



# PORTLAND CHAPTER

MAY 2015

## **Group skied 45 miles on Manning Park trip**

The March 8-13 ski trip to Manning Park began Sunday with the normal, boring drive up I-5 to Bellingham. An overnight stay allowed for an early start on Monday. We crossed the Canadian border, stopped by the grocery store, and then headed to Manning Park for a half-day of skiing. After checking into our houses, we broke up into two groups. Some skied Strawberry Flats and the others climbed the hill to Cascade View and beyond to Blackwall summit. Tuesday the groups reversed,





temps and partly cloudy skies—a perfect day for the Fat Dog Trail, since it is a steep road climbing to 1,960 meters. The descent tested our skills, but the soft snow was forgiving when one crashed. Everyone was still smiling when we reached the bottom! Others had a great time renting snowshoes and hiking to Lightning Lake. Thursday some attempted skiing the Monument 78 Trail (PCT). Several others were on the Cambie Creek Loop and Strawberry Flats trails. Using my mileage as an average, we skied 45 miles in three-and-a-half days, which considering the crummy season, I would call a successful trip. We had great meals together, and everyone had a fabulous time.

Ken Wenzel, Trip Leader

#### Inside

2 Upcoming Events

skiing the same trails. Both

days were mild with blue skies; however, an overnight freeze forced everyone to have that second cup of coffee to let the snow soften before starting out. Wednesday we awoke to above freezing

3 Nordic Issues/News Listening session on forest planning May 11

#### Mt. Hood NF

Ramona Falls Bridge replacement?
Timberline Trail connection
Ski Bowl Mt. Bike Trail
Deschutes NF
Swampy Lakes Shelter

- 5 Day Tours Hike
- 6 Club Discounts
- 7 Classified Ads Buy, Sell, Wanted, Lost and Found



Sunday Parkways See page 5 for details

### **ONC-PDX skiers in Norway**

Trip Leader Ted Scheinman will write an article

about the Norway trip for next month's newsletter.



# New board members elected

#### On April 7, at the ONC-PDX

annual meeting, over 70 members cast their ballots in the annual election of board members. Scott Diamond and Tim Kral were elected as new board members, and Mary Hepokoski was re-elected.

Each new board member will serve a two-year term. The other board members, Kim Davis, Andrè Fortin, Susan Watt and Ann Truax have another year to serve of their two-year term.

Ann Truax, Elections' Committee

#### **Board Members**

Ann Truax, President 503.756.8891 oncpdxpresident@gmail.com Kimberly Davis, Vice President 503.282.1506

cancionnueva@yahoo.com
Mary Hepokoski,

Treasurer 503.442.0620 hepomp8@comcast.net Susan Watt,

Secretary 503.201.3977

susniam@gmail.com Andrè Fortin

afortin85@gmail.com **Scott Diamond** scott.diamond.mail@gmail.com

Tim Kral timfkral@gmail.com

#### **Committees**

Day Tours:
Denise Brem,
Coordinator
503.235.3166
oncdaytours@gmail.com
Laurel Dickie, Recruiter
503.287.6290
laureldickie@hotmail.com

continued on sidebar page 3

# EDITORIAL NOTES The deadline for submissions is the 15th of the month (for the next month's publication). Send submissions to

Send submissions to oncnewsletter@gmail.com as a Microsoft Word document (no formatting i.e., 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

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

## May 4 MONDAY Bike Maintenance Basics

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

## May 5 ➤ TUESDAY Patagonia on a Budget: Do's and Don'ts

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



## May 7 ➤ THURSDAY Ski Mountaineering Advanced Course

6:00 p.m. – 7:00 p.m., The Mountain Shop The fourth in a series of five ski mountaineering clinics. Part 4 of the ski mountaineering advanced course will be taught be one of the best instructors in the West, Jeremy Rooper!

## May 9-10 → SATURDAY SUNDAY 37th Annual Mother's Day Birding & Wildflower

Sat 8:00 a.m. – 8:00 p.m., Sun a.m. – 4:00 p.m. \$5.00 day-use parking permit. Learn about the native plants, wildflowers, and birds. Join guided walks, family hikes, and children's activities. Live raptors and wildflower displays. Purchase native plants. Info: 503.874.0201 https://

silverfallsstatepark.wordpress.com/category/mothers-day-birding-wildflower-festival/

## May 13 > WEDNESDAY Volcano Views and Brews: 35th Anniversary of the 1980 Eruption of Mt. St. Helens

5:00 p.m. food and drink \$, 6:30 p.m. presentation Free. Skamania Lodge, Stevenson, WA Presentation and audience can share stories and photos. Co-host Darryl Lloyd.

