain +/-). We will probably return down the creek bed as far as we can, before climbing back up into the woods. Skins are optional. For more info, meeting place and time contact the leader: Larry Risch hikernw@gmail.com

## Jan 23, Sat, Advanced Ski Cooper Spur, Mt. Hood, OR

While thousands of downhill skiers are packed into the groomed slopes on the south and east sides of Mt Hood, we'll take the whole north side for ourselves. If you haven't been to Cooper Spur in the winter before, with the right snow, it is magical and definitely worth the climb. We'll start at Cooper Spur, put on skins and climb up almost 2,000 feet to Tilly Jane. We'll take a lunch break then push up to the open slopes above. Hopefully, we'll make it to the Cooper Spur rock shelter at 6,600 feet. Then we have fun as we demonstrate our downhill skiing prowess on the open slopes then to Ghost Ridge and the Telephone Line trail. Finally we slog in on the road for the last couple of miles. For this tour you need to have skins and good turning skis (ideally Tele but evil AT skis are acceptable). To be on this tour you must contact me by e-mail in advance. I do this so that I can send each potential participant an info packet with more info on difficulty and expectations for this tour. Additionally I want all your e-mail addresses so that in case the trip is cancelled I can contact everyone. Sorry for the hassle related with this but I need to ensure a safe tour. Plan on \$20/skier for carpool contribution **For more info, meeting place and time contact the leader: Scott Diamond 503.643.6779 skiing@scottdiamond.com**

## Jan 23, Sat, Easy Ski Government Camp Loop, Mt. Hood, OR

This trail starting at Enid Lake; it goes through old growth trees, and loosely parallels the North side of Highway 26. A loop is possible by connecting to the trails along the south side at the base of Summit Ski Area (approximately 6 miles between 3,600 and 4,000 ft. elevation). Meet at Gateway Transit Center parking garage (NE 99th Ave. north of NE Pacific Ave.) at 8:20 a.m. to carpool with a planned 8:30 a.m. departure. **For more info contact the leader: Mary Hepokoski, 503.245.1618 hepomp8@comcast.net.**

## Jan 28, Thur, Advanced Ski White River to (almost) Timberline, Mt. Hood, OR

Starting on the Yellow Jacket Trail we will ski up the unmarked ridge between the Salmon and White Rivers as far as we desire or weather permits, stopping short of the lodge unless conditions permit and the group wants to go that far (more than 7 miles round trip, 1,700 feet elevation gain). Bring climbing skins. **For more info, meeting time and place, and last minute changes contact the**

**leader: Larry Risch hikernw@gmail.com.**

## Jan 28, Thur, All Ability Ski Teacup Lake, Mt. Hood, OR

The Teacup Chapter of the Oregon Nordic Club grooms and maintains this wonderful ski area. There are many easy short loops to ski along with longer loops for the more skilled skier. When the skies are clear, there is a clear view of Mt. Hood. Please bring a \$10 donation to contribute for the grooming, which is managed by volunteers from the Teacup Chapter of ONC. Meet at McMenamins Edgefield west parking lot at 8:50 am for a 9:00 departure. **For more info contact the leader: Mary Hepokoski 503.245.1618 hepomp8@comcast.net.** ♦

**Common meeting places:** Gateway Transit Center parking structure, NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center, NE Sandy Blvd. & NE 96th Ave. McMenamins Edgefield, 2126 SW Halsey, take I-84 to Exit 16 (Wood Village) turn right, go to Halsey (1st stop light) turn left, go 1/2 mile, it's on the right.

