



The advantages of club membership

One of the advantages of membership in the Oregon Nordic Club is the wonderful people you meet and the friendships you form. Some of your ski friends become partners in other activities like biking, hiking and even kayaking. I have spent great days hiking and biking this summer with such an ONC friend and just returned from a memorable kayak trip with my sister and four friends that I connected with through ONC. We paddled in the area around Johnstone Strait out of Telegraph Cove, Vancouver Island, BC Canada. Wonderful weather and incredible experiences viewing Orcas were two of the highlights of the trip.

My husband and I were just going over our calendar for the months of December, January and February. I had him pencil in some significant time for the overnight trips I plan to take in 2013. Ted Scheinman our overnight tour coordinator has been busy wheeling and dealing to make sure that we have plenty of great, reasonably priced trips for the winter. He also recruits leaders for these trips some of which fill up rapidly, so if there is a trip that you are anxious to go on, I suggest you fill out the trip application and mail it with your check to the trip leader quickly.

Very active members of the club makes for a dilemma, finding members who have the time and energy to keep the ONC Portland chapter the vibrant organization we can all be proud of. Our three most current pressing volunteer needs are another board member who will serve until April 2014, a day tour coordinator along with a couple recruiters to help who will handle this season's winter day tours (through April 2013), and a webmaster along with people willing to keep our website up-to-date. The lack of a seventh board member has made getting a quorum a problem for our board meetings on two occasions. A quorum is four board members whether you have a board of six or seven. Unfortunately we did not have a quorum available for our September meeting and it was cancelled. If you have skills you are willing to share or suggestions of members who should be contacted about these opportunities, contact me, hepomp8@comcast.net.

Mary Hepokoski, *President*

Greg and Tony's big adventure

September 23 on the Fir and Silver Trails, Marble Mountain Sno-Park, Mt. St. Helens

The weather was perfect for working on the Fir Trail at 2,800 ft. and the Silver Trail at 3,000 ft., both side trails of the June Lake Loop. We cleared huckleberry, chopped and pulled sprouting pines and replaced blue diamonds pushed off by tree growth. The Silver Trail parallels Swift Creek, which, although now low, still has several nice waterfalls. The day was highlighted by several views of the South side of Mt. St. Helens. Both trails are more difficult and will be challenging, not for steepness, but still a good grade twisting and turning through the mature pine and fir forest on the south approach to Mt. St. Helens.

Thanks Tony Ackerman and Lily Lee for joining our trail tending party.

Ask us about our big adventure getting up to the site and why it took 179 miles to get there, but only 71 to get back...♦

Greg Wenneson, *Trail Tending Leader*

Forest gardening

September 8 on the Enid Lake Loop, Glacier View Sno-Park, Mt. Hood

Four energetic ONC members and a supervisor from the Forest Service attacked the vegetative growth encroaching on the trail around Enid Lake near Government Camp on Mt. Hood during the September 8 trail tending party. The existing blue diamonds marking the trail were in pretty good shape. Though, there was a lot of shrubs and brush which needed to be trimmed to clear and to widen the trail for skiing. The club's "loppers" were put to work clearing the shrubbery (or a more endearing term 'forest gardening').

Thanks SallyJo Browne, Mark Smith and Lisa Casey for joining me.♦

Kathy Burns, *Trail Tending Leader*

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Winter Ski Trips:
Glacier NP, Methow Valley, Yellowstone NP and many more

6 Overnight Trip Application Form



Mary Hepokoski

**Join us Oct 3
for a Trail
Tending Party**

See page 4

BOARD MEMBERS

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COORDINATORS AND COMMITTEES:

Day Tours:

Coordinator—vacant

oncdays@outlook.com

Recruiter(s)—vacant

Novice Ski Tours

Coordinator—vacant

Summer Coordinator

Bike/Hike—vacant

Membership:

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 an attachment (**preferred**); compatible text files as an attachment; and put text in an e-mail with no formatting. **Corrections:** e-mail corrections and/or additions to the editor.

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UPCOMING EVENTS

October 2 TUESDAY

Oregon's 10 Best Snow Adventures by William Sullivan

ONC-PDX Winter 2012-2013 Overnight trips' sign-up

ONC monthly program. Multnomah Arts Center, 7688 SW Capitol Hwy., 6:30 p.m. Free!

October 3 WEDNESDAY

Pacific Crest Trail hikes

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

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

October 6 SATURDAY

Community Cycling Center Bike Drive

REI Stores or CCC on NE Alberta St., 10 a.m. - 3 p.m.

Donate a bike in good condition and help the Community Cycling Center broaden access to bicycling and its benefits.

Adult road bikes and kids bikes with 20 in. wheels are needed.

Suggested donation to cover bike evaluation: \$5

Info: www.communitycyclingcenter.org

Willamette Riverkeeper's Great

Willamette Clean Up

Sites along the Willamette River, 8:30 a.m. - 1 p.m.

Info and sign-up: welovecleanrivers.org

October 11 THURSDAY

Fall Backpacking Basics

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

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

Cycling Sojourner: a Guide to the Best Multi-day Tours in Oregon by Author Ellee Thaheimer

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

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

October 17 WEDNESDAY

One Best Hike: Wonderland Trail by Author Doug Lorain

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

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

October 25 THURSDAY

Wilderness Survival

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

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



October 30 TUESDAY

One Best Hike: the Wonderland Trail by Author Doug Lorain

REI Clackamas, 7-8:30 p.m.

