

Oregon Nordic Club PORTLAND CHAPTER

MARCH

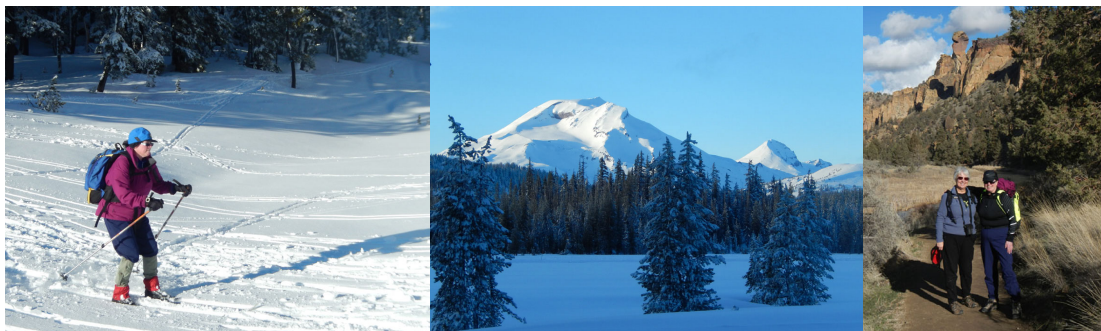
2015

Skiing, biking and relaxing at Sunriver

Our Sunriver weekend trip was better than most of the trips this year. We skied! On Friday, January 16, Tere, Debby and I drove over Santiam Pass. At the summit, we were concerned by the sight of lakes where normally we'd be skiing and there was only a three-inch base of snow. We pushed on, stopping for lunch in Sisters, where a conversation with the waitress was hopeful. She told us Mt. Bachelor had four inches of new snow. We just looked at her and said, "Are you sure?" She again said, "yes." So we were off for the holy grail—snow. We shook our heads on the drive up Century Drive to Mt. Bachelor. But upon arrival at Dutchman Flat, four inches of new, dry snow on a two to three foot base awaited us—the waitress was right. For two hours, we had a wonderful time before heading to our house at Sunriver. In the morning, light rain greeted us. We thought, "maybe it isn't so bad," as four of us headed up for a ski tour. But upon arrival, the Dutchman Flat parking lot was flooded with melted snow. Yesterday's ski tracks were filled with an inch of water, and the highway looked like a river. We all said, "Let's head back to Sunriver." Tere, Debby and I went to the library for a talk on modern art. Three of our group took the bikes and headed out the paved paths, in the rain; the rest took naps and read.

Sunday we woke to partial sunshine, and five of us headed to Mt. Bachelor's groomed Nordic trails.

Ken Wenzel



The conditions were pretty good; the rain had frozen, but the groomer made worthy tracks. We had a terrific day and skied until two o'clock because some people had to leave early.

Monday brought sun again along with spring weather, so Tere, Debby and I drove home by way of Smith Rocks State Park, stopping to hike the loop trail. We had a wonderful hike enjoying the spring weather and caught sight of otters feasting in the river.

Despite the weather, we had a great time with great people.

Ken Wenzel, Trip Leader

Nominees for club officers

The Portland Chapter of the Oregon Nordic Club's annual membership meeting, where new board directors are elected, will be held on Tuesday, April 7, 2015, at the Lucky Lab at 1945 NW Quimby. The following members have been nominated for board positions—a two-year term: Tim Kral, Scott Diamond and Mary Hepokoski.

Candidate profiles and ballots will be mailed out in March and will be in the April Newsletter.

We'll be accepting nominations right up until the actual election on Tuesday, and more nominees are welcome. If you are interested in serving on the board, please contact Ann Truax, 503.756.8891, ann.truax@gmail.com.

Ann Truax, Elections Committee

Sunriver family trip—having fun in the Central Oregon snow



Amy Blumberg

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- 11 Classified Ads
 - Buy, Sell, Wanted,
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John Craig Memorial Event: a bike tour instead of a ski tour
See page 4 for details

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EDITORIAL NOTES

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

Send submissions to oncnnewsletter@gmail.com as a Microsoft Word document (**no formatting** ie. no bold text, all caps text, tabs or other settings) in Times Roman as a attachment (**preferred**); compatible text files as an attachment; and put text in an e-mail with no formatting. **Corrections:** e-mail corrections and/or additions to the editor.

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

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

March 3 ▶ TUESDAY

The Good, the Bad, and the Unforgettable: Thru-Hiking the Pacific Crest Trail

ONC-PDX monthly program,
6:30–9:00 p.m. Lucky Lab,
1945 NW Quimby St. Free!