# ONC-PDX Meetup

## ONC-PDX has had a Meetup group since

October 2010. Meetup, for anyone unfamiliar with the site, helps people organize themselves based on a common interest, goal, or other factors. It is international in scope, there are over 180 countries with Meetups and worldwide it currently has 24 million members. More specifically, there are roughly 231 Meetups dedicated to Nordic skiing, the bulk of them in the United States and Western Europe, but some can also be found in Chile, Brazil, Australia, and beyond. So, the ONC-PDX is in good company! Our Meetup site is growing phenomenally. At present we have 741 members and roughly ten to fifteen members join every week. Since our inception in 2010, there have been 248 tours listed on Meetup, including our summer hiking and bicycling activities, club meetings, educational activities etc. What was surprising was how the ONC-PDX Meetup grew over the summer, we picked up at least sixty members from June to September. As a club, we conduct outreach and publicity to draw in more energetic new members. Activities have included talks at REI, attendance at ski fairs, and printing of brochures for distribution at local shops. One method of outreach which has been particularly effective is to post tours to our Meetup website. A one-day tour can easily pull in a dozen new folks. Spending the day skiing with an experienced ONC-PDX tour leader is a great way to get to know the club!

continued on page 6

cont. from sidebar page 4  
terrain rating plus a 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

continued on sidebar page 6



cont. from sidebar page 5  
hills; 15–18 m.p.h. pace,  
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 coordi-  
nator to be approved.  
Once approved, the  
overnight tour coordi-  
nator submits them to  
the newsletter editor.  
2. Only Oregon Nordic  
Club members are  
allowed on Portland  
ONC overnight tours,  
continued on sidebar page 7

ONC-PDX Meetup continued from page 5

Meetup has been and continues to be a somewhat  
divisive topic within the club. Some Meetup  
participants believe that we need to make it easier to  
sign up, and we are not taking advantage of all the  
features of the Meetup websites. Other members  
want absolutely nothing to do with Meetup. Our use  
of Meetup is evolving. Currently day tours are  
posted to Meetup if the leader is open to that  
(roughly half are posted). Most leaders are not  
members of Meetup so the day tour committee  
needs to post for them. This makes it a little  
awkward with message passing back to the leaders,  
but we make it work. For overnight trips, club  
members get first opportunity at signing up for trips  
and then, if the trip is not filled, it can be posted on  
Meetup. This is mostly used as an advertising  
method, to participate in any overnight trips indi-  
viduals still need to join the club.

The criticism of the Meetup has been the “un-  
known entity” factors. People can be unreliable;  
clearly it doesn’t take much effort to click on a link  
to say you want to go. It is not unheard of for 15  
people to sign up on Meetup and only have five  
show up for the tour. Some clubs track the no-shows  
on Meetup but we haven’t gone to that effort yet. To  
cut down on the no-shows, most leaders do not post  
the meeting place on Meetup, but have attendees  
e-mail or contact them if they want to go. This extra  
level of effort and connection with the leader seems  
to significantly reduce the no shows and helps to  
ensure a positive experience for all.

Good communication of expectations can help,  
assessing individuals at the carpool point can help,  
but there is always the risk that the skill of an  
individual does not match the activity level.

We’ll see where Meetup takes us. Most of the tour  
leaders have met some really great people through  
the Meetup portal. With a little patience we’ll learn  
how to best make use of this tool and continue to  
make the club the best place for cross-country  
skiers.

Lastly, the Scott Diamond reports that December  
13 tour went really well. “We had twenty skiers, not  
sure if that is a record day tour or not but pretty  
close. And what was best was the mix. Some very  
energetic, bright young skiers, nice people that were  
a pleasure to ski and get to know. A diverse mix  
from novices to some skaters. It’s a myth that  
Meetup doesn’t have good skiers. I left thinking this  
is exactly the crowd we want to draw to build the  
club for the future.”

◆  
**Kimberly Davis, Vice President and Scott Diamond, Day Tours**

## ONC-PDX website forums

### Our website, onc-pdx.org, has a Forum

section where club members can post messages and  
information which may be viewed by other members  
and non-member guests. Forum subjects include  
News, Upcoming Day Tour and Overnight Trip  
News, Trail Conditions, and For Sale or Trade.  
When a logged-in member posts a new topic to any  
forum, all club members will receive an email  
containing the post and a link to the post on the  
website. If a family member wants to receive these  
notifications, be sure his or her email address is  
entered in the Membership Account Profile under  
Member Resources.