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

Nov 3 SATURDAY

Flora and Fauna of Mount Adams Second Annual Science-Based Conference

Hosted by Friends of Mount Adams (WA non-profit):

Conference Day/Speakers/Titles & Topics Info and to sign up (early registration closes Oct 17): <http://mtadamsfriends.org>

Winter Camping Basics

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

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

Clinics & Training

Oct and Nov SATURDAYS

2012 Fall XC Training Series

10th year of conditioning sessions for XC skiers of all ages and abilities right in the heart of Portland (tentative schedule):

Oct 20, Sat, 9:30 a.m. Mt Tabor Park

Oct 27, Sat, 9:30 a.m. Washington Park-Zoo

Nov 3, Sat, 9:30 a.m. Mt Tabor Park

Nov 10, Sat, 9:30 a.m. Washington Park-Zoo

Just a small donation (\$10 Teacup members, \$20 non-members) covers the expenses for 4-5 morning sessions (9:30-11a.m.). No special equipment needed.

All sessions rain or shine.

Info: teacupnordic.org www.xcoregon.org

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

Nov 30-Dec 2 FRIDAY-SUNDAY

Dec 5-9 WEDNESDAY-SUNDAY

Dec 12-16 WEDNESDAY-SUNDAY

2012 Oregon Fall XC Ski Camp

Mt. Bachelor/Bend, Oregon

World-class fitness and ski education; excellent (& reliable!) early December skiing, top coaching, evening lectures and world-class physiology testing. Designed specifically for citizen nordic skiers. Registration is open.

Info: www.xcoregon.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 year-round, the Portland Chapter is dedicated to promoting greater participation in and understanding of the value of outdoor recreation with an emphasis on Nordic and backcountry skiing. In addition we hike, climb, backpack and bicycle year round in the northwest forests, mountains and in-town.

Member Benefits

- ▶ Free day tours; overnight trips, exclusively for members
- ▶ Clinics and lessons
- ▶ 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

NORDIC ISSUES

Mount Hood National Forest

2012 Forest-Wide Restoration of watersheds

A Preliminary Decision Memo was released September 2012 on a forest wide restoration project for specific high priority watersheds (Clackamas, Hood River, Wasco, Still Creek, Salmon River, Hood River, Fifteenmile, and Clackamas River watersheds) that have been identified through Watershed Restoration Action Plans as well as other high priority restoration projects outside these watersheds. The objective is to have healthy functioning watersheds that provide clean water, quality fisheries and wildlife habitats and also safe access roads through the Forest. Currently the FS is developing the proposal, with an estimated scoping start date of September 2012 and a decision estimated by March 2013 and implementation expected by July 2013.

Info: http://www.fs.fed.us/nepa/nepa_project_exp.php?project=40121

Comments may be sent to: Greg Wanner, 503 622-2002, gwanner@fs.fed.us.

Timberline Mountain Bike Trails and Skills

Park RLK & Company (Managers of Timberline Lodge & Ski Area) propose to develop a managed, lift-assisted downhill mountain bike trails and skills park within the permit area of the Timberline Ski Area. Approximately 8-9 acres of ground disturbance would occur. Opponents are concerned about increasing erosion & other disturbances on a vulnerable area of the mountain.

A decision was expected in August 2012 with implementation to commence in October.

Info: http://www.fs.fed.us/nepa/nepa_project_exp.php?project=32278.

Comments may be sent to the project contact: Kristy Boscheinen, 503-668-1645, kboscheinen@fs.fed.us.

Cooper Spur Land Exchange

The comment period is estimated to begin in October 2012 on the proposed exchange of 120 acres of USFS-managed land in Government Camp for 770 acres of privately-owned land in Cooper Spur. The DEIS has a notice of availability date of October 2012 with a decision date of March 2013 and implementation date of June 2013. This land swap would result in the Cooper Spur (backcountry ski) area being turned into Wilderness making it off-limits to development.

Info: http://www.fs.fed.us/nepa/nepa_project_exp.php?project=33072&exp=detail
Comments may be made to the project contact, Kristy Boscheinen 503 668-1645 <mailto:kboscheinen@fs.fed.us>.

Gifford Pinchot National Forest

Wilderness and trail closures The Mt. Adams Wilderness and the PCT in the area has been closed due to the Cascade Creek Fire smoke and ash may affect forest

users. Smoke may affect other areas nearby too. The most current info on the fires can be found here: inciweb.org

Public meetings scheduled for input on roads analysis

Public meetings will be held in communities around the Gifford Pinchot National Forest to gather public input on a forest roads analysis:

Oct. 1, 2012, 6-8 p.m. at the Randle Fire Hall, 9978 U.S. 12 Randle, WA

Oct. 4, 2012, 6-8 p.m. at Stevenson Rock Creek Auditorium in Stevenson, WA

Oct. 18, 2012, 6-8 p.m. at Centralia Community College Cafeteria in the Student Center, 600 Centralia College Blvd. Centralia, WA

The National Forest Service Travel Management Rule requires forests to identify sustainable forest road systems by 2015. In order to meet this requirement, the GPNF is completing a roads analysis responsive to ecological, economic and social concerns. The public input will help to understand existing conditions, which would then lead to identifying issues and key public concerns. Then the analysis will integrate access needs with environmental risks and expected budgets. There will be an opportunity for further public input under the NEPA. Public can offer input through a questionnaire that will be available through Dec. 31, 2012. Info: <http://www.fs.usda.gov/detail/giffordpinchot/landmanagement?cid=stelprdb5388890>
Please print, fill out and mail hard-copy questionnaires to c/o Ken Sandusky 10600 NE 51 Cir. Vancouver, WA 98682 by Dec. 31, 2012.

