



PORTLAND CHAPTER

SEPTEMBER 2014

Cooper Spur ski trail work party

If you've hiked or skied this trail, you know what I'm talking about! Roughly a

quarter mile from the trailhead parking lot you'd encounter three sections of trail that traversed swamps created by "springs." If you were unlucky and stepped in the wrong area, you may have ended up sinking to your knees in MUD! This created challenging sections that required the removal of skis or snowshoes in all conditions except extremely heavy snowfall as the snow rarely built up over these sections. In summer months, hikers needed to watch their step! This is the main trail used to access the Tilly Jane A-Frame.

On July 19, a group of 15 gathered to begin rehabbing these sections of trail. We began by removing all the logs and other material that had been used as "bridges" across the sections. We then began to "channelize" some

of the more visible springs and digging lateral ditches across the trail with the hope of beginning the process of "drying out" the trail. We finished by cutting new logs and placing them over the area to act as a new "boardwalk." Only time will tell if the work we accomplished will result in a better trail, but early feedback shows that it made for easier passage! The Forest Service also plans on adding drainage rock and possibly adding landscape fabric to better stabilize these sections.

Please join me in thanking the following volunteers: Andre Fortin, Jennifer Barrows, Mary Hepokoski, William Kipley, Joseph Lucas, Ernie Carpenter, Blake Johnsen,



Becky McClain, Susan Watt, Clint Sikes, Ray Perez, Molly Vogt, Davida Wilson, Slade Wilson and Kevin McGillivray. This job wouldn't have been possible without their help! Non ONC members will be granted a free Tilly Jane weekend (at one of the ONC club weekends during the high use winter season) as a "thank you" for their volunteer efforts.

Andre' Fortin, Tilly Jane

New location for monthly meeting

A big change is happening for ONC-PDX. The board has decided to move the venue

of the monthly meeting from the Multnomah Art Center to The Lucky Lab at 1945 NW Quimby, where we'll be meeting in a separate room that's set up for private events. Instead of a potluck, you'll be able to order, if you wish, from the Lucky Lab menu, featuring pizza, salads, deli sandwiches and hot soups—along with beer brewed right behind the bar.

Yes, the meeting will take place on the first Tuesday of the month from 6:30 to 9:00 p.m.. As usual, we'll begin with a social hour where old friends and new can meet, eat and enjoy the interesting company of other outdoor enthusiasts.

Yes, we'll continue to offer a program and slide show featuring an outdoor adventurer with stories to inspire and intrigue the audience.

Our first meeting at the Lucky Lab will take place on October 7, the night of the Overnight Trip Extravaganza, when ONC-PDX members can sign up for cross-country ski trips to Black Butte, Sun River, Odell Lake, Methow Valley, the Ochocos, the Wallowas, the Canadian Rockies, Glacier, Yellowstone and Norway..... and more. At 7:30 p.m., Ted Scheinman, our intrepid Overnight Trip Coordinator, will entice skiers with a photo slide show of previous trips. At the conclusion of the program, members will have the opportunity to sign up. (Nonmembers can become eligible to participate in an overnight ski trip by joining the club that night.)

Come join the fun at The Lucky Lab, 1945 NW Quimby, for ONC-PDX's October 7 Overnight Trip Extravaganza and program!

Ann Truax, Overnight Trip Coordinator

Renew your membership

ONC-PDX memberships renew annually on September 1. Please take a moment and fill out the renewal form that you received by U.S. Post in mid August. Thanks for keeping the club strong!

Inside

- 2 Upcoming Events
- 3 Nordic Issues/News Mt. Hood/Gorge

Trail and Bridge Repairs

Mt. St. Helens

Marble Mountain shelter update
Coldwater Lake campsites
New Overnight Camping at the Science & Learning Center at Coldwater

Deschutes NF

Swampy Lakes Shelter Rebuild

- 5 Day Tours Hike, Bike and Trail Tend
- 6 Trail Tending
 Parties
 Join us to work on the
 Winter Trails
- 7 Overnight Trips Preview of Winter ski trips
- 9 Discounts for members and leaders Check out the member and leader benefits (on the side bar)

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continued on sidebar page 3

EDITORIAL NOTES

The deadline for submissions is the 15th of the month (for the next month's publication). Send submissions to oncnewsletter@gmail.com as a Microsoft Word document (no formatting ie. no bold text, all caps text, tabs or other settings) in Times Roman as a 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.

UPCOMING EVENTS

Sept 1-30 → MON-TUE Swift Watch 2014

One hour before sunset, each night in September Chapman Elementary School in northwest Portland Info: http://audubonportland.org/local-birding/swiftwatch

Sept 5-7 → FRIDAY - SUNDAY **Pacific Crest Trail Days**

Cascade Locks, OR Fri: 10 a.m. – 10 p.m.
Sat: 10 a.m. – 9:15 p.m. Sun: 10 a.m. – 4 p.m
The latest outdoor products and gear, free classes and activities, & watch an outdoor photography show and a documentary film, help with a trail work party, go for a hike or bike, and camp under the stars.
Info: pctdays.com

Sept 13 → SATURDAY Radical Reels Adventure

Clinton Street Theatre, 6-9:30 p.m., doors open at 6 p.m., \$15 REI members, \$20 non/REI members. Ski, climb, paddle, bike or fly, hold on to your seat for the jaw-dropping best mountain sport films! Tickets available at REI stores0

Info: www.banffcentre.ca/mountainfestival
Proceeds benefit non-profit Adventures Without Limits.
members and \$20 for non-members.
Info: mthoodmuseum.org

Sept 28 → SATURDAY Basic Bike Repair

@ Portland's Sunday Parkways. 11 a.m.-4 p.m. The Bike Gallery crew will be at Laurelhurst Park to give your bike a quick check over, air up the tires and make sure you are safe during this fun, family-friendly event!

Clinics & Training

Oct and Nov > SATURDAYS 2014 Fall XC Training Series

Watch the websites for the dates for this year's conditioning sessions for XC skiers of all abilities. Info: teacupnordic.org www.xcoregon.org
Sponsor by: Oregon Nordic Club Teacup Chapter and XC Oregon race team

December 4–14 → THUR–SUN (no on-snow sessin on Tuesday, December 9)

2014 Oregon Fall Camp, Mt. Bachelor
Start your ski season off with one of the best
camps in the XC ski world! Features reliable early
December skiing at Mt. Bachelor, top coaching,
training lectures, and (optional) world-class
physiology testing. Designed specifically for adult
XC skiers and racers with skills anywhere from low
intermediate to expert. Info: xcoregon.org

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- Discounts at selected merchants (see side bars page 9-10)
- Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day-use, overnight and meals
- ▶ Free Tilly Jane weekends during the ski season
- ▶ Meet new friends who ski, hike and bike
- ▶ Monthly newsletter with free classified ads
- Support of construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot National Forests
- Membership in Northwest Ski Club Council, Far West Ski Association and Federation of Western Outdoor Clubs. Discounts/benefits: www.nwskiers.org www.fwsa.org www.federationofwesternoutdoorclub.org

Memberships are renewed September 1st each year, \$27 for single, \$33 for family/ household. Info: oncmembership@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
back- country skiing. In addition we hike, climb,
backpack and bicycle year round in the northwest forests,
mountains and in-town.

