



PORTLAND CHAPTER

JUNE 2015

Norway—the ski trip of your dreams

On March 19, 12 brave ONC-PDX members headed to Norway to explore where skiing began. This fifth Norway \mathbf{r}

trip took us to Rondane National Park, in the center of the country north of Lillehammer. Plans were to ski from the north, leaving from Dombas going south to Venebu, a popular cross-country ski destination about 100 kilometers southeast. We joined a group



from the DNT (Norwegian Mountain Climbing Organization), along with two other participants (one from Finland and one from Germany), and two volunteer ski guides. We were in good hands.

A minibus took us from from Dombas to the first hytta (mountain lodge) at Doralseter, where we spent the afternoon testing our legs by skiing in the sun along a beautiful river. After a fine

dinner and a well-deserved night's sleep, we left for the Rondvassbu hut about 10 miles away, where we stayed for two nights. We experienced winds, steep climbs, and a long ski beside a lake. During a layover day, we split into two groups—one group climbing high on a nearby mountain (not reaching the summit because of wind and hard-pack snow) and others enjoying a more relaxing daywith good snow and magnificent scenery. This popular hytta was better appointed—more civilized than the first.

The next day we headed to Bjornhollia—a long ski tour with wonderful views. At this traditional hytta we were served traditional food by wait staff dressed in traditional Norwegian clothing, then spent the evening playing cards and board games and talking with other skiers.

The following day, we had a challenging ski over a long slope with little snow, then down to a lake for a lunch break at a cabin where a few locals were tending their herds. That evening we stayed at our one and only self-service hut, where we dipped water from a stream, built a fire in the woodstove, and prepared our dinner and breakfast using stocked canned and packaged foods. It was crowded, but cozy.

The next morning, we headed to Venebu, our final destination. The forecasts were correct; it began snowing in the morning, and we had a challenging ski through a blizzard with winds in our face. Cold and tired, we were very glad to arrive at the hytta. The group then chose various activities—yoga class, massage, sauna—and two (Scott Diamond and Bill Rash) headed out to enjoy the new snow. The huge dinner and breakfast buffets were very satisfying—cheeses, salmon, chicken, lamb, salads, vegetables, desserts, and more. There was music in the evening, and two of us danced while the others headed to bed.

In the morning we skied on groomed ski trails until our bus for Oslo arrived. The evening and next day in Oslo were spent sightseeing and shopping, eating at my favorite Turkish Restaurant, drinking beer, and saying farewell to those who were staying longer. The final morning, after relaxing and packing, we headed to the airport for our return. Three of us—Ken Barker, Amy Singmaster, and myself—stopped in Iceland for a few days to see the Northern Lights, geysers, waterfalls, and colorful Reykjavík, while the rest returned directly to the U.S.

A few things to note about this trip: Although the skiing required endurance, it did not demand super skills and the group made it safely through the blizzard. Everyone seemed to have a good time and nobody starved; the special gluten-free, lactose-free, meat-free requests of some participants were accommodated. Calling the hyttas "huts," is a misnomer; they are more like mountain lodges, with heat, electricity, staff, prepared meals, and comfortable beds. The snow levels were lower than in previous years, but enough for skiing. The weather was decent, but not as warm and sunny as in other trips. And finally it was a good year financially to go to Norway—with the strong dollar, beer only cost about \$9-\$12 each, down about 25% from previous trips!

Although the skiing at other places may be equal, skiing with relatively light packs from hytta to hytta is a unique experience. The opportunity to meet and speak with local Norwegians and the ease of living is unsurpassed. And we had the opportunity to go where cross-country skiing began. Plans are being made for a future trip!

Ted Scheinman, Trip Leader

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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 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.

UPCOMING EVENTS

June 2 → MONDAY Bike Maintenance Basics

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

June 3 > WEDNESDAY Retracing Shackleton's Route

6:30 p.m. Base Camp Brewing Company, 930 SE Oak St., Portland. Free! Often called the "Greatest Adventure Story of All Time," Ernest Shackleton's Imperial Trans Antarctic Expedition almost ended in disaster. The expedition ship, Endurance, was crushed in the Antarctic pack ice and sank, leaving 28 men stranded on an ice floe with no hope of outside help. Against overwhelming odds Shackleton was able to mount a "Hail Mary" rescue that remains unrivaled to this day. In November 2015 PolarExplorers is guiding an expedition to retrace Shackleton's route across South Georgia Island. Join PolarExplorers director Annie Aggens for a presentation about Shackleton's 1914-1917 expedition and what you can expect to experience on a modern day traverse of the island. Hosted by Mazamas

June 4-27 → THURSDAY - SATURDAY Pedalpalooza

Varioustimes and locations. Biking and other activities.

http://www.shift2bikes.org/cal/viewpp2015.php

June 4 > THURSDAY Gourmet Camp Cooking

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

June 6 → SATURDAY National Trails Day

Your favorite ski trail Hike a ski trail to see if trail work is needed. See day tours schedule.