These forums serve the same purpose as the Yahoo  
news group mailing list—a way to inform members  
of the latest news, with the advantage of reaching **all**  
current members by default. Unsubscribe options  
are included with each email. We are still fine  
tuning the forums so we have not shut down the  
Yahoo mailing list but we’d like to migrate everyone  
to the website forums. At a future date we’ll  
discontinue Yahoo.

If you have not been receiving forum post emails,  
they might be going to your spam folder. Please add  
“noreply@onc-pdx.org” to your mail contacts to  
prevent this. Anyone still not receiving the emails  
may use the Contact Us form in the website menu  
bar.

Note that replies to a topic will **not** generate club-  
wide emails, only new topics will. When posting a  
new topic, be sure you are on a forum’s main page,  
and not replying to an existing topic. If you want to  
receive emails when someone replies to your topic,  
check the “Notify me...” box before you submit  
your post.

In the near future, it should be possible to add  
pictures to your posts; instructions on how to do so  
will be posted, as will instructions on all those  
buttons in the “topic writing” window.

◆  
**Bill Yaeger, Webmaster**

## On-line Washington Sno-Park Permits

### Sno-Parks for Washington state can be

purchased on-line and printed out from their  
website ([www.parks.state.wa.us/130/Winter-Recreation](http://www.parks.state.wa.us/130/Winter-Recreation)), click where it says “Purchase a Sno-  
Park Permit On-line” and follow directions. A list  
of vendors where you can purchase the permits in  
person is also on the website.

# OVERNIGHT TRIPS

## SIGN-UP TIPS

- ◆ Overnight trips are exclusively for members; join or renew your membership before signing up. Memberships can be renewed on the website or by paper application available on our website Membership under Member Resources/Forms (mail to club P.O. Box, not to leader).
- ◆ 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/acitivities/overnight-trips](http://onc-pdx.org/acitivities/overnight-trips)) or fill out an overnight trip application and mail it with your trip fee to the trip leader (make checks payable to ONC-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 web link for travel insurance is on the overnight trip application form on the web, or contact the trip leader or overnight trip coordinator.

**Note: see website for full trip descriptions.**

**Jan 8–10, Fri–Sun, All Ability Ski  
Ochoco Mountains, OR—Trip 1**

**Trip full\***

We will ski in the Ochoco Mountains about 30 miles east of Prineville in a relatively remote area of Oregon to take advantage of the dry snow and wonderful views.

**Trip Limit: 7 participants, including the leader.**

**Cost: \$35 per person (you must be a current ONC member before signing up for this trip) includes two nights lodging.**

For info contact Ken at 503.297.2958  
[skiwenzel@hotmail.com](mailto:skiwenzel@hotmail.com).

**Jan 8–10, Fri–Sun, Intermediate Backcountry Ski  
Tilly Jane A-Frame, Mt. Hood, OR**

**This trip is also available: February 12–14,  
March 11–13, and April 8–10**

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



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

**Trip Limit: 20 participants maximum**

**Cost: Free—a club benefit (you must be a current ONC-PDX member or Tilly Jane volunteer before signing up for this trip)**

To sign up or for more info contact us at [TillyJaneCabin@gmail.com](mailto:TillyJaneCabin@gmail.com). We'll forward your request to the appropriate trip leader. Leaders TBD  
**Jan 15–19, Fri–Tue, All Abilities Ski/Hike/Enjoy  
Sunriver, OR, an MLK Tradition**

**Trip full, waiting list open\***

Join the ONC-PDX for our annual Martin Luther King weekend ski trip to Sunriver. We've always had good snow in January; the Nordic Center and the backcountry will be yearning for your skis, but be prepared for a multi-sport trip—including hikes or bikes. People who bring bikes can cruise the paved trails at Sunriver or ride the rural roads around it, if there is no snow or ice at our elevation. We'll arrive Friday evening for a four-night stay, and decide each evening what people are interested in doing. We'll organize ourselves according to interests, carpool to the mountain or trailheads, and share potluck dinners. Other possible activities include cycling, walking the bike paths in Sunriver, visiting the High Desert Museum, the bookstore, or the observatory (if it's open). Skiers and hikers should bring maps and ideas. Join us—there's something for everyone here. Maps of Swampy Lakes, Dutchman Flat Area, Edison Butte and the Newberry Crater Areas are available at <http://www.fs.fed.us/r6/centraloregon/recreation/winter/wintermaps.shtml>