March 5 ▶ THURSDAY

Thru-Hiking the Pacific Crest Trail

6:30–8:00 p.m. Portland REI.
Free! Info/sign-up: rei.com (store events)
mshinstitute.org

Backpacking Basics

6:30–8:00 p.m. Clackamas REI.
Free! Info/sign-up: rei.com (store events)

March 7 ▶ SATURDAY

Ski the Glade

This fundraising event is usually held on the Glade Trail, which is lacking snow this year. Timberline Ski Area will issue Ski the Glade ticket holders a complimentary lift ticket on the day of the event—good for the chairs operating that day. Participants will gather at the museum after 2 p.m. for a reception. A coupon for \$10 of the Cascade Dining Room buffet lunch will also be included. There will be a shuttle from the Museum to Timberline.
Info: 503.272.3301

Fundraiser for Mt. Hood Cultural Center and Museum

March 9 ▶ MONDAY

Yoga for Outdoor Fitness

6:30–8:00 p.m. Portland REI.
Free! Info/sign-up: rei.com (store events)
mshinstitute.org

March 10 ▶ TUESDAY

Spring Hiking: 60 Hikes within 60 Miles of Portland

6:30–7:30 p.m. Tualatin REI.
Free! Info/sign-up: rei.com (store events)

March 14 ▶ SATURDAY

Volunteer: Forest Park Day of Stewardship

Forest Park, 9 a.m.–12:30 p.m. Remove invasive weeds, plant native trees, restore Forest Park!
Free! Info/sign-up (required):
forestparkconservancy.org

March 19 ▶ TUESDAY

Fire and Ice: The Birth of Mt. St. Helens' Crater Glacier

6:30–8:00 p.m. Portland REI.
Free! Info/sign-up: rei.com (store events)

Mar 21 ▶ SATURDAY

John Craig Memorial Event

Bike ride on MacKenzie Highway, Sisters, OR.
See day tours schedule on page 4 for details.

March 24 ▶ TUESDAY

Camp Cooking Basics for Backpackers

6:30–8:00 p.m. Hillsboro REI
Free! Info/sign-up: rei.com (store events)

March 31 ▶ TUESDAY

Practical Backpacking with Bernie Wild

6:30–8:00 p.m. Hillsboro REI
Free! Info/sign-up: rei.com (store events)

April 1 ▶ WEDNESDAY

First Aid Essentials— What's in Your Kit?

6:30 p.m.–8:00 p.m. Portland REI.
Free! Info/sign-up: rei.com (store events)

Clinics & Training

May 21–25 THURSDAY – MONDAY
2015 Oregon Spring Camp, Mt. Bachelor

Dates are tentative. Morning sessions on snow, groomed ski sessions, optional afternoon dryland clinics, training plan lecture, video review, optional world-class physiology lab testing ... and more!
Registration opens in March. Info: xccoregon.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
- ▶ **Discounts at selected merchants (see sidebar on page 9)**
- ▶ Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day-use, overnight and meals
- ▶ Free Tilly Jane A-Frame weekends during the ski season
- ▶ Meet new friends who ski, hike and bike
- ▶ Monthly newsletter with free classified ads
- ▶ Support of construction and maintenance of winter trails in the Mt. Hood and Gifford Pinchot National Forests
- ▶ Membership in Northwest Ski Club Council, Far West Ski Association and Federation of Western Outdoor Clubs.
Discounts/benefits: www.nwskiers.org www.fwsa.org
www.federationofwesternoutdoorclub.org

Memberships are renewed September 1 each year:
\$27 for single, \$33 for family/household.
Info: oncmembership@gmail.com

PRESIDENT'S SKI TRACKS

Back in the free-wheeling, gas-guzzling

1950s, before we knew anything about climate change, my family spent frequent weekends at



Hoodoo Ski Bowl. My dad was the prime mover on our weekend ski excursions. He loaded up the Ford station wagon with ski gear (in those days, leather ski boots, cable bindings and wooden skis), and we headed out of Corvallis, past Lebanon and Sweet Home, and on up the South Santiam Highway toward Hoodoo. We were happily carried along by his enthusiasm for snow and sport. Besides the sheer fun of skiing, we learned valuable life lessons: how to persist until we mastered a new skill (like the parallel turn); how to enjoy the outdoors and various iterations of weather (sun, wind, blizzards, sleet);

how to summon up enough courage to cope with icy moguls and the perilous Head Wall rope tow. (My sister recalls how her mittens once froze to the rope on the way up; as she neared the top, the rope lifted her off the ground. Luckily, she slipped out of her mittens at the last minute and watched the mittens and poles rotate around the pulley at the top. That rope tow certainly wouldn't meet safety standards today.) And, finally, we learned about our own strength and self-reliance. We helped each other—like the time my little brother almost fell out of the chair lift, 20 feet above ground, and my sister pulled him back in. It was also family time, easing the sometimes fractious relationships in the shared joy of the mountains.

We never imagined there might not be enough snow to ski. In fact we remember times, when the snow was so high, it almost reached the bottoms of the chairs of the lift. We had to be careful to not catch an edge and plummet out of the chair on the way up.

Today, February 20, Hoodoo is closed. Webcams show bare ground with no new snow in the forecast. Photos of Santiam Pass are unbelievably eerie and desolate without the usual snow cover. Is this just an exceptional year or it is the beginning of a new trend? I believe the latter scenario: we're going to see warmer weather, minimal snow, and drought conditions for years to come. We skiers are like the canaries in the coal mine. While most people in the valleys are enjoying the balmy weather, we are experiencing firsthand the impact of climate change.

I had hoped to teach my little grandson how to ski. Now I wonder if I'll be able to. ♦

Ann Truax, President

Low snowpack in the Washington Cascades

We had fine snow on the Scottish Lakes trip,

February 1–5. There was much less snowpack than prior years, but we still had a 30-inch base at the cabins and more above. Those willing to skin or showshoe 1,000 feet higher, found great tracks on fresh snow.

