



ONC-PDX skied the Alps

Twelve adventurous ONC-PDX members braved 10.5 hours on two air planes, 4.5 hours on three trains and 4 minutes in a fleet of taxis to arrive in Seefeld to ski the Austrian Alps for a week in early March. Afterwards the group traveled to Italy to ski in the Dolomites before returning through Munich for the flights home.

First, a bit about Austria and the fantastic snow conditions. The first morning brought lightly falling snow. After a delicious European buffet breakfast, we took the ski bus to the trailhead—where the 1964 and 1976 winter Olympics were held. Some of the group skied the different trail systems for the remaining five days. Others took a day off skiing to tour museums and cathedrals in Innsbruck for a day. Some took the tram up to the Zugspitze. Lunches were taken at the myriad of trailside cafés. Many of these

facilities cater to both downhill and Nordic skiers with no prejudice.

When we scoped this trip there was enough groundswell suggesting that it be extended to two weeks. So I replied, sure, why not. Next, we hopped on the train to head to Italy. A quick transfer was made at Brenner Pass (no elephant rides for this group) and then on to St. Catherine in the heart of Val Gardena.

The skiing here placed us inside amazing vistas with the sheer cliffs of the Dolomites right at our fingertips. Skiing three different systems in the Alpe di Siusi and Vallunga Langental, there are not enough words in the English language to describe the experience. After returning from the trail, the group enjoyed happy hour in the sun on the upper deck of the hotel. We didn't think twice about the traditional ONC-PDX potluck dinners, as the hotel served an all you can eat dinner buffet of fine Italian cuisine and unsurpassed wine.

Returning to Munich for the flight back home, we stopped at the Hofbrau Haus for dinner. After a few toasts with our liter beer mugs filled with dark Bavarian beer, we broke into song and sway. It was a fine finale to an incredible trip.

◆
Sam Digard, Trip Leader

Spectacular views at the Wallowa Mountains



The ONC-PDX trip to Wallowa Lake in March was both fun skiing as always in the Wallowa. We had, at times, an incredible view of both the steep Wallowa Mountains and the gem-like, reflective Wallowa Lake. Eleven enthusiastic ONC-PDX members made the somewhat distant drive of more than 300 miles from Portland to Wallowa Lake. There was no snow at the 4,372 ft. elevation at the

continued on page 3

New board members elected

On April 12, at the ONC-PDX Annual Meeting, over 50 members cast their ballots in the annual election of board members. Ted Scheinman, Ken Wenzel and Jim Edwards were elected as new board members.

Each new board member will serve a two-year term. The other board members, André Fortin, Tim Kral, Mary Bourret, and Scott Diamond have another year to serve of their two-year term.

Be sure to thank these volunteer board members for stepping up and helping the club run effectively, smoothly and creatively.

◆
Ann Truax, Elections' Committee

Inside

- 2 Upcoming Events**
- 3 Nordic Issues**
- Volunteer Opportunities**
- 4 Day Tours**
Lead a day tour
- 5 Overnight Trips**
Lead an overnight trip
- Club Discounts**
- 7 Classified Ads**
Buy, Sell, Wanted, Free, Lost and Found



Bob Breivogel

Bike the Parkways on Sundays
See page 4 for details

Board Members

Andr  Fortin
afortin85@gmail.com
Scott Diamond,
Secretary
scott.diamond.mail@gmail.com
Tim Kral
timkral@gmail.com
Mary Bourret
marybourret@gmail.com
Jim Edwards
jmorganpdx@gmail.com
Ted Scheinman,
503.452.7432
tedskier@gmail.com
Ken Wenzel
503.297.2958
skiwenzel@hotmail.com

Committees

Day Tours:
oncdayoutours@gmail.com
Laurel Dickie
503.287.6290
laureldickie@hotmail.com
Barbara Hayman
bh13@att.net
Scott Diamond
scott.diamond.mail@gmail.com
Terry Owen, *Wednesday*
ski tours
terryowen1@gmail.com

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

May 3 ▶ TUESDAY Backpacking in the Goat Rocks Wilderness

6:30 p.m. – 8:00 p.m. Tualatin REI
Free! Info/sign-up: rei.com/learn.html

May 4 ▶ WEDNESDAY Camp Cooking Basics for Backpackers

6:30 p.m. – 8:00 p.m. Clackamas REI
Free! Info/sign-up: rei.com/learn.html

May 5 ▶ THURSDAY Backpacking Basics

6:30 p.m. – 8:00 p.m. Clackamas REI
Free! Info/sign-up: rei.com/learn.html

May 9 ▶ MONDAY Hoppy Adventure Hour: Discover Crater Lake

6:30 p.m. – 7:30 p.m. (seating at 6:00 p.m.) Lucky Labrador Brewing Company, 1945 NW Quimby St.