**Trip limit: 8 participants (including the leader)**

**Cost: \$215 per person (you must be a current ONC member before signing up for this trip) includes four nights lodging—so you can stay late on Monday.**

For info contact Christine at [sisu1956@gmail.com](mailto:sisu1956@gmail.com)  
971.325.2874.

**Jan 20–25, Wed–Mon, All Ability Ski  
Anthony Lakes, OR**

**Trip full, 1 on waiting list\***

Come ski the powder of the Elkhorn Mountains west of Baker City, Oregon. We'll carpooling on Wednesday January 20 to the Good Bear Ranch House on a 250-acre property on the edge of the National Forest. The house is at 4,500 feet elevation; if we are lucky we might be able to ski out the door. Most days we'll drive to Anthony Lakes ski area (base elevation 7,100 Feet) a 20 mile, 45 minute drive. The resort offers 30K of groomed double track and 11K of single track trail skiing. I am planning several backcountry ski tours in the adjoining valleys leaving from Anthony Lakes. Anthony Lakes has a day lodge built by the CCC with food and drink available. For those interested in lift skiing it offers 1,100 acres served by one

**\*Check website/contact leader for trip updates**

cont. from sidebar page 6 even if it is a trip for which no money is collected. Non-members may join the club at the same time they sign up for an overnight tour (and pay the membership fee at that time). The only exceptions are overnight trail tending parties which are open to anyone, and Tilly Jane Club weekends which are open to ONC members and non-member volunteers.

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

### WAITING LIST

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

### Trip Cancellation Policy

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

6. Participants are responsible for finding their own replacements, continued on sidebar page 8



cont. from sidebar page 7

including contacting people on the waiting list.

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

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

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

10. If the club cancels the trip, then the club will refund the cost of the trip. All trip cancellations will be decided by Overnight Trip Steering Committee.

**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

continued on sidebar page 9

lift. The Good Bear Ranch House has everything you could want in a deluxe winter cabin. It's a log house (5,200 sq. ft.) with seven bedrooms and three baths with two floor-to-ceiling stone fireplaces and a dining table for 14 people. We'll share responsibilities for four dinners; breakfast and lunch are on your own. For one evening we'll plan on going to Baker City (14 miles) for dinner and the "night life" of Eastern Oregon. We'll return to Portland on Monday January 25.

**Trip Limit: 10 participants (including the leader)**  
**Cost: \$300 per person (you must be a current ONC-PDX member before signing up for this trip) includes five nights lodging.**

For more info contact Ken at 503.297.2958 skiwenzel@hotmail.com.

**Jan 29-31, Fri-Sun, All Ability Ski Ochoco Mountains, OR— Trip 2**  
**Trip full, waiting list open\***

We'll ski in the Ochoco Mountains about 30 miles east of Prineville in a relatively remote area of Oregon taking advantage of the dry snow and wonderful views. For two nights we'll stay in a former forest ranger cabin with three bedrooms with one and a half bathrooms. There is electric heat and water but no cell reception!

**Trip Limit: 7 participants (including the leader)**  
**Cost: \$35 per person (you must be a current ONC member before signing up for this trip) includes two nights lodging.**

For more info contact Karen at 503.577.8983 ksuher@comcast.net.

**Jan 31-Feb 4, Sun-Thur, Inter. to Adv. Backcountry Ski/Snowshoe**  
**Scottish Lakes High Camp, WA**  
**Spaces available\***

Join us for four days of skiing in the Central Washington Cascades just east of the Alpine Lakes Wilderness area. There will be multi-level ski trips and snowshoe trips each day. To make the most of this trip you should have some intermediate winter backcountry travel experience.