June 9 → TUESDAY Lightweight Backpacking Basics

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

June 10 → WEDNESDAY Camino de Santiago: A Walk across Spain

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

June 13 > SATURDAY National Get Outdoors Day and Brigade Encampment

10 a.m. – 3:00 p.m. Fort Vancouver National Historic Site, Pearson Air Museum, 1115 E 5th St., Vancouver, WA. Free! Event is a blending of three events into one great day: Get Outdoors Day, NW National Park Family Day, and the Fort Vancouver Brigade Encampment, an 1840's fur trade encampment re-enactment. There will be 50-60 booths with hands-on recreation activities such as climbing, fishing, dutch oven cooking, camping, hiking, orienteering, Frisbee golf, and archery. This year's event also coincides with Flag Day, and the Freedom 5K put on by EnergyEvents! Since Get Outdoors Day is a nationwide fee-free day, the Fort will be open and free to the public all day. Info: nps.gov/fova/planyourvisit/calendar.htm

June 15 > THURSDAY Explore the Columbia River Water Trail

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

June 23 > TUESDAY Backpacking the Three Sisters Wilderness

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

First Aid Essentials—What's in your Kit?

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

June 30 > THURSDAY Explore the Columbia River Water Trail

6:30 p.m. – 8:00 p.m. Tualatin 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 8)
- 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

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ONC-PDX BOARD SKI TRACKS

Overnight trips planning for the 2015/2016 ski season

A number of changes are taking place with

the overnight trips program. As most of you know, for many years Ted Scheinman has been the overnight trips coordinator; he has successfully managed the organization process by himself. While he has done an exemplary job, the burden has become too much. In an effort to provide support to the coordinator, the board formed an Overnight Trips Committee to share the workload. The committee includes Ted, who remains as the overnight trips coordinator, Ann Truax, Karen Suher, Elke Schoen, Kim Davis, and Susan Watt. The roles and duties of the committee are evolving. The intent is to provide policy guidance to the board, support the coordinator and overnight trip leaders, create and maintain forms, collect data from past trips, evaluate the success of the trips, report to the board on overnight trip finances, and promote the program.

An overnight trips planning session was held in April. It was open to all members interested in leading an overnight trip, and 18 people attended. It was a successful roundtable of ideas and thoughts about the program in general and individual trips specifically. Among the topics discussed were what makes a successful trip and what makes a good leader. In addition, guidance and resources for leaders were provided. We discussed the role of coleaders and what to do in the event of low or unpredictable snow levels.

There are a number of new trips proposed for this and future years. One addition, suggested by Sam Digard, is Seefeld, Austria, with an option to spend an additional week in the Dolomites. Due to longrange planning requirements, the committee already approved the trip because trip participants need to sign up by September 2015. Information on this European ski adventure will be published in the newsletter and on the website. If you are interested, save those travel dollars! Other new trips include hut-to-hut ski trips such as the 10th Mountain Division Huts in Colorado, proposed by Scott Diamond. Over the summer, the overnight trips coordinator and committee will work to confirm that trip proposals are appropriate for the club and to schedule dates. In September there will be a final list of overnight winter adventures.

Thanks to all overnight trip leaders who volunteer and spend time putting together these adventures!

Susan Watt, Secretary

NORDIC ISSUES/NEWS

Volunteers are needed to help with Nordic

issues. Have some time to track issues (on websites in the comfort of your own home) that affect skiers? To volunteer contact Pam oncnewsletter@gmail.com

Mt. Hood National Forest

Cloud Cap Inn Tours Tours of historic Cloud Cap Inn begin Sunday, July 7 and run on Sundays through Labor Day. Tours Cloud Cap Inn start at 11 a.m. and 1 p.m. (tours last for 45 minutes to an hour)— weather and road condition permitting. They are limited to 12 people and reservations are needed.

