

Sign up for ONC-PDX overnight ski trips

ONC-PDX's overnight ski trips are the club's exclusive offerings to members allowing you to experience places all over the state and beyond. Our tours provide a time to enjoy friends and meet new ones, explore various terrain, encounter awesome snow conditions, sometimes going to ski areas you would not visit on your own—out to of the state or country, and, oh yes, relish great potluck dinners! ♦



Ken Wenzel

Mary Hepokoski



Middle photo: Ted Scheinman Ken Wenzel

Pam Rigor, Editor

Get involved, give some time

Our club, ONC-PDX, runs on volunteers who give their time to set up overnight trips and day tours, put on monthly programs, work to maintain the trails we ski on in the winter, manage the Tilly Jane A-Frame among other things that give you all the fun club activities you enjoy. Make this the year that you contribute some of your time to lend a hand supporting the activities the club provides for members: Lead or assist with a day tour, help organize novice and easy tours for newbies, spend an hour monitoring websites for news and/or Nordic issues (from your home computer) and working with the Nordic committee on these issues, join the overnight trip committee to help oversee the overnight trips' program, help track club volunteers, manage the volunteer recognition event in the fall, teach beginning skiers, promote the club by attending events or giving programs about the club, and help with the Tilly Jane A-Frame management and fundraising.

Let President Mary Bourret (503.201.3940 oncpdxpresident@gmail.com) know that you want to become involved and what your are interested in helping out with. ♦

Pam Rigor, Editor

Did you renew your ONC-PDX membership?

Save time and go green—renew on-line: onc-pdx.org then click on "Membership." A paper membership renewal form was "snail mailed" to you in August; you can use it to renew by mailing it to the club P.O. Box or bringing it to the Overnight Trips' Extravaganza October 4. ♦

Pam Rigor, Membership

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André Fortin

Help with the Tilly Jane Work Party October 1
See page 4 for details.

Board Members

Mary Bourret, *President*
503.201.3940
oncpdxpresident@gmail.com
Ken Wenzel,
Vice-President
503.297.2958
skiwenzel@hotmail.com
Tim Kral, *Treasurer*
timkral@gmail.com
Scott Diamond,
Secretary
scott.diamond.mail@gmail.com
Andr  Fortin
afortin85@gmail.com
Jim Edwards
jmorganpdx@gmail.com
Ted Scheinman,
503.452.7432
tedskier@gmail.com

Committees

Day Tours:
oncdartours@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

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EDITORIAL NOTES

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

Send submissions to oncnwletter@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.

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P.O. Box 3906
Portland, OR 97208

U P C O M I N G E V E N T S

Oct 4 ▶ TUESDAY

Overnight Trips' Extravaganza

ONC-PDX monthly program
6:30 p.m. – 9:00 p.m.
Lucky Lab, 1945 NW Quimby St.



Oct 11 ▶ TUESDAY

Discover the Oregon Desert Trail

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

Oct 12 ▶ WEDNESDAY

Prepare for the Unexpected: Urban Emergency Preparedness

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

Oct 16 ▶ SUNDAY

A Celebration of the Life and Work of Justice William O. Douglas

2:00 p.m. – 4:30 p.m. Yakima Valley Museum, 2105 Tieton Dr., Yakima, WA Free. Reservations: 509.248.0747

Oct 19 ▶ WEDNESDAY

Prepare for the Unexpected: Urban Emergency Preparedness

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

Oct 24 ▶ MONDAY

Hoppy Adventure Hour: Polar Adventurer Eric Larsen

6:30 p.m. – 8:30 p.m. Lucky Lab, 1945 NW Quimby St.
Free!

Oct 26 ▶ WEDNESDAY

6000 Years on the Oregon Coast Trail

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

Oct 29 ▶ SATURDAY

Ski Historian lecture

7:00 p.m. Mt. Hood Cultural Center and Museum, Government Camp Happy Hour before lecture.
Admission \$5.

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.

Clinics & Training

Oct and Nov ▶ SATURDAYS 2016 Fall XC Training Series Portland, OR

(locations, times, and dates subject to change so check before any session!)

Saturday, October 22 — 9:30 a.m., Mt. Tabor Park
Saturday, October 29 — 9:30 a.m., Hoyt Arboretum/Forest Park (above Zoo)

Saturday, November 5 — 9:30 a.m., Mt. Tabor Park
Saturday, November 12 — 9:30 a.m., Hoyt Arboretum/Forest Park (above Zoo)

Info: xcoregon.org teacupnordic.org

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

Dec 1–11 ▶ THUR–SUN

2016 Oregon Fall Camp Mt. Bachelor, OR

Start your ski season off with one of the best camps in the cross-country ski world! Features reliable early December skiing at Mt. Bachelor, top coaching, training lectures, and (optional) world-class physiology testing. Training lectures, wax clinics, and video review socials will be held twice over the camp period. Campers can attend any of those programs regardless of whether you ski that particular morning. Designed specifically for adult XC skiers and racers with skills anywhere from low intermediate to expert.

No session on Tuesday, December 6.

Registration: xcoregon.org

Jan–Feb ▶ SATS & SUNS

Mazamas Nordic Ski School

Novice, Beginner, Intermediate, Advanced and Telemark and Backcountry classes offered during three weekends in January (21, 22, 28, 29) and February (4 and 5) Mandatory student orientation January 6. Sign up deadline: December 2.

Info/sign up: www.mazamas.org (Education + Classes/Nordic Ski School)

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- ▶ **Discounts at selected merchants (see page 10 side-bar)**
- ▶ 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: nwskiers.org fwsa.org 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

Our annual retreat on August 14 was attended by returning board members: Mary Bourret (President), Andrè Fortin (Tilly Jane), Tim Kral (Treasurer), and new board members Ted Scheinman, Jim Edwards, and Ken Wenzel (Scott Diamond was on the PCT). See the board minutes on page 11 for details, but I will review the highlights here (Note: Not only did Mary run the meeting, she also took the detailed minutes).

