

Skiing the groomed Teacup Trails

On November 30, the Wednesday group skiers spent their first tour of the 2016–17 winter season at the groomed trails at the Teacup Lake area on Mt. Hood. The snow was coming down most of the day providing great conditions for the group of seven skiers led by Terry Owen. Terry sends out an e-mail about snow conditions and the possibility of skiing on Wednesdays. To join his e-mail list contact him at terryowen1@gmail.com.

Photos Terry Owen



ONC-PDX volunteer recognition at the monthly meeting

The ONC-PDX board will recognize all volunteers from the last year at the December 13 general membership meeting at the Lucky Labrador Brewing Company, 1945 NW Quimby St., arrive at 6:30 p.m. recognition begins at 7:00 p.m. There will be cake for everyone and special gifts for volunteers. All members are invited to join us to honor our volunteers who keep the club running, day tours on the schedule, our overnight trip schedule full, our website and meetup current, Nordic Issues front and center, and your newsletter arriving in your e-mail or mailbox each month. Also those who work on the trails each summer so you can ski them when snow covered and those behind the scene who just make sure things get done. Come to the meeting and celebrate our volunteers!

Nordic Fest

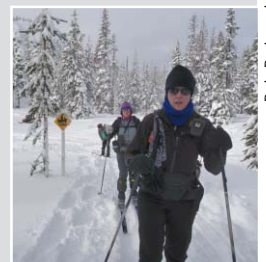
Ted Scheinman gave the presentation on “Where To Ski” at the Nordic Fest hosted by the Mountain Shop on November 5. The event’s focus was building enthusiasm for the upcoming ski season. There were various clinics, workshops, and speakers. Ted recruited ONC-PDX members to help with the event.



Bill Newman

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Snow Levels/Grooming
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Sunriver MLK Weekend
Scottish Lakes High Camp
Crater Lake
- 10 Club Discounts**
Overnight Trip Application
- 11 Classified Ads**
Buy, Sell, Wanted, Free,
Lost and Found



Bob Breivogel

Black Butte
See trip details page 5.

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EDITORIAL NOTES

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

Send submissions to oncnnewsletter@gmail.com as a Microsoft Word document (no formatting i.e., no bold text, all caps text, tabs or other settings) in Times Roman as an attachment (preferred); compatible text files as an attachment; and put text in an e-mail with no formatting.

Corrections: e-mail corrections and/or additions to the editor.

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

Dec 1 ▶ THURSDAY

Wild & Scenic Film Festival

6:00 p.m. doors open, 7:00 p.m. film begins
Hollywood Theater, 4122 Northeast Sandy Blvd.
Tickets \$10 at REI Portland, \$12 at the door.
This year's films combine stellar filmmaking, beautiful cinematography and first-rate storytelling to inform, inspire and ignite solutions and possibilities to restore the earth and human communities while creating a positive future for the next generation.
Info: wildandscenicfilmfestival.org

Adventure Film Festival Northwest

Party 6:00 p.m. Film 7:00 p.m. – 10:00 p.m. Base Camp Brewing Company, 930 SE Oak St.
Portland's Amateur Adventure Sports Film Festival.
Hosted by Rare Earth Adventures

Dec 6 ▶ TUESDAY

Pretty Faces Viewing Night

6:30 p.m. – 9:00 p.m. Base Camp Brewing Company, 930 SE Oak. She Jumps The Story of a Skier Girl a film by Lynsey Dyer. Free.
Info: Katherine Jondro katherine.jondro@gmail.com
facebook.com/SheJumps.org

Dec 7 ▶ WEDNESDAY

Preparing for the Unexpected— Outdoor Emergency Basics

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

Preparing for the Unexpected— Outdoor Emergency Basics

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

Dec 10 ▶ SATURDAY

Volunteer with the Lower Columbia Estuary Partnership

9:00 a.m. – 12:00 p.m. Sandy River Delta Park
Help plant trees to benefit the local habitat of the Sandy River right before it meets the Columbia.
Info: estuarypartnership.org

Dec 13 ▶ TUESDAY

Shavasana in Mongolia

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



Dec 14 ▶ WEDNESDAY

Winter Camping Basics

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

Clinics & Training

Dec 1–11 ▶ THUR–SUN

2016 Oregon Fall Camp Mt. Bachelor, OR

Features reliable early December skiing at Mt. Bachelor, top coaching, training lectures, and (optional) world-class physiology testing. For all levels. 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)

Jan ▶ TBD Feb ▶ SATS & SUNS

ONC-PDX Ski Clinic (in-town) and Free Snow Sessions

In-town (in Portland) Ski Clinic is for beginning skiers January TBD, 6:30 p.m. – 8:45 p.m. \$20.
Two on-the-snow session: Saturdays Feb 4 and Feb 11 or Sundays Feb 5 and 12, free for ONC-PDX members who attend the in-town Ski Clinic. Info: oncnnewsletter@gmail.com

