



# PORTLAND CHAPTER

JULY 2012

# Join our trail tending parties for a FREE summer, full body workout!

ur summer trail tending work helps keep our trails in good condition, ready for skiing in the winter. We partner with the U.S. Forest Service to maintain and expand trails on Mt. Hood and in Gifford Pinchot National Forests by light brushing, tree limbing and marking trails with the important blue diamonds. This work is essential for good trails in the winter.



John Long removing a tree from the Teacup Tie Trail



Ted Scheinman and John McCormick teaming up on a tree overhanging a bridge on the Enid Lake Trail

Come help fix the problems that bugged you during your last ski tour; come see what the trail looks like in the summer without snow and learn about the trail details we miss during the winter. Tools are provided. Bring a comfortable pair of gloves and hiking boots. Long pants recommended. Sign up for one or more of these trail tenders and enjoy a day in the woods: Saturday, July 21, on the Weygant Loop, Mt. Hood, OR; Sunday, August 5, on Bonney Butte, Mt. Hood, OR; Wednesday, August 22, at a location TBD; Saturday, September 8, on the Yellowjacket Trail, Mt. Hood, OR; Sunday, September 23 on the Fir and Silver Loops at Marble Mountain Sno-Park on the south side of Mt. St. Helens, WA; Wednesday, October 3 on the Teacup Tie Trail, Mt. Hood, OR. More details about these trail tending parties are listed on page four. Please contact Trail Tending Coordinator Greg Wenneson, gregwenn@sonic.net, 503 460-7231, or the trail tending leader to sign up and help improve our winter trails. Thanks.

Greg Wenneson, Trail Tending Coordinator

## Planning 2012-2013 overnight ski tours

Although this year's ski season is over, we are busy making arrangements for next year's overnight trips. A family trip to the Methow Valley in January or February over either MLK or Presidents' Day weekends is planned; contact Amy if you are interested (see overnight tours page five).

We are working on the other annual trips too. If you are interested in leading a trip contact me, Ted Scheinman, overnight tour coordinator, at tedskier@gmail.com or by phone at 503 452-7432.

Ted Scheinman, Overnight Tours Coordinator

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  Bike Trip
  Methow Valley family
  trip 2013



Join us on the July 21 trail tending party on the east side of Mt. Hood See page 4

#### **BOARD MEMBERS**

Mary Hepokoski President 503-245-1618

Ann Truax. Vice-President 503 231-7220

Elizabeth McLagan Treasurer

mclaganej@yahoo.com Steve Planchon

503 286-2216 ssplanchon@yahoo.com

Ted Magnuson 503-590-7998 Andre Fortin

Secretary

503 780-5843 afortin85@gmail.com

## **COORDINATORS AND COMMITTEES:** Day Tours:

Kathy Burns, coordinator oncdaytours@gmail.com 503 429-4024 Recruiter - vacant

**Novice Ski Tours** Coordinator -- vacant **Summer Coordinator** Bike/Hike - vacant

## **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.

Portland Chapter of the

Oregon Nordic Club. Inc.

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## **UPCOMING EVENTS**

## July 10 TUESDAY **ONC Annual Picnic**

Ankeny St. & 39th Ave., Portland Picnic area E, 6-9 p.m. Come join your fellow club

Laurelhurst Park, S.E.

members for a nice evening

in the park with friends and good food!

Families welcome; bring your kids and grandkids. Bring a food dish and beverage (beer and wine ok) to share, and your own plate, utensils and cup.

## July 11 WEDNESDAY **Clinic: Local Paddling Destinations**

REI Tualatin, 7-8:15 p.m. Free! Info/sign-up: rei.com (store events)

## Oregon Wild Wednesday: **Wolves in the West**

Jam on Hawthorne, 2239 SE Hawthorne Blvd., Portland. 6:30-8 p.m. Free!

