

Hike, bike, ski, and, feast

The multi-modal Sunriver Thanksgiving trip featured—a hike along the Deschutes to Dillon Falls; a hike to Paulina Lake on packed snow; a ski to Todd Lake on good snow that surprised us all, as few of the Nordic Center Trails were even groomed; and a bike trip around the resort on heavy bikes provided by our hosts. On a more strenuous note, persons stimulated the



local economy further at the holiday crafts marketplace, lugging heavy shopping bags for evening show and tell, cruised the bookstore, and partook of gastronomic delights each evening. These exertions required frequent hot tub therapy.

I (and I only assume “we,” as I am alone as I write this) am thankful for health and good fortune, camaraderie, our beautiful surroundings, and the support we give each other in political and personal trying times. Our community sustains us on the trails and off.

Elke Schoen, Trip Leader

Tilly Jane Fundraising

The fundraising campaign for the Tilly Jane A-Frame

Restoration Project kicked off in July with two raffle/silent auction fundraisers, a Halloween party benefit, and a small raffle at the October work party raising a total of \$16,000! Thanks goes to everyone who attended and donated.

Here’s a summary of the events: September 15 in Portland: Over 400 supporters in attendance; we sold out of pint glasses and T-shirts, raising over \$8,000. Base Camp Brewing donated the venue and beer, Next Adventure donated T-shirts and commemorative pint glasses, both designed by Blue Collar Agency. Over 400 supporters attended; we sold out the glasses and T-shirts, raising over \$8,000. November 10 in Hood River: Double Mountain Brewing provided the venue and donated beer, Doug’s Sports and Shortt Supply gave us T-shirts and commemorative pint glasses both designed by Blue Collar Agency. Over 150 supporters attended plus \$1 from every beer sold was donated, raising \$6,000. October 29 in Hood River at the Buried Bash: The Blue Collar Agency’s Halloween party raised \$2,200. A special shout out goes to our friends at Blue Collar Agency for the marketing/advertising and volunteer assistance; and thank you ONC-PDX volunteers who also helped staff these events!

We are planning more events in 2017, but you can still donate. Tell your friends about #savetillyjane - How You Can Help! We continue to accept donations through PayPal on our

Tilly Jane Fundraising continued on page 3

Winter Solstice

On Wednesday December

21 an adventurous group of seven join me to ski the East side trails of Mt. Adams. Starting at the Pine Side Sno-Park we headed east on the Eagle Loop Trail, which was ok until the groomer broken down. The downhill sections, then, became very interesting with a breakable ice crust. Not wanting to have any injuries we rerouted over to the Big Tree Loop. The weather was perfect, blue sky, just below freezing with no wind, and views of Mt. Adams thru the trees. We enjoyed lunch at the big tree, measuring it with a five person circumference. We had a smooth glide out, down the Upper Loop road back to the car. Then toasted the winter solstice with mugs of hot tea and coffee before heading home. (photos p. 11) ♦

Ken Wenzel, Tour Leader

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Mike Dianich

Scottish Lakes High Camp

See trip details page 7.

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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.

This newsletter is published monthly by: **Portland Chapter of the Oregon Nordic Club, Inc.**
P.O. Box 3906
Portland, OR 97208

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

Jan 3 ▶ TUESDAY
Himalayan Dreams—
the quest for Kumari
ONC-PDX monthly program
6:30 p.m. – 9:00 p.m.
Lucky Lab, 1945 NW Quimby St.



Jan 9 ▶ MONDAY
Banff Mountain Film Fest Launch Party
6:30 p.m. – 8:00 p.m. Lucky Lab (Quimby). Preview 2017 Banff Mountain Film Festival and buy tickets before public sale (January 10). Inspirational film trailers, opportunity to win raffle prizes. REI Members only. \$18 (two tickets per person). Cinema 21 screenings are February 5–7.