Our base for this backcountry ski trip will be the Scottish

Lakes High Camp near Wenatchee, WA, the gateway to some of the most spectacular scenery and terrain Washington's Central Cascades has to offer. Access to High Camp is via an eight-mile private road via truck and snowmobile: no need to part with favored treats and creature comforts this time (it will be hauled for you). High Camp consists of nine rustic cabins, each with its own wood burning stove and stocked kitchen, a comfortable day lodge, hot tub, and sauna. At 5,000 feet Scottish Lakes is just far enough east of the Cascade crest to offer blue skies, sunshine, and dry powdery snow. With 35 miles of well- marked trails, access to the Alpine Lakes Wilderness, easy open slope touring and high meadows for



steep seekers, views of Glacier Peak and the North Cascades—there's an incredible variety of fun terrain for all levels of touring, backcountry skiing and snowshoeing. We will spend Sunday night in a motel in Skykomish to facilitate early arrival on Monday.

**Trip limit: 15 participants (including the leader)**  
**Cost: \$386 per person (you must be a current ONC member before signing up for this trip) includes lodging at resort, snowmobile shuttle in and out plus Sunday a night lodging in Skykomish Motel.** Carpools and group dinners will be organized.

Send your overnight tour application and a check for \$386, payable to ONC-Portland Chapter, to the trip leader, Russ Pascoe. For more info contact Russ at 360.901.3411 russ.bec@gmail.com.

**Feb 5-7, Fri-Sun, All Ability Ski Mt. Adams Lodge at the Flying L Ranch, WA**  
**7 spaces available\***

Follow the flurries to Mt. Adams and join us for two days of skiing and relaxing in the lodge with its enormous stone fireplace. Nestled among the beautiful Ponderosa

Darvel Lloyd



Adams Lodge at the Flying L Ranch B&B is the closest overnight trip from the Portland area and a favorite of

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

**Trip Limit: 19 participants (including the leader)**  
**Cost: \$165 per person (you must be a current ONC member before signing up for this trip) includes two nights' lodging and two gourmet breakfasts.**

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

**Feb 12-14, Fri-Sun, Intermediate Backcountry Ski Tilly Jane A-Frame, Mt. Hood, OR**

See January 8-10 weekend trip on page 5 for details.

**Feb 12-15, Fri-Mon, All Ability Ski Lake Creek Lodge, Camp Sherman, OR**  
**Trip full, waiting list open\***

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

**Trip limit: 16 participants**  
**Cost: \$225 per person (you must be a current ONC member before signing up for this trip) includes three nights lodging.**

For more info contact Steve at 503.244.4262 slevy@pacifier.com.

**\*Check website/contact leader for trip updates**  
onc-pdx.org



**Feb 13–21, Sat–Sun, All Abilities Ski  
Yellowstone National Park Dream Trip, WY  
2 spaces available\***

You have been there in the summer with all the tourists. You have heard about it from others who have been there in the winter. Now it is YOUR opportunity to experience the dream: YELLOWSTONE IN WINTER! Twenty lucky

Pam Rigor



people will have the opportunity of a lifetime this ski season for this Presidents' Weekend trip.

We'll carpool from Portland on Saturday, February 13, arriving Sunday

afternoon, at Mammoth Hot Springs near the north entrance to Yellowstone National Park and staying at the historic Mammoth Hot Springs Hotel, where we'll meet for dinner. Accommodations are in rooms with double beds and shared bath. On Monday morning, a snow-coach ride takes us to Old Faithful where we move into modern western cabins with two queen beds per room and private baths. For three days of skiing among the magnificent geysers, including those in the Old Faithful basin and Lone Star Geyser, up to the Continental Divide, the Mallard Lake Trail, all while viewing elk and bison (and perhaps wolves), catching the Yellowstone that most tourists miss. We expect dry snow and clear days. On Thursday afternoon, we will return to Mammoth Hot Springs for three more nights. On Friday and Saturday, we'll ski in areas accessible from the Mammoth Basin area—either Tower or Indian Creek areas or you can book (individually) a trip to the Grand Canyon of the Yellowstone. Sunday morning after breakfast, we take off for home, relaxed and full of stories of our adventures and wild animal sightings. There is a wide selection of trails, from beginning to advanced, something for every desire.