## May 14 > THURSDAY Ski Mountaineering Advanced Course 6:00 p.m.-7:00 p.m., The Mountain Shop

The last course in a series of five ski mountaineering courses! Part 5 of the ski mountaineering advanced course will be taught be one of the best instructors in the West, Jeremy Rooper!

## May 16 → SATURDAY It's a Blast!

10:00 a.m.-6:00 p.m. Johnston Ridge Observatory, WA A day of interactive activities to celebrate the annual opening of the Johnston Ridge Observatory. Hands-on activities for adults and children. Educational demonstrations of the Cascade Volcano Observatory's Spider Monitoring Unit at Science & Learning Center. Interpretive talks by MSHI Volcano Volunteers and Forest Service Interpretive Rangers. Guided hikes.

\*It's a Blast! is a MSHI fundraising event made possible by the support of the Mount St. Helens National Volcanic Monument. Admission is \$8 and proceeds benefit the Mount St. Helens Institute's volunteer and education programs.

## May 19 > TUESDAY Volcano Views and Brews: 35th Anniversary of the 1980 Eruption of Mt. St. Helens

5:00 p.m. food and drink \$, 6:30 p.m. presentation free. Presentation and audience can share stories and photos. Co-host Susan Saul. Loowit Brewing, Vancouver, WA

## May 27 → WEDNESDAY Backpacking Basics

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

## May 28 → THURSDAY Bike Maintenance Basics

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

## June 4 > THURSDAY Gourmet Camp Cooking

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

#### 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 page 6)
- 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

Portland, OR 97208

#### PRESIDENT'S SKI TRACKS

#### Congratulations to Scott Diamond, Tim Kral, and Mary Hepokoski for being elected to the ONC-PDX Board. Without willing volunteers like Scott, Tim, and Mary, the club would come to a standstill. We're grateful for all those members who put in

time to keep the club active and vibrant.

Volunteering is not a sacrifice. In fact, the benefits far outweigh any inconvenience. Volunteering provides opportunities to share time with likeminded, outdoor-oriented individuals. Volunteering is a way to make new friends. Volunteering creates

interesting challenges, relieves the humdrum of the day-to-day, expands experience, and eases guilt. Volunteering is a way to show appreciation for all the benefits we enjoy as ONC-PDX members—the overnight trips, the day tours, the monthly programs, the information-packed newsletter, to name a few.

So how can you volunteer? Here's a partial list: lead a hike, do trail maintenance, plan and lead an overnight trip, help solicit leaders, keep tabs on issues—governmental and otherwise—that may affect Nordic skiing, or help with publications or the website.

We're all busy, but consider this: when you volunteer, you gain more than you give! Or, in the words of the late Leonard Nimoy, "The miracle is this—the more we share, the more we have."

Ann Truax, President

#### Forums on ONC-PDX website

#### What are Forums? Forums are a place to

post info, find out about news or share items of interest. They are like the Yahoo listsery, but organized into categories. Trail conditions can be posted here and if you have something to sell, trade or want, you can post it here as well as in the newsletter. There is a private forum for members only. To subscribe and use the forums go to our website and click on the blue button below the title: Forums.

## Columbia employee store open to ONC-PDX Members

#### Columbia Sportswear is going to allow ONC

PDX members to shop at the Employee Store (14100 NW Science Park Dr., off of Hwy. 26) for up to 50% off from April 18 to May 17. A flier will be sent out with the email newsletter with specifics of the sale.

#### 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

#### Listening session on forest planning, May 11

The U.S. Forest Service (Mt. Hood and Gifford Pinchot) is hosting listening sessions on forest planning in local communities across Oregon and Washington. The May public meeting will allow communities in southern Washington and on the east side of the Mt. Hood to share ideas for approach ing forest planning in this region.

The joint session will take place in Hood River, Oregon at the Columbia Gorge Hotel, 4000 Westcliff Dr., on May 11, 6:00-8:00 p.m. Representatives from the Columbia River Gorge National Scenic Area will be present to answer questions about their planning processes.

This session is one of at least a dozen additional sessions planned over the next few weeks. After an introduction from Forest Service staff. session participants will break into small groups with representatives of the Forest Service to answering these questions: What would you like the Forest Service to consider when revising forest plans in the Northwest? How should the Forest Service incorporate and apply science during plan revision? How should the public be engaged in the process?