Road construction from WSDOT State Route 503 should expect 20-minute delays the next two months while crews repair cracks and potholes on 20 miles of the scenic route between Yale and Woodland. Check WSDOT's travel alerts for updates.

Wilderness protection sought for popular sites

Oregon Wild is proposing several additions to the areas designated as wilderness in 2009. Two areas that may be of special interest to ONC members are Tamanawas Falls that is one of the highlights along the scenic Mount Hood loop and areas near Crater Lake
Info <http://www.oregonwild.org/wilderness/>

Miriam Hammer, *Nordic Issues*

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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

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

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DAY TOURS

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

October 3, Wed, Trail Tending Party, All Abilities Teacup Tie Trail, Mt. Hood, OR

Join us and help finish this trail, which connects the Teacup groomed area to some non-groomed loops, by posting blue diamond and check out some rerouting. If the huckleberries are still on the bushes, we'll enjoy them as we work. Meet at McMenamin's Edgefield, 2126 SW Halsey, in the West parking lot at 9 a.m. to carpool. **For more info and to RSVP contact the leader: Pam 503 297-4284.**

Oct 6, Sat, Easy/Intermediate Hike Timberline Lodge to Paradise Park, Mt. Hood, OR

Join me for a jaunt to Paradise Park for a late summer view of Mt. Hood above the alpine wildflower meadow. We'll go west along the PCT down and up both Zigzag Canyons. This is a strenuous hike of about 12 miles with 2,300 ft. elevation gain. Meet at the Gateway Transit Center parking structure at 8:30 a.m. to carpool. **For more info and to RSVP contact the leader: John Heaton 503 257-2012.**

Oct 13, Sat, Easy/Intermediate Hike Eagle Creek, Columbia Gorge, OR

Lets catch the fall colors and waterfalls along Eagle Creek. We'll set our goal on Tunnel Falls, but people wanting a shorter hike can come and catch us on the way out. The long hike will be 12 miles round trip with 1,200 ft. elevation gain. Meet at the Gateway Transit Center parking structure at 8:30 a.m. to carpool. **For more info and to RSVP contact the leader: John Heaton 503 257-2012.**

Oct 24, Wed, Intermediate Hike Tom Dick & Harry Mt., Mt. Hood, OR

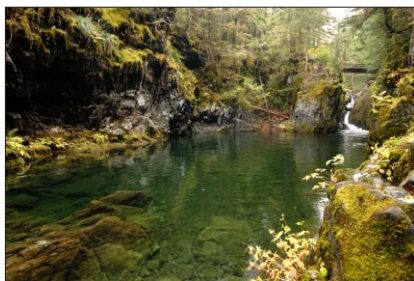
We'll take an easy trail to Mirror Lake for a view of Mt. Hood, then continue to the top of Tom Dick & Harry for a more spectacular viewpoint. The hike is 6.4 miles with 1,500 ft. elevation gain. Meet at McMenamin's Edgefield in the West parking lot at 9:30 a.m. to carpool. **For more info and to RSVP contact the leader: Linda Schaldach 503 256-9715.**

Oct 27, Sat, Easy Hike Opal Creek, OR

Come enjoy a hike along the Little North Santiam River to Opal Creek. The trailhead is about 23 miles east of Salem, a bit of a drive, but worth it. This is an easy hike of about 7-

miles, round trip with 200 ft. elevation gain.

We'll have a relaxing lunch at Jawbone Flats an old settlement from the early 1930s. Dress for the weather. If the winter storms are here we'll maybe do a different hike. Meet at the Gateway Transit Center parking structure at 8 a.m. to carpool. **For more info and to RSVP contact the leader: Pam 503 297-4284.**



Opal Pool along Opal Creek

Bob Breivogel

Oct 31, Wed, Easy Hike

Old Salmon River Trail, Mt. Hood, OR

We will enjoy the beautiful old growth forest on this trail as it meanders near the river. Total distance is 5.2 miles with minimal elevation gain and we'll plan on returning to town by 3:30 p.m. Bring your umbrellas or good rain gear in case of rain. Fall colors can be beautiful this time of year if the weather cooperates. We will meet at McMenamins Edgefield, 2126 SW Halsey, in the west parking lot for a prompt departure at 9 a.m. For more info contact the leaders: Tere Enburg 503 642-2886, Stephany Anderson 503 357-2425. Please call before 9 p.m. if you have any questions. ♦

Summer trail tending schedule

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

See day tours schedule for details.