Improve your skiing and leadership skills

Join us for either or both of these sessions.

On Saturday, October 26, 5–9 p.m. Shelley Hakanson of Wy'East Nordic, an expert tele and cross-country skier and instructor, will lead an intown session. Learn about safety on the snow along with tips to improve your own skiing. We'll also go over overnight trip policies. A buffet dinner is provided. Spaces is limited so please RSVP.

Get out on the snow on Sunday, December 14 with Shelly to advance your Nordic skiing technique. All abilities are welcome. She'll cover anything from how to help a beginner glide, stop and turn more effectively; group management (keeping everyone together and still have fun); tour planning; emergency shelter building and more. Please RSVP.

For both session RSVP to Ann Truax ann.truax@gmail.com 503 756-8891
Free to members. Attending the trainings does not obligate you to lead a trip.

Ann Truax, President

P.O. Box 3906

Portland, OR 97208

PRESIDENT'S SKI TRACKS

What an array of fantastic trips that Ted

Scheinman has organized for the club—from the Ochocos to Sunriver to the Wallowas to Norway and so many more! The overnight trip program gives us exciting, affordable skiing opportunities. That's why many of us joined the Portland Chapter of the Oregon Nordic Club in the first place—to ski and explore new areas with other like-minded folk and then return to a warm, comfortable place to stay, all for a reasonable price.

We couldn't do it without Ted's hard work and the efforts of our volunteer leaders. You'll notice some of the trips still need leaders. If you have enjoyed one of our trips in the past, please consider giving back to the club by offering to lead an overnight trip, leading a day tour, assisting with a trip, or taking on one of the club's other functions (recruiting, helping with membership by greeting people at the general meetings, posting information about Nordic issues, participating in trail tending....).

If you have reservations about leading or just feel inexperienced as a leader, come join our Leadership Training. We're offering two different sessions. One is a sit-down dinner at O'Connor's Restaurant in Multnomah Village on Sunday, October 26 from 5:00-9:00 p.m. The other is on-the-snow training on Dec. 14. Both sessions will be led by Shelley Hakanson of Wy'East Nordic. She is sure to give you some tips about keeping a group of diverse skiers safe on the snow. Even experienced leaders will benefit from her training. It's also an opportunity to renew old friendships and make new connections. Both sessions are free for club members!

The other important news is, of course, the October Overnight Trip Extravaganza coming up on October 7. This will be the first opportunity to sign up for an overnight trip. Some of our trips fill up quickly, so be sure to come to the meeting to get your first picks. Remember we will not be meeting at the Multnomah Art Center. Instead, our meetings are going to be held at the Lucky Lab on NW Quimby.

We hope to see you soon! It will be time to gear up for the ski season before you know it.

Ann Truax, President

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic

Issues—things that affect skiers! Have some time to do some reading on the web help track issues that affect skiers. Please contact Ann Truax to volunteer.

Mt. Hood National Forest/Gorge

Trail and Bridge Repairs The Forest Service was to be scheduled to work on replacing the Muddy Fork Bridge on the Pacific Crest Trail. The bridge will be a single log stringer with a handrail and be placed using primitive tools, no motorized equipment. They will also be reconstructing parts of the Sandy River Trail #770 which were washed out. Another trail project is to relocate a couple short sections of the Pioneer Bridle Trail #795 to move it away from Hwy. 26 where the Oregon Department of Transportation is expanding the lane widths.

Gifford Pinchot National Forest Marble Mountain shelter update The Forest is

working on a grant application to help fund the rebuilding of the Marble Mt. Shelter. They are hoping to get funds to do some trail grooming on the South side of Mt. St. Helens too.

Coldwater Lake campsites Plans are underway to designate backcountry camping sites around the

perimeter of Coldwater Lake. They would be available for paddlers, hikers, outfitter guides, etc. Contact Lisa Romano, lmromano@fs.fed.us for additional information.

New Overnight Camping at the Science & Learning Center at Coldwater The Mt. St.

Helens National Monument is designing overnight camping facilities in a 7 acre area, to accommodate researchers and educational groups, as well as individuals and families. A preliminary environmental assessment was released in May, which describes an ADA accessible facility with cabins, showers, and walk-in as well as RV camping. Increasing overnight opportunities on the west-side has been a goal of the Monument's Advisory Committee for a number of years. Contact Brittany Zapata, bnzapata@fs.fed.us for more information.

Deschutes National Forest Swampy Lakes Shelter Rebuild Construction

of the new Swampy Lakes shelter is progressing.
The Central Oregon Nordic Club was able to cut,
haul and peel 70 logs that the Forest Service
provided for the new shelter. The Club is reviewing

Diana Hsieh and Kevin McGillivray (Gorge Chapter), *Nordic Issues*, Pam Rigor, *Editor*

log kit proposals and will be applying for grants. •

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www.onc.org/PDX-ONC Oregon Nordic Club Portland Chapter September 2014 **3**

DAY TOUR POLICIES

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

Trips are not canceled unless the weather and road conditions are unsafe; contact the leader when conditions are dangerous. Tour leaders may change tour itinerary, due to weather conditions.

Bring the Tour Essentials (see list on the side bar, page 6), food, water, map, clothing, and equipment appropriate for the tour.

Tour leaders can forbid you from joining a tour, if you are not prepared. Read and heed the Oregon Nordic Club's Tour Ratings listed below.

Day tour participants are encouraged to car pool and share costs. The suggested contribution by each passenger is 15 cents per mile. For three or more passengers, the maximum total contribution by all passengers is limited to 45 cents per mile.

Dogs are only allowed on "Dog Tours." These trips are designated with: "See website for dog policy for ski tours.

Dogs must be on a leash in sno-parks. Please keep dogs off ski tracks and pack out dog waste.

TOUR RATINGS

These designations are a guide to the skill and commitment level required for each tour. A full trip rating always includes a terrain rating plus a

continued on sidebar page 5

DAY TOURS

Check website and/or our meetup site (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter) for more tours.