May 10 ▶ TUESDAY Exploring the Wonders of Thailand

7:30 p.m. Program
Lucky Labrador Brewing Company, 1945 NW Quimby St.
Free!



May 14 ▶ SATURDAY It's A Blast: Anniversary of Eruption

10:00 a.m. – 6:00 p.m. Johnston Ridge Observatory & Science and Learning Center
Info: mshinstitute.org/events

May 23 ▶ MONDAY Hoppy Adventure Hour: Wildflowers, Wine, and Waterfalls!

6:30 p.m. – 7:30 p.m. (seating at 6:00 p.m.) Lucky Labrador Brewing Company, 1945 NW Quimby St. Info: gorgefriends.org

Oregon Nordic Club Portland Chapter

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

June 4 ▶ SATURDAY National Trails Day with Forest Park Conservancy

9:00 a.m. - 12:00 p.m. Forest Park
Get dirty on National Trails Day with Forest Park Conservancy! On this day, up to 80 volunteers come together to complete trail maintenance and repair projects in Forest Park. Your service will help ensure that Forest Park trails are safe and fun to tread, now and in the long run. All training, tools, and gloves will be provided. REI will provide morning coffee, snacks, and all volunteers will receive REI Volunteer t-shirts
Register: americanhiking.org

June 4–5 ▶ SATURDAY–SUNDAY Stub Fest Campout with Northwest Trail Alliance

8:30 a.m. - 3:00 p.m. L.L. Stub Stewart State Park
Stub Fest is a free, family-friendly celebration, trail work day, and campout at Stub Stewart State Park. Leave your mark on this gorgeous park by helping Northwest Trail Alliance (NWTa) build and maintain the trails we love to ride. After the trail building projects we'll celebrate with food, beer, and a raffle. The weekend will also include a CAMPOUT, a kid's skills course, group rides for riders of all levels, and a night trail ride. REI will be onsite with games, the ultimate s'mores station and more. Optional trail building class on Friday. For more info and to register visit nw-trail.org/events/stub-fest-2016.

Clinics & Training

May 26–30 THURSDAY–MONDAY 2016 Oregon Spring Camp, Mt. Bachelor

Morning sessions on snow, groomed ski sessions, optional afternoon dryland clinics, training plan lecture, video review... and more! Registration open. Info and register: xcoregon.org

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- ▶ **Discounts at selected merchants (see page 5)**
- ▶ Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day use, overnight and meals
- ▶ Free Tilly Jane A-Frame weekends during the ski season
- ▶ Meet new friends who ski, hike and bike
- ▶ Monthly newsletter with free classified ads
- ▶ Support of construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot National Forests
- ▶ Membership in Northwest Ski Club Council, Far West Ski Association and Federation of Western Outdoor Clubs.
Discounts/benefits: www.nwskiers.org www.fwsa.org www.federationofwesternoutdoorclub.org

Memberships are renewed September 1 each year: \$29 for single, \$35 for family/household. Join on the website. Info: **oncmembership@gmail.com**

ONG-PDX BOARD SKI TRACKS

No board article this month. ♦

Membership fees increasing

The cost of our club's insurance has gone up \$1.50 person. The board, at the March 2 board meeting, approved raising the membership fees to \$29 for single and \$35 for family, effective September 2016. ♦

Diamonds missing or branches across the trails?

Did you skied on trails with blue diamond trail markers missing, downed trees or brush across the trails, and unexpected dead ends? Trail maintenance season is around the corner. Ken Wenzel is putting together a list of trails to work on this year. Please send an email and let him know what trails require work and what is needed (diamonds, brush cut, etc.): skiwenzel@hotmail.com. ♦

Send in trip or tour photos

Do you have photos of our overnight trips or day tours? Send them to Terry to be posted on our photo site so all club members can enjoy them. The link to our photo site is on our website.

Send photos to terryowen1@gmail.com as an attachment—5 x 7 inches, 768 x 1024 is a good size to send. Contact Terry for further info about how to send the photos. Thanks! ♦

Spectacular views at the Wallowa Mountains continued from page 1 Lake but adequate snow to ski our first day at Salt Creek Summit, elevation 5,835 ft. We skied despite rain starting that afternoon. The warming hut was a great place to test our fire-starting skills, after which we warmed by the wood stove.