The board focus this year is to increase the numbers of “engaged” members, not just attracting and welcoming new members, but working with renewing members as well.

- ▶ Review existing information: last year’s survey, membership statistics, etc.
- ▶ Create an ambassador program for new or unengaged members
- ▶ Establish a focus group to address membership issues and come up with new ideas/approaches
- ▶ Continue leadership and first aid training
- ▶ Investigate new overnight venues
- ▶ Improve our on-line presence
- ▶ Continue ski lessons
- ▶ Find more non-winter activities
- ▶ Engage in other outdoor activities *if they meet club mission/goals*

▶ Establish a new publicity committee

We welcome all comments and ideas about these goals and how they may be accomplished, tweaked, or improved! ♦

Ski for Light

Ski for Light is a national, non-profit, all volunteer organization that enables visually and physically impaired adults to cross-country ski. Their main activity is a week long skiing event in which more than 100 blind and physically impaired participants are matched one-on-one with sighted, able-bodied guides. Their event is at Snow Mountain Ranch near Granby, CO from Feb. 5-12, 2017. They are recruiting new guides. Info: www.sfl.org. ♦

Share your club photos

Do you have photos of our overnight trips, day tours or other activities? Send them to Terry to be posted on our photo site so all club members can enjoy them. Check out club photos on our website.

Send photos to terryowen1@gmail.com as an attachment—full size from your camera or phone is ok. The file size up to 20 to 25 MB. Contact Terry for more info. ♦

VOLUNTEER OPPORTUNITIES

Contact a board member (see the sidebar on page 2 for contact info) for more info and to volunteer.

Tour leaders There is an ongoing need for individuals to all levels of day tours.

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

Overnight Trip committee members Guide the committee that puts the overnight ski trips together each season. Help put the overnight trips together.

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 in 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. ♦

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic Issues. Do you have some time to track issues that affect skiers (on websites in the comfort of your own home)? Contact board members (see sidebar page 2) to volunteer.

Mt. Hood National Forest

Timberline Trail Re-Route The part of the Timberline Trail (#600) at the Eliot Branch crossing was completed and open to the public in mid-September. Hikers can now circumnavigate Mt. Hood along the entire 41 mile route.

Deschutes National Forest

Swamp Lake Shelter The Swampy Lakes ski shelter in Central Oregon is ready for the winter ski season. ♦

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

Membership:

Ted Scheinman
503.452.7432
tedskier@gmail.com
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:

oncpdx.ontrip@gmail.com
Susan Watt, Chair
503.201.3977
susniam@gmail.com

Sam Digard
360.910.1714
sam.digard@gmail.com

Ann Truax
503.756.8891

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:
vacant

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!

Tours 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

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DAY TOURS

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

Check website (onc-pdx.org in day tours and in forums for day tours) and/or our Meetup site (www.meetup.com/Oregon-

October 1, Saturday, Tilly Jane A-Frame Work Party Tilly Jane, East side of Mt. Hood, OR

You know the drill! This is the most critical work party of the season as it prepares the cabin for winter use by putting up the annual wood supply, among other maintenance chores. Rain or shine...we need your support! The cabin will be open Fri/Sat nights, so extend the weekend, and stay over! Bring a potluck item to share for lunch. Beverages will be provided by Base Camp Brewing. Dinner is on your own.

We have a few extra t-shirts and pint glasses for sale. Bring cash, if you'd like to purchase one before supplies are gone. We'll also be holding a raffle with some great prizes (over \$600 in value and counting). Tickets go for \$5 each or \$20 for 5! Due to the venue, cash is preferred! See you this weekend!

We also need a heavy duty shop vacuum; please let me know if you can bring one. Splitting mauls and a few chainsaws would be very useful too.

If you are staying for the weekend (bring all necessary food and camping gear). For the work party bring sturdy boots, work gloves, water and any other personal items you may need. Meet at the cabin at 10 a.m. and we'll work till 3 p.m. **For more info and to RSVP contact André tillyjanecabin@gmail.com.**

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 lead a day tour. To submit your tour use the Day Tour Input Form (on our website click on "Activities and Events" then click on "Day Tours") or e-mail tour description (**by October 14, 8 p.m. for the November newsletter**) to day tours at oncdayoutours@gmail.com. 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 e-mail and we'll get you up to speed. ♦

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

OVERNIGHT TRIPS

SIGN-UP TIPS

- ♦ Overnight trips are exclusively for members; join or renew your membership before signing up.
- ♦ 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 side-bars)!
- ♦ Sign up early so we'll have enough people to 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. See article page 10 for more info.

Nov 23–27, Wed–Sun, All Ability Ski Thanksgiving in Sunriver, OR—an ONC-PDX Tradition

It's time to ski, eat turkey, and repeat. Eight of us will spend four nights in Sunriver Resort, arriving at our house Wednesday evening and carpooling to the Mt. Bachelor Nordic Center and environs to kick off the ski season on groomed and backcountry trails. Last year we—unusually—had snow in Sunriver, so skied out our door and around the resort as well as at the mountain. Other years we've headed into the backcountry. The Nordic Center, with its miles of groomed trails, is always open early in the season and offers a range of trails for beginning to experienced cross-country skiers and skaters. We'll also be prepared for hiking, and the resort has miles of paved walking and biking trails as well as a recreation center to which we will have passes. Folks can bring bikes, if so inclined. We, ONC-PDX skiers, have learned to be flexible, early in the year.