Sept 7, Sun, Trail Tending Party Old Man Pass, Wind River, WA

Help us remove some brush and place some diamonds on the Hard Time Loop. It's a great ski trail that is groomed in the winter and wonderful fall hike with great fall colors. A mountain bike might be helpful on this trail. For more info and to RSVP contact the leader: Ken Wenzel 503 297-2958 503 729-6571 cell skiwenzel@hotmail.com

September 10, Wed, Intermediate Hike Tom Dick & Harry Mountain, Mt. Hood, OR

This trail, 6.4 miles round trip with 1,500 ft. elevation gain, starts at Yokum Falls, passes Mirror Lake, and continues to Tom, Dick and Harry Mountain, offering spectacular views of Mt. Jefferson, Mt. Hood, and the Zigzag valley. For more info contact the leader: Linda Schaldach 503 256-9715.

September 13, Sat, Trail Tending Party Pocket Creek Trail, Mt. Hood, OR

Help us finish brushing out the very popular trail along the Pocket Creek road. We have got a good start in June and July but need to finish removing small trees encroaching on the trail. Meet at 8:15 a.m. in the Safeway (37601 Hwy. 26) parking lot near the Jiffy Lube area in Sandy, OR and leave at 8:30 a.m.. For meeting place and more info contact the leaders: Al Levit and Pat Rehberg 503 582-9104 levitrehberg@frontier.com

September 17, Wed, Intermediate Hike Cape Horn Trail, WA

Come and experience a gorgeous (pun intended) new trail just 15 miles from Portland. The trail goes through a bigleaf maple forest to viewpoints on the cliff above the Columbia Gorge. It continues below the cliff for a hike of 7.7-mile loop and 1,300 ft. elevation gain. Meet at on the East side of Portland at 8:30 a.m. to carpool. For more info contact the leader: Pam Rigor 503 297-4284.

September 27, Sat, Intermediate Hike Falls Creek Falls, WA

Join us for a scenic hike beginning in the second-growth forest alongside Falls Creek. The trail crosses a suspension bridge on the way to a colossal 200 ft. waterfall. It then climbs to an overlook above the falls. This hike is 6.3 miles with 1,150 ft. elevation gain. For more info contact the leader: Ann Truax 503 756-8891 ann.truax@gmail.com.

September 28, Sun, Easy Bike Southwest Portland Sunday Parkways

End the Sunday Parkways season by taking advantage of the route, including a walk-only trail. Whether rolling down Troy Street or exploring the SW Trails with its rolling hills and scenic views, don't forget to stop by Gabriel Park, Multnomah Village, and Hillsdale Shopping Center for food, music, activities, and more. 11 a.m.—4 p.m. (6 miles). For more info contact the leader: Janet Liu 503 245-1357 janetliu1@juno.com.

Oct 1, Wed, Trail Tending Party Marble Mt. Sno-Park, Mt. Saint Helens, WA Volunteer to lead this Party! Help out and brush a few of the trails in this great ski area. Mt. Bikes might be helpful. Plan to meet in Portland for a carpool departing at 8 a.m. To RSVP and to volunteer to lead this trail tender contact: Ken Wenzel skiwenzel@hotmail.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. McMenamins Edgefield, 2126 SW Halsey, take I-84 to Exit 16 (Wood Village) turn right, go to Halsey (1st stop light) turn left, it's 1/2-mile on the right.

Lead a hike or bike tour

Pick your favorite trail/route (and date) and

volunteer to take some ONC friends along to enjoy the outdoors. Lead a day tour in October or the first weekend in November! A calandar and list of possible tours will be sent out to leaders the first of the month.

Are you new to leading tours? Send us an email (at the address below) and we'll get you up to speed.

Send tour descriptions (by September 14, 8 p.m.) to Day Tours Coordinator Denise Brem at oncdaytours@gmail.com. Thanks.

Join a Trail Tending Party

Lets get the ski trails ready for the

Winter Season. Carpool drivers are reimbursed for carpool expenses; no carpool fees for participants.

What to bring: Most trail tending parties involve light brushing, tree limbing and the hanging of blue diamonds. Bring a comfortable pair of gloves to protect your hands, long pants and good shoes, preferably hiking boots. We provide the tools but quantities are limited. The club has tools, but if you would like to bring your own (pruning shears, long handled loppers, bow saws), feel free to bring them. Finally, bring a lunch, snacks and lots of water.

Sept 7, Sun, Trail Tending Party Old Man Pass, Wind River, WA

For details see day tours schedule.

Sept 13, Wed, Trail Tending Party Pocket Creek Trail, Mt. Hood, OR For details see day tours schedule.

Oct 1, Wed, Trail Tending Party Marble Mt. Sno-Park, Mt. Saint Helens, WA Volunteer to lead this Party!

For details see day tours schedule. Oct 4, Sat, Tilly Jane Wood Party Tilly Jane Cabin, Mt. Hood, OR

Lets move and stock firewood for the winter at the Tilly Jane Cabin. Its always is a fun and rewarding event. For more info and to RSVP contact the leader: Andre Fortin tillyjanecabin@gmail.com

November 3, Volunteer Recognition Party

At the general meeting

OVERNIGHT TRIPS

SIGN-UP TIPS

- Overnight trips are exclusively for members: join or renew your membership before signing up. Membership applications available on our website (mail to club P.O. Box not to the leaders).
- Contact the leader with questions Do my skills fit the trip? Any special requirements or gear? Travel time?
- Read the overnight trip policies Note: newly revised policies (no sign-ups before Oct. 7)
- Sign up early so we'll have enough people to cover trip costs (sign-ups start October 7 after the slide show at the general meeting): come to the meeting or have a friend bring your application and check made out to ONC-PDX.
- 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 opening do occur!
- Purchase trip insurance (you are responsible for finding someone to take your place if you cancel). A link to sign-up for travel insurance is on the overnight trip application form (at the bottom) on the web.

Preview of next season's overnight ski trips

Sign-ups start October 7 at the general meeting after the slide show

Nov 26-30, Wed-Sun, All Abilities Ski and Feast Thanksgiving in Sunriver, OR—a Tradition

Join the Oregon Nordic Club for our traditional trip to launch the ski season: four nights at Sunriver. A turkey dinner on Thanksgiving will help celebrate the weekend. Our choices of ski options include—track, backcountry and downhill—at Mt. Bachelor and in the National Forest.

Each day we will organize ourselves according to interests, carpool to the mountain, and share potluck dinners. Non-skiing options are cycling or walking the bike paths in Sunriver, visiting the High Desert Museum or taking a trip to the observatory, if it's open. Skiers should bring maps and ideas, as well as hiking boots, just in case, but the Nordic Center tracked trails are always open. Check this site for maps of Swampy Lakes, Dutchman Flat Area, Edison Butte and the Newberry Crater Areas: http://conordicclub.org/maps.html

Trip limit: 8 participants, including the leader Cost: \$200 per person for members for four nights lodging; you must be a current ONC member before signing up for this trip.