Come for an entertaining, informative, and provocative evening to learn about wolves in the west from the man who knows them best, Carter Niemeyer. Carter Niemeyer is an expert trapper, key member of the federal wolf reintroduction team, and - as the federal government's Wolf Recovery Coordinator in Idaho - the man who put a collar on B-300 (one of Oregon's first breeding wolves and the mother of Journey). Oregon Wild Wednesday is a free quarterly event open to all ages. RSVP is not required, but due to expected turnout, we encourage you to arrive early.

## July 12 THURSDAY

**Clinic: Bike Maintenance Basics** 

REI Clackamas, 7-8:15 p.m.

Free! Info/sign-up: rei.com (store events)

## July 18 WEDNESDAY

Clinic: Lightweight Backpacking Basics

REI Portland, 7-8:15 p.m.

Free! Info/sign-up: rei.com (store events)

## July 19 THURSDAY

**Clinic: Camp Cooking Basics** 

REI Clackamas, 7-8:15 p.m.

Free! Info/sign-up: rei.com (store events)

#### **Clinic: Bike Maintenance Basics**

REI Tualatin, 7-8:15 p.m. Free! Info/sign-up: rei.com (store events)

July 24 WEDNESDAY

Clinic: Conservation Volunteers:Torres del Paine National Park Travel

REI Portland, 7-8:15 p.m.

Free! Info/sign-up: rei.com (store events)

## July 25 WEDNESDAY

**Clinic: Camp Cooking Basics** 

REI Tualatin, 7-8:15 p.m. Free! Info/sign-up: rei.com (store events)

July 31 TUESDAY

**Clinic: Bike Maintenance Basics** 

REI Hillsboro, 7-8:30 p.m. Free! Info/sign-up: rei.com (store events)

#### Member Benefits

- ▶ Free day tours; overnight trips, exclusively for
- ▶ Clinics and lessons
- ▶ Rental discounts at selected merchants
- Member rates on Mazama activities (exclude classes) and use of Mazama Lodge, Mt. Hood: day-use, overnight lodging and meals
- ▶ Meet new friends who ski, hike and bike
- ▶ Monthly newsletter with free classified ads
- ▶ Support construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot NF

Memberships: \$27 singles, \$33 families Info and application: membership@onc.org

## Oregon Nordic Club Portland Chapter

Formed as a nonprofit volunteer organization in 1968 by Nordic ski enthusiasts interested in using public lands for recreational cross-country skiing, the Portland Chapter of the Oregon Nordic Club grew to over 550 members. The Portland Chapter is one of twelve chapters in the state. With activities yearround, 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.

# Visitor services expanded at Zigzag **Ranger District** station

In early June the Mt. Hood National Forest consolidated its visitors services along Highway 26 and create an expanded information center at Zigzag Ranger District office in Zigzag, OR. It will be open seven days a week during the summer, from 7:45 a.m. to 4:30 p.m. (closed from 12 p.m. to 1 p.m. for lunch). The visitor information center at the Mt. Hood Forest headquarters in Sandy will be converted into an administrative office, and will no longer sell passes, permits, or maps. Northwest Forest Passes can still be purchased in Sandy through many local vendors, including Fred Meyer, Bi-Mart, Otto's Cross Country Ski Shop, and the Sandy Area Chamber of Commerce and Visitors Center.

For a complete list of places to buy passes, permits, and maps, check their Website at http:// www.fs.usda.gov/main/r6/home.

## **BOARD'S SKI TRACKS**

Summer appears to be here, with skiing memories still fresh in our mind. But, as the skiing memories fade, we need to turn our attention to summertime activities that will help assure safe and fun activities next year. Most importantly, we need to focus on two types of trail maintenance.

First, excellent winter trails are not possible without summertime trail work. Trail work is planned to begin in July. Trail maintenance work is a wonderful way to meet other club members, see the country you ski through in a different context and to help make our trails more enjoyable and safer for the upcoming season. Please consider helping out. A schedule of planned maintenance activities is provided in this newsletter along with contact information for the train maintenance leaders.

