

Greetings from Tilly Jane Shelter

Not a person, but a state of mind for alpine nature lovers and a shelter for winter adventurers.

Every September and October is wildfire season in the Cascades, and this year the trails and shelters on Mt. Adams were under siege. We watch the situation with fingers crossed hoping for lightest damage possible to this beloved ski country.

Kevin McGillivray



Tilly Jane A-Frame covered in foil, September 2011

the Chapter board and officers deserve everyone's thanks!

The first Saturday in October was the annual Tilly Jane Work Party. Thank you to the thirteen volunteers who showed up and stacked the three cords of wood that will be used (this season) in the new efficient woodstove we purchased last year.

Last September's wildfire threatened the Tilly Jane area, closing down all access for most of that month. Measures were taken to protect the historic Tilly Jane structures: water sprinklers were aimed on the Guard Station and aluminum foil was wrapped around the A-Frame—check out the the photo to the left! Foil provided superb insulating protection against the radiant heat from quickly passing forest fire. Thanks go to the Hood River Ranger District for this action. That Dollar Lake fire did its damage, however, torching the alpine old growth wilderness in a spotty pattern on Mt. Hood's north slopes upward to the Timberline Trail. The Gnarl Ridge burn of 2008 came very close—a mere twenty-five paces from the A-Frame balcony pictured here in foil. No measures were taken in 2008 to protect it, as the historic A-Frame had no managing stakeholder to support ongoing use. Enter ONC-Portland, who now manages the historic structure,

Kevin McGillivray

Ski & Winter Sports Fair Dec 4
Tues 6-9 PM
Used equipment sale
6:10-8:45 PM
MULTNOMAH ARTS CENTER



- ★ Check out new skis gear, snowshoes, and winter clothes.
- ★ Lesson sign-ups—all levels Nordic, backcountry, and telemark.
- ★ Programs on gear and winter safety!
- ★ Raffle—supports trail tending

New Board member

“Although relatively new to crosscountry skiing, I have become an enthusiastic practitioner of the sport. That said, I would like to see both Nordic skiing and the Oregon Nordic Club grow. I consider myself lucky to live in the



Northwest and embrace everything this area offers us, from cycling to hiking, and of course cross-country skiing. I designed an environmental education program for inner city students in San Francisco before moving on to graduate studies in Latin American History at UC Davis. I also have experience in grant writing, fund-raising and publicity, perhaps I can put them to work for the ONC.”

Kimberly Davis, New Board Member

Inside

- 2 Upcoming Events**
- 3 Nordic Issues**
- Volunteer Opportunities**
Get involved!
- 4 Day Tours**
Hike
- 5 Overnight Trips**
Thanksgiving in Sunriver
Glacier for New Years
New Years at Black Butte
New trip to Wallows
and many more
- 10 Overnight Trip**
Application Form



Scott Diamond

Catch the train to Glacier National Park

See page 5 for details on how to sign up

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oncdays@outlook.com

Recruiter(s) — vacant

Novice Ski Tours

Coordinator — vacant

Summer Coordinator

Bike/Hike — vacant

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EDITORIAL NOTES

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

Send submissions to 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.

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UPCOMING EVENTS

Nov 1 THURSDAY

Winter Camping Basics

REI Portland, 7–8:15 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)

Nov 6 TUESDAY

Gear and Clothing Update, by Jeremy Roper, The Mountain Shop

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



Nov 7 WEDNESDAY

Cross Country Ski Destinations, by Ted Scheinman, ONC-PDX

REI Portland, 7–8:15 p.m.

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

Nov 27 WEDNESDAY

Crater Lake w/Oregon Nordic Club, by Ted Scheinman, ONC-PDX

REI Hillsboro, 7–8:15 p.m.

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

Nov 29 THURSDAY

Ski / Snowboard Waxing Basics

REI Clackamas, 7–8:15 p.m.

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

Clinics & Training

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:

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. Rain or shine.

Info: teacupnordic.org www.xcoregon.org

Sponsor by: ONC Teacup Chapter and XC Oregon race team

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

Jan SATURDAYS AND SUNDAYS

Mazamas Nordic Ski School

Beginning, Intermediate, Advanced and Nordic Downhill classes offered during four weekends in January.