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

**Trip limit: 20 participants (including the leader)**

**Cost: \$850 per person (you must be a current ONC member before signing up for this trip) includes seven-nights lodging and breakfasts (four at Mammoth and three at Old Faithful) and snow-coach to Old Faithful and return to Mammoth. We'll have reservations for dinners (costs not included) at the Mammoth dining room and Old Faithful Snow Lodge dining room. Costs for carpooling and lodging en-route are not included. Special rates are available for children under 12 sharing a room with parents.**

Sign-up on the ONC-PDX website or send your overnight tour application and \$500 deposit check payable to ONC-Portland Chapter to the trip leader, Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. Final payment is due January 15. There will

be a pre-trip meeting scheduled to plan for details and carpool. For more info contact Ted at 503.452.7432 tedskier@gmail.com.

**Feb 26–28, Fri–Sun, All Abilities Ski and Snowshoe  
Crater Lake via Charter Bus  
Spaces available\***

Experience one of the Seven Wonders of Oregon on skis or snowshoes, and without crowds!

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

Bob Breivogel



Lake. Last year we had fresh snow and sunny days—and some of the best skiing of the winter.

We'll board the deluxe coach at noon Friday in Portland and proceed down I-5 while sharing in an appetizer based "Rolling Pot-Luck." We will arrive in Prospect at around 6:00 p.m., giving you time to enjoy your room and a spaghetti dinner in the historic Prospect Hotel. The next morning, after a hearty gourmet breakfast at the hotel, we'll take a quick ride to the rim and spend the day enjoying the spectacular snow formations and views of the lake and surrounding mountains, while skiing as far as our legs can carry us. Sunday will be another day of different trails, different tours, and more exploring. If you want, you can take a ranger led interpretive snowshoe tour. Later in the afternoon, we'll board our coach and head toward home. This year we will pre-order sandwiches or pizza and try to get home by 9:00 p.m.

We are going to continue with the excellent (and fun) coaching with Shelley and Dave from Wy'East Nordic to offer training tips to all who want it as we ski.

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

**Trip limit: 35 participants (including the leader)**

**Cost: \$310–\$330 per person (you must be a current ONC member before signing up for this trip) depending upon whether you are staying in the Inn or the adjacent motel. Contact leader before signing up.**

After contacting the leader send your overnight tour application and check for \$100 deposit payable to ONC-Portland Chapter, to trip leaders, Steve and Shannon Planchon, 6205 N Depauw St., Portland, OR 97203. Final payment is due February 1, 2016. For more info contact Steve and Shannon at 503 467-8599 oncskiplanchon@gmail.com.

**March 5–19, Sat–Sat, All Abilities Ski  
Innsbruck, Austria and Dolomites, Italy  
Trip full, 2 on waiting list\***

**\*Check website/contact leader for trip updates**

Oregon Nordic Club Portland Chapter

cont. from sidebar page 8

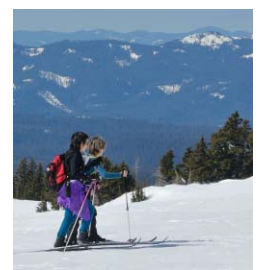
\$10. This is less than commercial policies. A link is on the ONC-PDX overnight trip application on the website at the bottom.