Secondly, we need to attend to another trail maintenance activity this summer, communication trail maintenance. The ONC provides a variety of ways for its members to stay in contact with the Chapter and each other. These communication trails are well established, but sometimes not everyone knows about them, similar to our ski trails. So, the ONC Board is embarking on a communication trail improvement effort, with the key focus being to make it easier for ONC members to find the trails and use them. One idea the Board is currently investigating is making the ONC website the "gateway" to ONC communication trails. The website will provide general information about the Chapter and provide links to more specific ONC communication trails, such as the Chapter's newsletter, List Serve (Yahoo Site), Meet-up Site; and Facebook page. The Board's goal is simply to make it easier to become and stay a member and to get the best information possible about opportunities available to Chapter members.

The Board discussed this topic in detail at its June meeting, with notes from that work session provided elsewhere in this newsletter. Please take a moment to look over the notes. If you are an expert on communication trail construction or maintenance, please feel free to forward advice to me. Or, better yet, join the effort. And, if you are not an expert on communication trail construction or maintenance, but have ideas on how it should work, I hope you will take the time to share your ideas with me.

Again, trail maintenance is essential to fun and safe activities in the future. Please consider volunteering to help, whether it is in the woods or somewhere within the communication trail framework.

Steve Planchon, Secretary

## **VOLUNTEER OPPORTUNITIES**

Membership Contact Susan 503 706-6463 Nordic Issues committee members Contact: Ann 503 231-7220, Miriam 360 883-1060

Programs Contact: Ron 503 475-0084 Publications Contact: Pam 503 297-4284 Publicity Contact Ann 503 231-7220 Day tours Contact: Pam 503 297-4284 Website Contact: Ann 503 231-7220

## **NORDIC ISSUES**

## Gorge Towns to Trails (GT2T) Project

The Friends of the Columbia Gorge and many partners and supporters have a long-range vision for a trail system that connects communities with recreation and National Scenic Lands throughout the Columbia Gorge. The goals of the project are:

- ▶ Create 60 miles of new trails, opening hidden vistas and waterfalls to Gorge recreation users
- ▶ Benefit the Gorge economy by connecting trails to communities
- ▶ Support sustainable recreation through alternative transportation options
- Create contiguous parcels of protected lands that benefit wildlife

The first phase of GT2T will include the following trail segments:

## Lyle, Washington

A six-mile trail connecting the urban area of Lyle to the top of the Cherry Orchard. Long-term potential to eventually connect the trail to Dallesport and Columbia Hills State Park.

## Hood River to The Dalles, Oregon

A 20-mile trail vision connecting the Historic Columbia River Highway, Mosier Plateau, Tom McCall Plateau, Seven Mile Hill and the Columbia Gorge Discovery Center, as well as the communities of Hood River, Mosier, and The Dalles.

## Washougal to Stevenson

A 34-mile trail vision connecting Steigerwald National Wildlife Refuge, Cape Horn, Pacific Crest Trail and Beacon Rock State Park, as well as the communities of Stevenson, North Bonneville and

Friends of the Columbia Gorge is leading this effort and seeks input and partnerships from Gorge communities, citizens and elected officials.

The Friends' GT2T project site: www.gorgefriends.org/section.php?id=81 For questions or comments contact Renee Tkach: renee@gorgefriends.org or 503-680-3119.