For more info contact Elke 503 239-9286 elkeschoen@msn.com.

Dec 26-31, Fri-Wed, All Ability Skate and Track Ski Methow Valley Trip 1, WA—Groomed Trail Wonderland

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

We'll stay in luxury condominiums in Winthrop with full accommodations. And plan for potluck dinners that we prepare in the fully equipped kitchens. Restaurants are always an option and are within skiing distance along with grocery and convenience stores.

If you have considered learning to skate ski, lessons are available. Last year several participants liked their new found skill so much they decided to keep the rented skate skis for the entire trip. Speaking of skating, there is even an ice skating rink in town.

Trip limit: 12 participants, including the leader Cost: \$245 per person for members for five nights lodging; you must be a current ONC member before signing up for this trip. Includes five nights lodging (\$57 to \$76 groomed trail pass cost not included).

For more info contact Mike 503 284 6315 mikefaden@gmail.com.

Dec 30-Jan 4, Tue-Sun, All Abilities Ski/Snowshoe Izaak Walton Inn, Glacier National Park, MT

We listened when you asked us to bring this trip back! We will take Amtrak to Essex, Montana, adjacent to Glacier National Park for a wonderful New Year's ski vacation! Leave Portland on Tuesday afternoon and arrive Wednesday morning to sparkling snow and the cozy Izaak Walton Inn in Essex, Montana, located on the boundary of the spectacular Glacier National Park. On Wednesday, ski or snowshoe on the 30 km of groomed trails, go ice-skating, or relax in the Finnish sauna. In the evening we will



participate in the included fabulous New Year's Eve Extravaganza - Prime Rib dinner, late night appetizers, champagne toast, headlamp ski, live music, and champagne brunch the next morning. On New Year's Day, we will work off the excesses of New Year's Eve on more of the groomed or un-groomed ski trails. On Friday, we will take a van up to Marias Pass on the Continental Divide for some true off-trail skiing, with magnificent views. On Saturday, we will ski either up to the magnificent Dickey Bowl or other ski trails in the area. We might

also be able to travel to the Going to the Sun Highway, which is not plowed in the winter. Each night, we can enjoy

cont. from sidebar page 4

mileage rating, to help you better select the right tour for your ability and inclination. Please consider your physical conditioning and your equipment when deciding to go on a tour. Match the tour level to your ability for your physical safety and comfort, and the safety and comfort of other participants on the tour. If you are in any doubt about the rating of a tour, please call the tour leader before the day of the tour.

Novice Ski Tour

These tours are for the inexperienced skiers. While this is not a lesson, the leader will help new skiers as much as possible. Tour length is 3 – 5 miles over nearly flat terrain.

Easy Tour

Ski: 4-6 miles over gentle terrain at a pace comfortable for all participants. Bike: Mostly flat terrain, 8-10 m.p.h. pace, frequent

regrouping. **Hike:** < 8 miles; 200 ft. per mile elevation gain.

Backpack: < 5 miles/day; 200 ft. per mile elevation gain.

Intermediate Tour

Ski: 6-12 miles. Terrain flat to long hills that are no steeper than found on a road (maximum 10 degrees). Moderate pace. Trail turning skills required, if there are hills. Consult tour description for specifics.

Bike: Moderate terrain with rolling hill (some short steep hills); 10–14 m.p.h. pace, regrouping when appropriate.

Hike: 8-10 miles; 200 to 400 ft. per mile elev. gain. **Backpack:** 5-7 miles per day; 200 to 400 ft. per mile elevation gain.

Advanced Tour

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

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

continued on sidebar page 6

cont. from sidebar page 5

regrouping when necessary. **Hike:** > 10 miles; 400 ft.
per mile elevation gain.
Steady pace and/or difficult terrain (a workout). **Backnack:** > 7 miles/

Backpack: > 7 miles/ day; 400 – 600 ft./mile elevation gain.

TOUR ESSENTIALS

Pack these essentials on any ONC activity, "just in case." Remember that cotton offers no insulation when wet. Choose wool or synthetics like polypro or Capilene® for warmth and comfort.

Skiing & Hiking Essentials

- First aid kit
- Matches (in waterproof case) and fire starter
- Rain gear and extra clothes, including a warm sweater
- Extra food and water
- Plastic whistle
- Map and compass (know how to use)
- Flashlight, extra batteries and bulb
- Space blanket or
- bivy bag

 Pocket knife
- Toilet paper and trowel (ziplock bag to carry out toilet paper)
- Sunglasses, lip balm and sun screen
- Foam sit pad

Biking Essentials

Helmet (required on all bike rides)

- Spare tube
- Patch kit
- Tire pump
- Water bottle (filled)
- Tire irons

OVERNIGHT TRIP POLICIES

1. Overnight tour descriptions must be submitted to the overnight tour coordinator to be approved. Once approved, the overnight tour coordinator submits them to the newsletter editor.
2. Only Oregon Nordic Club members are allowed on Portland ONC overnight tours,

continued on sidebar page 7

a gourmet meal in the restaurant, read a good book by the fire, participate in exciting ONC board games, ice skate, or relax in the sauna. On Saturday night, we will board the westbound train back to Portland. As we pull back into the train station in Portland on Sun morning, you will wonder why you waited so long to take this trip.

Trip limit: 16 participants, including the leader Cost: \$580 per person; you must be a current ONC member before signing up for this trip. Includes four days of skiing (trail passes included), all transportation, three nights lodging double occupancy at Izaak Walton Inn, meals at Izaak Walton Inn available for an additional cost. Sleeper accommodations may be available on Amtrak for about \$250 additional per person roundtrip (includes dinner and breakfast).

For more info contact Ted 503 452-7432 ted.skier@gmail.com.

Dec 31-Jan 4, Wed-Sun, All Ability Ski New Year's at Black Butte, OR

We'll ring in the New Year with four days of skiing in Central Oregon's Black Butte Resort near Sisters. Santiam Pass at 4,817 ft. is about 12 miles away with

lots of ski loops and warming shelters. The Camp Sherman area, nearby, has skiing along the Metolius River, to the river's headwaters or up Black Butte. The Three Creeks area near Sisters offers more choices and a view of the pole



creek area that burned a few years ago (it missed the shelter and we ski on the edge of it). Sharing great food at our potluck dinner parties in the large house will top off the day. The hot tub and swimming pool is a walk away at the Glaze Meadow recreation center. The New Years dinner and party are not to be missed! Sign up early to get your spot on this trip.

Trip limit: 10 participants, including the leader Cost: \$200 per person for members for four nights of lodging; you must be a current ONC member before signing up for this trip.