Sunriver Resort is 20 miles south of Bend, burdened by sunshine and dry snow. Our house is equipped with a hot tub, well-stocked kitchen and a fireplace. The area is also near the High Desert Museum, and some folks take time to wander through Sunriver Village or go to the holiday crafts fair. We will carpool there and organize potluck dinners. This is where ski season begins!

Trip limit: 8 participants (includes leaders)

Cost: \$195/member, per person, includes four nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$195 check payable to ONC Portland Chapter, to the leaders, Elke Schoen and David Blanchard. For more info contact Elke or David: 503.239.9286 elkeschoen@msn.com davidkblanchard@msn.com

**Dec 27 – Jan 1, Tue – Sun, All Ability Ski
Methow Valley, WA, New Year's Ski — Trip 1**

Methow Valley is an outstanding, unique area that is ideally suited for both classic track skiing and skate skiing. The Methow Valley Association grooms over 200 kilometers of trail through the communities of Winthrop and Mazama. Trail elevations range from 2,000 to 4,000 feet. The snow conditions and trail quality makes the Methow Valley a skate skiers' mecca.

We will stay in two luxury condominiums in Winthrop with full accommodations. Plan on potluck dinners that we'll prepare in the fully equipped kitchens. Restaurants are always an option and are within skiing or walking distance along with grocery and convenience stores.

If you have considered learning to skate ski, lessons are available at Sun Mountain and in Mazama. In the past, several participants liked their new-found skill so much they decided to keep the rented skate skis for the entire trip—there is an ice skating rink in town.

Trip limit: 12 participants (includes leader)

Cost: \$250/member, per person, includes five nights lodging (Not included: \$60 groomed trail pass, carpool costs, lodging on the road, and meals)

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$250 check payable to ONC Portland Chapter, to the trip leader, Ted Scheinman. For more info contact Ted: 503.452.7432 tedskier@gmail.com

**Dec 28 – Jan 1, Wed – Sun, All Ability Ski
New Year's at Black Butte, OR**

Celebrate the New Year in the peaceful setting of Black Butte Ranch. No loud, inebriated parties here. Instead, settle in by the fire with a congenial group of Nordic skiers and enjoy good food, wine and interesting conversations after an invigorating day in the outdoors. This Central Oregon location is close to skiing on Santiam Pass and the Three Creeks area near Sisters. Mt. Bachelor Ski Area, which boasts access to prime backcountry skiing as well as groomed trails, is only 32 miles away. If the snowpack is low, hiking is always an option—from the panoramic Smith Rocks to along the Metolius River, where otters play in its clear waters. Amenities at Black Butte include a hot tub and swimming pool at the Glaze Meadow Recreation Center, a short walk from our rental. For those who want to take a break from outdoor activities, the historic town of Sisters with its restaurants, bakery, bookstore and various shops is close by. This trip is sure to appeal to everyone who wants to relax and escape the humdrum of daily life.

Trip limit: 10 participants (includes leader)

Cost: \$268/member, per person, includes four nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$268 check payable to ONC Portland Chapter to the leader, Ann Truax. For more info contact Ann: 503.756.8891 ann.truax@gmail.com

**Jan 6 – 8, Fri – Sun, All Ability Ski
Ochoco Mountains, Prineville, OR — Trip 1**

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. For two nights we will stay in a former forest ranger cabin with three bedrooms, one and a half bathrooms. It has electric heat, a fireplace, and garage but no cell reception! The cabin is 20 minutes from the sno-park, so you can get in a great day of skiing with almost no drive. There are wild horses that often walk right through the front yard.

Trip limit: 7 participants (includes leader)

Cost: \$35/member, per person, includes two nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$35 check payable to ONC Portland Chapter, to the trip leader, Ken Wenzel. For info contact Ken: 503.297.2958 skiwenzel@hotmail.com

**Jan 6 – 8, Fri – Sun, Intermediate Backcountry Ski
Tilly Jane A-Frame cabin, Mt. Hood, OR**

This trip also available the following weekend dates in 2017: February 3–5, March 3–5, and April 7–9

We will backcountry ski to the ONC-PDX managed shelter on the Northeast side of Mt. Hood, a three mile ski with a 1,900-foot gain up the Tilly Jane Ski Trail to the cabin 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. Climbing skins are required.

Trip limit: 20 max, open to all ONC-PDX members and Tilly Jane A-Frame cabin volunteers

Cost: Free (another club benefit). You must be an ONC-PDX member before signing up for this trip.

To sign up or for more info, please e-mail: TillyJaneCabin@gmail.com. We'll forward your request to the appropriate trip leader (leaders TBD).

**Jan 9 – 12, Mon – Thur, All Ability Ski
Summit Meadow Cabins at Trillium Basin, Mt. Hood, OR**

Here's your chance to stay on Mt. Hood and ski many of its trails without having to drive down the mountain at the end of the day. Skiing choices, without driving, include many of the trails in the Trillium basin and Government Camp area or driving to Bennett Pass, Twin Lakes, or others. While this is an all ability ski, the group usually divides into two ski groups, one doing intermediate to advance backcountry skis and the other doing easy to intermediate skis. We will stay three nights in a house with two bedrooms and a loft, which will accommodate ten people. We will cook breakfasts/dinners communally.

Trip limit: 10 participants (includes leader)

Cost: \$70/member, per person, includes three nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$70 check payable to ONC Portland Chapter, to the leader, Mary Hepokoski. For more info contact Mary: 503.245.1618 hepomp8@comcast.net

Jan 13 – 16, Fri – Mon, All Ability Ski

cont. from sidebar page 4

includes a 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

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cont. from sidebar page 5
miles per day; 200 to 400
ft. per mile elevation
gain.