Last year a group of us skied the Methow Valley backcountry, not the groomers, in early March.

Looks like a good option again. ♦

Russ Pascoe, Trip Leader

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic

Issues—Have some time to track issues (on websites) that affect skiers? To volunteer contact Pam oncnewsletter@gmail.com

Mt. Hood National Forest

USGS Volcanic Monitoring Stations

A project to install four monitoring stations in Mt. Hood Wilderness is being proposed. The U.S. Geological Survey would assembled and maintained the stations. Data would be used to assess and communicate volcanic activity in regards to volcanic hazards and public safety.

Nordic Issues/News continued on page 4

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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

continued on sidebar page 5

Nordic Issues/News continued from page 3

Info: MaryEllen Fitzgerald, 503-668-1429, mfitzgerald@fs.fed.us

<http://www.fs.fed.us/nepa/>

nepa_project_exp.php?project=46254

Clark County/Gifford Pinchot National Forest

Marble Mt. Sno-Park There is no snow at the sno-park on the south side of Mt. St. Helens.

Wind River Bridge Painting Projects Two bridge painting projects will require reduction to a single traffic lane and speed limit reduction on the Wind River Highway. Work on the Conrad Lundy Jr. Bridge, 2 miles North of Carson WA., is set for March 9 (date may be weather dependant) through late fall and the Moore Bridge will occur July and end by August. In July a paving and safety improvement project, 4.98 miles of roadway asphalt resurfacing, various guardrail projects, will occur on Wind River Road between Paradise Bridge M.P. 20.52 and Old Man Pass M.P. 25.50. There will be construction flagging and a pilot car to lead traffic through the affected area.

Mt. Adams Road Closure The road to the South Climb Trailhead was closed in January for the winter season to prevent damage to the road.

Public Feedback on Clark County Parks Plan Long-range plans for the growth of county parks are being developed and public input is solicited. The plans are required under the state's Growth Management Act. Three public meetings are scheduled: **March 3**, 5:00 to 7:00 p.m. at the La Center Community Center, 1000 E. Fourth St.; **March 4**, 5:00 to 7:00 p.m. at the Camas-Washougal Fire Station 42, 4321 N.W. Parker St.; and **March 5**, 5:00 to 7:00 p.m. at the Three Creeks Community Library, 800-C N.E. Tenney Road. Washington residents can, also, give input by taking an on-line survey (takes about five minutes): <https://www.surveymonkey.com/s/FN9SWKR> More info is available on the county's website: clark.wa.gov/publicworks/parks/index.html

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

Methow—an experience

"Those timeless experiences that we want to last forever whisper to us that they were meant to."

Sally Jo Browne

"What a fantastic trip!"

Amanda Solonika

For me, it is nice to have a Saturday to

sleep in and recover from all that skiing.

I want to thank everyone for making this the best Methow trip ever. Good snow conditions, good company, and good food. It has been my honor to have shared this trip with you.

See you on the trails.

Sam Digard, Trip Leader

DAY TOURS

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

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

Due to lack of snowpack, not many day

tours are scheduled for March. The ski tours listed are contingent on adequate snowfall and may be cancelled if conditions do not improve.

Day tours added after the newsletter deadline will be advertised via email and on the website.

Check the calendar, forums, and weather conditions on the website (onc-pdx.org) for up-to-date information.

March 1, Sun, Intermediate Ski Twin Lakes, Mt. Hood, OR

This is "the classic" intermediate tour on Mt. Hood; no road skiing here. The tour is a loop that follows the Pacific Crest Trail for much of the trail. It passes by both of the Twin lakes and is 9.7 miles with 1,100 ft. elevation gain. In fresh powder this tour is a winter wonderland. In icy crusty snow well ... let's hope for good conditions. The trip may be cancelled if it's raining or for other reasons. Plan on meeting at 8:00 a.m. on the east side of Portland. **For more info, meeting place, and to confirm attendance, contact the leader: Scott Diamond 503.643.6779 skiing@scottdiamond.com.**

March 7, Sat, Intermediate/Advanced Ski or Hike Barlow Pass/Ghost Ridge, Mt. Hood, OR

We'll ski four miles round-trip on moderate to hilly terrain along the PCNST, then off trail approximately .6 mile (20-30 degree slope) to Ghost Ridge (800 ft. elevation gain) for spectacular views of Mt. Hood. Strong side-stepping skills required for ascent and descent of the steep off-trail segment. Please bring skins or plan to use baling twine "chains" furnished by the leader. Bring lunch. Ski venue or date may be changed due to snow conditions. Please bring hiking boots, as the tour may be changed to a hike on the Twin Lakes Loop, approximately another 4.25 miles. I have always wondered if there really is a trail to Ghost Ridge; this year we may find out. Meet at McMenamins Edgefield in the west parking lot at 8:30 a.m. to carpool. **For more info and to confirm attendance, contact the leader: Mike Dianich 503.695.5385**

March 21, Sat, Bike and BBQ Party John Craig Memorial Event McKenzie Pass, Sisters, OR

The John Craig Mail Carry is, due to lack of snow this year, a bike ride instead of a ski tour. A photo taken in February shows the snow elevation at McKenzie Pass summit. Meet at the east side snow gate on McKenzie Highway (Hwy. 242 on the west end of Sisters, OR) at



10:00 a.m. We can ride to Windy Point or to the observatory if possible, turning around no later than 2:00 p.m.