For more info contact Donna 503 621-3049 matrazzo@msn.com.

Jan 9-11, Fri-Sun, Inter. Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

We'll backcountry ski, snowshoe or hike to the ONC-PDX managed shelter on the East side of Mt.

Hood, a three-mile ski with a 1,900-foot elevation gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their own gear, including sleeping bag, pad and food



for all meals. We have a wood stove for heating water. You can also bring your own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical conditioning and navigation skills using map, compass or GPS are required. Climbing skins are mandatory.

Open to all ONC-PDX members and Tilly Jane Cabin volunteers

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

Jan 9-11, Fri-Sun, All Abilities Ski Ochoco Mountains-Trip 1, OR

This trip has become a hot seller for the ONC-PDX! We are repeating it several times this year. The Ochoco Mountains are located 30 miles east of Prineville, OR. The high elevation of 4,800 to 6,200 feet and desert location provide for excellent dry snow conditions and unsurpassed views of the Cascades.



Because of the eastern location, and the high elevation, we usually experience sunny skies, or snow fall. There is rarely a rainy day. The trails are over gentle, rolling hills covered with

stands of old growth Ponderosa and Lodge Pole Pines. The well-marked trail system by the Ochoco Chapter of the ONC offers all levels of skiing, from easy to difficult. We'll split up into groups based on ability levels.

Accommodations are in a former well-appointed forest ranger cabin (elevation about 3,000 feet) with three bedrooms, one and a half baths. It is heated and has water, but no cell phone coverage! Participants must bring sleeping bags, pillows, and towels. We must pack out all garbage. We'll potluck dinner for Saturday night meal. Bring your own breakfast and lunches. The drive is about three hours from Portland. We'll ski both Saturday and Sunday.

Trip limit: 7 participants, including the leader Cost: \$35 per person; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

For more info contact Sandy 503 913-3510 sandygooch@comcast.net

Jan 16-19 (MLK wknd), Fri-Mon, All Ability Ski Lake Creek Lodge, Camp Sherman, OR **Sign up by Dec 16**

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

We'll 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: 16 participants, including the leader

Cost: \$164 per person; you must be a current ONC member before



signing up for this trip. This fee covers three nights of lodging.

For more info contact Steve 503 244-4262 slevy@pacifier.com.

Jan 16-19, Fri-Mon (MLK Wknd), All Ability Ski Sunriver, OR

Enjoy Sunriver over MLK Weekend! The snow in Central Oregon is known to be powdery, plentiful and dry. Options for skiing vary from the groomed trails of Mt. Bachelor Nordic Center to advanced backcountry tours out toward Broken Top. Sunriver also offers downhill skiing, ice-skating and shopping in the resort or nearby Bend. This is your opportunity to stay at Sunriver, a wonderful resort about 17 miles south of Bend. We have a comfortable well-appointed rental house with a hot tub for three nights.

Trip limit: 8 participants, including the leader Cost: \$150 per person; you must be a current ONC member before signing up for this trip.

For info contact Ken 503 297-2958 skiwenzel@hotmail.com.

Jan 23-25, Fri-Sun, All Abilities Ski Ochoco Mountains-Trip 2, OR

See January 9-11 trip for detailed description
Trip limit: 7 participants (includes the leader).
Cost: \$35 per person; you must be a current ONC
member before signing up for this trip. This fee
covers two nights of lodging.

For more info contact Ted 503 452-7432 ted.skier@gmail.com.

Jan 26-29, Mon-Thur, All Ability Ski Summit Meadow Cabins Trillium, Mt. Hood OR

Here's your chance to stay on Mt. Hood and ski many of its trails without having to drive down the mountain at the end of the day. The 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. We'll stay three nights in a house with two bedrooms and a loft, which will accommodate ten people. We will cook communally for breakfasts and dinners.

Trip Limit: 10 participants, including the leader Cost: \$70 per person; you must be a current ONC member before signing up for this trip.

For more info contact Mary 503 245-1618 hepomp8@comcast.net.

Jan 30-Feb 1, Fri-Sun, All Ability Ski Mt. Adams Lodge at the Flying L Ranch, WA

Follow the flurries to Mt. Adams and join us for two days of skiing and relaxing in the lodge with its enormous stone fireplace. Nestled among the beautiful Ponderosa pines, Mt. Adams Lodge at the Flying L Ranch B&B is the closest overnight trip from the Portland area and a favorite

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

Trip Limit: 19 participants, including leader Cost: \$165 you must be a current ONC member before signing up for this trip. Includes two nights' lodging and two gourmet breakfasts.

For more info contact Donna at 503 621-3049 matrazzo@msn.com.

Feb 1-5, Sun-Thur, Intermediate Backcountry Ski Scottish Lakes, WA

Join us for a midweek trip at Scottish Lakes High Camp located near Wenatchee, WA, adjacent to the Alpine Lakes Wilderness area. High Camp is 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 on a snowmobile: no need to part with favored treats and creature comforts this time. High Camp consists of nine rustic cabins, each with it's 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—there's an incredible variety of fun terrain for all levels of touring, backcountry skiing and snowshoeing. We will spend Sunday night in a motel in Skykomish. Info: www.scottishlakes.com

Trip limit: 15 participants, including the leader. Cost: \$350 per person; you must be a current ONC member before signing up for this trip.

For info contact Russ 360 901-3411 russ.bec@gmail.com.

Feb 6-8, Fri-Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 9-11 trip for detailed description Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

Feb 6-8, Fri-Sun, All Ability Ski Ochoco Mountains-Trip 3, OR

See January 9-11 trip for detailed description
Trip limit: 7 participants (includes the leader)
Cost: \$35 per person; you must be a current ONC
member before signing up for this trip. This fee
covers two nights of lodging.

For more info contact John 503 867-6048 johnlong3@comcast.net.

Feb 8-13, Sun-Fri, All Ability Skate and Track Ski Methow Valley Trip 2, WA—Groomed Trail Wonderland

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 2000 to 4000 feet. The snow conditions and trail quality makes the Methow valley a skate skiers Mecca.

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

cont. from sidebar page 6 even if it is a trip for which no money is collected. Nonmembers may join the club at the same time they sign up for an overnight tour (and pay the membership fee at that time). The only exceptions are overnight trail tending parties which are open to anyone, and Tilly Jane Club weekends which are open to ONC members and nonmember volunteers. 3. The first overnight trip sign-up opportunity is at the October meeting at the designated time. The member must submit their application and payment at that time, in person, or through a representative in person. The trip leader cannot be a representative. Following the trip sign-up date, remaining tour spots will be filled on a first-come, firstserve basis, based on time/date the application is received by the tripleader. Overnight tour leaders have the privilege of signing up for any Portland ONC overnight trip, prior to the October meeting.