Jan 12 ▶ THURSDAY
Winter Backcountry Safety by
Portland Mountain Rescue
6:30 p.m. – 8:30 p.m. Clackamas REI
Free! Info/sign-up: rei.com/learn.html

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

Jan 15 ▶ SUNDAY
Gunnar Hagen Memorial race
10:00 a.m. start time. Cabin Creek Sno-Park, exit #63 on I-90 in Washington. Registration closes January 13
Info/sign-up: kongsbergers.org

Jan 18 ▶ WEDNESDAY
Winter Camping Basics
6:30 p.m. – 8:00 p.m. Tualatin REI
Free! Info/sign-up: rei.com/learn.html

Jan 22 ▶ SUNDAY
Mountain Shop Teacup Classic
9:00 a.m. 1:00 p.m. Teacup Nordic Area, Mt. Hood.
All level of racers (kids ages 6–13 too) welcome.
Info and register: Teacupnordic.org/events/2017-teacup-classic.

Jan 24 ▶ TUESDAY
Winter Camping Basics

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

Jan 25 ▶ WEDNESDAY
Winter Backcountry Safety by
Portland Mountain Rescue
6:30 p.m. – 8:30 p.m. Hillsboro REI
Free! Info/sign-up: rei.com/learn.html

Jan 31 ▶ TUESDAY
Mt. Hood Ski Patrol
6:30 p.m. – 8:00 p.m. Portland REI
Free! Info/sign-up: rei.com/learn.html

Feb 1 ▶ WEDNESDAY
Cross-country Skiing Mt. Hood/Beyond
6:30 p.m. – 8:30 p.m. Hillsboro REI
Free! Info/sign-up: rei.com/learn.html

Clinics & Training

Jan 8 ▶ SUNDAY
Annual Tea Party and
Cross-Country Ski Clinic
9:30 a.m. – 2:00 p.m. Registration: 10:30 p.m., Tea Party: Noon. Teacup Nordic area, Mt. Hood. Ski lessons from skiers with years of experience, enjoy some tea, and support Teacup Nordic. \$10 donation appreciated from non-Teacup members. Info: teacupnordic.org
Tea courtesy of Stash Tea, a sponsor of the Teacup Youth Nordic Team

Jan 19 ▶ THURSDAY
SheJumps Women's Waxing Clinic
6:30 p.m. – 8:00 p.m. The Mountain Shop, 1510 NE 37th. Tickets \$15, includes pizza, beverages, snacks, partner goodies, and a Mountain Shop discount. Reserve your spot (limited to 20): eventbrite.com/e/shejumps-boards-and-brewnight-at-the-mountain-shop-tickets-29809208144. Info: Katherine katherine.jondro@gmail.com mountainshop.net

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

What a fantastic start to the ski season. We

have lots of snow on the mountain and lots of time off due to road conditions in Portland. It may seem odd to think about global warming, when Portland is in a deep freeze and I realize that some people will not agree with my view that global warming is a Nordic issue. Yet, I see no harm in reducing our carbon footprint—if not for the hopes of mediating climate change, at least to save money on energy bills and gas.

Skiing requires at least a 60-mile drive from my home; I try to follow a few standards to make the drive worth it. Here are the rules I live by:

- Spend at least as much time recreating as you spend driving to and from the ski trails.
- Consider driving a little slower and using cruise control to increase fuel efficiency.
- When possible avoid the busiest times on the road. This means leaving the Sno-Park before 3:00 p.m. on weekends.

- To maximize the driving-time to recreation-time ratio, pack as many fellow skiers into your car as possible. Splitting gas makes it more affordable, and company makes the drive a little more fun!

ONC-PDX offers multiple ways of connecting with other skiers. Check out the day tours on our website (onc-pdx.org/activities/day-tours), the Forum pages (onc-pdx.org/forums), and join Meetup (meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) to get up-to-date information on all the day tours. ♦

Mary Bourret, *President*

New ski area

There is a new trail system (22 kilometers of groomed trails) called the Plain Valley Nordic Ski Trails an easy drive north of Leavenworth, WA. There is a good number of easy trails. Info and trail maps: skiplain.com. ♦

Tilly Jane Fundraising continued from page 1

website: onc-pdx.org/donate-to-tilly-jane-a-frame. Next Adventure is providing more Portland T-shirts (\$25 includes shipping), send us your order by e-mail (tillyjanecabin@gmail.com) and we'll mail it to you. payment required at PayPal

In Hood River T-shirts (\$20 are available at Shortt Supply. The commemorative pint glass (\$5) can be purchased at Double Mountain Brewing. Proceeds go to the Tilly Jane A-Frame Restoration Project! ♦

Andrè Fortin, *Tilly Jane A-Frame*

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.