The Rock Creek Day Use Picnic Area, located near Rock Creek Reservoir southeast of Mt. Hood, is closed this summer due to a resident pair of bald eagles that is nesting within the area.

Road 57 in Rough Condition National Forest Road 57 is now open, but sections between FF 57/58 and 57/5810 are a bit damaged and have poor visibility. Cones are marking most of the areas, but drive with caution.

Gifford Pinchot National Forest Climber Bivouac Open The road to Climbers

Bivouac trailhead, which accesses the summer climbing route to the summit of Mt. St. Helens (Monitor Ridge route), is open.

Forest Roads Open The following roads are now open: Forest Road 25 (connects Forest Road 90 to State Route 12 in Randle, WA), Forest Road 99 (leads to Windy Ridge—maintenance and repairs from rockslides are completed) and Forest Road 26 on the NE side of the mountain.

Limited Water Available Be prepared for limited water this spring and summer in the Mt. St. Helens National Monument due to low winter snow pack; carry plenty of water when hiking in the backcountry and on trails.

Deschutes National Forest

Meissner Nordic Trail Reroute The current

Nordic Trail will be relocated further away from the Sno-Park to avoid snowplow blasts of snow, gravel and other impacts on the trail. A map of the relocated trail is here: www.fs.fed.us/nepa/nepa_project_exp.php?project=46747 Info: Amy Tinderholt 541.383.4708 atinderholt@fs.fed.us.

Swampy Lake Shelter Relocation Swampy shelter is in poor condition with and access is steep and difficult through the front door. Plans are to reconstruct the shelter and relocate it. A decision is expected this month. Map of proposed location: www.fs.us/nepa/nepa_project_php?project=46748 Info: Amy Tinderholt 541.383.4708 atinderholt@fs.fed.us.

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onc-pdx.org Oregon Nordic Club Portland Chapter June 2015 3

DAY TOUR POLICIES

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

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

Bring the Tour Essentials (see list on the side

bar, page 6), food, water,

equipment appropriate

map, clothing, and

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

Federation of Western Outdoor Club's convention

The 83rd annual Federation of Western

Outdoor Club's Convention will be held Friday-Sunday, August 28-30, at the Menucha Retreat and Conference Center. The theme of this year's convention is "Innovative Conservation." Various speakers will talk about conservation in Oregon, with a focus on the Columbia River Gorge. Although not specifically related to skiing, ONC-PDX will cover the costs for two people to attend the two-and a-half-day conference, which takes place at the Menucha Retreat, a serene spot in the Gorge. Meals and lodging are included. For more info, visit the website at: federationofwesternoutdoorclubs.org. If you're interested in attending, contact Ann Truax at oncpdxpresident@gmail.com as soon as possible. The only requirement for attending is to write up a brief report on the conference for the ONC-PDX newsletter.

Planning session for day tours Please join us for a day tour planning

session on Tuesday, June 16, 6-9 p.m., at the Mazama Mountaineering Center (527 SE 43rd Ave., Portland). Enjoy pizza and good company as we discuss how to spend more time skiing next season.

We'll cover the basics of what it takes to lead a day tour, then for most of the meeting, we'll focus on how to have more day tours. Let's brainstorm together on incentives we can provide for trip leaders, ways to alleviate concerns of new leaders, exciting locations we should lead tours on, and other ideas you have. Please attend if you have an idea for how we can increase participation, or if you want to lead a day tour next year, or if you just want to get together with friends and talk about skiing. Pizza and soft drinks will be provided. Please R.S.V.P to Denise (503.235.3166,

oncdaytours@gmail.com) if you plan to attend. • Scott Diamond, ONC-PDX Board

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.

June 6, Sat, Intermediate Hike Multnomah and Wahkeena Falls Loop, OR

This short, beautiful loop of 5 miles with 1,700 ft. elevation gain, starts at the Multnomah Falls Trail, then climbs the path to the top of the falls. There should be lots of wildflowers along the way. Beyond the falls the route follows the Larch Mountain Trail, passing six more waterfalls, and returns along Wahkeena Creek. There is the option of an ice cream stop at Multnomah Falls. Plan to meet at 9 a.m. to carpool. For more info and meeting place contact the leader: Sandy Gooch (text or email) 503.913.3510 sandygooch@comcast.net.