Fund Raising Opportunities: All chapters who have ONC logo items are invited to bring them and sell them in the conference room in the Ponderosa Inn. The state ONC will have ONC logo quarter zip fleeces available for \$39.00 Merchandise on display from 2:00 to 6:00 p.m.

Potluck: The state ONC will provide old fashioned German hot dogs and sauerkraut. Everyone is invited to bring something to share. This is a BYOB dinner. The location for the potluck will in the Ponderosa Conference Room. Dinner starts at 3:00 p.m.

John Day Award: The winner of the 2015 John Day Award will be announced at the Potluck. There will be an ONC State meeting at 9:00 a.m. Sunday, March 2 in the Ponderosa Room. Everyone is invited to attend.

March 28, Sat, Winter Family Day Mazama Lodge, Government Camp, OR

Rescheduled from January 30 due to low snow levels that month. The Lodge will host its annual Winter Family Day from noon to 7 p.m. on Saturday, March 28. Come enjoy the informal and family fun activities including sledding, snow forts, skiing, and snowshoeing. New this year: winter scavenger hunt, winter piñata, and other surprises. There will also be a live folk band and a root beer garden!

All the day's events are free. Only the meals and lodging require payment and registration. Lodging can be reserved through mazamas.org/lodge. Lunch will be grilled veggie and beef burgers. Dinner will be fondue with apples and bread, green salad, braised sweet cabbage, mashed potatoes, German sausage, and flaming baked Mt. Hood (like a baked Alaska but more local).

There will be a special post-dinner program! Twenty-seven-year-old Linsey Warren became the youngest person to climb the 100 highest peaks in Washington State—known as the “Bulger List.” Join Linsey at Mazama Lodge, Saturday, March 28 as she shares her epic adventure in climbing amazing peaks and discovering a number of old Mazama Summit Registries. Dinner will be served at 6:30 p.m., and the one-hour program begins at 7:30 p.m.

This is a non-ONC-PDX event.

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

Take the lead...ski in front

Pick your favorite trail/date and lead the ski

group for a day tour in April or the first weekend in May! If there is no snow, let's get out and hike or bike. Are you new to leading tours? Send us an email (at the address below) and we'll get you up to speed.

Want more experience leading? Volunteer to co-lead!

Last minutes tours: send them to us and we'll get them on the web, Meetup and send them out by email.

Check for open dates and send tour descriptions (by **March 14, 8 p.m.**) to Day Tours Coordinator Denise at oncdaytours@gmail.com. Thanks. ♦

Who was John Craig?

A memorial for John Templeton Craig, the

pioneer mailman who died attempting to deliver mail in December of 1877, at the age of 56, is located along the McKenzie Highway (Hwy. 242) two miles west of the McKenzie Pass summit.

Craig delivered mail for a quarter of a century, traveling by horse in the summer and on skis in the winter. He was caught in a sudden winter storm and found frozen in his shack atop McKenzie Pass, by a search party—the mail pouch beside him.

Captain Felix Scott hired Craig, one of the 50 men enlisted for the task, to build a trail from Eugene over the Cascades in 1862. They built a high route, now known as the Scott Trail in the Three Sisters Wilderness; it was later abandoned. Craig promoted a lower route through McKenzie Pass. He founded the McKenzie, Salt Springs and Deschutes Wagon Road Company in 1871 and opened the new passage as a toll road in the fall of 1872—with fees of \$2 per wagon and \$1 for horseback rider. He was awarded a federal contract to deliver mail using the route, and constructed a small cabin midway across, where he could spend the night.

His memorial was dedicated in 1930 by 400 rural Oregon mail carriers. The first John Craig Memorial Ski Race was held four years later and occasionally for next 20 years. In 1972 the Oregon Nordic Club started organizing an annual event in Craig's honor. Skiers used to be bused to the west side where they started a ski over McKenzie Pass to Sisters; this year participants will bike from the east side up to the pass. ♦

Resource: “The John Craig Story” on the ONC State website: new.onc.org/jonh-craig-story/

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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,

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

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

TOUR ESSENTIALS

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

Skiing & Hiking Essentials

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

Biking

Essentials

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

OVERNIGHT TRIP POLICIES

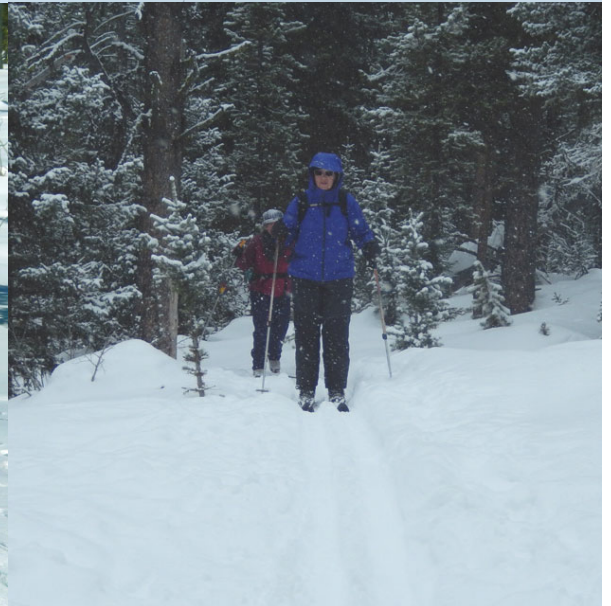
1. Overnight tour
descriptions must be
submitted to the
overnight tour coordina-
tor to be approved. Once
approved, the overnight
tour coordinator
submits them to the
newsletter editor.