Applications due Dec. 1. Mandatory Student Orientation

Night Dec. 13. Info and applications: www.mazamas.org

(Education and Classes/Nordic Skiing) or at the Mazamas Mountaineering Center, 527 SE 43rd Ave.

Jan and Feb SATURDAYS AND SUNDAYS

ONC Ski Clinic & Free Snow Sessions

Clinic (in-town session) Jan. TBD (, \$20. Two options for the On-Snow Sessions: Saturdays, Feb. 2 and Feb. 9 or Sundays, Feb. 3 and Feb. 10. Free for ONC members who attend the clinic. Info: oncnewsletter@gmail.com

Oregon Nordic Club Portland Chapter

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

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: day-use, overnight 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

Thank you trail tenders!

Many thanks go to the trail tending volunteers of summer 2012. Your work helps make our ski trails more usable and for a few trails, newly usable. We will appreciate your work as we ski this season. A hearty THANK YOU to: Louise Brown, Mary Hepokoski, Donna Parsons, Risa Yunoko, Shizuka Toyodome, Mark Leon, Denise Brem, Christine Bierman, Ted Scheinman, Sally Jo Browne, Mark Smith, Lisa Casey, Lily Lee, Tony Ackerman, Tere Enburg, Stephany Anderson and Bob Breivogel.

And a special Thanks to these folks for stepping up as leaders: Sam Digard, Bill Yeager, Ted Magnuson, Greg Wenneson and Pam Rigor.

SKIERS: please report needed trail work to Greg Wenneson gregwenn@sonic.net.

Remember: Brush never rests.

Greg Wenneson, *Trail Tending Coordinator*

PRESIDENT'S SKI TRACKS

My apologies if you did not get any pizza at the October monthly meeting. Almost 70 people came and devoured eight large pizzas, a large platter of raw vegetables, more than six dozen brownies and three dozen cookies. The few potluck items that were brought quickly disappeared too. Thank you to Ted Scheinman, Pam Rigor, Ron Becky, Susan Kelly, William Sullivan and all the overnight trip leaders present for their contributions to the event.

At the October board meeting we approved Kimberly Davis as our newest board member, filling the position that was vacant since last spring's election. Welcome to the board Kim!

One of the projects the board is working on is our Web presence. We have a meetup site called Portland Nordic Club (www.meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter/) where new and renewing members can now use Paypal to pay membership dues. As part of the change we now have a new email account PNC.members@gmail.com. Please do the membership committee a favor and get your dues in by mail or Paypal. Our renewal date was September 1.

A number of hard working ONC members and a few non-members spent October 7, hauling and stacking wood for the Tilly Jane A-Frame.

Thank you to Sam Digard and Ted Magnuson for planning our trip leader training day at the Lucky Lab. Unfortunately I had a conflict and was on the East Coast for the event. There are a few incentives for trip leaders besides the altruistic ones. If you lead two or more trips the club will reimburse the cost of your Sno-park Pass, the club will also reimburse the cost of First Aid training (although it is not required to lead trips), and finally you can earn a wonderful ONC T-shirt instead of buying one.

Insurance was a major topic at the September state ONC board meeting, which I was unable to attend. Trip leaders (both day tours and overnight trips) are covered by the state insurance policy providing all participants have signed our trip waivers. Please return the completed waiver/sign up form to the club.

Another thank you goes to Ted Scheinman! He worked very hard on getting a company for reasonable individual trip insurance when the company we formerly used cancelled us. Members can get travel insurance through the Northwest Ski Club Council's carrier.

Almost everyone I have talked to in the past month has commented on what great fall weather we have had. By the time this column is published that should have come to an end. And while I enjoyed the sunny days in September and early October, I knew the vegetation was getting more stressed each day and the fires continued to burn. Lastly we cannot have snow without precipitation and I am ready for ski season to begin!

Mary Hepokoski, *President*

NORDIC ISSUES

Mount Hood National Forest

Mt. Hood Meadows Parking Lot The Forest Service is accepting comments on Mt. Hood Meadows Parking Improvements (Twilight Parking Lot and Sunrise Maintenance Shop). Send comments to: Jennie O'Connor Card, 6780 Highway 35, Parkdale, OR, 97041, jennieoconnorcard@fs.fed.us.