Miriam Hammer, Nordic Issues

## Membership:

Susan Kelly, chair 503 706-6463 membership@onc.org

Membership Database

Mark Fitzsimons

503 756-7534 oncmemberDB@gmail.com mfitzsim@aol.com

## Nordic Issues:

Miriam Hammer 360 883-1060

## miriamzh@yahoo.com **Overnight Tours:**

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tedskier@gmail.com

## Programs:

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## Trillium Yurt

John Nakada 503 775-4774 johnhnakada@hotmail.com Pam Rigor 503 297-4284

## Trail Maintenance:

Greg Wenneson 503 460-7231 gregwenn@sonic.net Bill Yaeger 503 516-7794 w.yaeger@comcast.net

#### Recruiter vacant

## Website:

Webmaster-vacant Marita Ingalsbe 503-244-7164 m-ingalsbe@yahoo.com

www.onc.org/PDX-ONC Oregon Nordic Club Portland Chapter July 2012 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: "M". 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 mileage rating, to help you continued on page 5

## **DAY TOURS**

Note: if weather or road conditions are dangerous, please confirm tour with the leader. Check the website for last minute day tours.

# July 11, Wednesday, Intermediate Hike Wildcat Mountain, OR

Lets hike to this mountain on one of the westernmost ridges in the Cascade for views of Mt. Hood and the Willamette Valley (resceduled from last month). The hike is 6.8 miles with 1,200 ft. elevation gain at an easy pace, but we may extend it a bit by going to some more viewpoints. Hike limited to 12 people. Meet at McMenamin's Edgefield in the West parking lot at 9 a.m. to carpool. For more info contact the leader: Pam Rigor 503 297-4284.

# July 14, Saturday, Intermediate Hike Gorge Falls, OR

Join me for a waterfall hike in the Gorge. The falls we'll see are Horsetail, Ponytail, Oneonta and at the top Triple. We'll go about 4.5 miles with about 1,200 ft. elevation gain at an easy pace. Hike limited to 12 people. Meet at the Gateway Transit Center parking structure at 9 a.m. to carpool. For more info contact the leader: John Heaton 503 257-2012.

# July 18, Wednesday, Intermediate Hike Central Salmon River, OR

We'll start with a stroll along the river through huge oldgrowth trees then climb to a bluff above the river for views of the upper canyon of the Salmon River. The hike is 7.2 miles with 900 ft. elevation gain. Meet at McMenamin's Edgefield in the West parking lot at 9:30 a.m. to carpool. For more info contact the leader: Linda Schaldach 503 256-9715.

## July 21, Saturday, Trail Tending Party Weygant Loop, Mt. Hood, OR

Help us finish placing blue diamonds on the Weygant loop. This trail leads into the inspiration loop and the Weygant loop trail systems. The weather should be prefect for working at 4,000 ft. on this Saturday. Thanks in advance to everyone who can come and help complete these two loop systems. Meet at the Gateway Transit Center parking structure at 8:30 a.m. to carpool. For more info or to sign up, contact the leader: Sam Digard 360 910-1714 sam.digard@comcast.net.

# July 28, Saturday, Easy to Intermediate Hike Cape Lookout (Coast), OR

This 5-mile hike will take us through a forest of gnarled old spruce and hemlock trees filled with ferns, salal, salmonberry and candyflowers to a cliff-top meadow of red Indian paintbrush, white yarrow and scarlet fireweed 400 ft. above the waves. If the whales are migrating this is a great place to spot them. Meet at the Gateway Transit Center parking structure at 9 a.m. to carpool. For more info and to confirm attendance contact the leader: John Heaton 503 257-2012.

## Lead a day tour in August

Lead a hike or bike tour in August or the first weekend in September! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (by July 14, 8 p.m.) to day tours at oncdaytours@gmail.com.

## Summer trail tending schedule

July 21, Saturday, Trail Tending Party Weygant Loop, Mt. Hood, OR See day tours schedule for details.

August 5, Sunday, Trail Tending Party Bonney Butte, Mt. Hood, OR

For more info and to sign up contact the leader: Bill Yaeger 503 516-7794

August 22, Wednesday, Trail Tending Party Location TBD

For more info or to sign up, contact the leader: Ted Magnuson 503 590-7998 tedmag@live.com.