2. Only Oregon Nordic
Club members are
allowed on Portland
ONC overnight tours,
even if it is a trip for

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Yellowstone—where the snow is always good

Although there was not a lot of snow in Yellowstone National Park for the club's
weeklong ski trip in February, the snow—because of the low temperatures—made for good skiing. ♦



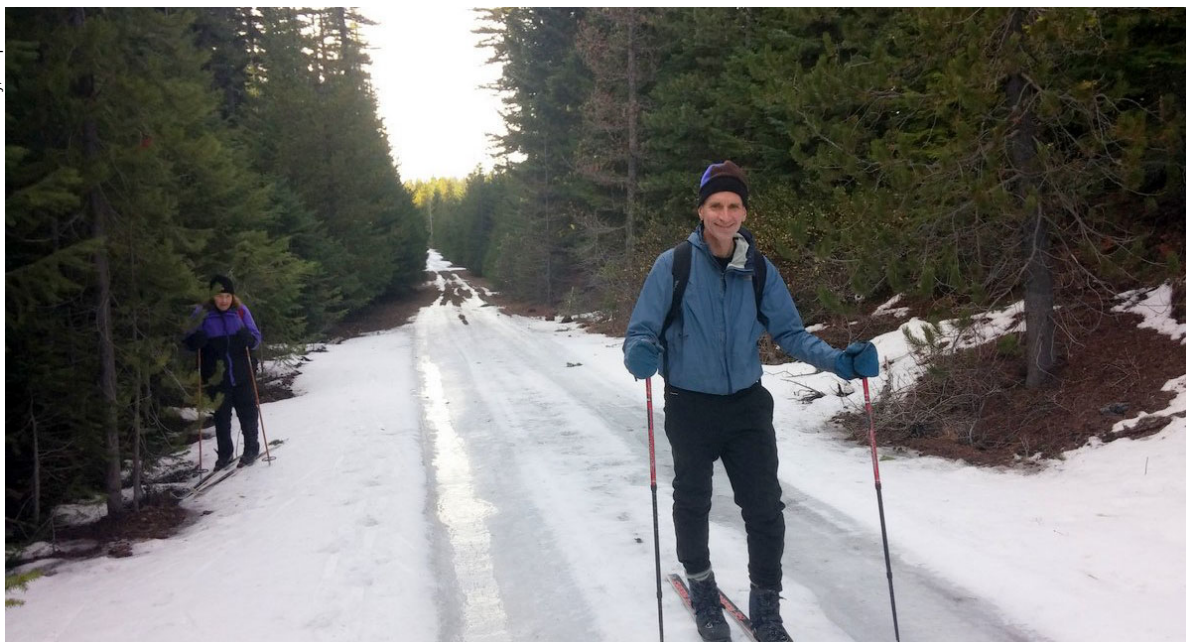
Ken Wenzel, all photos

Low snow at Mt. Adams

Skiers, on the Mt. Adams Lodge at the Flying L Ranch overnight trip took

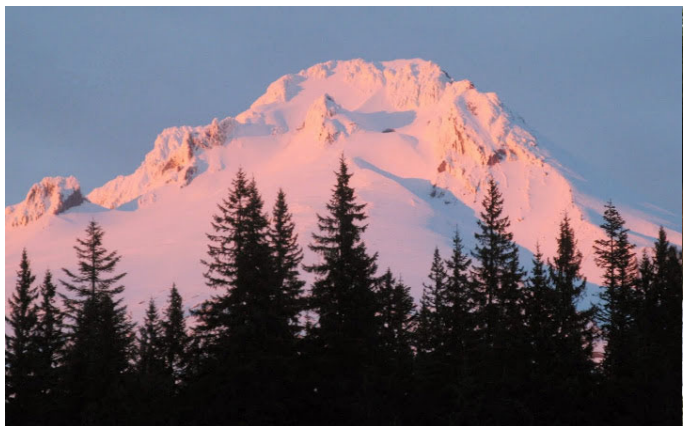
advantage of the small amount of snow on the trails. They left their skis and turned to hiking boots on trails lacking snow.

Ron Bekey, all photos



Snow on Mt. Hood, but not at Trillium Lake

The Summit Cabin trip in late January was enjoyable as always, but the traditional out-the door-skiing was missed. Seven skiers enjoyed food, drink, conversation, reading, playing games, and hiking.



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

WAITING LIST

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

Trip Cancellation Policy

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

6. Participants are responsible for finding their own replacements,

continued on sidebar page 8

cont. from sidebar page 7

including contacting people on the waiting list.