Forest plans provide the long-term direction that guides the management of each national forest, and involves issues at both the local and regional scale. Feedback from the public is a critical piece of designing a regional approach to forest planning. Additional details will be posted on the Forest Service Region 6 website as they become available: http://www.fs.usda.gov/detail/r6/landmanagement/ planning/?cid=stelprd3831710

#### **Mt. Hood National Forest** Ramona Falls Bridge replacement? At the

U.S. Forest Service Wilderness and Trail meeting on April 22 that Trail Tending Coordinator Ken Wenzel attended, it was reported that the Mt. Hood National Forest was considering not installing a seasonal bridge on the Ramona Falls Trail because of a lawsuit filed after a drowning last year. They are considering just informing people that they will have

Nordic Issues/News continued on page 4

#### Membership:

Susan Kelly

503.706.6463 oncmembership@gmail.com Database

oncmemberDB@gmail.com

Barbara Sack 503.978.9475

barbara3820@earthlink.net

Nordic Issues:

Mitch Auerbach

503.281.4809

mauerbachfso@yahoo.com

Diana Hsieh

flyhsieh@hotmail.com

#### Overnight Trips:

Ted Scheinman.

Coordinator

503.452.7432 tedskier@gmail.com

**Programs:** 

Ron Bekey

503.475.0084 rbekey@gmail.com

#### **Publications:**

Pam Rigor,

Newsletter Editor

oncnewsletter@gmail.com

Bill Yaeger.

Newsletter Distribution 503.888.8543

w.yaeger@comcast.net

#### Publicity:

Kim Davis

503.282.1506 cancionnueva@yahoo.com

#### Tilly Jane A-Frame:

Andrè Fortin

tillyjanecabin@gmail.com

#### Trail Maintenance:

Ken Wenzel

503.297.2958

skiwenzel@hotmail.com

Recruiter

vacant

Website:

Bill Yaeger

503.888.8543 w.yaeger@comcast.net

## DAY TOUR POLICIES

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

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

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

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

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

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

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

#### **TOUR RATINGS**

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

continued on sidebar page 5

Nordic Issues/News continued from page 3

to wade the river. Hikers using this trail would have to wade across the Sandy River to access the trail. To comment or object to this proposal, please contact District Ranger of the Zigzag Ranger District Bill Westbrook bwestbrook@fs.fed.us.

#### **Timberline Trail connection on the North**

**side** A trail to cross Elliot Creek on the north side of Mt. Hood is being planned and will add about one mile to the current trail. But it will also require a wade of the creek. They hope to have the trail completed in about a year.

**Ski Bowl Mt. Bike Trail** Mt. Hood Ski Bowl ski area is proposing to add two miles of mountain bike trails to the upper hill. The trails would be located within their permit area and be used only for lift-assisted downhill mountain bike riding. Submit written comments by **May 29, 2015** to: Shawnee Hinman, Winter Sports Coordinator 6780 Highway 35, Mt. Hood/Parkdale, OR 97041 Or email comments to:

pacificnorthwest-mthood-zigzag@fs.fed.us Info: Shawnee Hinman at 541.352.1245 or sfhinman@fs.fed.us; or Jennie O'Connor Card at 406.522.2537 or jennieoconnorcard@fs.fed.us

#### **Deschutes National Forest**

**Swampy Shelter** A matching grant was met in February. Fund-raising for the replacement shelter continues. They still need about \$10,000 to finish the shelter. So far they have enough funds to get the logs prepped into a cabin "kit."

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

### **Summer Overnight trip**

#### Would you like to lead a club backpack-

ing, biking or any other overnight trip this summer? If you attended the winter trip planning meeting, you may be ready to take the lead. Make your summer plans now! The Pacific Northwest has many wonderful outdoor places to explore—San Juan Islands, the coast, Mt. Adams, Mt. Rainier, Crater Lake, Central or Eastern Oregon.

Leading an ONC overnight trip comes with privileges. The **leader goes for free** and you get an ONC-PDX t-shirt as well as the opportunity to spend time with great people!

Ask Overnight Tour Coordinator Ted Scheinman for help: 503.452.7432 tedskier@gmail.com. More info and required forms can be download from the resources for trip leaders on the website.

#### **ONC State Board Meeting**

#### The ONC State Board Meeting was held on

March 22 in Sisters, Oregon. Skip Tschanz of the Gorge Chapter served as the pro tem President. There was not a quorum of Chapter representatives so there was no voting on issues.