Mt. Hood National Forest

Snow Levels Info about snow levels at the sno-parks can be found on this website:

www.fs.usda.gov/activity/mthood/recreation/wintersports/?recid=52770&actid=91

Gifford Pinchot National Forest

Gifford Pinchot Winter Partnership Meeting

Ken Wenzel, Vice-President attended the meeting and submitted this report.

Fat Tire Bicycles There is a current Draft Plan for Fat Tire Bicycles at selected groomed Washington State Parks and other areas in Northern Washington. Currently they are restricted in the National Forest.

Washington Sno-Park Permits are available online: <https://fortress.wa.gov/parks/ecommm/prod/Store/SNO/SnoChoice.aspx> Some areas are groomed and require a special permit, but the Wind

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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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TILLY JANE A-FRAME NEWS

Cabin Rental 2016 was another strong year for cabin rentals; we're estimating \$19K in rental income, representing over 1,000 user nights!

Reservations continue to be strong for 2017; all Saturday nights are booked. ONC-PDX members and Tilly Jane volunteers can stay at the A-Frame one weekend a month—January 6–8, February 3–5, March 3–5, and April 7–9—see the overnight trip schedule page 6–10 for sign-up details.

Cabin Operations The annual October work party was a great success. Thank you, to those who attended and helped prepare the cabin for winter use. We hauled three cords of wood from the campground to the cabin and split another 3.5 cords from the on-site supply (from the hazard tree reduction project). We rented a log splitter to help with this work while many volunteers went "old school" and used a splitting mauls. A good supply is ready for the season.

Restoration Project Phase 1 Recap After obtaining construction approval from the Oregon State Historic Preservation Office, and our partners from the Forest Service, we completed the site grading, stump removal, moving the old concrete piers away from the building, and digging the new footing holes in preparation to reinstall the original footing rocks. We replaced eight of the 14 original (rotten) rafters. The remaining six rafters and three concrete piers supporting the alcove wood room will be replaced in Phase 2 due to required log wall/roofing replacement and other structural stabilization work. Like sized trees were identified within the burn area below the cabin. They were cut down and hauled to the cabin using old school, log carriers, as they would have done during original construction. The non-original concrete piers were carted to the campground parking lot where they wait to be removed and recycled. Five yards of rock were hauled to the cabin for footing base material.

Nordic Issues continued from page 3

River Area does not. Sno-Park funding and grooming is on track to be same as last year based on sales of Sno-Park Passes.

Peterson Prairie Cabin is being replaced with a larger cabin (relocating an existing cabin not new construction) with about eight bed capacity, due to open in summer 2017. An open house will occur February 3 during Cabin Fever Festival in Trout Lake, WA. The original cabin was destroyed by fire.


Mt. Adams East Salvage Logging is being done on Road 82 so be careful when driving to Mt. Adams East side trails. The ski trails will be groomed when

All this work took place over two long weekends in July. Over four days in September, we rebuilt the original rock footings and installed the new log rafters! We had the help of a three-to-four volunteers each day, led by our contractor team, Wells Construction, Inc. (the same people who rebuilt the historic Cloud Cap Inn). All construction supplies were donated by Tum-a-Lum Lumber and Fastenal in Hood River. We also installed a new outdoor fire pit and built some bench seating to go around it. The woodstove was cleaned and painted, broken windows replaced, and the airgaps around the windows sealed for a less drafty cabin this winter.

The most impressive part of this project was the number of volunteers who answered the calls for help! Thirty-nine volunteers gave over 380 hours to the project. The original bid to complete Phase 1 without any volunteer assistance was \$33K. We were able to get it done for just over \$7K. Our volunteers directly saved over \$25K in construction expenses. See the photos on our website (under Tilly Jane A-Frame).

Phase 2 Phase 1 was a great start at rehabilitating the cabin. Phase 2 will be a much larger project with a much larger price tag. While we'll be able to offset some of this through using volunteer labor, there are line items that necessitate using paid professionals (replacing the roof....). On this front, we are still looking for Western Red Cedar bolts suitable for manufacturing our own shakes. This remains problematic as this wood is hard to come by! Please be on the lookout for this wood and/or help by **making a donation today** (onc-pdx.org/donate-to-tilly-jane-a-frame)!

In the meantime, enjoy your winter, enjoy the cabin and Tilly Jane Historic District, and know that together we are making progress. I have enjoyed meeting so many outdoor and historical enthusiasts, you are all vital to this project and the cabin!