September 8, Saturday, Trail Tending Party Yellowjacket Trail, Mt. Hood, OR

For more info and to sign up contact the leader: Kathy Burns 503 429-4024 burnskathrynl@gmail.com

September 23, Sunday, Trail Tending Party Fir / Silver Loop, Marble Mt., Mt. St. Helens, WA

For more info and to sign up contact the assistant leader: Greg Wenneson 503 460-7231 gregwenn@sonic.net

October 3, Wednesday, Trail Tending Party Teacup Tie Trail, Mt. Hood, OR

For more info and to sign up contact the leader: Pam Rigor 503 297-4284.

Note: If you know of other trails that need work, contact Greg. More dates may be added and further details on these trail tenders will be posted in the newsletter and on the website when it becomes available.

## **Portland Sunday Parkways**

Southwest Portland Sunday Parkways July 22, 11 a.m. – 4 p.m. Free!

There are so many exciting highlights for the Southwest route - rolling hills, beautiful views, and Hillsdale and Multnomah business districts (7.8 miles). Activities, music, food, and vendors will be located in Gabriel Park, Multnomah Village and Hillsdale.

# Southeast Portland Sunday Parkways August 26, 11 a.m. – 4 p.m. Free!

Spend a warm summer day walking and rolling around the Southeast Sunday Parkways...and for a challenge climb your way up Mt. Tabor (9 miles)! Activities, food, vendors, music, and fun will be in Laurelhurst, Colonel Summers, and Mt. Tabor Parks.

## East Portland Sunday Parkways September 30, 11 a.m. – 4 p.m. Free!

Bike around East Portland (7 miles), including two miles on the Springwater Corridor. Glenwood, Bloomington, and Ed Benedict Parks will be filled with activities, food, vendors, music, and more.

www.portlandsundayparkways.org

Common meeting places: Gateway Transit Center 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 (first stop light) turn left, go 1/2-mile; it's on the right.

## **OVERNIGHT TRIPS**

Sign up early to ensure that trips will have enough people to cover the costs. After the sign up date check with the trip leader for openings. Get on the waiting list by sending in your application and check; last minute opening do occur.

ONC overnight trips are exclusively for members (you must be a current ONC club member before signing up for overnight trips).

Membership application available on the website or ask the trip leader

New memberships between April and August 2012 will have an expiration date of September 2013

Please read the overnight trip policies (starting on side bar page 6) before signing up. Note you are responsible for finding a replacement for your space if you cancel, ask the leader for the waiting list of people to contact.

**Trip insurance** is available through Travel Guard Travel Insurance: a link to sign up for the insurance is on the website. Click on the "overnight trip application" link on the home page; insurance info is at the bottom.

September 7 – 9, Fri – Sun, Inter Hike/Bike Crater Lake NP. OR

## Sign up deadline: August 1

Following up on Ted's successful Crater Lake ski trip, here is the summertime alternative!

We will carpool from Portland on Friday, arriving at a Forest Service campsite Friday evening. For those there by 6:30 p.m. we will have a group spaghetti dinner (included in price). Saturday and Sunday we will offer a couple options for bike rides and hikes in the area, or people can make their own arrangements or hang at the campsite. Saturday night will be a potluck dinner.

The Friday dinner will be basic spaghetti and sauce, salad and bread. Participants may bring embellishments to liven the meal, and your beverage of choice.

Sunday we will pick a convenient stop for dinner for those interested.

Trip Limit: minimum of 6/maximum of 15 participants

Cost: \$TBD/member per person (you must be a current member before signing up for this trip.). Includes: 2 nights camping and Friday night dinner. Costs for carpooling and lodging en-route are not included.

For more info contact: Dennis Weaver dreamweaver2650@gmail.com. A pre-trip meeting will be scheduled to go over the details and plan carpools.