WAITING LIST

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

Trip Cancellation Policy

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

6. Participants are responsible for finding

continued on sidebar page 8

7

cont. from sidebar on page 7 their own replacements, including contacting people on the waiting list.

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

insurance) 8. Once a replacement has been found, participant must send a written or e-mail request for a refund to the overnight tour coordinator. When the replacement has been confirmed and payment received, a refund will be issued within 30 days, less \$10. 9. Additional restrictions on participation may apply to some trips based on participant's ability and

based on accommodations.

limit participation

experience needed to

safely execute the trip.

The trip leader has the

authority to determine

this, for the safety of all

The trip leader may also

the trip participants.

Travel Insurance We remind participants that trips are nonrefundable, unless a replacement is found. We recommend that you use trip insurance, through our membership in the Northwest Ski Club Council/ National Ski Federation Council. The cost is usually 7% of the trip cost, with a minimum of \$10. This is less than commercial policies. A link is on the overnight trip application at the bottom.

Where they ask you for tour operator, select "not listed" and

continued on sidebar page 9

and convenience stores.

If you have considered learning to skate ski, lessons are available. Last year several participants liked their new found skill so much they decided to keep the rented skate skis for the entire trip. Speaking of skating, there is even an ice skating rink in town.

Trip limit: 12 participants, including the leader Cost: \$230 per person; you must be a current ONC member before signing up for this trip. Includes five nights lodging (\$57 to \$76 groomed trail pass cost not included).

For more info email Sam sam.digard@gmail.com 360 910-1714.

Feb 13-17, Fri-Tue (Pres' Weekend), All Ability Ski Sunriver, OR

Enjoy Sunriver over MLK Weekend. The snow in Central Oregon is known to be powdery, plentiful and dry. Options for skiing vary from the groomed trails of Mt. Bachelor Nordic Center to advanced backcountry tours out toward Broken Top. Sunriver also offers downhill skiing, ice-skating and shopping in the resort or nearby Bend. This is your opportunity to stay at Sunriver, a wonderful resort about 17 miles south of Bend. We have a comfortable well-appointed rental house with a hot tub. We have the house for four nights.

Trip limit: 8 participants (includes the leader) Cost: \$200 per person; you must be a current ONC member before signing up for this trip.

For more info contact Mike 503 284 6315 mikefaden@gmail.com.

Feb 13-16, Fri-Mon, (Pres' Day Wknd), All Ability Ski Sunriver, OR—**Family Friendly**

ONC families with kids of all ages and skill levels will enjoy a fun-filled three-day Presidents Day weekend at Sunriver. There will be plenty of hot chocolate to go around! Depending on the various skill levels and interest, we can ski at the Mt. Bachelor Nordic Center, the Virginia Meissner trails or the various Forest Service trails. Beginners can take lessons at Mt. Bachelor. When we're not skiing we'll enjoy communal dinners, go sledding, build snow sculptures and relax among old and new friends. This trip will fill up fast!

Trip limit: 4 to 6 families depending on which house we rent.

Cost: TBD per adult member with first child free, you must be a current ONC-PDX member before signing up for this trip.

Stay tuned for more details in the November newsletter. For more info contact trip leaders Amy Blumenberg and Chris Potter 503 241-2768 ablumenberg@comcast.net.

Feb 14-22, Sat-Sun, All Abilities Ski Yellowstone National Park Dream Trip, WY Sign-up by January 15

You have been there in the summer with all the tourists. You have heard about it from others who have been there in the winter. Now it is YOUR opportunity to experience the dream: YELLOWSTONE IN WINTER! Twenty lucky people will have the opportunity of a lifetime this ski season for this Presidents' Weekend ski trip.

We'll carpool from Portland on Saturday, February 14, arriving Sunday afternoon, at Mammoth Hot Springs near the north entrance to Yellowstone National Park and staying at the historic Mammoth Hot Springs Hotel, where we'll meet for dinner. Accommodations are in rooms with



double beds and shared bath. On Monday morning, a snow-coach ride takes us to Old Faithful where we move into modern western cabins with two queen beds per room and private baths. For three days of skiing

among the magnificent geysers, including those in the Old Faithful basin and Lone Star Geyser, up to the Continental Divide, the Mallard Lake Trail, all while viewing elk and bison (and perhaps wolves), catching the Yellowstone that most tourists miss. We expect dry snow and clear days. On Thursday afternoon, we will return to Mammoth Hot Springs for two more nights. On Friday and Saturday, we will ski in areas accessible from the Mammoth Basin Area—either Tower or Indian Creek areas or you can book (individually) a trip to the Grand Canyon of the Yellowstone. Sunday morning after breakfast, we take off for home, relaxed and full of stories of our adventures and wild animal sightings. There is a wide selection of trails available, from beginning to advanced, something for every desire.

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

Trip limit: 20 participants, including the leader. Cost: \$825 per person; you must be a current ONC member before signing up for this trip. Includes seven-nights lodging and breakfasts (four at Mammoth and three at Old Faithful) and snow-coach to Old Faithful and return to Mammoth. We'll have reservations for dinners (costs not included) at the Mammoth dining room and Old Faithful Snow Lodge dining room. Costs for carpooling and lodging enroute are not included. Special rates are available for children under 12 sharing a room with parents.

For more info contact: Ted 503 452-7432 tedskier@gmail.com.

Feb 20-22, Fri-Sun, All Abilities Ski Ochoco Mountains-Trip 4, OR

See January 9-11 trip for detailed description
Trip limit: 7 participants, including the leader
Cost: \$35 per person; you must be a current ONC
member before signing up for this trip. This fee
covers two nights of lodging.

For more info contact Ann 503 756 8891 ann.truax@gmail.com.

Feb 27-Mar 1, Fri-Sun, All Abilities Ski/Snowshoe Crater Lake via Charter Bus —Leader Needed Signup by February 15

The Crater Lake rim, at 7,000 feet, averages 44 feet of snow a year. Join the ONC for the big trip at Crater Lake. We'll board the deluxe coach in Portland at noon and proceed down I-5 while sharing in the world famous "Rolling Pot-Luck." The next morning after a hearty gourmet breakfast at the historic Prospect Hotel we'll take



a quick ride to the rim we'll spend the day enjoying the spectacular snow forma-

tions 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. We can even take a ranger led interpretive snowshoe tour. Later in the afternoon, we'll board our coach and head toward home, stopping for a special dinner on the way, arriving back in Portland about 10 p.m.

There are two types of accommodations: The Historic Prospect Inn which has one double/queen bed in each room for two people and the adjacent motel-like rooms, which have two or three beds per room, but everyone who wishes can have their own bed. The Historic Inn costs \$20 per person more. Please indicate which you wish.