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

8. Once a replacement has been found, participant must send a written or e-mail request for a refund to the overnight tour coordinator. When the replacement has been confirmed and payment received, a refund will be issued within 30 days, less \$10.

9. Additional restrictions on participation may apply to some trips based on participant's ability and experience needed to safely execute the trip. The trip leader has the authority to determine this, for the safety of all the trip participants. The trip leader may also limit participation based on accommodations.

Travel Insurance

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

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

continued on sidebar page 9

OVERNIGHT TRIPS

SIGN-UP TIPS

- ◆ Overnight trips are **exclusively for members; join or renew your membership before signing up.** Membership applications are available on our website (mail to club P.O. Box, not to the trip leaders).
- ◆ **Contact the leader with questions.** Do my skills fit the trip? Any special requirements or gear? Travel time?
- ◆ **Read the overnight trip policies in the sidebar on page 6.**
- ◆ **Sign up early** so we'll have enough people to cover trip costs.
- ◆ If the trip is full, **join the waiting list** by sending your overnight trip application and trip fee to the leader (your fee will be returned, if you do not go). Last minute openings do occur!
- ◆ **Purchase trip insurance** (you are responsible for finding someone to take your place if you cancel). A link for travel insurance is on the bottom of overnight trip application on the website.

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

We'll backcountry ski, snowshoe or hike to the ONC-PDX managed shelter on the east side of Mt. Hood, a three-mile ski with a 1,900 foot elevation gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation.

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

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

Cost: Free—an ONC-PDX member benefit. You must be an ONC-PDX member or Tilly Jane volunteer before



Andrew Black

signing up for this trip.

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

March 9–13, Mon–Fri, All Abilities Ski Manning Park and Ski Area, BC Canada Trip full, no one on waiting list*

E.C. Manning Park is located on Highway 3 in B.C. just north of North Cascades National Park. It is about a seven-hour drive from Portland by taking I-5 to Bellingham, crossing the border at Sumas, and then driving east. It offers skiing for all levels and types of skiers. But its best offering is for some longer distance tours with very low danger from snow slides. My favorite is Fat Dog Creek Trail, 14 miles round trip, with excellent glades and steep road touring (requires BC skis and skins). Another good trail for all levels is Blackwall Peak Trail, 10 miles round trip, to a view point or 20 miles round trip to the summit—an easy road tour. The resort also offers 27 km of groomed track skiing and three chairs at the lift area or snowshoe trails. A free shuttle gets you to the lift area or accesses the high point of the groomed trails, and skiing back takes you down directly to the house passing Lightning Lake (10 km each way). Several other trail options are available.

There are options to ski one of the ski areas on the eastern side of the Washington Cascades on the return home by driving back on Highway 97, which adds two to three hours to the drive.

The lodge has a large indoor pool with two large hot tubs to soak in after skiing, included at no additional cost. The houses are three bedrooms each with a great room, kitchen and fireplace. Two of the bedrooms have double beds and the other bedroom has two bunk beds. Meals will be planned and cooked at each house. The lodge has a bar and dining room.

Trip limit: 10–12 participants, including the leader, depending on number of singles and couples.

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

Send your overnight trip application and check for \$295 check payable to ONC-Portland chapter to the trip leader by February 8: Ken Wenzel, 10322 NW Alpenglow Way, Portland, OR 97229. For info contact Ken 503.297.2958 skiwenzel@hotmail.com.

March 12–16, Thur–Mon, All Abilities Ski Wallowa Lake, Joseph, OR Trip full, 2 on waiting list*

Come spend an extended weekend skiing in the magnificent Wallowa Mountains in eastern Oregon! We have two duplex houses at Wallowa Lake, at the entrance to the Wallowas, for four nights so we can partake in three

***Trip status as of February 15**

or four days of skiing. There are opportunities for all levels of skiing—backcountry skiing, road and trail skiing, and snowshoeing (provided by the resort). Some options are Salt Creek Summit, Hurricane Trail, McCully Trail, and the West Fork Trail. We'll carpool from Portland on Thursday morning or early afternoon, arriving in Joseph in early evening. We'll ski around Wallowa Lake and in the mountains on Friday, Saturday, Sunday, and (possibly) part of Monday, returning to Portland on Monday evening. We'll have potluck dinners in the house.

Trip Limit: 12 participants, including the leader

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

For more info contact Kathy 503.429.4024 burnskathryn@gmail.com.

March 13–15, Fri–Sun, All Abilities Ski Shelter Cove Resort, Odell Lake, OR 4 spaces available*

Join us for a stay on the west side of Odell Lake at the Shelter Cove Resort. Odell Lake at 4,800 feet is just over

Andrew Black



the top of Willamette Pass beside Highway 58, east of Eugene. A multitude of ski routes are

available for all levels: groomed trails at the ski resort, easy trails to Gold Lake and Odell Lake, and backcountry trails to Maiden Peak, Rosary Lakes, and Mt. Fuji.

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

Trip limit: 8 participants, including the leader

Cost: \$85 per person; you must be a current ONC member before signing up for this trip.

Send your overnight trip application and check for \$295 check payable to ONC-Portland chapter to the trip leader by February 8: Ted Magnuson, 14405 SW High Tor Dr., Tigard, OR 97224-1425. For info contact Ted 503.590.7998 tedmag@live.com.