## Join a Methow Valley Family Trip in 2013!

For the past three years, ONC members Amy Blumenberg and Chris Potter have led hugely successful family trips over MLK and Presidents Day weekends. After leading trips to Trout Lake, WA and Sunriver, OR they're plotting some new adventures for ONC families! Is your family interested in joining Amy and Chris for a Methow Valley trip over MLK or Presidents Day weekend in Jan. or Feb. 2013? This would likely be a 4-day, 3-night trip and would require taking at least the Friday before the holiday Monday off of school and work due to the long drive (6-7 hours from Portland). The Methow Valley offers over 100 miles of groomed cross-country ski trails for all levels. See http://www.mvsta.com/ski.html for more information about the Methow Valley.

For more info and preference for MLK weekend or Presidents Day weekend contact the trip leader: Amy ablumenberg@comcast.net.

Applications available on the Website under forms

No new members this month

**June membership report:** 237 total members (172 single and 65 family). Last year at this time there were 242.

## **BOARD MEETING MINUTES**

Minutes of ONC Board Meeting, May 14, 2012, 6:30 PM

**Board Members Present**: Elizabeth McLagan, Steve Planchon and Andre Fortin, with Mary Hepokoski voting by proxy.

**Approval of Minutes**: April 9, 2012 meeting minutes approved as drafted.

**Treasurer's Report**: Provided in writing to the Board, with \$17,407.38 reported in net income through April 30, 2012. Norway expenses remain outstanding, as well as some Tilly Jane revenue.

Reports

Publicity: No report.

Day Tours: No report.

Overnight Tours: No report.

**Website**: Generally discussed upcoming work session at June 11 Board Meeting to address issues related to web site and other electronic approaches to communicating with members.

Tilly Jane: Generally discussed Tilly Jane operating circumstances, including a work party currently scheduled for

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, regrouping when necessary.

**Hike:** > 10 miles; 400 ft. per mile elevation gain. continued on page 6 Steady pace and/or difficult terrain (a workout).

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

## TOUR ESSENTIALS

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

## Skiing & Hiking Essentials

- First aid kit
- Matches (in waterproof case) and fire starter
- Rain gear and extra clothes, including a warm sweater
- Extra food and water
- Plastic whistle
- Map and compass (know how to use)
- Flashlight, extra batteries and bulb
- Space blanket or bivy bag
- Pocket knife
- Toilet paper and trowel (ziplock bag to carry out toilet paper)
- Sunglasses, lip balm and sun screen
- Foam sit pad

#### Biking Essentials

- Helmet (required on all bike rides)
- Spare tube
- Patch kit
- Tire pump
- Water bottle (filled)
- Tire irons

## OVERNIGHT TRIP POLICIES

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be publicized. A potential leader must follow the procedures for leading a trip as determined by the Overnight Trip Coordinator. Overnight trips are announced in the newsletter or on the website.

1. All overnight trips must be approved by the Overnight Trip Coordinator before they can be publicized. A potential leader must follow the

continued on page 7

the 1st week of August. Also discussed the Club's evolving relationship with the Forest Service.

Trillium Yurt: No Report.

**Overnight and Day Leader Training**: Training currently planned for Saturday, October 13, 11 a.m. to 3.p.m. at the Lucky Lab Multnomah. Details being worked out.

Other Business: No other business of was discussed.

Meeting adjourned: 7:30 p.m.

**Next Meeting:** Monday, June 11, 6:30 p.m. @ Mazamas, with the format to be a work session, as noted above.

## Minutes of ONC Board Meeting, June 11, 2012, 6:30 p.m.

**Board Members Present**: Mary Hepokoski, Elizabeth McLagan, Steve Planchon and Ann Truax. Ted Scheinman was also present.

**Approval of Minutes**: May 14, 2012 meeting minutes approved, with revision noting Mary Hepokoski's participation by proxy.