Advanced Tour

Ski: > 12 miles. Terrain flat to steep hills (> 10 degrees). Moderate to fast pace. Strong turning skills required on the tours with steeper slopes.

Bike: Difficult terrain with one or more major hills/series of longer, steeper hills; 15–18 m.p.h. pace, regrouping when necessary.

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

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Lake Creek Lodge, Camp Sherman, OR

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. Check out their website: lakecreeklodge.com

We will carpool over on Friday, have a traditional ONC-PDX potluck dinner on Saturday, and perhaps head into Sisters for Sunday dinner. Ski options are many—Santiam Pass, Mt. Bachelor area, Maxwell Sno-Park, Tam MacArthur Rim, and if we're lucky, right out the door of our cabins.

Trip limit: 15 participants (includes leader)

Cost: \$265/member, per person, includes three nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$265 check payable to ONC Portland Chapter, to the trip leader, Steve Levy. For more info contact Steve: 503.244.4262 slevy@pacifier.com

Jan 13–17, Fri–Tue, All Ability Ski Sunriver, OR, MLK Holiday Weekend

Eight Nordic club members will return to the sunny side of the state for four nights at Sunriver Resort, 20 miles south of Bend, and three days of skiing at and around Mt. Bachelor. By mid-January the snow is deep, and we can ski from all of the sno-parks near the mountain or at the Mt. Bachelor Nordic Center. There is something for everyone in this area—groomed trails, skating and backcountry. We will carpool to Sunriver and to the trails each day and will arrange potluck dinners. There are also restaurants and a supermarket in Sunriver. The resort offers miles of paved walking and cycling trails, and we will have passes to the recreation center. After our labors, we can relax by the fireplace or in the hot tub. Some folks enjoy walking to Sunriver Village to browse the shops, to the Nature Center or to the observatory. Other years, we have also skied at Paulina Peak or hiked to waterfalls.

Trip limit: 8 participants (includes leader)

Cost: \$195/member, per person, includes three nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$195 check payable to ONC Portland Chapter, to the trip leader, Christine Bierman. For more info contact Christine: 971.325.2874 sisu1956@gmail.com

Jan 19–25, Thur–Wed, All Ability Skate and Track Ski, Snowshoe, Fat Tire, and Downhill w/ Backcountry Options Royal Gorge Resort — Tahoe Area, CA — **New Trip**

We will ski right from our door in the famous Soda Springs Area two miles west of Donner Pass. The Royal Gorge Resort offers over 200 kilometers of groomed trail for skate and classic skiing. There are also snowshoe and fat tire bike trails. Our house is your typical California McMansion, a five bedroom, three bath fully equipped monster, right on Serene lake. Wood stove, garage, BBQ grill, kayak, laundry machines, and other amenities are included. We will have potluck dinners or ski or drive to

any of the dining choices in the area. The ski trails are in the incredible dry powder at 6,500 to 7,000 feet. The resort offers eight distinct trail systems on over 6,000 acres and has nine warming huts, including a lodge where hot food is available. Double occupancy required and can be assisted by the trip leader. We will need to arrange our own carpools for transportation. Flying into Lake Tahoe/ Truckee is an option. Round-trip is approximately \$175 on Alaska Airlines and a 19-mile drive to the house.

Trip limit: 10 participants (includes leader)

Cost \$250/member, per person, includes six nights lodging. (groomed trail pass not included—rates for 2017 are not set yet)

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$250 check payable to ONC Portland Chapter, to the trip leader, Sam Digard. For more info contact Sam: (text) 360.910.1714 sam.digard@gmail.com

Jan 25–30, Wed–Mon, All Abilities Ski Anthony Lakes and more, OR

Come on over to Anthony Lakes and see what everyone has been talking about. We will drive over on January 25 and stay at an amazing property, The Good Bear Ranch. It is a 5,200 square foot log cabin that is 11 miles Northwest of Baker City. The Cabin has seven bedrooms and three baths with two floor to ceiling stone fireplaces with dining table for 14 people. The cabin is sited on 320 acres on the edge of the National Forest. Last year we spent almost a whole day skiing on the property and on the forest roads above. We'll also ski Anthony Lakes, which offers 30 KM of groomed double track and 11 KM of single track trail skiing and one ski lift if you get tired of climbing. 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 lift. There is also some amazing backcountry skiing for those that want to skin up to the higher peaks. To the south, there are some really nice high passes that offer some great cross-country tours. There is great wildlife viewing of elk, eagles, and turkeys. We will drive home on January 30.

Trip limit: 9 lucky participants (includes leader)

Cost: \$310/member, per person, includes five nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$310 check payable to ONC Portland Chapter, to the trip leader, Ken Wenzel. For more info contact Ken: 503.729.2958 skiwenzel@hotmail.com

Jan 27–29, Fri–Sun, All Ability Ski Mt. Adams Lodge at the Flying L Ranch, WA

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 pines, Mt. Adams Lodge at the Flying L Ranch is the closest overnight trip from the Portland area and a favorite of ONC-PDX. Saturday night we will potluck. There are plenty of ski trails—beginning to advanced—awaiting you on this sunny side of the Cascades.

Trip limit: 19 participants (includes leader)

Cost: \$165/member, per person, includes two nights' lodging and two gourmet breakfasts

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$165 check payable to ONC Portland Chapter, to the trip leader, Donna Matrazzo. For more info contact Donna: 503.621.3049 matrazzo@msn.com

**Feb 3–5, Fri–Sun, All Ability Ski
Ochoco Mountains, Prineville, OR— Trip 2**

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. For two nights we will stay in a former forest ranger cabin with three bedrooms, one and a half bathrooms. It has electric heat, a fireplace, and garage but no cell reception! The cabin is 20 minutes from the sno-park, so you can get in a great day of skiing with almost no drive. There are wild horses that often walk right through the front yard.