Timberline Mountain Bike Trails 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 and other disturbances on a vulnerable area of the mountain. Project details available: www.fs.fed.us/nepa/nepa_project_exp.php?project=32278. Send comments to: Kristy Boscheinen, 503 668-1645, kboscheinen@fs.fed.us.

Highway 35 The last week in October the final work on the highway was halted due to snow, but with the warm-up the next week the final tasks were be finished. There is a new ramp to the White River West Sno-Park and a new Sno-Park on the east side of the river. The Teacup Sno-Park was expanded to incorporate the spaces lost with the closure of Clark Creek Sno-Park across the highway.

Cloud Cap Road closed In late October, McKenzie Jensen, Hood River Ranger District Acting Eastside Recreation Assistant informed us that the road's engineer decided to close Cloud Cap Road for the season. Part of his decision to close the road is not only the new snow, but also public safety because of the numerous hazard trees.

Gifford Pinchot National Forest

Cascade Creek fire on the slopes of Mt. Adams was finally halted by the late October's precipitation. The fire area covered 20,296 acres.

Deschutes National Forest

On September 17, the Bend-Ft. Rock Ranger District of the Deschutes National Forest approved the development of the Kapka Butte sno-park which will be located just off Century on the way to Mt. Bachelor. There will be 70 parking slots and two rest rooms. The sno-park will provide high-elevation (5,900 ft.) parking for snowmobiles to reduce congestion at existing sno-parks in the area, especially the Dutchman Flat sno-park. It will eventually link into existing and new winter recreation trails (snowmobile, nonmotorized, and dog-friendly trails). The current plan doesn't include access for Nordic skiing, or an area open to dogs. But they may add an more parking area on the west side of Road 45 for Nordic use.

Miriam Hammer, *Nordic Issues*

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DAY TOUR POLICIES

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

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 especially if we get snow as there will be ski tours scheduled.

**November 11, Sun, Easy/Intermediate Hike
Eagle Creek, Columbia Gorge, OR**

Lets visit the 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 with 1,200 ft. elev. gain. Meet at the Gateway Transit Center parking structure at 8:30 a.m. to carpool. **For more info contact the leader: Pam 503 297-4284.** ♦

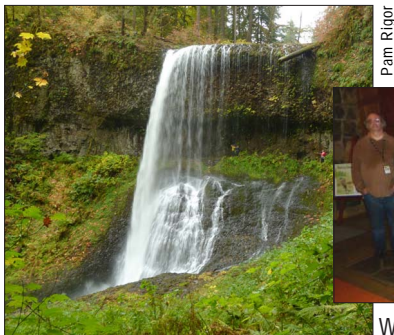
Common meeting places: Gateway Transit Center NE 99th Ave. north of NE Pacific Ave. Parkrose/Sumner Transit Center—NE Sandy Blvd. & NE 96th Ave. McMinnams Edgefield—2126 SW Halsey Take I-84 to Exit 16 (Wood Village) turn right, go to Halsey (first stop light) turn left, go 1/2-mile; it's on the right.

Help wanted for the ski season

Volunteers are needed to help with the day tours schedule (through April—most tasks are during the first two weeks of the month). We would like three volunteers to fill these crucial positions: day tours coordinator and two recruiters. The day tours coordinator puts the tour schedule together each month and submits it to the newsletter. The two recruiters assist the coordinator in one of two ways 1) attending the monthly general meeting and solicit day tours or 2) making calls to the leaders to gather tours during the first week and a half of the month. This is your chance to contribute to the club for the ski season and get to know some of the active leaders in the club. Give a little time back by helping with day tours. Send us an email at oncdaytours@gmail.com and volunteer. Thanks. ♦

Silver Falls instead of Opal Creek

A last minute decision to go to Silver Fall State Park instead of Opal Creek was right on. The rain and the cloudy skies provided the perfect conditions to delight in the fall colors and the falls. The falls were overflowing and the yellow leaves punctuated most every view as we hiked the loop trail by ten falls. ♦



Pam Rigor



Warming up afterwards

Falls at Silver Falls State Park

Mt. Hood trail volunteer retreat

The USFS held an overnight retreat at the Cloud Cap Inn for Mt. Hood Trail Tender (TT) Volunteer organizations, Sept. 29 -30. There were 22 participants from several organizations including Mazamas, several equestrian organizations, PCT Association, Mt. Hood Wilderness Stewards, Trail Keepers of OR and several USFS staff including Malcolm Hamilton, McKenzie Jensen and Chris Worth, the region Supervisor. Greg Wenneson, trail tending coordinator, attended from ONC.