June 6-7, Sat-Sun, National Trails Day—Scout the Ski Trails Hike

Location: your favorite winter trail

Invite your friends and hike your favorite ski trail to see if work needs to be done. If the trail needs maintenance (blue diamonds or brushing), please let Ken know and it will be added to the list of trail tending projects. **Report needed trail work to: Ken Wenzel** skiwenzel@hotmail.com.

June 11, Thur, Intermediate Hike Mirror Lake and Tom, Dick and Harry, Mt. Hood, OR

We'll go by Mirror Lake at 1.7 miles, a subalpine lake which has a great, mirrored view of Mt. Hood. Then we'll continue up to Tom, Dick and Harry Mountain, a spectacular viewpoint which offers a southern view towards Mt. Jefferson. The hike will be 6.4 miles round trip with

1,520 ft. gain. Plan on meeting on the east side of Portland at 9 a.m. to carpool. For more info and meeting place contact the leader: Linda Schaldach 503.256.9715.

June 14, Sun, Intermediate Hike Cape Horn Trail, WA

The trail starts off Hwy. 14 near the Park and Ride, then climbs to Pioneer Point at 1.2 miles with views of the Columbia Gorge. We'll continue up, then drop down to the Russell Overlook—for another gorgeous view—and down to the closed section before retracing our route (the lower part is closed this time of year). Plan on meeting at 8:30 a.m. to carpool. For more info and meeting place contact the leader: Pam Rigor oncnewsletter@gmail.com.

June 17, Wed, Easy Urban Hike 🦮 SW Portland, OR

We'll walk from Wilson High School across the Raz-Baack bridge on SW Trail #6 to Safeway at Barbur Blvd. We'll go on to Spring Garden and wind down to Terwilliger Blvd., then down the stairs and around and across Barbur to the Terwilliger path, cutting down to Sunset and back to the school. The hike (6.5 miles with 400 ft. elevation gain) will show you areas and passages of Portland that you never knew existed! Bring a snack and water and dress for the weather. Well-behaved dogs are welcome; they must be on leash. There is no smoking allowed on this walk. Meet at noon behind the bleachers at Wilson High School (Sunset Blvd. and Capitol Highway). For more info contact the leader: Dean

dkokko@yahoo.com. June 20. Saturday, Trail Tending Party

June 20, Saturday, Trail Tending Party Trillium Lake, Mt. Hood, OR

Pitch in and help ONC-PDX develop the new Trillium Lake bike trail, which the Forest Service would like brushed and widened for ski and snowshoe use in the winter. We plan on starting work at Trillium Lake at 10 a.m. Carpool details will be worked out after you sign up.

For more info and to volunteer contact the leader: Ken Wenzel, skiwenzel@hotmail.com.

June 27, Sat, Intermediate Hike Siouxon Creek, WA

Hike through ancient forests, past green pools and waterfalls. This 7.8-mile round trip hike passes through a magical landscape, culminating at the 50-foot Chinook Falls. Plan on meeting at 8:30 a.m. to carpool. For more info and meeting place contact the leader: Pam Rigor oncnewsletter@gmail.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

Family-friendly, car-free bicycling in Portland this summer! Hosted by PDX's Department of Transportation.

North Portland (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 and the Peninsula Rose Gardens.

Northeast Portland (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.

Southeast Portland (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.

Tilikum Crossing/Sellwood (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.

www.portlandoregon.gov/transportation/58929



Hikers on top of Three Corner Rock

Join a Trail Tending Party this summer

It's time to set aside a day to work on

the ski trails. We are hoping to clean and brush trails at Old Man Pass, Tilly Jane, Trillium Lake, Mt. St. Helens and possibily more. It's up to YOU to make a difference! Working on trails is a great way to become familiar with trails that you have not skied before. Volunteer to lead a trail tending party or just come along. More work parties may be scheduled if work is needed and leaders volunteer.

To volunteer to lead a trail tender contact: Trail Tending Coordinator Ken Wenzel 503.297.2958 skiwenzel@hotmail.com.

What to bring: Most trail tending parties involve light brushing, tree limbing and the hanging of blue diamonds. Bring a comfortable pair of gloves to protect your hands, long pants and good shoes, preferably hiking boots. We provide the tools but quantities are limited. If you have tools that you don't mind sharing (pruning shears, long handled loppers, bow saws), feel free to bring them. Finally, bring a lunch, snacks and lots of water, as you are sure to work up an appetite.