Trip limit: 7 participants (includes leader)

Cost: \$35/member, per person, includes two nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$35 check payable to ONC Portland Chapter, to the trip leader, Karen Suher. For more info contact Karen: 503.577.8983 ksuher@comcast.net

**Feb 3–5, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane A-Frame cabin, Mt. Hood, OR**

See full description on page 6 for the January weekend.

**Feb 5–9, Sun–Thur, Intermediate/Adv. Backcountry Ski
Scottish Lakes High Camp, WA**

Join Mary Hepokoski for four days of skiing in the Central Washington Cascades just east of the Alpine Lakes Wilderness area. There will be multi-level ski tours each day. Snowshoe tours are possible if more than one participant agrees to snowshoe. 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 many levels of touring, backcountry skiing, or snowshoeing. We will spend Sunday night in a motel in Skykomish to facilitate early arrival on Monday. While you are responsible for your own transportation to the parking lot, organization of carpools will be facilitated. We'll have group dinners.

Trip limit: 15 participants (includes leader)

Cost: \$380/member, per person, includes lodging at

resort, snowmobile shuttle in and out, plus Sunday night lodging in Skykomish Motel

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$380 check payable to ONC Portland Chapter, to the trip leader, Mary Hepokoski. For more info contact Mary: 503.245.1618 hepomp8@comcast.net

**Feb 9–14, Thur–Tue, All Ability Ski or Snowshoe
Glacier National Park, MT—Sign-up early**

This has been the trip you have been waiting for! We will take Amtrak overnight to Essex, Montana, adjacent to Glacier National Park for a wonderful ski vacation! Leave Portland on Thursday afternoon and arrive Friday morning to sparkling snow and the cozy Izaak Walton Inn in Essex, Montana, located on the boundary of the spectacular Glacier National Park. On Friday, ski or snowshoe on the 30 km of groomed trails, go ice-skating, or relax in the Finnish sauna. On Saturday, we will take a van up to Marias Pass on the Continental Divide for some true off-trail skiing, with magnificent views. On Sunday, we will travel to the Going to the Sun Highway, which is not plowed in the winter. On Monday, we can ski the magnificent Dickey Bowl, the groomed trails, or other ski trails in the area. Each night, we can enjoy a gourmet meal in the restaurant, read a good book by the fire, participate in exciting ONC-PDX board games, ice skate, or relax in the sauna. On Monday night, we will board the westbound overnight train back to Portland. As we pull back into the train station in Portland on Tuesday morning, you will wonder why you waited so long to take this trip.

Trip limit: 20 participants (includes leader)

Cost: \$410/member, per person, includes four days of skiing (trail passes included), all transportation, three nights lodging double occupancy at Izaak Walton Inn, does not include: meals at Izaak Walton Inn (available for an additional cost) and sleeper accommodations, which may also be available on Amtrak for an additional cost

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$410 check payable to ONC Portland Chapter, to the trip leader, Ted Scheinman. For more info contact Ted: 503.452.7432 tedskier@gmail.com

**Feb 17–21, Fri–Tue, All Ability Ski
Sunriver President's Day Weekend**

Join your fellow cross-country skiers and veteran leader, Ken Barker on a GROUP trip to the Sunriver area and its many groomed and backcountry trails. We will travel by van (price included) to the many trailheads where we can ski in small groups to enjoy this winter wonderland. Friday morning at 9:00 a.m. we will depart from Tigard for skiing at Santiam Pass, before continuing onto Sunriver. Saturday through Monday we will drive to the various sn-parks (Bachelor, Meissner, Swampy lakes and others) to enjoy these areas. Then Tuesday morning we can relax and explore the Sunriver area before returning to Portland arriving by about 7:00 p.m. or earlier. Each evening we will return to our large, fully equipped home to assist each other with potluck dinners and breakfasts, while we relax

cont. from sidebar page 6

- Water bottle (filled)
- Tire irons

OVERNIGHT TRIP POLICIES

1. Only Oregon Nordic Club members may participate on ONC-PDX overnight trips, even if it is a trip for which no money is collected.

Non-members may join the club when signing up for an overnight trip. The membership fee can be paid at this time. The only exceptions are overnight trail tending work parties and Tilly Jane Club weekends, which are open to volunteers on those projects.

2. The first overnight trip application opportunity is at the October ONC-PDX meeting and at the designated time. The member must submit this 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, openings are filled on a first-come, first-serve basis, based on the time/date the application is received by the trip leader. Overnight trip leaders have the privilege of signing up for any ONC-PDX overnight trip prior to the October meeting.

3. Restrictions on participation may apply to some trips based on the participant's ability and experience needed to safely execute the trip. The trip leader has the authority to make this determination for the safety of all trip participants. The trip leader may also limit participation based on accommodations.

WAITING LIST

4. If a trip is full, participants may choose to be placed on the wait list, if an application is submitted with the trip fee. If space becomes available, wait list participants may then

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cont. from sidebar page 7

choose to fill the space or decline. If participation is declined the full payment is refunded.

Trip Cancellation Policy

5. If canceling, contact the trip leader immediately. There may be a wait list.

6. Participants are responsible for finding a replacement which may include contacting people on the wait list.

7. Trip fees and deposits are non-refundable, unless a replacement is found. Commercial travel insurance is highly recommended.

8. Once a replacement is found, the participant must send written/email refund request to the overnight trip committee. When the replacement has been confirmed and payment received, a refund will be issued within 30 days, less \$10 administration fee.

9. If the club cancels the trip, the full amount paid will be refunded. Trip cancellations are decided by the Overnight Trip Committee.