The retreats' purpose was to bring volunteer TT groups with different perspectives together and explore the Mt. Hood trails' challenges and opportunities to work together. Today, Mt. Hood's 900 mi. system of non-motorized trails are non-sustainable. USFS has budget (mostly salaries) for 200 trail-miles, volunteer organization members are getting older and fewer and the Wilderness Act has tight constraints on many trails.

Potential improvements in TT covered: make it easier to work in and across FS boundaries, outreach and partnering between TT organizations and sponsors, wider publishing of TT work, inventory of TT work needed and development of crew leads and TT volunteers. The retreat completed with two Action Items:

1. Create a Google Calendar for groups to post trail maintenance plans and schedules. During the first year, share information exclusively with partner groups. Work toward sharing the information with the public starting in year two.
2. Develop uniform standards and training curriculum for trail crew leaders to be agreed upon and instituted by Mt. Hood NF partner groups.

For ONC, Greg will develop the TT calendar dates by mid-Feb for publishing and will attend the next face to face in early 2013. ♦

Greg Wenneson, *Trail Tending Coordinator*

Lets hike or ski

Join the ONC leadership team...

This is your chance to pick your favorite hiking trail or ski trail (and date) and take some ONC friends along to enjoy the outdoors. Grab your hiking boots or skis and hit the trails—enjoy what the new seasons brings.

Lead a ski tour in December or the first weekend in January! New to leading tours? Send us an email and we'll get you up to speed. Send tour descriptions (**by November 14, 8 p.m.**) to day tours at oncdaytours@gmail.com. ♦

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? 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.
- ❁ 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 Spaces available*

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. Maps of Swampy Lakes, Dutchman Flat Area, Edison Butte and the Newberry Crater areas available on this site: <http://www.fs.fed.us/r6/centraloregon/recreation/winter/wintermaps.shtml>



Skiing to Todd Lake, in the Mt. Bachelor backcountry

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 trip application and \$125 check payable to ONC-Portland Chapter to the leader: Elke Schoen, 1533 SE Lexington St, Portland, OR 97202. For more info contact Elke 503 239-9286 elkeschoen@msn.com.

Dec 26–30, Wed–Sun, All Ability Ski Post Christmas retreat Methow Valley, WA Trip full, waiting list available*

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

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 trip 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–Tue, All Ability Ski New Year's at Black Butte, OR

4 spaces available, 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



Skiing a trail near Santiam Pass

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 trip application 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 oncnewsletter@gmail.com.

Dec 28–Jan 2, Fri–Wed, All Abilities Ski/Snowshoe Glacier National Park, MT

Spaces available, sign-up by Nov. 20*



Jennifer Klump

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

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

Novice Ski Tour

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

Easy Tour

Ski: 4–6 miles over gentle terrain at a pace comfortable for all participants.

Bike: Mostly flat terrain, 8–10 m.p.h. pace, frequent regrouping.

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

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

Intermediate Tour

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

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

Hike: 8–10 miles; 200 to 400 ft. per mile elev. gain.

Backpack: 5–7 miles per day; 200 to 400 ft. per mile elevation gain.

Advanced Tour

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

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

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*Trip status as of October 20

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

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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. 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. Sunday and Monday, we’ll hop on the rented van to explore the ski trails of Glacier National Park (Apgar, Marias Pass, Autumn Creek, Going to the Sun Highway). Monday evening we will celebrate New Year’s Eve in style, with a dinner buffet, live music and dancing, midnight ski to bring in the New Year, and a breakfast buffet in the morning (additional cost). Tuesday, we’ll spend the day skiing around the groomed trails around the lodge or skiing up to Dickey Bowl. We board the westbound train Tuesday evening and as we pull back into the train station in Portland on Wed. morning, you’ll 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 trip 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.