Summer trail tending schedule:

June 6–7, Sat–Sun, National Trails Day Hike Location: your favorite winter trail

See day tours schedule for details. Report needed trail work to: Ken Wenzel skiwenzel@hotmail.com

June 20, Saturday, Trail Tending Party Trillium Lake, Mt. Hood, OR

See day tours schedule for details. For more info and to volunteer contact the leader: Ken Wenzel skiwenzel@hotmail.com

July 11, Saturday, Trail Tending Party Tilly Jane Ski Trail, Mt. Hood, OR

For more info and to volunteer contact the leader: Andrè Fortin tillyjanecabin@gmail.com

August 8, Saturday, Trail Tending Party Wind River, WA

For more info and to volunteer contact the leader: Ken Wenzel skiwenzel@hotmail.com

September 19, Saturday, Trail Tending Party Marble Mt. Ski Trail, Mt. Saint Helens, WA

For more info and to volunteer contact the leader: Ken Wenzel skiwenzel@hotmail.com

November TBD, Volunteer Recognition Party Portland, OR

After all that hard work, you need a pie—a pizza pie! Plan on joining us at our Volunteer Recognition Party to get recognized for your efforts.

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 tube
- Patch 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

NEWS FROM THE CABIN

This was one of the poorest winters in

recent memory! Mt. Hood ended up with roughly 9% of average snow for the year. I led the January maintenance club weekend trip and while there was some snow from top to bottom, we still had to walk up. Once at cabin elevation there was roughly a foot of hard pack, with more accumulation as you went higher. This was probably the zenith of the season for snow depth at the cabin unless you were one of the few who lucked out and hit a snow event. I missed one of those by one week! Generally, what snow fell this year fell at higher elevation. We can only hope this isn't a harbinger of things to come!

The cabin still enjoyed strong weekend and holiday usage but was less busy mid-week than in years past. I can only surmise that this was due to the lack of snow. While it may not have been as cold and wintery as in years past, we're still on track to burn most of this year's wood supply.

It was reported that the door glass on the stove was broken. A new one was purchased and installed.

Work parties are scheduled for July 11 and October 3. Plans for the July date include: "smoothing" out the trail between the campground and the cabin to allow for better cart access for the annual wood haul. We'll also be re-glazing the cabin windows and performing other needed maintenance. Finally, the October 3 weekend will be the annual wood haul and stacking party. The cabin will be closed to reservations but will be open to volunteers to stay over for both weekends. Please mark your calendars and plan on coming up and helping at one or both events.

Finally, I'd like to share some news concerning a project that the Forest Service is beginning to plan for. They are working on a Tilly Jane Hazardous Fuels Reduction project. The purpose of the project is to remove ladder fuel on 34 acres within and around the Tilly Jane Campground including the A-Frame, Guard Station, Cook Shed and Amphitheater areas. It should serve to protect the historic site from a large scale disturbance. For more info go to fs.usda.gov/mthood, click on "Land & Resources Management," then on "Projects," then scroll down and click on Polallie Cooper Hazardous Fuels Reduction."

Andrè Fortin, Tilly Jane A-Frame

OVERNIGHT TRIPS

SIGN-UP TIPS

- 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, not to leaders).
- Contact the leader with any questions you have. Do my skills fit the trip? Any special requirements or gear? Travel time?
- Read the overnight trip policies (see sidebars)!
- Sign up early so we'll have enough people cover trip costs: sign-ups can be made on the website (http://onc-pdx.org/events/victoria-bc-bike-trip/) or fill out an overnight trip application and mail it with your trip fee to the trip leader (make checks payable to ONC-PDX).
- 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 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.

July 1–5, Wed-Sun, All Level Bike Victoria, Canada/Port Townsend, WA Sign up by June 15 (space may be available after the deadline—contact the leader)

Two countries, two independence days, two sets of fireworks, and one Fiddle Festival, along with great biking!

Listen up. We have made a change in the annual July 4th bike trip this year. Instead of fighting the crowds in the San Juan Islands, we are going to Victoria, Canada! Plans are to drive to Port Angeles, take the 5:20 p.m. ferry to Victoria with only our bicycles. After we check in at our hostel in Victoria (and some private rooms), we will ride to enjoy Canada Day with fireworks later that night. For the next three days, we will ride bicycles on Vancouver Island: the Galloping Goose Trail, the Lochside Trail, the Interurban Rail Trail, and more. Then we will take the 3:00 p.m. ferry back to Port Angeles and drive to Port Townsend to camp, enjoy the fiddle music, and watch U.S. fireworks in the evening. We can return to Portland the next day and perhaps even catch part of the Waterfront Blues Festival!