Oregon Nordic Club Portland Chapter

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

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- ▶ **Discounts at selected merchants (see 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: nwski.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

ONC-PDX BOARD SKI TRACKS

I'm impatiently waiting for snow. As soon

as I get my ONC-PDX membership card and sign up for an Overnight Ski Trip I get impatient for the ski season to begin. I scan the local weather pages, sign up for snow reports from the ski areas, and look for reports on the Woolly Bear caterpillar. Legend is the Woolly Bear caterpillar has 13 distinct segments of either rusty brown or black. The wider the rusty brown sections (or the more brown segments there are), the milder the coming winter will be. The more black there is, the more severe the winter. No scientific backing for this legend, but it has quite a following of believers.

There were some interesting concepts being discussed by various winter sports groups in and around Oregon. There is a growing interest in increasing the "ski-ability" of the less used North side terrain on Mt. Hood. Some have even suggested that an around Mt. Hood ski trail could be established in the next 10 years with "European style" accommodations. What that entails is still a bit hazy, but no matter what it means, I'm in favor of more ski-able terrain.

So while we look forward to being able to ski hut-to-hut around Mt. Hood, you can already ski on some of the finest terrain on the mountain by spending some time at the Tilly Jane A-Frame. ONC-PDX has a weekend reserved each month this winter, so sign up with the trip leader to get your adventure started. More backcountry adventure is available in February on the Scottish Lakes Trip, which as of this writing still has openings. I skied at Scottish Lakes a few years ago; it was a blast. The snow conditions were fabulous, the terrain widely varied from steep to easy-peasy, and the views were breathtaking. I highly recommend Scottish Lakes.

While I have not yet done the Three Sisters Hut-to-Hut trip, everything I've heard about it from folks that went last year, makes me want to go. The trip in March is full but the wait list is open and one thing I've learned is that plans change and people have to cancel. Do not hesitate to get on the waiting list, if you want to go this year.

As for this year's forecast, the caterpillar's colors allude to a milder winter than last year, with some significant snowstorms. ♦

Mary Bourret, *President*

VOLUNTEER OPPORTUNITIES

Contact a board member (see the sidebar on page 2) 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 Join the committee that puts the overnight ski trips together each season.

Public Relations Provide outreach for the club. 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? Contact board members (see sidebar page 2) to volunteer.

Sno-Park Parking Permits Oregon: oregon.gov/ODOT/DMV/pages/vehicle/sno_park_permits.aspx
Washington: parks.state.wa.us/303/Sno-Parks

Mt. Hood National Forest

Snow Levels as of November 30 Bennett Pass Sno-Park had 21 inches. White River Sno-Park had 30 inches. Government Camp had 14 inches.

Teacup Grooming Teacup trails will be groomed in the early morning of every Monday, Wednesday, Saturday and Sunday unless conditions are not good for grooming. During the school holiday breaks of two weeks between Christmas and New Years, and during springbreak in March there will be additional grooming.

Gifford Pinchot National Forest

Snow Levels as of November 29 Marble Mt. Sno-Park on the south side of Mt. St. Helens had a

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DAY TOUR POLICIES

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

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 with leader.

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

Dec 3, Sat, Intermediate Ski Bennett Pass, Mt. Hood, OR

Join us for the first potential ski of the season! This will be a tour of approximately eight miles. Meet at McMennamins Edgefield's West parking lot at 8:30 a.m. to carpool. **For more info contact leader: Mike Dianich 971.344.1021 mdianich@gmail.com**

Dec 7, Wed, Easy/Intermediate Ski Location TBD

Come join us for a Wednesday ski tour. The trail will depend on snow conditions; we'll ski where the snow is good. Meet at McMennamins Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info and to RSVP contact the leader: Terry Owen 503.590.5825 terryowen1@gmail.com**

Dec 14, Wed, Intermediate Ski Pocket Creek, Mt. Hood, OR

Let's start off the season with a tour of Pocket Creek, depending on the weather. Please bring the 10 essentials, plus lunch and a sense of adventure as we may switch to Teacup Lake ski area or take a local hike depending on snow conditions. Meet at McMennamins Edgefield's West parking lot at 8:30 a.m. for a 9:00 a.m. departure. **For more info and to RSVP contact the leader: Terry Owen 503.590.5825 terryowen1@gmail.com**

Dec 17, Sat, Intermediate Ski Snow Bunny/Yellowjacket Loop, Mt. Hood, OR

Join us on this intermediate level loop through the woods. Meet at McMennamins Edgefield's West

Nordic Issues continued from page 3

dusting of snow. Pineside Sno-Park out of Trout Lake, WA had between 2-4 inches of snow.