Know of any other trails that need work? Contact Greg at 503 460-7231 to add them to our schedule! ♦

Tilly Jane A-Frame work party

October 6, Saturday, Firewood Work Party Tilly Jane Campground, Mount Hood, OR

Help us prepare for another long winter of skiing and guests by stocking firewood for the winter season. We may also include some basic grounds work by the A-Frame and hike the nearby Tilly Jane Trail (#600A) up to the Timberline Trail (#600) and above to the stone shelter and Cooper Spur. Bring lunch, water and work gloves. Work party begins at the Tilly Jane Campground about 10 a.m. The campground and A-Frame are located at the upper end of the all-weather Cloud Cap Road (Forest Road #3512); the upper 4 miles has "speed bumps" in the form of drainage bars due to the 2008 Gnarl Ridge forest fire. Get to FR #3512 by taking the Highway 35 turnoff near Mile Post 74 and Polallie Creek, and follow the "Cooper Spur Ski Area" sign. Carpoolers meet at the Gateway Transit Center parking structure at 8:30 a.m. **For more info and RSVP, contact Andre Fortin 503 780-5843, afortin85@gmail.com, or Kevin McGillivray 503 762-6366 kmcglvry@msn.com.**

See Tilly Jane area trails map at: www.mthood.info/hikingtrails/cooperspur600b.pdf ♦

Lead a hike or ski (if there is snow) in November

Lead a hike or bike tour in November or the first weekend in December and catch the fall colors or ski if there is snow by then! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (by October 14, 8 p.m.) to day tours at onedaytours@gmail.com. ♦

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 TIPS

- ❁ Our 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).
- ❁ Contact the leader with any questions you have. Do my skills fit the skiing conditions? Any special requirements or gear? How long is the travel time?
- ❁ Read the overnight trip policies!
- ❁ Sign up early so we'll have enough people cover trip costs.
- ❁ To sign up: fill out an overnight trip application and mail it with your trip fee to the trip leader or sign up at the October general meeting.
- ❁ If the trip is full and you still want to go? Join the waiting list: send 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 will be on the overnight trip application form on the web or contact the trip leader or Overnight Trip Coordinator, they'll send you the link.

Nov 21–25, Wed–Sun, All Abilities Ski and Feast Thanksgiving in Sunriver, OR—an ONC Tradition Sign-up by October 20

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://www.fs.fed.us/r6/centraloregon/recreation/winter/wintermaps.shtml>

Trip limit: 18 participants, including the leader.

Cost: \$125 per person for member; you must be a current ONC member before signing up for this trip.

Send your ONC overnight tour application and \$125 check payable to ONC-Portland Chapter to the leader: Elke Schoen, 1533 SE Lexington St, Portland,



Skiing to Todd Lake, in the Mt. Bachelor backcountry

Pam Rigor

Bob Breivogel



Skiing a trail from Ray Benson Sno-Park, Santiam Pass area

OR 97202. For more info prior to October 15 contact Laura 503 452-0878. After October 15 contact Elke 503 239-9286 elkeschoen@msn.com.

Dec 26–30, Wed–Sun, All Ability Ski Post Christmas retreat Methow Valley, WA Sign-up by November 26

The Methow Valley is an internationally renowned, groomed paradise for cross-country skiing in Northern Washington. Over 100 miles of skate and classic trails are groomed daily in the valley running from Mazama to Winthrop and up the surrounding mountainsides.



Beaver Pond trail at Sun Mountain

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

distance along with grocery and convenience stores.

Trip limit: 12 participants, including the leader.

Cost: \$200 per person for members; you must be a current ONC member before signing up for this trip. Includes four nights lodging (\$57 groomed trail pass cost not included).

Send your ONC overnight tour application and \$200 check payable to ONC-Portland Chapter by November 26 to the trip leader: Sam Digard, 133 SE 283rd Ave., Camas, WA 98607. For more info contact Sam 360 910-1714 sam.digard@comcast.net (email preferred).

Dec 28–Jan 1, Fri–Mon, All Ability Ski New Year's at Black Butte, OR Sign-up by Nov 20

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, to the river's headwaters or up Black Butte. The Three Creeks area near Sisters offer more choices depending on the snow level. 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; you must be a current ONC member before signing up for this trip.

Includes four nights' lodging.

Send your ONC overnight tour applica-

tion 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, regrouping when necessary.

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Hike: > 10 miles; 400 ft. per mile elevation gain. Steady pace and/or difficult terrain (a workout).
Backpack: > 7 miles/day; 400–600 ft./mile elevation gain.

TOUR ESSENTIALS

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

Skiing & Hiking Essentials

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

Biking Essentials

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

continued on sidebar page 7

tion and \$200 check payable to ONC-Portland Chapter to the leader: Pam Rigor, PO Box 6403, Portland, OR 97228-6403. For more info contact Pam 503 297-4284 oncnnewsletter@gmail.com.

Dec 28–Jan 2, Fri–Wed, All Abilities Ski/Snowshoe Glacier National Park, MT Sign-up by Nov 20

All aboard! Take Amtrak to Essex, Montana, adjacent to Glacier National Park for a wonderful New Year's ski vacation! Leave Portland (Vancouver option available too) on Friday afternoon and wake up Saturday to sparkling snow and the cozy Izaak Walton Inn in Essex, Montana,

located on the boundary of the spectacular Glacier National Park. On Saturday, ski or snowshoe 30 km of groomed trails, go iceskating, or relax in the Finnish sauna. In the evening, enjoy a gourmet meal and read a good book by the fire or participate in exciting ONC board games. On Sunday and Monday, we will hop on the rented van to explore the ski trails of Glacier National Park (Apgar, Marias Pass, Autumn Creek, Going to the Sun Highway). On Monday evening we will celebrate New Year's Eve in style, with a dinner buffet, live music and dancing, midnight ski tour to bring in the New Year, and a breakfast buffet in the morning (additional cost). On Tuesday, we will spend the day skiing around the groomed trails around the lodge or skiing up to Dickey Bowl. We will board the westbound train Tuesday evening and as we pull back into the train station in Portland on Wednesday morning, you will wonder why you waited so long to take this trip.