Blue pullover fleece tops with the ONC logo are now available. Contact Janet Tschanz of the Gorge Chapter. David Forkner of the Willamette Chapter was awarded the John Day Award this year.

The John Craig Bike Tour was on Saturday, March 21. About 15 people rode the McKenzie Pass Highway on their bikes, about seven made it to the summit. There was discussion about renaming the event the John Craig Tour (ski or bike, depending on conditions).

The Deschutes County Museum is working on a Nordic ski history exhibit through the Oregon Nordic Ski Foundation. Tim Gibbons is helping lead this effort. Many items are being provided, including a ski suit from the 1970s with John Craig patches. The exhibit will include a video and will travel around the state. The foundation has raised about \$15,000, but needs about \$60,000.

#### **ONC Chapter Reports**

**Central Oregon:** Their main effort is to raise money for a new Swampy Lakes shelter. They are about half way to their goal.

Gorge: Membership was down by about half due to the low snow year. Running the Tilly Jane Guard Station is a major activity, which includes working with the Forest Service and the state archaeology office because the structure is a designated historic building. Funds are needed for the project. They also organize non-winter activities, including hiking, biking, and kayaking.

**Teacup:** Due to lack of snow, grooming was limited to mid-November to mid-January. The annual Teacup Ski Clinic and Tea Party was held on January 4, but the 31st Annual Teacup Classic and the Washington State School for the Blind event were cancelled. Two Teacup Junior Team skiers qualified for Junior Nationals, held near Truckee, CA.

Klamath Basin: They did not have any outings this winter, although Crater Lake had enough snow for much of the season. They now own the old track setter from Southern Oregon Nordic Club. They hope to groom trails in the Lake of the Woods area next year.

**Portland:** A new website was unveiled in February. Members are able to sign up and pay for membership and overnight trips on the online. The club offered over 25 overnight trips; several trips turned into hiking excursions. Most day ski tours were cancelled. The on-the-snow leadership training was cancelled. The club manages the historic A-Frame cabin. Proceeds from the rental are dedicated to upgrading the structure.

#### **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.

#### May 2, Sat, Intermediate Hike Saddle Mountain, Coast Range, OR

This peak, the highest mountain in Northwestern Oregon's coast range, is saddle shaped, hence the name. There are wildflowers in the meadows. If it's clear, we'll have a view of the ocean as well as the Cascades. The hike is 7 miles with 1,900 ft. elevation gain. Bring the 10 essentials, lunch and water. Plan to meet at 8:30 p.m. on the west side of Portland to carpool. For more info and meeting place contact the leader: Pam Rigor oncnewsletter@gmail.com.

#### May 17, Sun, Intermediate Hike Hardy Ridge, Columbia River Gorge, WA

Enjoy the wildflowers while you ascend 2,200 feet to the top of Hardy Ridge. At the trail's end look down on Beacon Rock and Hamilton Mountain and enjoy the sweeping view of the gorge and Mt. Adams to the east. Your lungs will thank you for the 8.5-mile workout. It's better than the gym any day. Plan on meeting at 9:00 a.m. to carpool. For more info and meeting place contact the leader: Ann Truax 503.756.8891 ann.truax@gmail.com.

#### May 20, Wed, Intermediate Hike Falls Creek Falls, WA

Join us for a scenic hike beginning in the second-growth forest alongside Falls Creek. The trail crosses a suspension bridge on the way to a colossal 200 ft. waterfall. It then climbs to an overlook above the falls. This hike is 6.3 miles with 1,150 ft. elevation gain. Plan to meet on the east side of Portland at 9:30 a.m. for carpool departure. For more info and meeting place contact the leader: Linda Schaldach 503.256.9715.

#### May 23, Sat, Intermediate Hike Three Corner Rock, WA

Let's hike to a landmark lookout site with a view of five mountains. We'll go through the forest, possibly with wildflowers, for a view at the top. The hike is 8.5 miles with 1,900 ft. elevation (100 mile round trip drive to the trailhead). Meet at Gateway Transit Center parking structure for a carpool leaving at 8 a.m. For more info and to confirm attendance, contact the leader: Dean dkokko@yahoo.com.

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

#### **Portland Sunday Parkways** cycling events

Join other cyclist for family-friendly, car-free bicycling in Portland this summer! Portland's Department of Transportation is hosting Sunday Parkways: May 10, June 21, July 26, and August 23 and September 27.