Jan 18–21, Fri–Mon, MLK Weekend, All Ability Ski Lake Creek Lodge, Camp Sherman, OR
6 spaces available, sign up by Dec. 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, enjoy a traditional ONC potluck dinner on Saturday, and perhaps head into Sisters for Sunday dinner.



Amtrack all the way

Gordon Hickey

Ski options are many—Santiam Pass, Mt. Bachelor area, Maxwell Sno-Park, Tam MacArthur Rim, and maybe, right out our cabin doors.

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 trip 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

Spaces available, sign up by Dec. 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 in a comfortable house with a hot tub for four nights. We have various ski options—track, backcountry and downhill—at Mt. Bachelor and in the National Forest.

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 trip 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

Spaces available, 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 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 trip 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

Spaces available, sign-up by Dec. 20*

Follow the flurries to Mt. Adams and join us for two days of skiing and relaxing in the lodge with its enormous stone

***Trip status as of October 20**

www.onc.org/PDX-ONC



Skiing back from Todd Lake, Broken Top behind

Mike Greenstreet



Striking a pose, the Flying L group

fireplace. Nestled among the beautiful Ponderosa pines, Mt. Adams Lodge at the Flying L Ranch B&B is the closest overnight trip from the Portland area and a favorite of ONC.

Saturday night we'll

potluck. There are plenty of ski trails—beginning to advanced—awaiting you on this sunny side of the Cascades.

Trip Limit: 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, Slip #14, 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 **Trip full, waiting list available***

We'll stay in midst of Mt. Hood's Trillium Basin trails.

More detailed info is available on our website.

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 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 **Trip full, waiting list available***

The Ochocos are located 30 miles east of Prineville, OR at an high elev. of 4,800 to 6,200 ft. with dry snow; trails are gentle, rolling hills with Ponderosa and Lodge Pole Pines.

More detailed info is available on our website.

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 tedskier@gmail.com.

Feb 1–3, Fri–Sun, Intermediate Backcountry Tilly Jane A-Frame Cabin, Mt. Hood, OR **Spaces available***

Backcountry ski to the shelter the club manages on the East 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 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



ONC skiers at the Tilly Jane A-Frame

turning skills—in good physical condition and able to navigate maps and a compass or GPS. Climbing skins are required.

Cost: \$TB per person for members; you must be a

current ONC member before signing up for this trip.

For more info contact Jodi 503-515-1707.

Feb 4–7, Mon–Thur, Intermediate Backcountry Scottish Lakes, WA

Trip full, waiting list available*

The Scottish Lakes High Camp is located near Wenatchee, WA, just east of the Alpine Lakes Wilderness area at 5,000 ft. offering blue skies, sunshine, and dry powdery snow. There's an incredible variety of fun terrain for all levels of touring and backcountry skiing.

More details about the trip are listed on the website.

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 7–11, Thurs–Mon, All Level Ski Wallowa Mountains, OR **New trip**

Come spend an extended weekend skiing in the magnificent Wallowa Mountains in eastern Oregon! We have a comfortable house at Wallowa Lake, at the entrance to the Wallawas, for four nights so and can partake in three or four days of skiing. There are opportunities for all levels of



Powder snow in the Wallowa Mountains

skiing—backcountry skiing, road and trail skiing, and snow shoeing (provided by the resort). Some options are Salt Creek Summit, Hurricane Trail, McCully Trail, and the West Fork Trail.

We'll carpool from Portland on Thursday morning or early afternoon, arriving in Joseph in early evening. We'll ski around Wallowa Lake and in the mountains on Friday, Saturday, Sunday, and (possibly) part of Monday, returning to Portland on Monday evening. We'll have potluck dinners in the house (large kitchen).

Trip Limit: 7 participants.

Cost: \$130 per person for members; you must be a current ONC member before signing up for this trip.

Send your ONC overnight trip application and \$120

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

*Trip status as of October 20

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

check payable to ONC-Portland Chapter to the trip leader: Kathy Burns, 58324 Wilson Cutoff Rd, Vernonia, OR 97064. For more info contact Kathy 503 429-4024 burnskathryn@gmail.com.