Salt Creek Summit had been dusted with some snow on our second day. We divided into two groups. One group ran into snowless spaces on the Sheep Canal Embankment as well when they tried to ski the other direction on the Redmont Trail. The other skiers were treated with adequate snow on the Wagon Road Trail toward Big Sheep Creek.

The third day gave us a real treat with new snow outside our houses. We tried to ski up Hurricane Creek Road but there wasn't enough snow; we took off skies and walk over dry spots. After making the decision to go back to Salt Creek Summit, we were all rewarded with three to four inches of new snow—beautiful snowflakes fell off on our noses as we enjoyed the day. ♦

Kathy Burns, Trip Leader

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 board members (see sidebars p. 2) ♦

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

VOLUNTEER OPPORTUNITIES

If you are able to volunteer for any of these areas, please contact a board member for more info.

Tour leaders There is an ongoing need for individuals to lead day tours.

Nordic Issues Track issues relevant to Nordic skiing in the state. Examples: Cooper Spur land swap, Forest Service proposed changes, etc.

Public Relations Provide outreach for the club within the community. Give presentations on the club and skiing in Oregon.

Membership Process membership applications. Maintain membership database. Analyze membership (demographics, where new members are coming from, other trends) and report to board. Identify recruitment opportunities.

Volunteer Tracking Help track volunteers from all areas of the club (overnight, day tour, trail maintenance, committees, etc.). Manage volunteer recognition at fall meeting. Arrange volunteer recognition gift and track distribution to volunteers. Assist in volunteer recruitment.

Tilly Jane A-Frame There is a need a number of areas related to planned structural work at the A-Frame. In particular there is a need for grant writers and individuals able to connect with other organizations and businesses for fund raising.

Videos to promote exhibit on Nordic skiing

Oregon's Nordic skiing history is now on exhibit at Bend's Deschutes Historical Museum. Visit through November 2016 and learn the story of the pioneers of skiing: Emil Nordeen, Jack Meissner, John Day and others. Vintage gear, artifacts, videos and photos are on display. A series of six videos promoting the exhibit will be produced. The first one, link below, explains the origin of the Skjersaa name, which has been associated with skiing in Bend for nearly 90 years. Link to video: https://drive.google.com/file/d/0Bxrp_1nHypzjdDdzVWxjWk1URDA/view?ts=571e956b
Info: meissnernordic.org/announcements/winter-comes-oregons-nordic-ski-history/ ♦

Membership:

Susan Kelly
503.706.6463
susankilduffkelly@gmail.com
Bill Yaeger, *Database*
w.yaeger@comcast.net
Barbara Sack
503.978.9475
barbara3820@earthlink.net

Pam Rigor,
oncmembership@gmail.com

Nordic Issues:

Mitch Auerbach
503.281.4809
mauerbachfso@yahoo.com
Pam Rigor,
oncnewsletter@gmail.com

Overnight Trips:

Ted Scheinman,
Coordinator
503.452.7432
tedskier@gmail.com

Programs:

Ron Bekey
503.475.0084
rbekey@gmail.com

Publications:

Pam Rigor,
Newsletter Editor
oncnewsletter@gmail.com
Bill Yaeger,
Newsletter Distribution

503.888.8543
w.yaeger@comcast.net

Publicity:

Kim Davis
503.282.1506
cancionnueva@yahoo.com

Tilly Jane A-Frame:

Andrè Fortin
tillyjanecabin@gmail.com

Trail Maintenance:

Ken Wenzel
503.297.2958
skiwenzel@hotmail.com
Recruiter
vacant

Website:

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

DAY TOUR POLICIES

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

Trips are not canceled unless the weather and road conditions are unsafe; contact the leader when conditions are dangerous. Tour leaders may change tour itinerary, due to weather conditions. Bring the Tour Essentials (see list on the 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. ONC-PDX policy is for a contribution by each passenger of 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

DAY TOURS

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

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

Keep active during the off season hiking and biking. If you would like to lead a day tour see "Lets hike or bike" article below. ♦

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.

Lets hike or bike

Join the ONC-PDX leadership team...

Pick your favorite hiking/biking trail/route and take some ONC-PDX friends along to enjoy the outdoors.

Use the Day Tour Input Form (on our website click on "Activities and Events" then click on "Day Tours") or just send an email with the tour description (by **May 14, 8 p.m. for the June newsletter**) to day tours at oncdaytours@gmail.com. Tour descriptions sent after the deadline will be posted on the website. Last minute tours can be added too.