Questions: tillyjanecabin@gmail.com. 

Andrè Fortin, *Tilly Jane A-Frame*

snow permits (check this website for conditions: www.fs.usda.gov/activity/giffordpinchot/recreation/wintersports/?recid=31178&actid=91). The Yakima Nation Lands are closed in winter. The gates have been improved to try and stop snowmobiles.

Oldman Pass Check Skamania County website for plowing report: www.skamaniacounty.org/public-works/homepage/upper-wind-river-recreation-area. They will plow Oldman Pass Sno-Park, because of high demand at sledding hill. They also plan on grooming the cross-country ski trails as

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DAY TOURS

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

More tours will be listed on these two sites: onc-pdx.org/activities/day-tours meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter

Jan 4, Wed, 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: options include Twin Lakes and Bennett Pass. Meet at McMenamins Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info and to RSVP contact the leader: Rand Schenck randschenck@msn.com**

Jan 7, Sat, Novice/Intermediate Ski

Teacup, Mt. Hood. OR

We'll ski 3-4 miles on relatively flat terrain at Teacup groomed Nordic area. Please rent your equipment the night before to avoid any delay Sat. Bring lunch. Intermediate skiers will be self-directed. Meet at McMenamins Edgefield at 8:30 a.m. in west parking lot for carpool. **For more info, contact leader: Mike Dianich 971.344.1021 mdianich@gmail.com**

Jan 11, 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 McMenamins Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info and to RSVP (Leader TBD) contact: Terry Owen 503.590.5825 terryowen1@gmail.com**

Jan 18, 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 McMenamins Edgefield's West parking lot

at 9:00 a.m. to carpool. **For more info and to RSVP (Leader TBD) contact: Terry Owen 503.590.5825 terryowen1@gmail.com**

Jan 21, Sat, Intermediate Ski Twin Lakes Trail, Mt. Hood. OR

We'll ski 8-10 miles on the PCT and Twin Lakes Trails. Meet at McMenamins Edgefield's West parking lot at 8:30 a.m. to carpool. **For more info, contact the leader: Mike Dianich 971.344.1021 mdianich@gmail.com**

Jan 25, 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 McMenamins Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info and to RSVP (Leader TBD) contact: Terry Owen 503.590.5825 terryowen1@gmail.com**

Feb 1, 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 McMenamins Edgefield's West parking lot at 9:00 a.m. to carpool. **For more info and to RSVP (Leader TBD) contact: Terry Owen 503.590.5825 terryowen1@gmail.com**

Feb 4, Sat, Easy Ski

Old Man Pass, Upper Wind River, WA

This fun tour of 4-6 miles will be over varying, gentle terrain in Washington in the Old Man Pass Area. Meet at McMennamins Edgefield's West parking lot at 8:30 a.m. to carpool. For more info, contact the leader: Kathy Burns 503.429.4024. ♦

Common meeting places: Gateway Transit

Center parking structure, NE 99th Ave. north of NE Pacific Ave. Parkrose/Summer 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.

Nordic Issues continued from page 4

funds allow. The Curly Creek Road will also be plowed down to North Woods (Lewis River) until funds run out. Plowing will be done to Lone Butte Sno-Park near Mt. Adams with snowmobile grooming beyond. Some new trails signs (being made in Department of Corrections) will be put up when available.

Marble Mountain Shelter has received grants to be rebuilt during the summer of 2017. ONC-PDX has offered help, if needed during the construction, possible some security (camping at site). The Forest Service is hoping the Job Corp will help build the structure. Anyone interested in free camping? The new building to be more fire resistant. The Forest Service is planning to do some grooming for cross-country skiing from the Marble Mt. Sno-

Park using a small groomer pulled by a snowmobile. They hope to groom about 15 – 20 miles of ski trails. Info about the grooming will be posted on their website.

Deschutes National Forest

Central Cascades Wilderness Strategies

2017 The Deschutes and Willamette National Forests are considering visitor use management strategies for five wilderness areas in the central Cascades in order to reduce problems caused by increasing recreation use (current management is not successful in dealing with these issues). The five wilderness areas are Mt. Jefferson, Mt. Washington, Three Sisters, Waldo Lake, and Diamond Peak. Info: www.fs.fed.us/nepa/nepa_project_exp.php?project=50578
Contact: Beth Peer 541.383.4761 bpeer@fs.fed.us ♦

***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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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/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.