Travel Insurance

Commercial travel insurance is available from a variety of providers. One such company, Travel Protectors offers a variety of coverage plans for the level of protection desired. Visit "Travelprotectors.com" for details or call 703 443-9055.

For more info contact the Overnight Trip Committee:
oncpdx.ontrip@gmail.com



in front of the fireplace. Two of the nights, people will have the option of enjoying restaurants (not included in trip price) in Sunriver Village and Bend. Enjoy riding in a comfortable 15-passenger van with an experienced driver as we explore this area. Enjoy this small group of nine or less as we get to know each other and have a fun time in the snow. If you do not enjoy doing things with a group then this trip is not for you. Non-skiing options, in case of limited snow, are cycling, hiking, walking the bike paths in Sunriver, visiting the High Desert Museum, and browsing in the bookstore. Bring maps and ideas.

Trip limit: 9 participants (includes leader)

Cost: \$215/member, per person, includes van transportation (Note: van transportation is included and not optional on this trip)

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$215 check payable to ONC Portland Chapter, to the trip leader, Ken Barker. For more info contact Ken: 503.590.3883 kwb8@frontier.com

Feb 25–Mar 2, Sat–Thur, All Ability Skate and Track Ski Methow Valley, WA—Trip 2

Ski the renowned Methow Valley with over 200 kilometers of trails groomed for track and skate skiing. Trail elevations range from 2,000 to 4,000 feet. The snow conditions and trail quality make the Methow Valley a skate skiers' mecca. We will stay in luxury condominiums in Winthrop with full accommodations. Plan for potluck dinners that we prepare in the fully equipped kitchens. Restaurants are an option within skiing distance, along with grocery and convenience stores. Skate ski rentals and lessons are available at Sun Mountain and in Mazama and there is an ice skating rink in town! Double occupancy is required and we will need to arrange our own carpools for transportation.

Trip limit: 12 participants (includes leader)

Cost: \$215/member, per person, includes five nights lodging (groomed trail pass not included—rates for 2017 are \$60 for three consecutive days, \$20 additional days)

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight tour application and \$215 check payable to ONC Portland Chapter, to the trip leader, Karen Suher. For more info contact Karen: 503.577.8983 ksuher@comcast.net

Mar 3–5, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame cabin, Mt. Hood, OR

See full description on page 6 for the January weekend.

Mar 3–5, Fri–Sun, All Ability Ski and Snowshoe Crater Lake via Charter Bus

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 at Crater 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 in Portland on Friday and proceed down I-5 while sharing in an appetizer based "Rolling Pot-Luck." We'll arrive in Prospect at

around 6 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 will 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 (includes leader)

Cost: \$320 (motel) \$368(hotel)/member, per person depending upon whether you are staying in the Inn or adjacent motel. Check with leader for availability.

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight trip application and \$320 or \$368 check payable to ONC Portland Chapter, to the trip leader, Scott Diamond. For more info contact: Scott scott.diamond.mail@gmail.com

Mar 8–12, Wed–Sun, All Ability Ski Manning Park Resort, British Columbia

Manning Park Resort is a small resort by today's standards, but that is what makes it charming for cross-country skiing. They offer 60 KM of groomed Nordic trails and an alpine ski area with a shuttle bus to get you there and back. The resort has a nice pool and hot tubs in the pool building. There are also several trails that are backcountry trails that offer great views and nice off-piste skiing. This trip is timed with the Washington Ski Tour Club's annual trip to Manning Park. Add in the ONC-PDX's participation, and we have the NORDIC FEST of the West Coast. Please join this second trip to Manning Park. We will plan on carpooling and shared meals for dinners.

Trip limit: 9 participants (includes leader)

Cost: \$270/member, per person, includes three nights lodging (groomed trail pass not included—rates for an adult are \$21 per day)

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight trip application and \$270 check payable to ONC Portland Chapter, to the trip leader, Ken Wenzel. For more info contact Ken Wenzel at 503 297-2958 or skiwenzel@hotmail.com.

Mar 23–26, Thur–Sun, Advanced/Inter. Backcountry Ski Three Sisters Hut to Hut Trip

This is a 22-mile hut-to-hut trip from Dutchman Flat near Mt. Bachelor to Three Creeks Sno-Park near Sisters. The route roughly follows the historic Metolius Windigo Trail at

6,500 feet, on the Eastern edge of the Three Sisters Wilderness area. We will meet our shuttle Friday at 8:00 a.m. at Three Creeks near Sisters. Friday and Saturday nights will be spent in huts along the route and Sunday evening we will drive home from Three Creeks. The terrain will be ungroomed, 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. They provide sleeping bags as well; so you only need to carry a bag liner and your personal gear and clothing! We can't anticipate the weather so the snow conditions could vary from untracked powder to icy and anything in-between. Since the distance between huts is only eight miles on average there should be time for additional skiing and exploring opportunities. For what is provided and photos of the huts, use this link: threesistersbackcountry.com/huts/nordic-traverse-huts

Trip limit: 8 (includes leader)

Cost: \$270/member, per person, includes a shuttle, two nights in huts, food for two days and nights with beer included! Additional expenses will be carpooling transportation expense, and food and lodging in

Sisters Thursday night (group lodging can be arranged).

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight trip application and \$270 check payable to **ONC Portland Chapter, to the trip leader, Susan Watt. For more info contact Susan: 503.286.6339 susniam@gmail.com**

Mar 24-April 1, Fri-Sat, All Ability Ski Canadian Rockies for Spring Break

Sign-up by February 1, unless filled before

This is the big one! Don't miss out! Join us for 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 Friday, March 24, and arriving in Canmore, Alberta Saturday, March 25 with one overnight stay on the road (not included in cost). We will start our venture by spending a day skiing at the Canmore Nordic Center, the site of the '88 Winter Olympics. Trails selected for ensuing day tours are well known in that area

Oregon Nordic Club Portland Chapter Overnight Trip Application

TRIP NAME: _____ DATES: _____

YOUR NAME: _____ **One application per person**

Most trips are double occupancy. Share room with _____, or have leader arrange.