#### East Portland Sunday Parkways (7 miles) May 10, 11 a.m. - 4 p.m. Free!

Celebrate Mother's Day on our first Sunday Parkways of the year. The route will highlight some of the beautiful natural areas that are located in East Portland, such as the newly finished Foster Floodplain Natural Area, as well as Lents, Ed Benedict, Glenwood and Bloomington Parks.

#### North Portland Sunday Parkways (9.5 miles) June 21, 11 a.m. – 4 p.m. Free!

Father's Day event. This 9.5 mile double loop course will highlight gems across the route, such as the scenic Willamette Bluff, the Peninsula Rose Gardens, the universally accessible Harper's Playground at Arbor Lodge, as well as the activities offered at the Kenton, Columbia Annex, and McCoy Parks.

#### Northeast Portland Sunday Parkways (8 miles) July 26, 11 a.m. - 4 p.m. Free!

Explore the Northeast Neighborhood Greenways while you make your way around the Northeast Portland route. Don't forget to stop by Woodlawn, Alberta and Fernhill Parks along with Rigler Elementary School where a collection of fun activities, festive music, and delicious food awaits you.

#### Southeast Portland Sunday Parkways (7 miles) August 23, 11 a.m. – 4 p.m. Free!

Spend a warm summer day walking and rolling around the Southeast Sunday Parkways route. While you're at it, take a few moments to explore Laurelhurst, Colonel Summers, Sewallcrest and Ivon Parks to grab a bite to eat, listen to tunes, and jump into a dance or activity or two.

#### Tilikum Crossing/Sellwood Portland Sunday Parkways (7 miles) September 27, 11 a.m. – 4 p.m. Free!

End the Sunday Parkways season big by exploring the new Tilikum Crossing Bridge of the People and the Sellwood area. This new route will include the Tilikum Crossing and circle the Sellwood area, introducing participants to the Westmoreland, Sellwood Parks plus Brooklyn School Park where music, food, and fun are waiting.

## www.portlandoregon.gov/transportation/

cont. from sidebar page 4

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

#### **Novice Ski Tour**

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

#### **Easy Tour**

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

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

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

#### Intermediate Tour

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

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

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

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

#### **Advanced Tour**

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

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

continued on sidebar page 6

cont. from sidebar page 5 regrouping when necessary.

Hike: > 10 miles; 400 ft. per mile elevation gain. Steady pace and/or difficult terrain (a workout). 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 tubePatch kit
- Tire pump
- Water bottle (filled)
- Tire irons

#### OVERNIGHT TRIP POLICIES

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

2. Only Oregon Nordic Club members are allowed on Portland ONC overnight tours, even if it is a trip for continued on sidebar page 7

#### **Discounts for ONC-PDX members and leaders!**

#### **Columbia Sportswear**

Special for ONC-PDX members: April 18 to May 17 up to 50% off at Columbia's Employee store. 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. columbia.com

#### Glenn's Mountain Tracks

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

#### The Mountain Shop

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

#### **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 rentals for the entire season. ottosskishop.com

#### Wy'East Nordic Ski School

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

Trip Cancellation Policy continued from 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 website at the bottom.

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

#### **Welcome New Members!**

Cathy Kurtz and Leaf Hovin

**April membership report:** 271 total memberships (178 single and 93 family) includes 2 new. Last year at this time there were 261 memberships.

### **BOARD MEETING MINUTES**

Minutes of ONC-PDX Board Meeting, April 13, 2015, 7:00 p.m., Mazama Mountaineering Center

**Board Members present:** Ann Truax, Susan Watt, Mary Hepokoski, Kim Davis, and Scott Diamond. Club members present: Ted Scheinman

Minutes for the March meeting were approved.

**Treasurer's Report:** March report was submitted and accepted. Mary will present a budget overview at the May general meeting. There was discussion about revenue for overnight trips.

**President's Report:** Ann reported that there were over 65 people at the April meeting.

**Website**: Bill Yaeger has asked for advice and feedback on the website improvements. He has noted that the website "forums" are not being used. The club should get the word out to members and invite them to post. Mary H. stated that she had trouble accessing the membership addresses, which she needed for mailing of ballots. This was due to her not having administrative privileges, which would allow access to member addresses. Another website issue is how it will handle the waitlist for overnight trips.