Trip limit: 40 participants, including the leader Cost: TBD per person in comfortable motel-like accommodations; TBD in the Historic Prospect Inn (2 per bed); you must be a current ONC club member before signing up for this trip.

For more info and to volunteer to lead contact: Ted 503 452-7432 tedskier@gmail.com

March 6-8, Fri-Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 9–11 trip for detailed description

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

March 9-13, Mon-Fri, All Abilities Ski Manning Park and Ski Area, BC Canada **Sign up by February 8**

E.C. Manning Park is located on Highway 3 in B.C. just north of the North Cascades National Park. It is about a seven-hour drive from Portland by taking I-5 to Bellingham and crossing the border at Sumas then driving east. It offers skiing for all levels and types of skiers. But its best offering is for some longer distance tours with very low



danger from snow slides. My favorite is Fat Dog Creek Trail, 14 miles round trip.

with excellent glades and steep road touring, requires BC ski and skins. Another good trail for all levels is Blackwall Peak Trail, 10 miles round trip, to a view point or 20 miles

round trip to the summit an easy road tour. The resort also offers 27 km of groomed track skiing and three chairs at the lift area or snowshoe trails. Free shuttle to get to the lift area or access the high point of the groomed trails, to ski back down directly to the house passing Lightning Lake, 10 km each way. Several other trail options available.

There are options to ski one of the eastside of Washington ski areas on the return home by driving back on Highway 97, which adds two to three hours to the drive. The lodge has a large indoor pool with two large hot tubes to soak in after skiing, included at no additional cost. The houses are three bedrooms each with a great room, kitchen and fireplace for visiting. Two of the bedrooms have double beds and the other bedroom has 2 bunk beds. Meals will be planned and cooked at each house. The lodge has a bar and dining room.

Trip limit: 9 participants, including the leader, depending on number of singles vs. couples.

Cost: \$295 per person; you must be a current ONC member before signing up for this trip. Includes four nights lodging. Costs for carpooling are not included. Cross-country trail fee of \$20 or downhill lift tickets of \$50 per day are not included.

For info contact Ken 503 297-2958 skiwenzel@hotmail.com.

March 13-15, Fri-Sun, All Abilities Ski Shelter Cove Resort, Odell Lake, OR

-Leader Needed

Join us for a stay on the west side of Odell Lake at the Shelter Cove Resort. Odell Lake at 4,800 feet is just over the top of Willamette Pass beside Highway 58, east of Eugene. A multitude of ski routes is available for all levels, from the groomed trails at the ski resort, easy trails to Gold Lake and Odell Lake, and backcountry trails to Maiden Peak, Rosary Lakes, and Mt. Fuji.

Our lodging will be in the Kokonee Lodge C. All bedding and towels are included. We'll share potluck meals at night, bring your own lunch and breakfast meals. There is no restaurant at the resort, although there is one at Odell Lake Resort on the other side of the lake. Come experience a real winter in the luxurious cabin on the shores of Odell Lake.

Trip limit: 8 participants, including the leader Cost: \$85 per person; you must be a current ONC member before signing up for this trip.

For more info and to volunteer to lead contact: Ted 503 452-7432 tedskier@gmail.com

March 12-16, Thur-Mon, All Abilities Ski Wallowa Lake, Joseph, OR

Come spend an extended weekend skiing in the magnificent Wallowa Mountains in eastern Oregon! We have two Duplex houses at Wallowa Lake, at the entrance to the Wallowas, for four nights so we can partake in three or four days of skiing. There are opportunities for all levels of skiing—backcountry skiing, road and trail skiing, and snowshoeing (provided by the resort). Some options are Salt Creek Summit, Hurricane Trail, McCully Trail, and the West Fork Trail. We'll carpool from Portland on Thursday morning or early afternoon, arriving in Joseph in early evening. We'll ski around Wallowa Lake and in the mountains on Friday, Saturday, Sunday, and (possibly) part of Monday, returning to Portland on Monday evening. We'll have potluck dinners in the house.

Trip Limit: 12 participants, including the leader Cost: \$130 per person; you must be a current ONC member before signing up for this trip.

cont. from sidebar on page 8

indicate that the "ONC" is the tour operator. For agent's initials, use mine: "TPS." Read the coverage carefully and make your choice. For more info contact the Overnight Trip Coordinator Ted Scheinman tedskier@gmail.com

Discounts for ONC-PDX members/ leaders!

Columbia Sportswear

911 SW Broadway (flagship store), 7000 NE Airport Drive, Suite T2572 (airport location)—15% discount on purchases. Special week (November 15 - 30) of 30% discounts. Current membership card required. columbia.com

Glenn's MountainTracks

in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. Current membership card required. On-line rentals. mtntracks.com

Mountain Hardware

722 SW Taylor Street— 15% discount on purchases. Special week (November 15 -30) of 30% discounts. Current membership card required. mountainhardware.com/ Stores Portland.html

Mountain Shop 1510 NE 37th Ave., 10%

discount (15% discount for leaders) on purchases and 15% discount on rentals. mountainshop.net

continued on sidebar page 10

cont. from sidebar on page 8

Oregon Mountain Community

2975 NE Sandy, ONC members—subscribe to OMC e-newsletter and received the following discounts: 15% discount on purchase price. omcgear.com

Otto's Ski & Bike Shop

38716 Pioneer Blvd. in Sandy, has crosscountry ski package rental for the entire season. ottosskishop.com

Wy'East Nordic Ski School

offers ONC members a 10% discount on crosscountry ski and telemark lessons. wyeastnordic.com For more info contact Kathy 503 429-4024 burnskathrynl@gmail.com.

March 19-29, Thur-Sun, Hut to Hut Skiing Rondane, Norway

This is an opportunity of a lifetime! Let's go to where cross-country skiing began! You have always wanted to do this trip and here is your opportunity.

We will fly to Oslo in the late afternoon of Thursday, March 19, arriving late on afternoon, where we will stay



overnight at Anker Hostel in Oslo. On Saturday morning, we will travel by train from Oslo to Otta and take a special bus to Haukliseter, from where we will begin our tour from mountain lodge to mountain lodge in the Rondane National Park. These mountain lodges have electricity, dining facilities

with huge meals, rooms with beds and blankets, saunas, and sometimes hot showers. You only need to carry your clothes and personal gear in your pack. We will stay for a more than one night at one of the lodges so we can explore areas around the lodge.

It is not necessary to be expert skiers to come on this trip; this is not a technically difficult trip. You should have intermediate-level cross-country skills and ability to ski up to 15 miles per day (although most days are much shorter). Most of the trails are fairly gentle through valleys with mountains on either side. The trails are well marked with flags and there are many Norwegians skiing during this time period. We will join the Norwegian DNT (mountain climbing association) for one of their organized tours with a professional guide.