**Treasurer's Report**: Provided in writing to the board, with \$14,636.85 reported in net income through May 31, 2012. **Action Items** 

**Overnight and Day Leader Training**: Sam Digard, Ted Magnuson provided a written proposal for leader training, with the training to occur on October 13, from 11 a.m. to 3 p.m. at the Lucky Lab Multnomah. The estimated cost is \$370 plus miscellaneous training expenses. A motion was made and seconded to approve the proposed budget, with the understanding that participants will not be required to pay a fee. **Motion Passed**.

**Reports** 

Publicity: No report.

Day Tours: No report.

Overnight Tours: No report.

**Website**: Generally discussed the various communication mechanisms that currently exist within the Club and possible approaches to improving the overall communication framework. Discussion notes are attached (below).

**Follow-up Action:** The Board will investigate the concept of using a "static" website as the hub for existing communication mechanisms, with the objective being to rely on existing mechanisms that are working well, but providing members and non-member with an easy way to learn generally about the Club and links to more specific information delivery mechanisms (e.g. newsletter, Yahoo List serve, etc.).

**Tilly Jane**: Mary Hepokoski provided the Board with detailed notes of a recent meeting with the Forest Service. The meeting notes will be discussed more thoroughly at upcoming Board meetings. **Note**: the annual work party is scheduled for October 6.

Trillium Yurt: No Report.

Other Business: No other business of was discussed.

Meeting adjourned: 8:30 p.m.

**Next Meeting:** Monday, July 16, 7:00 p.m. @ Mazamas, with the format to be a work session, as noted above.

## Nordic Club Communication Work Session Notes, June 11, 2012

## General (not prioritized)

- ► Encourage Excitement
- ▶ Maintain Continuity
- ▶ Facilitate Accountability
- ▶ Maintain and grow membership
- ▶ Keep it simple
- ▶ Use existing communication devices if they are working.

## Specific Outcome Objectives (not prioritized)

- ▶ Provide skiing opportunities generally.
- ▶ Improve new member and member renewal processing, with a 30-day completion objective.
- ▶ Make signing up for tours easier.
- ▶ Improved Club calendar.
- ▶ Trip leader communications
- ▶ Simple information sharing.
- ▶ Member to member communication opportunities (e.g., finding a skiing partner for the weekend).

www.onc.org/PDX-ONC

- ▶ Show appreciation/acknowledge
- ▶ Effective and timely Board

July 2012 Oregon Nordic Club **Portland Chapter** 

communication with committees and general membership (and vice versa).

- ▶ Reinforce leadership skills and training (e.g. access to information and training opportunities).
- ▶ Improve overall evaluation procedures, e.g., services generally, tour leaders specifically, etc.
- ▶ Maintain financial checks and balances.
- ▶ Build membership diversity

## **Communication Guidelines**

- ▶ Emphasize "green" communications
- ▶ Deliver information in a variety of coordinated ways.
- ▶ Provide choice and/or opt-out options
- ▶ Respect member privacy
- ▶ Have reasonable expectations of volunteer resources

## **Possible Path Forward**

- ▶ Create static web page with links to existing forms of communication
- ▶ Newsletter: emphasis on providing general news to members on a monthly basis
- ▶ Yahoo List Serve: emphasis on ongoing member to member communication, as well as picture gallery.
- ▶ Meet-up Site- emphasis on member and non-member trip coordination, and on membership sign-up and dues payments.
- Facebook- emphasis on general communication between members.
- ▶ Web page will be the "face" of the Club-with the Club's story and easy to follow pathways to more specific information, either on web page tabs or via links to more dynamic sites, e.g. Meet-Up.

## Things to Do:

- ▶ Build general scope of work, maybe with help from outgoing Club webmaster.
- ▶ Identify several web page contractors and get estimates.
- ► Lock into preferred vendor and begin the process, being willing to adapt the plan to evolving understanding of what is possible. ◆

Submitted By: Steve Planchon, Secretary

## **CLASSIFIED ADS**

FOR SALE: ➤ Women's Montrail backpacking/mountaineering boots (crampon compatible), sz 8 1/2, new condition, in original box with original paperwork. Were \$225 new. \$85. ➤ Women's Scarpa T-2 Telemark Boots, sz 8, excellent condition in original box. Photos available upon request. Amy 503 891-3689 ablumenberg@comcast.net

FOR SALE: ► Women's ski boots. Alpina BC. Nearly perfect. Sz. 39. \$50 or best offer. Christine 503 729-5383 sisu1956@gmail.com.