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

Trip full, no one on waiting list*

This is an opportunity of a lifetime! Let's go to where cross-country skiing began!

We will fly to Oslo in the late afternoon of Thursday,

March 19, arriving late on afternoon, where we will stay overnight at Anker Hostel in Oslo. On Saturday morning, we will travel by train from Oslo to Otta and take a special bus to Haukliseter, from where we will begin our tour from mountain lodge to mountain lodge in the Rondane National Park. These mountain lodges have electricity, dining facilities with huge meals, rooms with beds and blankets, saunas, and sometimes hot showers. You only need to carry your clothes and personal gear in your pack. We will stay for a more than one night at one of the lodges so we can explore areas around the lodge.

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

Trip Limit: 8 participants

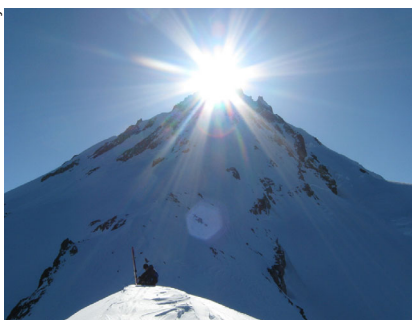
Cost: TBD, total cost probably less than \$3000.

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

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

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

Mike Flaherty



three-mile ski with 1,900 foot elevation gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their

own gear, including sleeping bag, pad and food for all meals. We have a wood stove for heating water. You can also bring your own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical conditioning and navigation skills using map, compass or GPS are required. Climbing skins are mandatory. Open to all ONC-PDX members and Tilly Jane Cabin volunteers

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

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

cont. from sidebar page 8
indicate that the "ONC" is the tour operator. For agent's initials, use mine: "TPS." Read the coverage carefully and make your choice. For more info contact the Overnight Trip Coordinator Ted Scheinman tedskier@gmail.com ♦

Discounts for ONC-PDX members/leaders!

Columbia Sportswear
911 SW Broadway (flagship store) and 7000 NE Airport Drive, Suite T2572 (airport location)—15% discount on purchases. Special week (November 1 - 11) of 30% discounts. Current membership card required. columbiacom

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

Mountain Hardware
722 SW Taylor Street—15% discount on purchases. Special week (November 1 - 11) of 30% discounts. Current membership card required. mountainhardware.com/Stores_Portland.html

Mountain Shop
1510 NE 37th Ave., 10% discount (15% discount for leaders) on purchases and 15% discount on rentals. mountainshop.net

continued on sidebar page 10

***Trip status as of February 15**

Oregon Mountain Community

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

Otto's Ski & Bike Shop

38716 Pioneer Blvd. in Sandy, offers a 15% discount on purchases of ski equipment and apparel. They also have cross-country ski package rental for the entire season. ottoskishop.com

Wy'East Nordic Ski School

offers ONC members a 10% discount on cross-country ski and telemark lessons. wyeastnordic.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-PDX 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=163395&pcode= (see link 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!

Andrea Baker 971.706.4629; Debra Brooks/Dan Hurwitz 310.829.5623; Kacey Jones/Bruce, Miles and Jacob Miller 503.244.1722 503.799.7468; Roger and Brenda Kuchenbecker; Mark Linden 503.330.0849; Linda Machtelinckx 503.816.4305; Sara Nosanchuk/Eric Hesse, Austin Rickey/Janel Rickey 541.380.0729; Bill, Jenny, Basil, and Aviva Stein 503.235.9637 503.830.0817; Mary Theis/Chris Van Schaack; and Lauren Walker

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

February membership report: 265 total memberships (176 single and 89 family) includes 13 new and 6 renewing. Last year at this time there were 252 memberships.

BOARD MEETING MINUTES

Draft of Minutes of ONC-PDX Board Meeting, Feb. 9, 2015, 7:00 p.m., Mazama Mountaineering Center

Board Members present: Ann Truax, Kim Davis, André Fortin, Mary Hepokoski, Elke Schoen, and William Yaeger.

Club Members present: Tim Kral

Minutes of the January meeting were approved.

President's Report: Because of lack of snow both the on-the-snow leadership training and the John Day Race were cancelled for this year.

Treasurer's Report: Mary noted that expenses were in excess of \$40,000 because major overnight trip bills were paid this month.

Website: Discussed the new website which was revealed at the February general meeting. An email was sent out to all members about the new website. Members can get other members' phone numbers. It is expected that forums will eventually replace our current Yahoo list serve.

Day tours: Bill brought up the point made in an Oregonian article about parking at TriMet facilities being for TriMet customers only. Kim will contact TriMet to find out if our meeting and parking at Gateway on weekends could be a problem for our members.

Overnight trips: Ann will write a draft clarifying our refund policy. Members have the right to sell or give their place on a trip as long as the member receiving the trip is qualified to go on the trip, even if the trip is not full. The board agreed that we would refund a member's deposit if the trip leader felt because of special circumstances a member should not participate on a trip. Overnight Steering Committee meeting—meeting date of March 5 pending.

Membership: See membership reported in the newsletter.