Trip limit: 14 participants

Cost: \$180 per person for members; you must be a current ONC member before signing up for this trip. Includes 3 nights at hostel and 1 night camping.

Sign up on the website (http://onc-pdx.org/events/victoria-bc-bike-trip/) or send your ONC-PDX

overnight trip application and \$180 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 No	raic Club Overnigh	t Trip Application
TOUR NAME:	D.A	ATE:
		One application per perso
tour description in the newsletter.	Contact them for their address if it is not a	
NAME:		MBER: ☐ yes ☐ no* ☐ other ONC Chapter
*You must be a current ONC	member before signing up for ON	NC overnight trips
PHONE: (home)	(work)	(cell)
ADDRESS:		
CITY:	STATE:	ZIP:
E-MAIL**:		
** If you do not have an e-mail add	ess, please include a stamped, self-add	dressed envelope with your check and this form.
	Assumption of Risk and Liabi	ility Waiver
participating in the Oregon Nordic C hazards of mountainous, aquatic, or trailhead or point of departure. I am	wilderness terrain, accident, illness, the	re some degree of risk. I am aware that risks and dangers including, but not limited to the e forces of nature, and travel to and from the Il of the potential hazards of outdoor activities.
I will participate. I understand that the participating in these outings, trips, harmless the Oregon Nordic Club a liability, and demands of any nature instructors.	ne Oregon Nordic Club is a volunteer orgator activities, I have and do hereby assument its agents, tour leaders, officers, and if for the acts or omissions of the Oregon I	ne all the risks inherent in these activities and hold instructors, from and against any and all claims, Nordic Club or its agents, tour leaders, officers, o
note the cancellation policy. Refu	inds are not made unless a replacem	rting on page 6 before signing for for a trip; nent is found for your spot on the trip. isp?ta_arc=125858&pcod(this link is on our website
I have read and understand the	above statements concerning the Ore	egon Nordic Club's programs.
SIGNATURE:		DATE:
(Parent or Guardian must sign if the	trip participant is under 18 years of age))

Summer Overnight trips Would you like to lead a club backpack-

ing, biking or any other overnight trip this summer or fall? If you attended the winter trip planning meeting, you may be ready to take the lead. Make your 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 downloaded from the resources for trip leaders link on the website.

Leave your cars at home and use WET to the trailheads

West End Transit will has weekend service

through October 11. For \$4 a day hikers and bikers can use the bus to get to nine trailheads and communities in SW Washington. The stops are between Fisher's Landing Transit Center and Dog Mountain. You can start from Portland and Vancouver using TriMet and C-TRAN connections. Save gas money, reduce your carbon footprint, and avoid congestion, parking, and recreation pass hassles! The WET bus service supports the project vision of linking communities with recreation to benefit tourism and highlight and enhance the Coumbia Gorge (http://gorgefriends.org/section.php?id=81).

Bus schedule:

http://gorgefriends.org/downloads/ WET% 20Bus% 202015% 20schedule.pdf

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,

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onc-pdx.org Oregon Nordic Club Portland Chapter June 2015 **7**

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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 nonrefundable, 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.

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Portland Coal and Oil Forum

On Thursday, June 4 from 7:00-9:00 p.m. a

Forum, hosted by the Friends of the Columbia Gorge, on coal and oil transport in the Pacific Northwest will held at the Central Lutheran Church, 1820 NE 21st Ave. in Portland. The Forum will provide info on the ongoing campaign to prevent the permits for the associated terminals. Learn what to expect from the upcoming Draft Environmental Impact Statement hearings and how you can participate. Doors open at 6:30 p.m. Free, but registration required: http://gorgefriends.nonprofitsoapbox.com/event-calendar/event/367

For more info contact: Ryan@GorgeFriends.org.



Flowers along the Three Corner Rock Trail, May 23 hike

Discounts for ONC-PDX members and 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. 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

Welcome New Members!

Jackie Perry and Jeff Berend and Ruth Romer. Welcome back Darko Bratkovich.

May membership report: 274 total memberships (180 single and 94 family) includes 2 new and 1 renewal. Last year at this time there were 261 memberships.