Trip limit: 20 participants, including the leader.

Cost: \$495 per person for members; 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 are available on Amtrak for about \$250 additional per person roundtrip (includes dinner and breakfast on train).

Send your ONC overnight tour application and \$495 check payable to ONC-Portland Chapter to the leader: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. For more info contact Ted 503-452-7432 tedskier@gmail.com.



Just to show the folks back home



Amtrak all the way

Jennifer Klump

Gordon Hickey

Jan 18–21, Fri–Mon, MLK Weekend, All Ability Ski Lake Creek Lodge, Camp Sherman, OR Sign-up by December 20

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

Everyone other than couples will have his/her own bed.

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

Trip limit: 15 participants, including the leader.

Cost: \$185 per person for members; you must be a current ONC member before signing up for this trip. Send your ONC overnight tour application and \$185 check payable to ONC-Portland Chapter to the trip leader: Steve Levy, 5441 SW Nebraska St., Portland, OR 97221. For more info contact Steve 503-244-4262 slevy@pacifier.com.

Jan 18–22, Fri–Tue, MLK Weekend, All Ability Ski Sunriver, OR Sign-up by December 20

MLK Weekend is one of the prime times for skiing in Central Oregon. The snow in Central Oregon is known to be powdery, plentiful and dry. Here is your opportunity to stay at Sunriver, a wonderful resort about 40 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: 10 participants, including the leader.

Cost: \$135 per person for members; you must be a current ONC member before signing up for this trip.

Send your completed ONC overnight application and \$135 check payable to ONC-Portland Chapter to the trip leader: Ann Truax (contact leader for address). For more info contact Ann 503 231-7220 ann.truax@gmail.com.

Jan 25–27, Fri–Sun, All ability Ski and Soak Belknap Hot Springs, OR Sign-up by Jan 10

Belknap Lodge and Hot Springs is located 45 miles east of Springfield on Hwy. 24, on the banks of the roaring McKenzie River. There is great skiing available on McKenzie Pass from the west side, Santiam Y, or at



Cabin at Lake Creek Lodge



On the trail back from Todd Lake, Broken Top behind

Mike Greenstreet

Santiam Pass. After skiing, come back to relax in the hot mineral springs pool at the resort. Accommodations include one large cabin on the McKenzie River with six queen beds in four bedrooms, and a kitchen. We will have a potluck dinner on Saturday night.

Trip limit: 10 participants, including the leader.

Cost: \$110 per person for members; you must be a current ONC member before signing up for this trip.

Send your ONC overnight tour application and \$110 check payable to ONC-Portland Chapter to the leader: Terry Owen, 8770 SW Goldstone Pl., Beaverton, OR 97007. For more info contact Terry 503 590-5825 terryowen@frontier.com.

Jan 25–27, Fri–Sun, All Ability Ski Mt. Adams Lodge/Flying L Ranch, WA Sign-up by December 20

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.



Peggy Macko

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

Trip Limit: 20 participants, including the leader.

Cost: \$160 for members; you must be a current ONC member before signing up for this trip. Includes two nights' lodging and two gourmet breakfasts.

Send your ONC overnight tour application and \$160 check payable to ONC-Portland Chapter to the leader: Donna Matrazzo, 15500L NW Ferry Rd, Portland, OR 97231. For more info contact Donna 503 621-3049 matrazzo@msn.com.

Jan 28–31, Mon–Thur, All Ability Ski Summit Meadow Cabins, Trillium Basin, Mt. Hood OR Sign-up by December 20

Here's your chance to stay on Mt. Hood and ski its many trails without having to drive down the mountain at the end of the day. Skiing choices without driving includes many of the trails in the Trillium Basin and Government Camp area or further away, but a short drive, Bennett Pass, Twin Lakes, or others. We'll stay three nights in a house with two bedrooms and a loft, which accommodates ten people. We'll cook communally for breakfasts and dinners.

Trip limit: 10 participants, including the leader.

Cost: \$65 per person for members; you must be a current ONC member before signing up for this trip.

Send your ONC overnight trip application and \$65



Skiing the Twin Lakes Trail

Bob Brelvogel

check payable to ONC-Portland Chapter to the trip leader: Mary Hepokoski, 5425 SW Alta Mira Cir, Portland, OR 97239. For more info contact Mary 503 245-1618 hepomp8@comcast.net.

Feb 1–3, Fri–Sun, All Level Ski Ochoco Mountains, OR Sign-up by January 15

This is a repeat of last year's wonderful ski trip to the Ochoco Mountains. The Ochocos 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



Ochoco Mountain view

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 ONC 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 for members; you must be a current ONC member before signing up for this trip. This fee covers two nights of lodging.

Send an ONC overnight tour application and check payable to ONC-Portland Chapter to the trip leader: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. For more info contact Ted 503 452-7432 teds skier@gmail.com.