Deshutes National Forest

Meissner Grooming At the Virginia Meissner Sno-Park, located off Century Drive approximately 15 miles from Bend towards Mt. Bachelor, Meissner Nordic Ski Club will be grooming the trails on Tuesday, Thursday, Saturday and Sundays from December 1–March 31. ♦

Mitch Auerbach, *Nordic Issues*, Pam Rigor, *Editor*

parking lot at 8:30 a.m. to carpool. **For info contact the leader: Mike Dianich 971.344.1021 mdianich@gmail.com**

Dec 21, Wed, Easy/Intermediate Ski Location TBD

Come join us for a Wednesday ski tour. The trail will depend on snow conditions; we'll ski where the snow is good. Meet at McMennamins Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info and to RSVP contact the leader: Terry Owen 503.590.5825 terryowen1@gmail.com**

Dec 28, Wed, Easy/Intermediate Ski Location TBD

Come join us for a Wednesday ski tour. The trail will depend on snow conditions; we'll ski where the snow is good. Meet at McMennamins Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info and to RSVP contact the leader: Terry Owen 503.590.5825 terryowen1@gmail.com** ♦

Common meeting places: Gateway Transit Center parking structure, NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center, NE Sandy Blvd. & NE 96th Ave. McMennamins 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 ski

Join the ONC-PDX leadership team Pick your favorite ski trail and lead a day

tour. Submit tour descriptions on the Day Tour Input Form under "Activities and Events" "Day Tours" or e-mail tour description (by **December 14, 8 p.m. for the January 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 e-mail and we'll get you up to speed. ♦

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

NEWS FROM THE CHAPTERS

Chapter leaves and Chapters join. Teacup

Lake Nordic Club, which manages the Teacup Nordic Trail groomed area in the Mt. Hood National Forest, formed their own non-profit corporation and is no longer part of the ONC state organization.

ONC's two new chapters are the Strawberry Mountain (John Day) Nordic Club in Grant County and the Eagle Cap Nordic Club in Northeastern Oregon's Wallowa County. ♦

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-bar p. 7)!
- ◆ Sign up early so we'll have enough people to cover trip costs: sign-ups can be made on the website (onc-pdx.org/acitivies/overnight-trips) or fill out an overnight trip application and mail it with your trip fee to the trip leader (make checks payable to **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.

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

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.

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 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** (contact leader for address). 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 **Three spaces available***

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

Bob Brievoegel



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 on the **ONC-PDX website**, or send your overnight tour application and \$268 check payable to **ONC Portland Chapter** to the leader, **Ann Truax** (contact leader for address). 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 **Trip full, waiting list open***

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!

Trip limit: 7 participants (includes leader)

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

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** (contact leader for address). 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.

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

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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 miles per day; 200 to 400

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cont. from sidebar page 5
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
- Water bottle (filled)

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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
Three spaces available***

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 on the ONC-PDX website, or send your overnight tour application and \$70 check payable to ONC Portland Chapter, to the leader, Mary Hepokoski (contact leader for address). For more info contact Mary: 503.245.1618 hepomp8@comcast.net

**Jan 13–16, Fri–Mon, All Ability Ski Lake Creek Lodge, Camp Sherman, OR
One space available***

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 on the ONC-PDX website, or send your



Mary Hepokoski



Steve Levy

overnight tour application and \$265 check payable to ONC Portland Chapter, to the trip leader, Steve Levy (contact leader for address). For more info contact Steve: 503.244.4262 slevy@pacifier.com

**Jan 13–17, Fri–Tue, All Ability Ski Sunriver, OR, MLK Holiday Weekend
One space available***

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 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 (contact leader for address). 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
Trip full, waiting list open***

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.

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 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 (contact leader for address). For more info contact Sam: (text) 360.910.1714 sam.digard@gmail.com

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

**Jan 25–30, Wed–Mon, All Abilities Ski
Anthony Lakes and more, OR
Trip full, waiting list open***

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 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** (contact leader for address). 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
Trip full, waiting list open***

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 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** (contact leader for address). 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
Trip full, waiting list open***

See Jan 6–8 Ochoco trip on page 5 for full description.

Trip limit: 7 participants (includes leader)

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

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** (contact leader for address). 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
Eight spaces available***

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 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** (contact leader for address). 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**

Trip full, waiting list open*

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

cont. from sidebar page 6

■ 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 choose to fill the space

continued on page 8

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

cont. from sidebar page 7
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

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 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 (contact leader for address). For more info contact Ted: 503.452.7432 tedskier@gmail.com

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

Trip full, waiting list open*

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 snoparks (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 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.

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 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 (contact leader for address). 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

Trip full, waiting list open*

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 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 (contact leader for address). 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!

Seventeen spaces available*

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.

Bob Breihsogel



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.

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

onc-pdx.org

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 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 (contact leader for address). For more info contact: Scott scott.diamond.mail@gmail.com

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

Trip full, waiting list open*

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'll 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 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 (contact leader for address). For more info contact Ken: 503 297-2958 skiwenzel@hotmail.com.