TRIP COST: \$ _____ DEPOSIT ENCLOSED: \$ _____ I AM A MEMBER OF ONC CHAPTER*: _____

*You must be a current ONC member to participate in overnight trips. Signing up with membership pending is allowed.

Membership sign-up on-line at onc-pdx.org/membership-account/membership-levels or use this paper application.

Mail a check made out to **ONC-Portland Chapter** to the trip leader with this **completed application**, or e-mail this signed application to the trip leader and pay on-line from onc-pd.org/activities/overnight-trips

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL**: _____ PHONE**: _____ Cell Home

EMERGENCY CONTACT: _____ PHONE: _____ Cell Home

** If you do not have an e-mail and cell phone, contact the leader to arrange communication.

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 up for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip.

I have read and understand the above statements concerning ONC-PDX's programs.

SIGNATURE: _____ DATE: _____ CHECK # _____

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

TRAVEL INSURANCE Commercial travel insurance is available from a variety of providers. One such company, Travel Protectors offers a variety of coverage plans for the level of protection desired. Visit travelprotectors.com for details or call 703.443.9055.

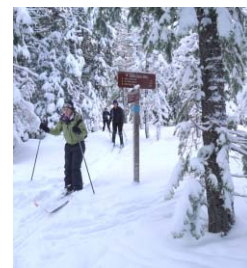
TRIP NAME: _____ DATES: _____

TRIP COST: \$ _____ DEPOSIT: \$ _____ Participation confirmed Wait list

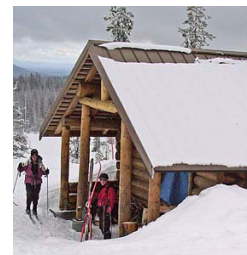
New Years at Black Butte



New Years at Black Butte



New Years at Black Butte



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

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

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

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and include Burstall Pass, Canmore to Banff via Goat Creek, Dead Mans 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. One day will be left open for sightseeing or yes, more skiing! Downhill skiing is also an option. Accommodations entail a luxury house arrangement with kitchen facilities and entertainment areas for dinners and socializing. Canmore is a delightfully entertaining community and worthy of at least one night “on the town.” The return trip will begin early Saturday, April 1, returning to Portland that day. Travel distance to Canmore: approximately 900 miles. A pre-trip meeting will be scheduled to go over the details. A valid passport is required to travel to Canada.

Trip limit: 10 participants (includes leader)

Cost: \$460/member, per person, includes seven nights’ accommodations in a luxury house in Canmore, not included: 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 for groceries to prepare meals and trail lunches in Canmore.

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight trip application and \$460 check payable to ONC Portland Chapter, to the trip leader, Ted Scheinman. For more info contact Ted: 503.452.7432 tedskier@gmail.com

Mar 30–April 3, Thur–Mon, All Ability Ski Wallowa Mountains, Wallowa Lake, OR

Spend an extended weekend skiing in the magnificent

Wallowa Mountains in eastern Oregon! We will stay in two houses at Wallowa Lake and have potluck meals. There are opportunities for all levels of skiing and snowshoeing (snowshoes provided by the resort). We will carpool from Portland on Thursday, arriving in Joseph in early evening. We will ski around Wallowa Lake and in the mountains on Friday, Saturday, Sunday, and (possibly) part of Monday, returning to Portland on Monday evening.

Trip Limit: 10 participants (includes leader)

Cost: \$115/member, per person, includes four nights lodging

Sign up at the Overnight Trip Extravaganza Oct. 4. Afterwards, you may sign-up on the ONC-PDX website, or send your overnight trip application and \$115 check payable to ONC Portland Chapter, to the trip leader, Kathy Burns. For more info contact Kathy: 503.429.4024 burnskathrynl@gmail.com

April 7–9, Fri–Sun, Intermediate Backcountry Ski Tilly Jane A-Frame cabin, Mt. Hood, OR

See full description on page 6 for the January weekend. ♦

Travel Insurance

Commercial travel insurance is available

from a variety of providers. One such company, Travel Protectors offers a variety of coverage plans for the level of protection desired.

Visit Travelprotectors.com for details or call 703.443.9055. ♦

Overnight Trip Committee

Welcome new members!

Mark Engler, Amie Evans, Renee Niedermeyer and Renee Niedermeyer

September membership report: 320 total memberships (240 single and 90 family) includes 4 new and 108 renewals (non-renewals are still included in this count). Last year at this time there were 278 memberships.

BOARD MEETING MINUTES

Minutes of ONC-PDX Board Meeting, August 14, 2016

Board Members Present: Jim Edwards, Ken Wenzel, Mary Bourret, André Fortin, Ted Scheinman, and Tim Kral.
Board Members Absent: Scott Diamond

Treasurer Report: Treasurer’s report was reviewed and accepted. Budget A budget needs to be developed and approved by the board. Budget proposals need to be submitted by the various committees: Day Tour, Overnight, Publicity, Membership, Ski Lessons, Programs General meetings (Pizza, raffle prizes etc). Mary will provide an example budget proposal to illustrate.

Committee reports

Overnight Trips: Committee has announced that they will be a little late getting information to newsletter. Mary will follow up with request for a report on their activities.

Day Tours: No report. To the best of Mary’s knowledge the committee has not met yet. Need to follow up with members.