WANTED: ► Karhu 10th Mountain XCD or Madshus Epoch skis and cable bindings for telemarking. John Wadsworth 503 478-0667

FOR SALE: ► Two REI water bottles. 32 oz., new, \$5 each. ► Gaiters. new size small, \$10. John 503 257-2012.

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.

Overnight Trip Policies continued from column to the right

shared-cost trip and no deposit has been paid. Trip fees are nonrefundable unless a replacement is found. The following applies:

1. If the participant desires a refund, they are responsible for finding their own replacement. Check with the trip leader to get a copy of the waiting list; this list can be used to locate a replacement. The participant should cooperate with the trip leader to draw on the waiting list for a replacement member

Once a replacement has been secured, a written or e-mail request for refund must be sent to the Overnight Trip Coordinator. Once it has been confirmed that a replacement participant has paid for the tour, a refund will be issued within 30 days, less \$10.

2. If a replacement is not secured, the participant is

accountable for the full cost, and no refund will be issued.

3. If the participant has paid a deposit only, and withdraws from the trip without finding a replacement, the full amount of the deposit is forfeited and no refund will be issued.

#### **Travel Insurance**

ONC has made arrangement with TravelGuard for a special travel insurance program for trips, which covers death of a family member, major illness, or injury. It is recommended that members sign up with them at the following site, make their own arrangements for travel insurance, or take personal responsibility for lost funds. www.travelguard.com/agentlink.asp?

ta\_arc=125858&pcod (this link on our website)

procedures for leading a trip as determined by the overnight trip coordinator. Overnight trips are announced in the newsletter or on the website.

- 2. Overnight trips are limited to members; non-members are invited to join using the application in the monthly newsletter or on the website.
- 3. All spaces are filled on a first-come, firstserved basis. Participants can reserve a place on a trip by mailing or delivering the Overnight Trip Application, payment and self-addressed stamped envelope to the trip leader. Space is not reserved until receipt of required deposit or payment. The date of receipt is the earlier of the postmark date or the date of physical delivery to the trip leader.
- 4. Participants must provide an email address or a self-addressed, stamped envelope with payment so the leader can easily provide trip information.
- 5. Other ONC Chapter members are considered members and can go on Portland Chapter trips.

WAITING LIST: If a trip is full, participants can be placed on the waiting list by sending the trip leader an application and trip fee. The application and fee will be held by the leader until a space becomes available; at that time, the participant will be asked if s/he wishes to join the trip. Those not offered a place on the trip receive a full refund.

# Trip Cancellation Policy

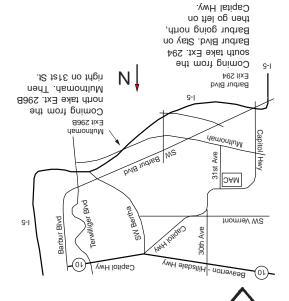
Notify the trip leader ASAP if you must cancel, even if it is a

Continued in column to the left

www.onc.org/PDX-ONC Oregon Nordic Club Portland Chapter July 2012 **7** 

# P.O. Box 3906 Oregon Mordic Club, Inc., Portland Chapter

Portland, OR 97208-3906

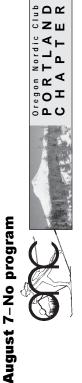


(NAM) natra Center (MAC) Map to monthly meeting at:

OMECON



7688 SW Capitol Hwy.



Upcoming programs

share—beer and wine are allowed—and

your own plates, utensils and cups.