Feb 1–3, Fri–Sun, Intermediate Backcountry Tilly Jane A-Frame Cabin, Mt. Hood, OR Tentative, watch for more info in next month newsletter or on the website

Backcountry ski to the shelter the club manages on the East



ONC skiers at the Tilly Jane A-Frame

side of Mt. Hood, 3.5 mile ski on the Tilly Jane Ski Trail to the cabin at about 5,700 feet elevation, a gain of 1,900 feet. Participants will carry their own gear, including sleeping bags, pad, and food for at least

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.

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, first-served 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

Continued on sidebar page 8

ASAP if you must cancel, even if it is a 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

one dinner, one breakfast, and two lunches. The wood stove in the cabin can be used for cooking meals, or participants can bring their own stoves and cooking pots. You need to be an experienced intermediate skier with turning skills—in good physical condition and able to navigate maps and a compass or GPS. Climbing skins are required for the climb.

Feb 4–7, Mon–Thur, Intermediate Backcountry Scottish Lakes, WA Sign up by Dec 15

Join us for a midweek trip up at Scottish Lakes High Camp located near Wenatchee, WA, just east of 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. We will take a ride on a snowmobile; no need to part with favored treats and creature comforts this time. High

Camp consists of nine rustic cabins, each with its own wood burning stove and stocked kitchen, a comfortable day lodge, hot tub and sauna. At 5,000 feet Scottish Lakes is just far enough east of the Cascade crest to offer blue skies, sunshine, and dry powdery snow. With 35 miles of well marked trails, access to the Alpine Lakes Wilderness, and plenty of thrills and spills in the High Meadows for steep seekers—there's an incredible variety of fun terrain for all levels of touring and backcountry skiing.

Info: www.scottishlakes.com and <http://www.anewoutdoors.com/TripReports/ScottishLakes06.html>.

Trip limit 12 participants, including the leader.

Cost: \$330 per person for members; you must be a current ONC member before signing up for this trip.

Send your ONC overnight trip application and \$330 check payable to ONC-Portland Chapter by Dec 15 to the trip leader: Russ Pascoe, 400 E 22nd Street, Vancouver, WA 98663-3205. For info contact Russ 360 901-3411 russ.bec@gmail.com.

Feb 8–10, Fri–Sun, All Level Ski Ochoco Mountains II, OR Sign-up by Jan 15

This is a repeat of last year's wonderful ski trip to the Ochoco Mountains. The Ochocos 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 ONC 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,



Untracked snow slopes in the backcountry

Mike Greenshield

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 for members; you must be a current ONC member before signing up for this trip.

Send an ONC overnight tour application and check payable to ONC-Portland Chapter to the trip leader: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. For more info contact Ted 503 452-7432 tedskier@gmail.com.

Feb 14–18, Thur–Mon, Pres' Wknd, All Abilities Ski Methow Valley, WA Family Friendly! Sign-up by January 10

For the past three years, ONC member Amy Blumenberg and her family have led hugely successful family trips to Trout Lake, WA and Sunriver over MLK and Presidents Day weekends.

They're now plotting new adventures for ONC members! Join them for a fun-filled Methow Valley trip over Presidents Day weekend. The fabulous and spacious Bend in

the River Lodge in Winthrop, conveniently located close to the Rendez Vous ski trails, will serve as our base for a 4-day, 4-night trip. The Methow Valley offers over 100 miles of groomed cross-country ski trails for all levels as well as sledding, snowshoeing, ice skating and other winter fun. Beginners are welcome! We'll enjoy festive potluck dinners around the lodge's 12 foot oak table.

Methow Valley info: www.mvsta.com/ski.html.
Lodge info: www.abendintheriverlodge.com

NOTE: The Methow Valley is a six to seven hour drive from Portland so you'll probably want to take Thursday and Friday off of school and work before the holiday Monday. This is a family-friendly ski trip, to encourage more families to ski together, we are offering a SPECIAL RATE: **Each adult may bring one child at NO COST!** Additional children are half price.

Trip limit: 15 participants, including the leader.

Cost: \$200 per person for adult members; you must be a current ONC member before signing up for this trip. First child with adult member is FREE, additional are \$100 per child. All ONC members are welcome on this trip!

Send your ONC overnight trip application and \$200 check payable to ONC-Portland Chapter to the trip leader: Amy Blumenberg, 4232 SW Pendleton St, Portland, OR 97221. For info contact Amy 503 241-2768 ablumenberg@comcast.net

Feb 15–19, Fri–Tue, Pres' Weekend, All Ability Ski Sunriver, OR Sign-up by January 15

Presidents Weekend is the biggest weekends for skiing in



Kids having fun making tracks

Amy Blumenberg

Central Oregon. The snow in Central Oregon is known to be powdery, plentiful and dry. Here is your opportunity to stay at Sunriver, a wonderful resort about 40 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: 10 participants, including the leader.

Cost: \$135 per person for members; you must be a current ONC member before signing up for this trip.

Send your completed ONC overnight application and \$135 check payable to ONC-Portland Chapter to the trip leader: Ted Magnuson, 14405 SW High Tor Dr., Tigard, OR 97224. For info contact Ted 503 590-7998 tedmag@live.com.

Feb 16–24, 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 16, 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



Skiers in the geyser basin near Old Faithful



ONC skiers in the geyser basin

Faithful where we move into western cabins and Old Faithful Snow Lodge with 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 on the snowcoach 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. On Saturday, there will also be an opportunity to take a special snowcoach to the Grand Canyon of the Yellowstone to see and ski this magnificent area (extra cost). Sunday morning, 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: \$725 per person for members; you must be a current ONC member before signing up for this trip. Includes six-nights lodging and breakfasts (three at Mammoth and three at Old Faithful) and snow-coach to Old Faithful and back 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 en-route are not included. Special rates are available for children under 12 sharing a room with parents.