**Day tours:** Nothing new, no day trips planned this month.

Overnight trips: Clarification of the refund policy was discussed and wording changes were proposed to the overnight tour policies. The board approved the changes. ■ It was proposed that the club should do refunds when there are cancellations due to no snow. This was discussed and agreed that if the trip leader decides to cancel the trip because of conditions, they should first discuss this with the overnight trip coordinator. If the coordinator and leader agree, they have the authority to cancel the trip but only the board has the authority to issue a refund. The board will determine if a refund can be given. This year's Shelter Cove trip will be refunded due to the "no snow" caused cancellation. Ann proposed there be further discussion on trip cancellations at a summer meeting when there is more time. Trip cancellations and refunds will be a future board agenda item. ■ The Overnight Trip Planning Session is happening on April 28, 6:00 to 9:00 p.m. at the

Mazama Center; pizza will be provided by the club. 

The requirements for new leaders and coleaders needs to be discussed and policy on this set by the board. There was not time for a lengthy discussion at this meeting but will be an agenda item for a future meeting. The newly formed Overnight Trip Committee will also discuss this and make recommendations to the board.

**Membership:** The monthly membership report is in the newsletter.

**Nordic Issues:** Parking in the TriMet Park & Ride lots was researched by Kim D. and she discovered that TriMet's policies as stated online, do allow for carpoolers to use the lots. Therefore there should not be a concern about using the lots when meeting up for carpooling.

**Tilly Jane:** The final ONC club weekend was led by Clint Sikes on April 3-5. There were 3 members and 4 volunteers in the group. There was little or no snow below the cabin, but some coverage at the cabin and powder skiing above treeline. 1.5 to 2 cords of wood are left.

**Publicity:** Nothing new reported on. **Old Business:** No old business

**New Business:** A change of venue for the monthly meetings was proposed but no changes are recommended at this time. There have been a variety of responses to the new meeting venue at Lucky Lab. There have been two complaints but many compliments and there seems to be increased attendance.

Next Board meeting: May 11, 2015, 7:00 p.m. @ Mazama Mountaineering Center

Submitted by: Susan Watt, Secretary

#### **CLASSIFIED ADS**

TEMPORARY HOUSING WANTED: ▶ ONC Member seeks temporary housing in summer 2015. Expat teacher returning from overseas employment to the Portland area is looking for temporary housing on a week-to-week basis during July. Needs one furnished bedroom and prefers a private bathroom and access to cooking facilities. Space need not be lavish, but should be clean, safe, and in working order. Responsible, mature, non-smoking individual with no children or pets. Will need parking space for one car. Rent negotiable.

Christine sisu1956@gmail.com 6/15

**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 Terexcski@gmail.com 503.642.2886 3/15

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

FOR SALE: ► Fischer BCX8 Back-country Ski Boots, like new, 3 pin, size EU43. \$75. Mike 503.695.5385 5/1

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: ► 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

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.

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

**WAITING LIST** 

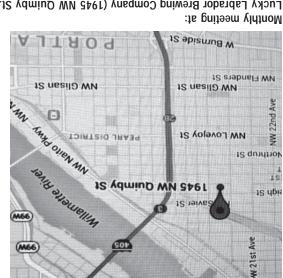
4. If a tour is full, participants can be placed on the waiting list if they submit an application and pay the tour fee. If space becomes available, participants on the waiting list will be notified and if they choose not to go on the tour, they will receive a full refund.

## Trip Cancellation Policy

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

6. Participants are responsible for finding their own replacements,

continued on page 6



located between Lucky Labrador Brewing Company (1945 NW Quimby St.) is

## 7:30 p.m. Meeting/Program Have you ever thought of traveling and trekking in distant, stunning Patagonia, but were hesitant because of the expensive ticket price of most group tours? December 2013 through January 2014 Patricia Matteri, Linda **Brewing Company** 1945 NW Quimby St. 6:30 p.m. Social Hour **Lucky Labrador** Tuesday, May 5 Nachtelinckx, and Carole Beauclerk journeyed to Patagonia hey will share their experiences and photos from Santiago, Chile to Ushuaia, Argentina. The presentation will include both the practical side of independent travel in the region as well as the beauty of Patagonia in Perito Moreno Glacier, photos. The highlights are Fitzroy, Pucon, Perito Moreno Glacier, Bariloche and, of course, Torres de Paine **Jational Park**

Patagonia on a Budget: Do's and Don'ts

NW 20th Ave. and NW 19 Ave. in Northwest Portland.



Food and drink are available \$

**Upcoming programs** 

July TBD-Annual Picnic