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 ♦

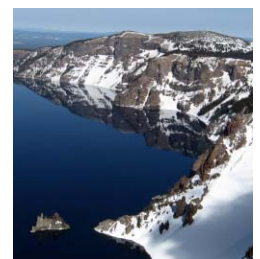
Crater Lake National Park



Crater Lake National Park



Crater Lake National Park



## 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](http://columbia.com)

**Glenn's Mountain Tracks** in Government Camp next to Huckleberry's Restaurant, offers ONC-PDX members group rates on cross-country ski rentals. Current membership card required. On-line rentals. [mnttracks.com](http://mnttracks.com)

**Mountain Hardware**, 722 SW Taylor Street—15% discount on purchases. Special week (November 1–11) of 30% discounts. Current membership card required. [mountainhardware.com/Stores\\_Portland.html](http://mountainhardware.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](http://mountainshop.net)

Skate and classic cross-country ski in the Austrian Alps and the Dolomites of Italy for two weeks 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.

### Trip limit: 12 participants

**Cost: estimated at \$2,900 per person (you must be a current ONC member before signing up for this trip), 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. ONC-PDX TravelGuard or equivalent travel insurance required. Contact the leader for a link to TravelGuard.**

**For more info contact Sam Digard at [sam.digard@gmail.com](mailto: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.**

**March 11–13, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame, Mt. Hood, OR**

See January 8–10 weekend trip on page 5 for details.

**March 10–14, Thur–Mon, All Abilities Ski Wallowa Mountains, Wallowa Lake, OR  
Trip full\***

Come spend an extended weekend skiing in the magnificent Wallowa Mountains in eastern Oregon! We have three houses at Wallowa Lake for four nights at the entrance to the Wallowa Mountains. We can partake in three or four days of skiing. There are opportunities for all levels of skiing—backcountry skiing, road and trail skiing, and snowshoeing (provided by the resort).

**Trip Limit: 14 participants (including the leader)  
Cost: \$130 per person (you must be a current ONC member before signing up for this trip) includes four nights lodging.**

**For more info contact Kathy at 503.429.4024 [burnskathrynl@gmail.com](mailto:burnskathrynl@gmail.com).**

**\*Check website/contact leader for trip updates**

## 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-PDX MEMBER:  yes  no\*  other ONC Chapter

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

PHONE: (home) \_\_\_\_\_

(work) \_\_\_\_\_

(cell) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

E-MAIL\*\*:

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

### Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in the Oregon Nordic Club Portland Chapter (ONC-PDX) 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-PDX 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 ONC-PDX 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 ONC-PDX 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 ONC-PDX or its agents, tour leaders, officers, or instructors.

Please read ONC-PDX'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=](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 ONC-PDX's programs.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

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



**March 19–27, Sat–Sun, All Abilities Ski  
Canadian Rockies Spring Break  
Trip full, 1 on waiting list\***

We are embarking on a ski expedition to the magnificent Canadian Rockies Canmore, Banff, Kananaskis Country. We have planned six days of glorious backcountry intermediate level ski touring and groomed cross-country trails of that region. The group will travel by car leaving from Portland Saturday, March 19, and arriving in Canmore, Alberta Sunday, March 20 with an overnight stay on the road (not included in cost). We'll start our venture by spending a day skiing at the Canmore Nordic Center, the site of the '88 Winter Olympics. Trails options for tours are well known in the area—include Burstall Pass, Canmore to Banff via Goat Creek, Dead Man's Flat to Skogan Pass and Ribbon Creek, and Smith Dorrien trails starting from Chester Lake. These trails can be skied to whatever level of choice. (Downhill skiing is an option) One day will be left open for sightseeing or more skiing!

**Trip Limit: 8 participants (including the leader)**  
**Trip Cost: \$450 (you must be a current ONC member before signing up for this trip) includes seven nights' accommodations in a luxury house in Canmore. Additional costs to be incurred are one or two nights of accommodation on the road, potluck meals, shared costs for transportation, trail fees for one day at Nordic Center and shared costs meals in Canmore.**

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

**March 25–27, Fri–Sun, Adv./Inter. Backcountry Ski  
Three Sisters Hut to Hut Traverse, OR  
Trip full, 8 on waiting list\***

This is a 22-mile Hut to Hut, self guided tour from Dutchman Flat near Mt. Bachelor to Three Creeks Sno-Park near Sisters. The route roughly follows the historic Metolius Windigo Trail (unmarked) at 6,500 ft. elevation, on the eastern edge of the Three Sisters Wilderness area. The terrain is rolling to gentle slopes and will not be subject to avalanche danger. The two huts are fully stocked with food, beds, wood stove and cooking facilities.