Feb 8–10, Fri–Sun, All Level Ski Ochoco Mountains II, OR

Full, waiting list available*

The Ochocos are located 30 miles east of Prineville, OR at 4,800 to 6,200 ft. elev., desert location with dry snow and unsurpassed views of the Cascade. The trails are on gentle, rolling hills with stands of Ponderosa and Lodge Pole Pines.

More detailed info is available on our website.

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! Spaces available, sign-up by Jan. 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!

Send your ONC overnight trip application and \$200 check payable to ONC-Portland Chapter to the trip leader: Amy Blumenberg, 4232 SW Pendleton St,



Kids having fun making tracks

Amy Blumenberg

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

3 spaces available, sign-up by Jan. 15*

Presidents Weekend is the biggest weekends 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 trip 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 Spaces available*

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 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

***Trip status as of October 20**



Skiers in the geyser basin near Old Faithful

Pam Rigor

Bob Breivogel



ONC skiers in the geyser basin

Bob Breivogel

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 tedskier@gmail.com.

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

Join us for two days of skiing and relaxing at this hot springs retreat. Price includes three organic vegetarian meals a day starting Friday evening and ending Sunday noon (sample, 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 Spaces available, sign-up by Feb. 15*

The Crater Lake rim, at 7,000 feet, averages 44 feet of snow a year. Join the ONC for the big trip at Crater Lake. We'll board the deluxe coach in Portland and proceed down I-5 while sharing in the world famous "Rolling Pot-Luck."



The group beside the coach



Crater Lake rim, Wizard Island behind

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 2 Spaces available*

This is the Big One! Don't miss out! Join us for a ski expedition to the magnificent Canadian Rockies Canmore, Banff, Kananaskis Country. We have planned six days of glorious backcountry intermediate level ski touring and groomed X-C trails of that region. The group will travel by



Canmore, Alberta, Canada

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

*Trip status as of October 20

Oregon Nordic Club Portland Chapter

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

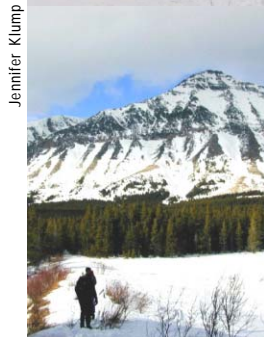
Mountain Shop 628 NE Broadway offers ONC members a 15% discount on cross-country ski rentals. On-line rentals. mountainshop.net

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



site of the '88 Winter Olympics. Trails selected for ensuing day tours are well known in that area and include Burstall Pass, Canmore to Banff via Goat Creek, Dead Mans Flat to Skogan Pass and Ribbon Creek, and Smith Dorrien trails starting from Chester Lake. These trails can be skied to whatever level of choice. One day will be left open for sightseeing or yes, more skiing! Downhill skiing is also an option. Accommodations entail a luxury house arrangements with kitchen facilities and entertainment areas for dinners and socializing. Canmore is a delightfully entertaining community and worthy of at least one night "on the town." The return trip will begin early Saturday, 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 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.

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 in case of hardship: www.travelguard.com/agentlink.asp?ta_arc=125858&pcode (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)

Welcome, New Members!

Carl Geupel, Randel Mowen 925 685-1846, and Karen Wood 360 256-9087

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

October membership report: 250 total members (184 single and 66 family), including 3 new, 38 renewing. Last year at this time there were 249 memberships.

BOARD MEETING MINUTES

October 8, 2012, 7:00 p.m.

Board Members Present: Andre Fortin, Mary Hepokoski, Elizabeth McLagan, Ted Magnuson, Steve Planchon, and Ann Truax. Guests included Sam Digard and Greg Wenneson.

Treasurer's Report: Ended fiscal year with about \$7,700 in net income, inclusive of income and expenses associated with Tilly Jane. Negative net income of about \$9,000 reported for the first month of the new fiscal year, which is typical since membership dues are just now being received and winter program receipts have not begun.

Reports/Discussion/Actions

Board Member Appointment. Kim Davis appointed to the Board by unanimous vote, with her term to run through April of 2014.

Presidents Report. Mary is continuing her search for volunteers to fill the roles of Chapter Webmaster and Day Tour Leader; suggestions are encouraged.