Trip limit: 10 participants, including the leader Cost: TBD, total cost is expected to be less than \$3000.

If you are interested in this trip, please contact the leader: Ted Scheinman 503 452-7432 tedskier@gmail.com.

April 3-5, Fri-Sun, Intermediate Backcountry Ski Tilly Jane A-Frame Cabin, Mt. Hood, OR

See January 9–11 trip for detailed description Cost: Free–an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before signing up for this trip.

To sign up email: TillyJaneCabin@gmail.com. Your info will be passed on to the trip leader.

Welcome New Members!

ONC provides these names and phone numbers for the personal use of its members. Reproduction as a phone list is prohibited.

September membership report: 269 total memberships (179 single and 87 family) includes 48 renewing and 2 new members. Last year at this time there were 268 memberships.

BOARD MEETING MINUTES

Draft Minutes of the ONC-PDX Board Meeting, Monday, August 11, 2014 at Mazama Center

Board Members Present: Ann Truax, Mary Hepokoski, Susan Watt, Elke Schoen and Bill Yaeger. Also present Ted Scheinman and Pam Rigor

Election of Officers: Susan Watt was elected secretary

Approval of Minutes: July minutes approved.

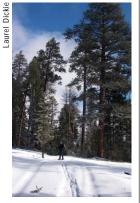
Overnight trips: Ted is exploring new trip insurance covering cancellation and medical evacuation at a better rate. Leaders are needed for several trips for which reservations have already been made. The October trip sign-up was discussed. Volunteers to man each trip station are needed. There will be a slide show presentation of pictures from previous trips, followed by sign-ups. (Leaders will be allowed to sign up for trips at the start of the meeting.)

Treasurer's Report: The club received a \$2200 refund from the bus company bankruptcy, losing only our \$500 deposit. Mary would like volunteers to review the club's books.

President's Report: Leadership training has been scheduled for October 26, 5:00 to 9:00, at O'Connors, with the on-the-snow training on December 14. Membership renewal letters are going out soon to all members. Ann signed the Mazama letter to the Forest Service regarding the possible change in snowmobile access policy.

Website: The board discussed modifications to Clint Sikes' contract. Ann will modify it and submit it to Clint, and will produce a checklist of website features to be included.

Old Business: The board voted to move the site of the monthly meetings to the Lucky Labrador NW Quimby pub,



Ochoco snow

starting with the October meeting through the following year.

Novice ski classes were discussed, with Pam strongly supporting them.

Next board meeting: To be determined.

Submitted by: Bill Yaeger

Minutes of the ONC-PDX Board Meeting, Tuesday, July 22, 2014, 6:00 p.m. @ Susan Watt's house

Members Present: Ann Truax, Mary Hepokoski, Kimberly Davis, Andre Fortin, William Yeager, Susan Watt, Day Tours Coordinator Denise Brem and Overnight Trip Coordinator Ted Scheinman

Minutes for June 09, 2014 meeting were approved.

Election of Officers: Election of Secretary was postponed until next meeting.

Reports

Treasurer's Report: Mary distributed the report and commented there was very little financial activity this month.

President's Report: Ann did not have anything specific to report on. She would like to establish priorities/goals for the board and club for the year. Communications was one priority mentioned.

Website: Board voted and approved a motion to proceed with the website design proposal from Clint Sikes. Ann, Susan and Denise will represent the club to make decisions with the developer on formatting and design.

Day tours: Communication issues were discussed. Denise asked about a membership list to send information to. She said she was using the gmail list but the entire membership should be getting the information. The wider membership list will be used for this. Some discussion on coordinating the various lists of members. Work party dates will be taken into consideration so that day tours do not conflict with them. Day tour leaders should let the Day Tour Coordinator know if they want the tour to be posted on Meet-up.

Overnight trips: Revised policies were reviewed and adopted. Membership. A plan for September membership renewal letter was discussed. Ann will prepare the letter and will contact others for prior year's letter. Past members that are not current members, should receive the annual membership letter.

Nordic Issues: Mitch Auerbach has volunteered.

Shelters: Tilly Jane A work party of 15 people met at the TJ trail head on July 19. They repaired several boggy sections of trail. Andre will write this event up for the Newsletter.

Publicity: Meet-up is posting events in the wrong category. The club activities should be posted in Outdoor / Adventure. October meeting should be posted on Meet-up in advance.

Old Business: Choices for venue selection for general meeting have been narrowed to Lucky Lab on NW Quimby. Bill & Denise will go by and check on sound levels and available technology for presentations.

New Business: Leadership training will be offered again this year. Two trainings will be planned for the end of October and in December on a Saturday or Sunday. Suggestions were made to improve it from last year. Board consensus was that ski lessons should be offered to club members. This could be by finding volunteers to teach classes, hiring Shelly to teach a class 3 x a season, or by providing information to members on classes that are offered by other groups. Links to classes and resources should be on the website. Subsidy or other monetary assistance could be provided to support this. A telemarking class was suggested also. The lessons program is changing and this information should be written up for the newsletter. It could also be posted in the Oregonian but must be sent in well in advance. Discussion on goals and roles of the club. A Goal of the club is to increase membership and improve the engagement of members in the volunteer organization. Various options for promoting membership were discussed.

Next Board meeting: August 11 at 7:00 p.m., Mazamas Mountaineering Center

Submitted by: Susan Watt

CLASSIFIED ADS

FOUND: ▶ **Poles & rain chaps** on the Crater Lake bus (sometime the last few years) Poles and rain chaps. **Contact to claim 503 452-7432**

FOR SALE: ► Fischer RCS Carbonlite Classic cross-country boot size 41 (women's size 9, men's size 8). High performance boot. Likenew, used only 3 times before realizing I need smaller size. Paid \$270, asking \$175. Amy or Chris 503 241-2768.

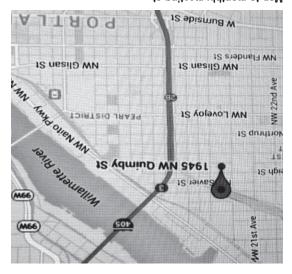
FOR SALE: ► Fischer BCX BC 3-pin Ski Boots, like new. \$50. Mike 503 695-5385 9/14

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 text or tabs), in Times Roman, compatible text file, or send text in an email. Ads will be published for 3 months. Please notify editor to run ads longer or be remove earlier.



Crater Lake

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



Map to monthly meeting at: Lucky Lab (1945 NW Quimby) is located between NW 20th Ave. and NW 19 Ave. in Northwest Portland.

No meeting in September

Join us at the October 7 meeting for the Overnight Trip Extravaganza to sign up for overnight trips.

Note: no sign-ups will be accepted before the meeting.