Nordic Issues: None discussed

Tilly Jane: André reported on having drawings of the A-Frame completed by an architect. He is also talking with the Archeologist at the Forest Service about future repairs. He mentioned two broken glass stove doors and wood supply being burned faster this year.

Publicity: Kim presented at the Bridgeport REI and having more than 20 present.

Old Business:

John Day Award: Mary will write a draft for our nominee. The deadline is February 10.

Nominees for Board: Ann reported that Bill Yaeger is willing to serve a second term and Tim Kral is considering running. Another possible nominee would be able to serve after October. Mary will discuss with her the possibility of her willingness to serve if Mary continued until October.

Share the Trail, Separate the Track Signs: Mary reported that the Forest Service was working on printing more. They will be available next year.

New Business:

Problems with venue for general meeting: Two member have complained about our meeting at the Lucky Labrador on Quimby. The noise was a problem at the January meeting. Mary said the staff was willing to turn down the music in the bar if asked. The other concern was the ability to see slides come spring and no shades on the windows.

Travel expenses reimbursement for presenters at general meeting: We agreed to continue offering to pay for speakers' meals. We thought Ron Bekey should be able to offer mileage to out of town speakers who might ask about being reimbursed for this expense.

Next Board meeting: March 9, 2015, 7:00 p.m. @ Mazama Mountaineering Center

Submitted by: **Mary Hepokoski**, Treasurer

CLASSIFIED ADS

FOR SALE: ► Fischer BCX8 Back-country Ski Boots, like new, 3 pin, size EU43. **\$75.** Mike 503 695-5385

FOR SALE: ► Atomic Telepathic Telemark Skis 170cm. Rottefella bindings (Cost \$75 alone). Skins available too. **\$75 or best offer.** Russ russ.bec@gmail dot com 5/15

FOR SALE: ► Fischer BCX 675 Backcountry Boot 3-pin compatible and extra ankle support for superior control on turns, size EU 41 (unisex), brand new (worn ½ day)). Top-quality boots for ungroomed forest service/backcountry trails. **\$160** (bought for \$200 from Winthrop Mt. Sports, Methow Valley last February) Amy ablumenberg@comcast.net 503.241.2768 5/15

WANTED: ► Ski Boots Size 40 European, size 7 men's US three pin boots. Used OK. My old boots are falling apart and my new ones gave me bad blisters. Prefer Trak or Garmont brands but will try anything available. Tere Terexski@gmail.com 503 642-2886 3/15

FOR SALE: ► TUA RAZOR MX Telemark Skis with Rottefella TRP 100 releasable bindings 190 cm, almost brand new condition, pristine bases! "The Razor MX is for those looking for a shaped, super-sidecut ski designed specifically for telemark—not built for the masses—this is it. The Razor's corpulent 92-64-82 shape is super-sidecut, yet not so extreme as to sacrifice versatility." **\$300** (NOTE: the bindings alone were over \$300 new—this is a \$1000 set-up for \$300!) Chris/Amy ablumenberg@comcast.net 503.241.2768 5/15

FOR SALE: ► Riva Super Loop Tele Bindings New, never mounted. Lightest tele binding available, great for back country touring and turning. **\$55 OBO.**

Russ russ.bec@gmail dot com 5/15

FOR SALE: ► Mammut Mt. Vista LTH Hiking/Backpacking Boots Women's EU size 41 (app US Size 8.5 – 9): Brand new condition (worn on short day hike). Excellent for hiking and backpacking in all weather. Designed for comfortable fit, good for heavy loads and long distance. Comfortable breathable and absorbs moisture Nappa-leather lining, climate control to reduce blisters. Vibram sole. Rolling concept technology, board-lasted, rubber toe-cap, women's specific fit. **\$150** (Purchased new for \$200)

Amy ablumenberg@comcast.net 503.241.2768 5/15

FOUND: ► Poles & Rain Chaps on the Crater Lake bus (sometime the last few years) Poles and rain chaps.

Ted tedskier@gmail.com 5/15

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 removed earlier.

Tilly Jane A-Frame on the east side of Mt. Hood



The Good, the Bad, and the Unforgettable: Thru-Hiking the Pacific Crest Trail

Every year, hundreds of people dare to step outside their “normal” life, leaving behind their jobs, families, and creature comforts, in an attempt to hike the entire Pacific Crest Trail. Less than half finish this 2,669 mile expedition, but for the ones that do, it changes them forever.

Join Dorothy Brown-Kwaiser for a candid glimpse into the world of a thru-hiker—the glamour, the guts, and the tears. From her first steps at the Mexican border with her never-been-backpacking cousin, to her final hobbles past the Canadian border with her dad, she’ll share stories and photos that shaped the journey and, now, her life.



Upcoming programs

April 7—Oregon Deserts

May 5—Traveling Patagonia

**Lucky Labrador
Brewing Company**
1945 NW Quimby St.
Tuesday, March 3

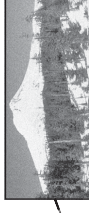
6:30 p.m. Social Hour

7:30 p.m. Meeting /Program

Food and drink are available \$



Oregon Nordic Club
P O R T L A N D
C H A P T E R



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

Monthly meeting at:
Lucky Labrador Brewing Company (1945 NW Quimby St.) is
located between
NW 20th Ave. and NW 19 Ave. in Northwest Portland.