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

Trip full, waiting list open*

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. Info: 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 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 (contact leader for address). 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
Trip full, waiting list open***

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 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 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 (contact leader for address). For more info contact Ted: 503.452.7432 tedskier@gmail.com

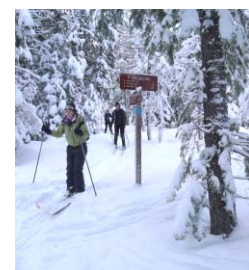
**Mar 30–April 3, Thur–Mon, All Ability Ski
Wallowa Mountains, Wallowa Lake, OR
Trip full, waiting list open***

Spend an extended weekend skiing in the magnificent Wallowa Mountains in eastern Oregon! We will stay in two

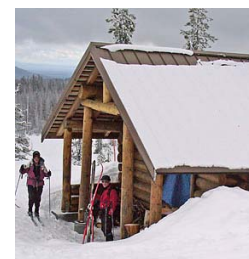
New Years at Black Butte



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

continued on sidebar page 11

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 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 (contact leader for address). 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. Info: Travelprotectors.com 703.443.9055. ♦

Overnight Trip Committee

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

Welcome new members!

Victoria Rehfeldt, Kate Chamberlin, Ann Rowland, Philip Mascher and April Streeter, Michael and Helen Hortsch, Davis Voyles, Kenneth Salzberg, George Burgess, Madeleine Clare, Lisa Cenotto and Kurt Mottweiler, Sara Shah, Sidney Smith, Kate Rogers, Kathleen Gillis, and Samantha Southam

November membership report: 227 total memberships (152 single and 75 family) includes 16 new and 9 renewals. Last year at this time there were 237 memberships.

BOARD MEETING MINUTES

Minutes of ONC-PDX Board Meeting, September 27, 2016

Board Members Present: Ken Wenzel, Mary Bourret, Scott Diamond, Ted Scheinman, and Tim Kral

Board Members Absent: André Fortin and Jim Edwards

Minutes from last meeting are approved

Treasurer's Report: State increased insurance from \$6.00 to \$7.50/person

Question of what umbrella covers actually covers—Tim. We need to adopt a budget. Tim will send out September report for approval.

President's Report: Mary to write Presidents article for newsletter

Website: No report

Day Tours: No report, committee to meet before next meeting

Overnight Trips: September meeting was successful with high attendance. There is some frustration with trips which fill quickly. Is there still an option to add additional trips? Could we poll members in the summer and identify popular trips and possibly expand offering for popular trips? Several members commented on chaos of signup meeting. Board suggest Overnight Trip Committee look into online only or other methods to reduce confusion and make sign up fair.

Tilly Jane A-Frame: No report

Membership: 202 memberships (132 single, 70 families = 296 members), 15 new memberships in past month

Prior years: October 2015: 284 memberships October 2014: 268 memberships

Publicity: Ted to move forward with Nordic Fest on November 5–6. Ted will need volunteers to man the booth and will follow up with a request.

Nordic Issues: No report

Trail Tending: Ken to attend Winter Partnership meeting

New Business

Tilly Jane A-Frame: general discussion of how TJ fits in with club. Board had initial discussion of pros and cost of Tilly Jane being committee or being board position. Board would like to have meeting with André and most of board members to discuss further.

Leadership Training: Scott proposed that we do not repeat training of last year but instead see if we can obtain ONC specific Wilderness First Aid class. Scott to investigate.

Cascade Forest Conservancy is asking for sponsorship. Board approved offering \$250 cash or Crater Lake trip and membership. Post meeting CFC accepted cash.

Next board meetings: January 31 at Mazamas Mountaineering Center 6:30 p.m. ◆

Scott Diamond, Secretary

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: ► **Turazor MX Telemark Skis w/Rottefella 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!)

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.**

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 ◆

Shavasana in Mongolia

In 2014, filmmaker and Oregonian Ashley Michael Karittis traveled to Mongolia alone, for six weeks, and without a guide or language translator. She lived for 10 days with a traditional herding family in the Darkhad Valley and was immersed in the daily activities of nomadic life and culture. Ashley then traveled into the Taiga along the Russian border to live with a reindeer herding female shaman for 10 more days.

Sometimes an adventure, but often-steeped in quiet reflection, Ashley's journey was ultimately one that provided tremendous healing. Join Ashley as she presents her candid stories, vivid photographs and videos, and readings from her "Shavasana in Mongolia."



Lucky Labrador Brewing Company
1945 NW Quimby St.
Tuesday, November 1
6:30 p.m. Social Hour
7:00 p.m. Volunteer Recognition
7:30 p.m. Program
 Food and drink are available \$

Upcoming Programs
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

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.