Send your overnight tour application and \$725 check payable to ONC-Portland Chapter to the trip leader by January 15: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. There will be a pre-trip meeting scheduled to plan for details and carpool. For more info contact Ted 503 452-7432 teds skier@gmail.com.

Feb 22–24, Fri–Sun, All Abilities Ski and Soak Breitenbush Hot Springs, OR



Breitenbush Lodge, "lead me to the hot tubs!"

delicious sack lunches will be provided both days). We'll ski both days either from the hot springs, Maxwell Butte or Santiam Pass.

Trip limit: 10 participants, including the leader.

Cost: \$230 per person for members; you must be a current ONC member before signing up for this trip. Includes two nights lodging and all meals.

Send your ONC overnight trip application and \$230 check payable to ONC-Portland Chapter to the trip leader: Janet Liu, 4305 SW Galeburn St., Portland, OR 97219. For more info contact Janet 503 245-1357 janetliu1@juno.com.

Mar 1–3, Fri–Sun, All Abilities Ski and Snowshoe Crater Lake via Charter Bus Signup by February 15



The group beside the coach

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 and proceed down I-5

Discounts for ONC members!

Glenn's Mountain Tracks

in Government Camp next to Huckleberry's Restaurant, offers ONC members group rates on cross-country ski rentals. You must show your membership card. On-line rentals. mntntracks.com

Mountain Shop

628 NE Broadway offers ONC members a 15% discount on cross-country ski rentals. On-line rentals. mountainshop.net

Oregon Mountain Community

2975 NE Sandy offers ONC members a 10% discount on cross-country ski rentals.

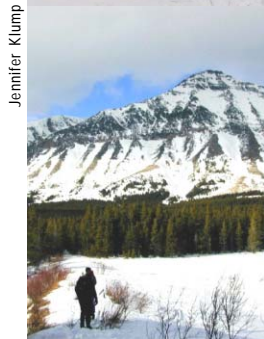
Otto's Cross Country Ski & Snowshoe

38716 Pioneer Blvd. in Sandy, has cross-country ski package rental for the entire season.

Wy'East Nordic Ski School

offers ONC members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.com

Ski Glacier National Park New Years 2013



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



Crater Lake rim, Wizard Island behind

spend the day enjoying the spectacular snow formations and views of the lake and surrounding mountains while skiing as far as our legs can carry us. Sunday will be another day of different trails, different tours, and more exploring. 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 pm.

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 \$15 per person more. Please indicate which you wish.

Trip limit: 40 participants, including the leader.

Cost: \$290 per person in Historic Prospect Inn; \$275 per person in adjacent motel-like building; you must be a current ONC club member before signing up for this trip.

Send your ONC overnight trip application and \$275 or \$290 check payable to ONC-Portland Chapter to the trip leader: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. For more info contact: Ted at 503 452-7432 or tedskier@gmail.com.

Mar 22-31, Fri-Sun, All Abilities Ski Canadian Rockies Spring Break Ski Trip Assiniboine Lodge Option

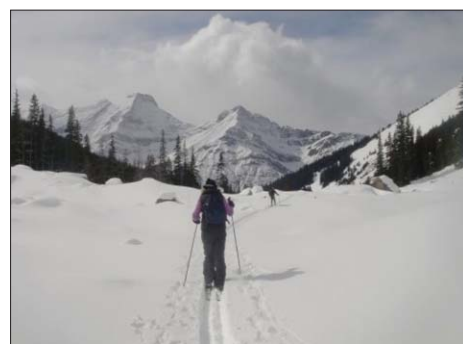
This is the Big One! Don't miss out! Join us for a ski expedition to the magnificent Canadian Rockies Canmore,



Canmore, Alberta, Canada

Banff, Kananaskis Country. We have planned six days of glorious backcountry intermediate level ski touring and groomed X-C trails of that region. The group will travel by car leaving from Portland Friday, March 22nd and arriving in Canmore, Alberta Saturday, March 23rd with one overnight stay on the road. We will start our venture by spending a day skiing at the Canmore Nordic Center, the site of the '88 Winter Olympics. Trails selected for ensuing day tours are well known in that area and include Burstall Pass, Canmore to Banff via Goat Creek, Dead Mans Flat to Skogan Pass and Ribbon Creek, and Smith Dorrien trails starting from Chester Lake. These trails can be skied to whatever level of choice. One day will be left open for sightseeing or yes, more skiing! Downhill skiing is also an option. Accommoda-

tions entail a luxury house arrangements with kitchen facilities and entertainment areas for dinners and socializing.



On the way down from Spray Lake

Canmore is a delightfully entertaining community and worthy of at least one night "on the town." The return trip will begin early Saturday, March 25 returning to Portland Sunday, March 26. Travel distance to Canmore is approximately 900 miles. A pre-trip meeting will be scheduled to go over the details. A valid passport will be required to travel to Canada.

Trip Limit: 10 participants, including the leader.