**Trip Limit: 8 (including two leaders)**  
**Cost: \$270 per person (you must be a current ONC member before signing up for this trip) includes a shuttle, two nights in huts, food for two days and two nights with beer included (see web link above)!**  
**Additional expenses include carpooling, food and lodging in Sisters the night before.**

Send your ONC-PDX Overnight Tour application with a check for \$270, payable to ONC-Portland Chapter, to trip leader: Susan Watt PO Box 83037 Portland, OR 97283. For more info contact Susan at 503.286.6339 susniam@gmail.com

April 8–10 Fri–Sun, Intermediate Backcountry Ski  
Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 8–10 weekend trip on page 5 for details. ♦

**\*Check website/contact leader for trip updates**

**Oregon Mountain Community**, 2975 NE Sandy, ONC-PDX members—subscribe to OMC e-newsletter and received the following discounts: 15% discount on purchase price. [omcgear.com](http://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](http://ottoskishop.com)

**Wy'East Nordic Ski School** offers ONC-PDX members a 10% discount on cross-country ski and telemark lessons. [wyeastnordic.com](http://wyeastnordic.com) ♦

**Welcome new members!** Mary Ellen Collentine, Jolie Krechman, Giorgio Shaunette, Kevin Dye and Kristine Roy

December membership report: 269 total memberships (194 single and 75 family) includes 5 new and 7 renewals. Last year at this time there were 244 memberships.

There was no board meeting in December

## CLASSIFIED ADS

**FOR SALE: ▶ Atomic Telepathic telemark skis** 170cm with Voile Tele bindings and heel lifts. \$75. Skins available too. Riva Super Loop ultralight telemark / backcountry touring bindings, new \$60 or OBO.

▶ **SCARPA Intuition ski boot thermo form liners.** Used one season in T4s. Good for Alpine, AT, Telemark Size 30.5 (used in a 30 Scarpa Boot) Will fit 29.5 to 30.5 shells. Can be reformed several times. \$65 or offer LEKI Ski Poles, telescope from 110 to 160 cm. Black and Gold good condition. \$25 or OBO.  
Russ russ.bec@gmail.com 3/16

**FOR SALE: ▶ 3-pin tele boots** Full grain leather. Approximately size 7 1/2. Inner and outer lace-up boot allows for fitting of a rather narrow foot. \$100 or OBO.  
Laurel 503.287.6290 3/16

**FREE: ▶ Skis and Boots** Skis Trak model. Boots Escapeuro size 45 which is about a mens 11.  
Susan sclaing123@gmail.com 3/16

**FOR SALE: ▶ Fischer BCX8 Back Country ski boots**, 3 pin, size EU43. Like new. \$75.  
Mike 503.695.5385 2/16

**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](mailto: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.

# Oh, where will we ski? Germany, Austria, and Italy

After last year's disastrous snow season, leaving most of the Northwest and northern California naked of snow cover, one wonders where can you find some snow. As well as looking to southern Idaho, and the Wasatch Mountains, we'll explore some excellent overseas destinations. An overview of cross-country skiing, snowshoeing, and hiking in central Europe will include photos and reminisces along with travel and ski beta focused around Hartz National Park in central Germany, the Bayer Wald in SE Germany, and Bavaria. We'll also do side trips to Cortina, Italy, and Austria in the shadow of the Zugspitz,



**Lucky Labrador  
Brewing Company**  
1945 NW Quimby St.  
Tuesday, January 12  
6:30 p.m. Social Hour  
7:30 p.m. Program  
Food and drink are available  
for purchase \$

## Upcoming Programs

Feb 9 - Peru April 12 - Thailand  
March 8 - TBD Steve Levy



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

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

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