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.

Trip limit: 7 participants (includes leader)

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

**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 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.

Trip limit: 10 participants (includes leader)

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

**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

Steve Levy



courseing 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 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

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

onc-pdx.org



TedScheinman, left, Christine Bierman, right

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

Trip limit: 7 participants (includes leader)
Cost: \$35/member, per person, includes two nights lodging

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

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. Experi-

enced 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).

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



Mary Hepokoski

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

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

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.

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)

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
Trip full, waiting list open*

Come on over to Anthony Lakes and see what everyone has been talking about.

Trip limit: 9 lucky participants (includes leader)
Cost: \$310/member, per person, includes five nights lodging

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.

Trip limit: 19 participants (includes leader)
Cost: \$165/member, per person, includes two nights lodging and two gourmet breakfasts

For more info contact Donna: 503.621.3049
matrazzo@msn.com

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

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

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**

Two spaces available*

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!

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

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

**Feb 10–12, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane Guard Station, Mt Hood, OR**

Three space available*

We'll backcountry ski to the ONC-PDX managed cabin 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 stove for cooking meals and heating water. Participants can carry their own



Mary Hepokoski

cooking pots although there are some at the cabin. 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: 4 max, Open to ONC-PDX members only with preference given to Tilly Jane volunteers
Cost: Free (another club benefit). You must be an ONC-PDX member to sign 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

**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.

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)

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.

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)

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**

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



Mary Hepokoski

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).

***Check website/contact leader for trip updates
oncpdx.org**

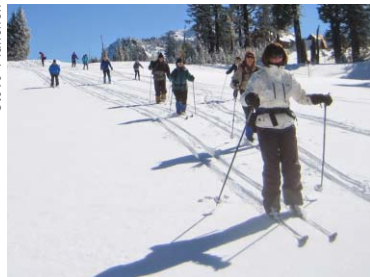
Mar 3–5, Fri–Sun, All Ability Ski and Snowshoe Crater Lake via Charter Bus
Experience one of the Seven Wonders of Oregon on skis or snowshoes, and without crowds!
Twelve spaces available*

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 Bravingel

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



Steve Planchon

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 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 3–5, Fri–Sun, Intermediate Backcountry Ski Tilly Jane Guard Station, Mt Hood, OR
Trip full, waiting list open*

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).

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.

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)

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.

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).

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.

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.

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*

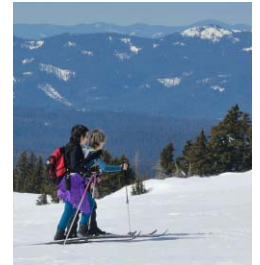
Spend an extended weekend skiing in the magnificent

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

Crater Lake National Park



Crater Lake National Park



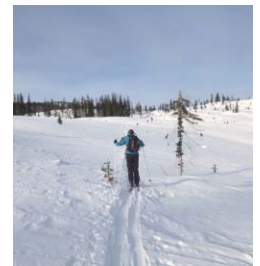
Crater Lake National Park



Scottish Lakes High Camp



Scottish Lakes High Camp



Scottish Lakes High Camp



**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

Wallowa Mountains in eastern Oregon!

Trip Limit: 10 participants (includes leader)
**Cost: \$115/member, per person, includes four nights
lodging**

For more info contact **Kathy: 503.429.4024**
burnskathrynl@gmail.com

**Mar 31–Apr 2, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane Guard Station, Mt Hood, OR**

Four space available*

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).

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

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.**

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

EMERGENCY CONTACT: _____ PHONE: _____ 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

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

onc-pdx.org

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

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. Call them at 703.443.9055 or check their website: Travelprotectors.com. ♦

Overnight Trip Committee

Welcome new members!

Vaughn Adams, Katherine and Nishanth Aravamudan, Steven Bruckner, Don and Nell Colburn, Julia, Bart and Catherine Colson, Scott, Kristin, Jessie and Kate Killops, Sue Kloster, Berry Kruijning, Nir Modiano, Linda Moore, Tim Roberts, Laurel and Sean Walton, Molly Williams and Leslie Vicas

Welcome back:

Victoria McOmien Bruce Palamountain, Randy Selig, Bill, Jenny, Basil, and Aviva Stein and John Wadsworth

December membership report: 258 total memberships (170 single and 88 family) includes 14 new and 17 renewals. Last year at this time there were 269 memberships.