BOARD MEETING MINUTES

Board Members present: Ann Truax, Susan Watt, Kim Davis, Scott Diamond, and Tim Kral Club Members present: Bill Yaeger

Minutes for the April meeting were approved.

Election of Officers took place and the following club officers were elected for the upcoming year: President — Ann Truax will serve another term, Vice President — Kim Davis will serve another term, Treasurer — Mary Hepokoski, serving another term, and Secretary — Scott Diamond. The treasurer's report for May was not submitted as Mary H. was not present at the meeting. Mary did present a financial report to the club membership at the May general meeting.

President's Report: An overnight trip planning session was held and there were 18 attendees. A report on this meeting will be in the upcoming newsletter. ■ It was announced that there will be a convention of the Federation of Western Outdoor Clubs. This will be held August 28–30, 2015 at Menucha. There is an \$85 fee to attend. The board discussed and agreed that if two people would attend, the club will cover the costs; participants would be required to write a report for the newsletter. This opportunity will be posted in the newsletter. Interested members should contact Ann Truax. ■ U.S. Forest Service Special Use proposals are open season June 1–30, 2015. Ann will contact Andrè concerning Tilly Jane, although it was acknowledged that the Tilly Jane permit was already renewed this year.

Website: Bill Yaeger brought up some issues with the State ONC website that has various links to the PDX-ONC website. Keeping information updated in different locations is time consuming and redundant. It was decided that Bill will request that the State ONC website have one link to the PDX-ONC website. It was also requested that the Overnight Trip Committee correlate trip signups with the website's online signup. This will be discussed by the Overnight Trip Committee and they will provide guidance to Bill on when trip signups will open up following the ONC-PDX Trip

June 2015 Oregon Nordic Club Portland Chapter

Extravaganza and other related issues.

Day tours: The club carpooling gas reimbursement policy was discussed and the Board decided to keep the policy as it is. It was suggested that the policy be easier to find on the website. ■ Leader incentives for day trips were proposed and Scott said he would like to meet with the day tour coordinators and discuss some ideas for this. Following that he will make some suggestions or proposals to the board. The day tour program suffered this year from low snow conditions, but the board hopes to engage more people and expand the opportunities for day tours next season.

Overnight trips: Several new trips were proposed at the recent overnight trip planning session. One will require a change in process because of the requirement that participants are confirmed by September 1, 2015. This and other ONC-PDX trip topics will be handled by the ONC-PDX Trip Steering Committee.

Membership: There was a brief discussion concerning past and current membership levels.

Nordic Issues: Nothing new was reported.

Tilly Jane: Nothing new was reported.

Publicity: It has been reported in the past that the club Facebook page is not updated. This was discussed and Scott volunteered to update the page. This would still be a great volunteer opportunity for a club member adept at social media to do. The Meetup site and Facebook are linked.

Old Business: No old business

New Business: The board will continue past years' tradition and have one or two extended board meetings over the summer. Tim Kral also suggested a member forum so that members could openly participate in a discussion of club policies, new suggestions, and generally share ideas and thoughts about the operation of the club. Tim volunteered to organize this for one of the general meetings.

Next Board meeting: TBD

Submitted by: Susan Watt, Secretary

CLASSIFIED ADS

FOR SALE: ► Mt. Adams View Property. 3.3 acre building site adjacent to the Flying L Ranch in Glenwood, WA with a spectacular view of the mountain. Private road, power and water to the site, perk tested for septic. Guaranteed view corridor. \$130k cash-out or \$145k with owner-carried contract. See Craigslist ad for photo and more info:

https://portland.craigslist.org/mlt/reo/5041657424.html

Jacquie 503.730.5571

8/15

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

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 6/15

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, boardlasted, rubber toe-cap, women's specific fit.

\$150 (Purchased new for \$200)

Amy ablumenberg@comcast.net 503.241.2768 6/15 FOR SALE: ► Fischer BCX8 Back-country Ski Boots, like new, 3 pin, size EU43. \$75. Mike 503.695.5385 6/15

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 6/15

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 6/15

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 6/15

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.

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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 vour choice. For more info contact the Overnight Trip Coordinator Ted Scheinman tedskier@gmail.com •

Oregon Nordic Club Portland Chapter June 2015



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



No June meeting and program

garbage so please try to minimize garbage. If you wish to bring a BBO, please BYOB—and your own plates, utensils and cups. We have to remove our own Bring a food dish and refreshments to share—beer and wine are allowed contact Ron Bekey for specific requirements. Thanks.