Membership: Ted has met with Mountain Shop about offering a free membership to club. Would need to be new member and live in PDX vicinity. These stipulations need to get put into an agreement. It will be an exclusive with Mountain Shop. ■ Ambassador Program—Assign someone to act as a buddy for new members. Ted and Susan will recruit individuals to be Ambassadors for the club. ■ Member Focus Group—Susan is looking for a few people to meet with. Specifically young xc skiers to see what it is they would like the club to offer. ■ New ideas: Raffles at

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Board Minutes continued from page 10

each meeting. Novice tours. New Member weekends. ■ Opening up overnight tours later in the year so people who join in Dec and Jan have a chance to participate. Renewal mailing is planned.

■ Ted would like André to add a few words about ONC-PDX, emphasis on trips and benefits of membership, in the Tilly Jane newsletter that is sent to TJ users and volunteers.

Tilly Jane: Phase I is to replace the log rafters. The foundation pre-work is completed—all by volunteers. Waiting for the approval of the State Historical group. Harvesting of cedar bolts is underway. This cedar is for the shingles.

Preparing cabin for winter. Firewood etc. ■ Gorge ONC Chapter is not renewing their lease on the TJ Guard Station (GS). GS is open in winter only and weekends only. Forest Service (FS) will be looking for someone to take over GS this year. Andre is not committing to take over GS but it would not be too big a stretch to take over the winter reservations. Currently A-Frame is in middle of 5 year permit. Our permit could be pulled if we can't get the ONC State to sign-off on the permit because they provide the insurance for ONC-PDX. FS is not pushing this at the moment but they could at any time. Need to work with State to get them to sign off or find our own insurance. There was a discussion about the possibility of FS assigning the TJ properties to commercial concession. No indication of this from FS. André will discuss GS situation with FS and in the discussion see if he can get a feeling for how the FS is going to handle the permitting situation in future.

Old Business

By-Laws Update: Ballot—update bylaws and process to move away from envelope stuffing and go to an electronic voting. Tim will lead this project.

New Business

Board Goal for 2016-2017:

The focus this year is to build a club of engaged members. This goal will be addressed on many fronts throughout the year. This goal is not just attracting and welcoming new members, it includes working to engage renewing members as well. ■ Board will review last year's member survey for ideas ■ Board will review membership statistics ■ Ambassador program (Membership) ■ Focus group (Membership) ■ Continue Leadership and First Aid (mountain) training ■ Investigate new overnight venues (Overnight committee) ■ Improve on-line presence ■ New member table at general meetings ■ Continue ski lessons ■ Provide new member ski trips (overnight and day) ■ More non-winter activities ■ Engagement in other outdoor activities if they meet club goals ■ Publicity—Need to recruit new publicity committee

Next Board Meeting: is scheduled for Oct. 25, 7:00 p.m. at MMC.

Mary Bourret, *President*

cont. from sidebar page 6

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 ♦

CLASSIFIED ADS

FOR SALE: ► **Snow Tires**, 4 Bridgestone BLIZZAK 215/50R1795H WS80 BW snow tires. They have ¼" tread. Asking \$200 for set (\$675 new). ► **Chains** Quick Trak chains, fit on outside of tire so no more tire hugging to install. Never used. These do not fit new car. Size 212. trakonline.it/Contents/Documents/dimensioni_pneumatici.pdf \$200 (\$345 new).

► **Chains** Security Chain Co. SC 1034 chains—used but excellent condition. streetsideauto.com/shop/security-chain/fitment-guide/#SC1034 \$15 Al levitrehberg@frontier.com 1/17

FOR SALE: ► **Shur Grip SZ331 Tire chains**, like new, (not really chains, cable traction construction, made for newer cars). Bought from Les Schwab six years ago, never used, like new. Bought new car, chains won't fit the new car. Fits may tire sizes (contact Bill for list of sizes). \$30
Bill 503-645-6547 wrn3200@yahoo.com 12/16

FOR SALE: ► **Set of four studed tires on wheels** (195/65R15), used on 1998 Subaru Impreza Outback. Good condition. Four wheel covers included. \$200 OBO.
Donna 503.292.9801 10/16

FOR SALE: ► **Rotafella BC technology bindings** Oops took wrong skis to Yellowstone. Bought new bindings for the week. Like new. \$40 OBO **Patricia pfromwiller@gmail.com** 10/16

FOR SALE: ► **XC Boots** NNN-BC, excellent condition. Mens 12-13. \$40 OBO **Russ russ.bec@gmail.com** 10/16

FOR SALE: ► **Turazor MX Telemark Skis w/Rotfella 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 setup!)

FOR SALE: ► **Backpacking/Hiking Boots** Mammut (made by Raichle of Switzerland) Mt. Vista LTH, Women's EU size 41 (aprox. 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.

Amy ablumenberg@comcast.net 503.241.2768 10/16

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.**

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.

Overnight Trips' Extravaganza

Join us for a look back at past ONC-PDX trips to the Alps, Crater Lake National Park, Methow Valley, Canada, Mt. Adams Lodge at the Flying L Ranch, and more! Catch up with old friends and meet new ones at the social hour. Talk to trip leaders, and, after the program, sign up for ONC-PDX overnight ski trips.



Raffle
 Pick up a Raffle Ticket
 The raffle drawing will be before the sign-ups

Lucky Labrador Brewing Company
1945 NW Quimby St.
Tuesday, October 4
6:30 p.m. Social Hour
7:30 p.m. Overnight Trips
Show followed by trip signups
 Food and drink are available \$

Upcoming Programs

November 1 – Mongolia

December 13 – Skiing the Alps

January 3–Himalayan Dreams

February 7–Canadian Rockies



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