BOARD MEETING MINUTES

Correction: Last month's Minutes of ONC-PDX Board Meeting were mislabeled as September's minutes. They were the minutes from the October Board Meeting.

The November Minutes of ONC-PDX Board Meeting were not available.

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

CLASSIFIED ADS

FOR SALE: ▶ **Ski Boots**, like new. Fischer BCX8 Back Country ski boots, 3 pin, size EU43. **\$75 Mike 971.344.1021 mdianich@gmail.com** 3/17

FOR SALE: ▶ **Skis**, Atomic Telepathic telemark skis 170cm with Voile Tele bindings and heel lifts. **\$75** **FOR SALE:** ▶ **Bindings** Riva Super Loop ultralight telemark / backcountry touring bindings, new **\$60 OBO. \$75.** **FOR SALE:** ▶ **Skis** Karhu XCD back country skis 190cm, 3-pin bindings **\$65 OBO.** **FOR SALE:** ▶ **Boot liners** Scarpa Intuition ski boot thermo form liners. Used one season in T4s. Good for Alpine, AT, Telemark Size 30.5 (used in a 30 Scarpa Boot) Can be reformed several times. Should fit 29.5 to 30.5 shells. **\$65 OBO.** **FOR SALE:** ▶ **Ski Boots** AirTex NNN-BC Ski Boots, Thinsulate insulated, very warm, excellent condition. Size 47 **\$40 OBO.** **FOR SALE:** ▶ **Ski Helmet** Romer full coverage ski helmet, adjustable vents, size Large. **\$40 OBO.** **FOR SALE:** ▶ **Ski Helmet** GIRO ski helmet size Small fits child/adolescent **\$25 OBO.** See photos here, open to all offers: <http://portland.craigslist.org/clk/spo/5906927755.html> **Russ russ.bec@gmail.com** 3/17

FOR SALE: ▶ **Turazor MX Telemark Skis w/Rottfella 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

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: ▶ **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. Check fit at: trakonline.it/Contents/Documents/dimensioni_pneumatici.pdf **\$80 (\$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** 3/17

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.**

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purchase price.
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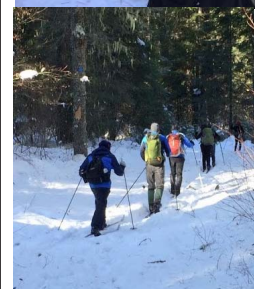
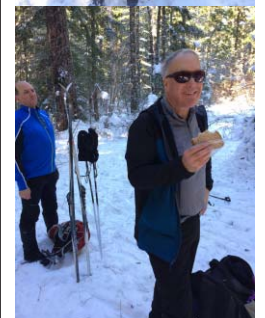
Otto's Ski & Bike Shop, 38716 Pioneer Blvd. in Sandy, offers a 10% discount on purchases of ski equipment and apparel. They also have cross-country ski package rentals for the entire season. ottoskishop.com

Wy'East Nordic Ski School offers ONC-PDX members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.com ♦

Winter Solstice tour



Photos Steve Rearden



Himalayan Dreams—the quest for Kumari

Photographer Peter Marbach volunteered on a humanitarian expedition to the remote Himalayan village of Kumari to document the amazing life story of trekking guide Jagat Lama. Jagat's rise from poverty and his heroic efforts to bring health care, education, and a women's skills center to his village were featured in the film "Kumari: The Jagat Lama Story." Marbach will share stories and images of village life in Kumari, the colorful chaos of Kathmandu, the unspeakable beauty of the Himalayas and his own healing journey en route to Everest.

Peter has co-authored five coffee table books and produced several of the iconic Mt Hood Jazz Festival commemorative posters.



Lucky Labrador Brewing Company
 1945 NW Quimby St.
 Tuesday, January 3
 6:30 p.m. Social Hour
 7:30 p.m. Meeting/
 Program

Food and drink are available \$

Raffle: Pick up a raffle ticket at the meeting for the drawing—you must be present to win.

Upcoming Programs

February 7–Canadian Rockies April 4–Landscape Photography
March 7–Alaskan Odyssey May 2–Cuba (tentative)



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.