New to leading tours? Send us an email and we'll get you up to speed. ♦

Laurel Dickie, Scott Diamond, Barbara Hayman, *Day Tours' Committee*

Summer Overnight trips

Would you like to lead a club backpacking, biking or any other overnight trip this summer? If you attended the winter trip planning meeting, you may be ready to take the lead. Make your summer plans now!

Leading an ONC-PDX overnight trip comes with privileges. The **leader goes for free** and you get an ONC-PDX T-shirt as well as the opportunity to spend time with great people!

Ask Overnight Tour Coordinator Ted Scheinman for help: 503.452.7432 tedskier@gmail.com. More info and required forms can be download from the resources for trip leaders on the website. ♦

Portland Sunday Parkways cycling events

Join other cyclist for family-friendly, car-free bicycling in Portland this summer! Portland's Department of Transportation is hosting Sunday Parkways: May 15, June 26, July 26, and August 23 and September 27.

East Portland Sunday Parkways (7 miles) May 15, 11:00 a.m. – 4:00 p.m. Free!

Join us for our first Sunday Parkways of the year. The route will highlight some of the beautiful natural areas that are located in East Portland, such as the Foster Floodplain Natural Area, as well as Lents, Ed Benedict, Glenwood and Bloomington Parks.

North Portland Sunday Parkways (9.5 miles) June 26, 11:00 a.m. – 4:00 p.m. Free!

This 9.5 mile double loop course will highlight gems across the route, such as the scenic Willamette Bluff, the Peninsula Rose Gardens, the universally accessible Harper's Playground at Arbor Lodge, as well as the activities offered at the Kenton, Columbia Annex, and McCoy Parks.

Northeast Portland Sunday Parkways (8 miles) July 24, 11:00 a.m. – 4:00 p.m. Free!

Explore the Northeast Neighborhood Greenways while you make your way around the Northeast Portland route. Don't forget to stop by Woodlawn, Alberta, Fernhill Parks and Kbnamokwst Park where a collection of fun activities, festive music, and delicious food awaits you.

Southeast Portland Sunday Parkways (7 miles) August 21, 11:00 a.m. – 4:00 p.m. Free!

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

Sellwood Portland Sunday Parkways (8 miles) October 2, 11:00 a.m. – 4:00 p.m. Free!

End the Sunday Parkways season big by exploring the Sellwood area including a section of the Springwater. Music, food, and fun are waiting in the parks. ♦

Info and maps: portlandoregon.gov/transportation/58929

Parking lot changes at Dog Mountain

Due to the popularity of the Dog Mountain

Trail the U.S. Forest Service and local officials have overhauled the chaotic parking situation. Previously when the lot filled up drivers started parking along the highway. Signs, prohibiting parking, were posted along the highway, a notice about the parking lot changes was posted and the lot was staffed with Forest Service employees to help direct drivers where to park, but the problem persisted. Last year there was a fatal accident, which officials believe happened because of the parking situation.

Lines have now been painted designating parking spaces and the number of parking spaces has been reduced to about 75. A new sign will be posted in Stevenson, WA (about 10 miles to the west) showing if the parking lot is full and directing hikers to a shuttle bus in town where rides will take people to the trailhead.

The Skamania County's Gorge West End Transit (WET) bus will take riders Saturdays and Sundays from April 16 to June 12, peak season for the hike. The shuttle will run 10 times from the Stevenson Fairgrounds to the Dog Mountain Trailhead between 10:15 a.m. and 4 p.m. for a fare of \$1 each way. Other options that are being considered are a second trailhead and parking lot along SR-14, but this year it will be a smaller parking lot, which is better organized than the mess hikers are used to. It might be inconvenient, but officials expect it to be a big improvement.

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-PDX members group rates on cross-country ski rentals. Current membership card required. Online rentals. mntracks.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

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) 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, or contact the trip leader or overnight trip coordinator.

July TBD, All Level Bike Victoria, Canada/Port Townsend, WA

There has been talk of having another bike trip to Victoria, Canada. Contact Ted Scheinman (tedskier@gmail.com) about a possible 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-PDX 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 10% 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 ◆

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 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, continued on sidebar page 7

Tour and Trip Policies continued from page 6

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 and recommend that you use trip insurance. TravelGuard, the longtime providers of our trip insurance to members, have discontinued the special discounted trip insurance to the National Ski Federation. If you currently have a policy through the club, it is still valid and can be modified to cover additional costs, but no new policies are being written.