Overnight and Day Leader Training. Sam Digard and Ted Magnuson reported on plans for the October 13 training session to be held at the Lucky Lab in Multnomah Village. Board reminded Sam and Ted that previous policy that the Chapter would reimburse sno-park and reasonable first aid training costs for individuals who led at least two trips. Sam also sought clarification that the Board intended to cover reasonable food and beverage costs for training participants; the Board agreed that reasonable food and beverage costs would be paid by the Chapter. Mary Hepokoski requested that participants fill out a class evaluation at the end of the training; Sam agreed.

Membership: Membership renewals appear to be consistent with historic trends at this time of the year.

Trail Tending: Greg Wenneson reported that 6 trail tending work parties occurred over the summer. Greg intends to use what he learned this year to improve outcomes next year. A need to encourage more volunteerism was cited and the potential for coordinating with other trail tending groups was noted based on a recent meeting with the Forest Service. One suggestion was to integrate the trail tending story into the regular June membership meeting in an effort to encourage more volunteerism. Greg also noted that trail tending volunteers will likely need some additional safety gear next year, e.g. goggles,

Shelters: Tilly Jane. Andre reported that the October 6 work party was generally successful, with thirteen volunteers helping to put in three cords of firewood for the upcoming season. Andre also discussed the concept of making the Tilly Jane available to Chapter members one weekend a month. The Board supports the concept subject to the details being worked out.

Publicity/New Member Cultivation: Membership dues can be paid on the Meetup site with PayPal, but hard copy membership application and renewal forms still need to be mailed to the Chapter. Ann encouraged Chapter members to use their real names on the Meetup site to make it easier to coordinate activities.

Website: Steve drafted a letter agreement for the website contractor to sign. The Board approved a not-to-exceed cost of \$1,600 for creation of an easier to use Chapter website with effective links to various Chapter programs, e.g. newsletter, Meetup site, state-wide website, etc. It is also intended that the website will include a membership processing function which will not require the mailing of application hardcopies to the Chapter.

Budget: Budget discussion tabled until next meeting.

Nominating Committee: Ann Truax and Kim Davis appointed to the Committee.

Next Meeting: Thursday, November 12, 7:00 p.m. @ Mazamas.

Meeting adjourned: 9 p.m.

Submitted By: Steve Planchon, *Secretary*

CLASSIFIED ADS

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.

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

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

Gear and Clothing Update

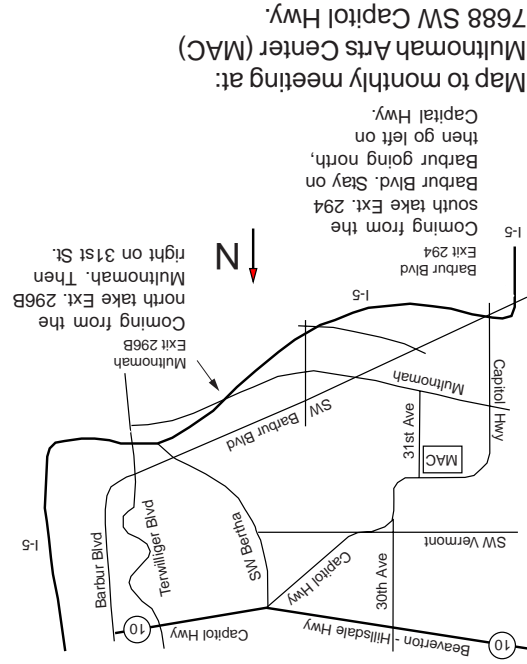
by Jeremy Roper, The Mountain Shop



Jeremy Roper from the Mountain Shop will do a "show and tell" of some of the latest gear for cross-country skiing, including the new high performance "zero skins". The program will have something for everyone, including an introduction to touring, telemark and back-country skis, some of the latest innovations in equipment, and an overview of how to dress for cross-country skiing. There will be plenty of time to get any of your gear or clothing questions answered.

Oregon Nordic Club, Inc., Portland Chapter

P.O. Box 3906
Portland, OR 97208-3906



Map to monthly meeting at:
Multnomah Arts Center (MAC)
7688 SW Capitol Hwy.

Upcoming programs

December 4-Ski Fair and Used Equipment Sale



Oregon Nordic Club
PORTLAND
CHAPTER