Trip Cost: \$400 for members; you must be a current ONC member before signing up for this trip. This cost includes seven nights' accommodations in a luxury house in Canmore. Additional costs to be incurred are one or two nights of accommodation on the road, meals, shared costs for transportation, and shared costs for groceries to prepare meals and trail lunches in Canmore. The total cost of this trip should be less than \$800.

We have made optional reservations for 3 nights at Assiniboine Lodge, for March 24-27.

If you choose the Assiniboine option, which includes two helicopter rides, accommodations and meals at Assiniboine Lodge, the cost could be substantial. Please contact the leader if interested.

Send your ONC overnight trip application and \$400 check payable to ONC-Portland Chapter to the trip leader: Ted Scheinman, 36 SW Brugger St., Portland, OR 97219. For more info contact Ted 503 452-7432 tedskier@gmail.com.

A few Winter ski week-ends open for more trips

We are expecting it will be another great ski year and have a lot of trips planned. If you would like to lead another trip on one of the weekends that do not yet have a trip scheduled, please feel free to add your favorite trip (send your ideas to Ted). Remember as a trip leader your trip costs are reimbursed!

Complete trip descriptions are needed by October 14 for the November newsletter.

Talk to Ted Scheinman the overnight tour coordinator, if you want to lead a trip. Contact Ted at 503 452-7432 tedskier@gmail.com. More info about overnight trips is available at under 'forms': www.onc.org.

Ted Scheinman, Overnight Tours Coordinator

Oregon Nordic Club Overnight Trip Application

TOUR NAME: _____ DATE: _____

FEE / DEPOSIT: _____ **One application per person**

Mail your check payable to ONC-Portland Chapter and this application to the tour leader at their address listed in the tour description in the newsletter. Contact them for their address if it is not available.

NAME: _____ ONC MEMBER: ☐ yes ☐ no* ☐ other ONC Chapter

*You must be a current ONC member before signing up for ONC overnight trips

PHONE: (home) _____ (work) _____ (cell) _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL **: _____

** If you do not have an e-mail address, please include a stamped, self-addressed envelope with your check and this form.

Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in the Oregon Nordic Club's outings may expose me to certain risks and dangers including, but not limited to the hazards of mountainous, aquatic, or wilderness terrain, accident, illness, the forces of nature, and travel to and from the trailhead or point of departure. I am aware that it is not possible to foresee all of the potential hazards of outdoor activities. Each participant in a ONC activity is responsible for his or her decisions.

To the best of my knowledge, I feel physically and mentally able to assume full participation in the outings of activities in which I will participate. I understand that the Oregon Nordic Club is a volunteer organization. In consideration of voluntarily participating in these outings, trips, or activities, I have and do hereby assume all the risks inherent in these activities and hold harmless the Oregon Nordic Club and its agents, tour leaders, officers, and instructors, from and against any and all claims, liability, and demands of any nature, for the acts or omissions of the Oregon Nordic Club or its agents, tour leaders, officers, or instructors.

Please read ONC's overnight trip policies located on the side bar starting on page 6 before signing for for a trip; note the cancellation policy. Refunds are not made unless a replacement is found for your spot on the trip. Purchase trip insurance incase of hardship: www.travelguard.com/agentlink.asp?ta_arc=125858&pcod (this link is on our website)

I have read and understand the above statements concerning the Oregon Nordic Club's programs.

SIGNATURE: _____ DATE: _____

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

X

Welcome, New Members!

Tim Bartley 503 844-2264, Carole Beauclerk, Katie Larsell and Michael Schilmoeller

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

September membership report: 246 total members (179 single and 67 family), including 3 new, 122 renewing. Last year at this time there were 238 memberships.

BOARD MEETING MINUTES

The September ONC Board Meeting was cancelled

Next Meeting: Monday, October 10, 7:00 p.m. @ Mazamas.

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

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.

FOR SALE: ► Madshus Megasonic skate skis, 190 cm, for skiers up to 136 lbs. (bought at ski swap by mistake; I am heavier). Brand new, still in plastic wrapper. \$120. Clayton claytonha@yahoo.com.

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.

Black Butte for New Years



Darvel Lloyd



Darvel Lloyd

Flying L Mt. Adams



Ann Turax



Ann Turax

Monthly meeting and program

Oregon's 10 Best Snow Adventures

Oregon outdoor guru Bill Sullivan takes us on a tour of the state's ten top snowshoe and backcountry ski adventures, from an overnight trip at a cabin near Willamette Pass to a trek around Broken Top and a winter visit to Crater Lake.



A fifth-generation Oregonian, Sullivan has written seven books about Oregon's outdoors, as well as two books on Oregon history, two adventure memoirs, and three novels. His journal, "Listening for Coyote" was chosen by the Oregon Cultural Heritage

Commission as one of the 100 most significant books in the state's history. His "Atlas of Oregon Wilderness" describes nearly 200 Nordic ski and snowshoe trips. His five-volume series of "100 Hikes" guidebooks cover virtually every trail in the state—and yes, he has hiked them all.

Multnomah Arts Center
7688 SW Capitol Hwy.

Tuesday, Oct 2

6:30 Pizza (club provided) and overnight trip signups

7:30 Club meeting

7:45 Program

There is no potluck (pizza provided by the club), but bring your own beverage (non-alcoholic).

Upcoming programs

November 2—Gear and Clothing Update, Jeremy Roper, Mountain Shop
December 4—Ski Fair and Used Equipment Sale



Oregon Nordic Club
PORTLAND
CHAPTER

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