Until we make further arrangements, we suggest that you sign up with other providers for skiers, including Travel Protectors. You can sign up for policies at travelprotectors.com or by calling Myra at 703.443.9055. For more info contact the Overnight Trip Coordinator Ted Scheinman tedskier@gmail.com ♦

Welcome new members! Jacob and Lara Lawlor

April membership report: 320 total memberships (240 single and 90 family) includes 1 new. Last year at this time there were 271 memberships.

BOARD MEETING MINUTES

Minutes of ONC-PDX Board Meeting, April 5, 2016, Mazama Mountaineering Center

Board Members Present: Ann Truax, Mary Bourret, Kim Davis, Tim Kral, Scott Diamond and Susan Watt. **Board Members Absent:** André Fortin. **Other Members Present:** Ted Scheinman

Current Action Items (date added): ■ Tim K to consult with Mary H about donation to Tilly (Apr 2016) ■ Ann Truax to request that Ken submit out ONC-PDX Overnight Tour Workbook for proposed summer backpack trips (Apr 2016) ■ Ann Truax to ask Ken Barker for clarity on van reimbursement rate (per person or shared cost). (Apr 2016) ■ Tim K to contact Lucky Lab and confirm next year’s dates for second Tuesday again. (Apr 2016)

Reports

Treasurer’s Report: Board accepts treasurer’s report for March

President’s Report: Ballot process was difficult. It took a number of hours to stuff ballot. Ann suggests that we look at changing to a process without paper.

Website: Website seems fine by mobile browser

Day Tours: No report

Overnight Trips: General discussion of how we decide on new committee members - Discussion of how to be on committee needs to be resolved. General discussion of process for sharing info when we have problem participants – should have representative from day and overnight committee at board meeting

Tilly Jane A-Frame: No report. Tim K to consult with Mary H about donation to Tilly Jane

Membership: Report posted in newsletter. Discussion of tracking MeetUp members that join the club. Discussion of assigning mentor for new members. Discussion of new members’ intro at meeting. We should have Membership committee rep at board meeting.

Publicity: No report

Nordic Issue: No report

New Business

Suggested projects for 2016/2017 season: ■ Ballot–update bylaws and process to move away from envelope stuffing and go to an electronic voting. ■ Membership Committee–Increase focus on new members, possible ideas: track statistics with meetup, welcome new members at meeting, assign mentor, etc. Membership should report to the board monthly. ■ Committee Members–how do we determine who is on a committee. ■ Plan board retreat–including review of Board responsibilities.

Next board meeting: June 7 at 7:00 p.m. at the Mazama Mountaineering Center

Minutes of ONC-PDX Board Meeting, March 2, 2016, Mazama Mountaineering Center

Board Members Present: Ann Truax, Mary Bourret, Kim Davis, Tim Kral, Scott Diamond, Susan Watt. **Board Members Absent:** André Fortin. **Other Members Present:** Ted Scheinman. continued on page 7

Current Action Items (date added): ■ Tim to attend next state meeting March 20 in Sisters (Mar 2016) ■ Tim to contact Mary H about fee increase (Mar 2016) ■ Ann to contact Pam about fee increase (Mar 2016) ■ Scott to contact Bill Yeager about fee increase (Mar 2016) ■ Ann to talk to Bill Y about allowing follow-up payment on website, beyond initial deposit. (Mar 2016) ■ Ann to talk to Bill Y on feedback about navigating website (Mar 2016) ■ Mary B to talk to Bill Y about intro e-mail for new members: link to website, key info, etc. (Mar 2016) ■ Ted Scheinman/Overnight trip committee to discuss trip insurance options (Mar 2016) ■ Susan to check budget for Crater Lake trip and see if Shelley is covered. (Mar 2016) ■ Susan or Ann to announce at General meeting that we have open board positions. (Mar 2016) ■ Susan to do a forum post that we have open board positions (Mar 2016)

Reports

Treasurer's Report: No report

President's Report: John Craig event is on March 19. ■ Next state meeting March 20 in Sisters Tim Kral to attend. ■ Insurance has gone up \$1.50 person. Board approves raising membership fee to \$29 single and \$35 for family. This is effective September 2016. Tim Kral to contact Mary H about fee increase Ann Truax to contact Pam about fee increase Scott Diamond to contact Bill Yeager about fee increase.

Website: No report. Would like to be able to do follow-up beyond deposit through paypal. Ann to talk to Bill Y. ■ Feedback on navigating website. Ann to talk to Bill Y. ■ Mary to talk to Bill Y about intro e-mail for new members

Day Tour: February leading was weak due to: poor snow, overnight tours, ski school. Day tour committee is keeping a list of "qualified" day tour leaders. Feedback put in place and good feedback has been received. Scott will send out feedback request two times in a season.

Overnight Trip: Ted has been trying to set up meeting with committee. Meeting will cover action items listed above plus trip insurance. Overnight tour committee is looking for new members for next year. Ted discussed positive feedback on Crater Lake. Susan to check budget for Crater Lake trip. This is based on excellent feedback on Shelley's participation and thought we should budget for this in the future.

Tilly Jane A-Frame: No report

Membership: Currently at 327 (last year 265 at this time). Membership form to indicate where/how new members hear about ONC-PDX (editors note: membership form does have place to indicate where members heard about ONC-PDX)

Publicity: Administration of MeetUp site will be taken over by day tour committee. ■ Should we make poster for ONC-PDX? No resolution.

Nordic Issues: Need volunteers. Scott to add Nordic Issues to volunteer list (added already)

New Business

Board elections: Susan or Ann to announce at General meeting. Susan to do a forum post. Need list of nominees by March 20.

Next board meeting: May 3 at 7:00 p.m. at the Mazama Mountaineering Center

◆ Scott Diamond, Secretary

CLASSIFIED ADS

FOR SALE: ► Rotafella BC technology bindings Oops took wrong skis to Yellowstone. Bought new bindings for the week. Like new. \$40 OBO Patricia pfromwiler@gmail.com 7/16

FOR SALE: ► XC Boots NNN-BC, excellent condition. Mens 12-13. \$40 OBO Russ russ.bec@gmail.com

FOR SALE: ► Turazor MX Telemark Skis w/Rotafella TRP 100 releasable bindings, 190 cm, almost brand new condition, pristine bases! "The Razor MX is for those looking for a shaped, super-sidecut ski designed specifically for telemark—not built for the masses—this is it. The Razor's corpulent 92-64-82 shape is super-sidecut, yet not so extreme as to sacrifice versatility." \$300 (bindings alone were over \$300 new – this is \$1000 set-up!)

FOR SALE: ► Backpacking/Hiking Boots Marmot (made by Raichle of Switzerland) Mt. Vista LTH, Women's EU size 41 (approx US Size 8.5 – 9) Worn once on short (3-mile) day hike before realizing these are too small to fit with my special insoles. Brand new condition. Vibram rubber outsole. Good for heavy loads and long distances. Features include Rolling Concept Technology, board-lasted, rubber toe-cap, women's specific fit. \$145. Photos available. Chris or Amy ablumenberg@comcast.net 503.241.2768 7/16

FOR SALE: ► Snow tires 4 Bridgestone BLIZZAK 215/50R17 95H WS80 BW snow tires. Used last 2 seasons, have 3/4" tread. Asking \$200 for set (\$675 new). ► Chains Quick Trak chains size 212 see http://www.trakonline.it/Contents/Documents/dimensioni_pneumatici.pdf Fit on outside of tire so no more tire hugging to install. Never used. Have a new car and these will not fit. \$200 (\$345 new). ► Chains Security Chain Co. SC 1034 chains – used but excellent condition. http://g-ec2.images.amazon.com/images/G/01/automotive/SCC_Tire_Guide_Passenger_Light_Truck_2014._V320458868_.pdf \$15 Al levitrehberg@frontier.com 7/16

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 as a MS Word document attachment preferred—(with no formatting i.e., no bold ext 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.**

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 page 5

Exploring the Wonders of Thailand

Join longtime ONC-PDX member Ron Bekey for a multimedia tour of Thailand, including the pristine beaches and islands in the south, the temples and canals of Bangkok, the local life and natural areas in the central town of Kamphaeng Phet, and the international scene in the northern town of Chiang Mai. The show will include spiritual images from the Buddhist culture, stunningly beautiful temples, and a wide assortment of wildlife and nature photos taken while hiking, biking and kayaking through the countryside.



**Lucky Labrador
Brewing Company**
1945 NW Quimby St.
Tuesday, May 10
6:30 p.m. Social Hour
7:30 p.m. Program
Drinks available \$

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.

Upcoming Programs

June – No program July TBA – Annual Picnic



Oregon Nordic Club
PORTLAND
CHAPTER