

Oregon Nordic Club PORTLAND CHAPTER

NOVEMBER

2017

Trail tending in the snow

Saturday, October 14, we awoke to clear and sunny skies—very different from the last three days of rain,

hail, thunder, and tornadoes. So our valiant group of seven headed up to Mt. Hood to work on the Teacup Tie Trail. We expected to see a few inches of snow on the ground, to our surprise there was about eight inches at the Teacup cabin road, which had a fresh

Ken Wenzel



packed tire track. Since I hate carrying the ladder any further than necessary, I drove in the road and parked by the day use cabin. Then, as I watched, Viola turn into the road to follow me and her car bog down about ten feet off the road. I said, “this is not a good way to start a trail tending.” So we decided to unload the cars and get them back on the road before the snow softened more during the day.

We, finally, got underway hiking thru the 8–12 inches of fresh powder following the Teacup Lake Tie trail, brushing, limbing and installing diamonds as we went. We made good progress and arrived at the Pocket Creek Road at about 1:30 p.m. We had some lunch and enjoyed the view of Mt. Hood, in its fresh coat of snow. Afterwards, we slogged back on the trail, thru the snow that was getting soggy and dripping from the trees. We got back to the parking lot at 3:00 p.m. which left enough time to stop at Mt. Hood Brewery to wet our

thirst from a hard day of work. Many thanks to Bill Neuman, Viola Wax, Deborah Reyes, Kathy Burns, Steve Rearden, and Terry Hellard. We all had a great day being on the trail in the snow.

Ken Wenzel, *President*

Member spotlight: Jenn Puhl and Bill Rash

Jenn Puhl and Bill Rash learned about the Portland Chapter of the Oregon Nordic

Club 17 years ago, when they attended a presentation I did at REI on cross-country skiing. They both said that this sounded like fun and they have been having fun with the club for the past 17 years,

Ted Scheinman



going on numerous overnight ski trips—Crater Lake, Yellowstone, Glacier, Norway, Three Sisters, and Tilly Jane Cabin, as well as many day trips. Recently, they have been enjoying telemark skiing on perfect snow!

Jenn and Bill met on a field trip in their graduate program at Lewis and Clark College and have been enjoying outdoor activities together ever since. They both teach eighth grade science at opposite ends of the metro area, so they chose to live between the two schools. They chose to celebrate their

15th anniversary on the club's last trip to Rondone in Norway. Fortunately, we were able to find them a private room in the hytta for their anniversary evening, but it was not really a luxury—no heat, snow blew in through the windows and cracks—but they appreciated the gesture. Bill won the award for the most innovative item in their pack in Norway—a special French coffee press, so they could have good coffee every day on the trip. Their photo comes from this trip to Norway.

Jenn says that the club trips allow them to do trips that could not be done individually, so that they can push themselves further. They have made many friends through the club and look forward to doing more in the future, both going on and eventually leading trips. They both find the members on trips to be inspirational. With all the trips they have gone on together, they have had only three leaders—Scott Diamond, Susan Watt, and myself. They appreciate that they can relax from being in charge (of a classroom) and enjoy themselves. I really am thrilled when they sign up for a trip I am leading—they add so much to the group. So, look for them on your next ONC-PDX ski trip. Say hello and get to know them.

Ted Scheinman, *Board Member*

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See the schedule on p. 4

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

Nov 4-6 ▶ SATURDAY-SUNDAY

Preseason Nordic Fest

Mountain Shop, 1510 NE 37th Ave. Peruse the area's various Nordic clubs. Clinics. The finest Nordic foods. Presentations from various athletes and ambassadors. Get your skis checked! See page 4 for schedule. Info: mountainshop.net

Nov 7 ▶ TUESDAY

Ski Conditioning

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



Nov 8 ▶ WEDNESDAY

Preparing for the Unexpected—Outdoor Emergency Basics

6:30 p.m.-8:30 p.m. Hillsboro REI
Free! Info/sign-up: rei.com/learn.html

Winter Camping Basics

6:30 p.m.-8:30 p.m. Tualatin REI
Free! Info/sign-up: rei.com/learn.html

Nov 10-12 ▶ MONDAY

Grant High School annual Ski Swap

Consignments accepted Friday, Nov 10, 6:30-9:00 p.m. and Saturday, Nov. 11, 9:00 a.m. Sale hours Saturday 11:00 a.m. - 4:00 p.m. and Sunday 10:00 a.m. - 2:00 p.m. Picked up Sunday, 2:00-4:00 p.m. Info: grantclevelandskiteam.com/team-fundraising

Nov 13 ▶ MONDAY

Winter Is Coming: Avalanche Forecasting

6:30 p.m.-8:30 p.m. Mt. Shop, 1510 NE 37th Ave. An evening with the forecasters, snow observers, and educators of the Northwest Avalanche Center (NWAC). Free, but there is a raffle to help raise funds for NWAC!

Nov 15 ▶ WEDNESDAY

Vancouver Views and Brews: Day Hiking Olympic Peninsula

6:30 p.m.-8:00 p.m. Lucky Lab Northside Tap Room, 1700 N Killingsworth St., PDX. Doors open 5:00 p.m.

Food and drink. \$5 suggested donation. Also Nov 14 at Loowit Brewing, 507 Columbia, Vancouver, WA Info: mshinstitute.org

Nov 29 ▶ WEDNESDAY

Avalanche Awareness

6:30 p.m.-8:00 p.m. Portland REI
Free! Info/sign-up: rei.com/learn.html

Clinics & Training

Nov ▶ SATURDAYS

2017 Fall XC Training Series Portland, OR

(locations, times, and dates subject to change, check website for updates)
Sat, Nov 4, 9:30 a.m.-11:00 a.m., Mt. Tabor Park
Suggested donations \$10/session (\$20/series) for current and last season's Teacup Lake Nordic members (\$25 for non-members)
Info and sign-up: teacupnordic.org xcOregon.org
Sponsor by: Oregon Nordic Club Teacup Chapter and XC Oregon race team

December 1-10 ▶ FRI-SUN

2017 Oregon Fall Camp Mt. Bachelor, OR

Start your ski season off with one of the best camps in the XC ski world! Training lectures, wax clinics, and video review socials will be held twice over the camp period. For adult XC skiers and racers, low intermediate to expert abilities. Info/register: xcOregon.org/oregon-fall-camp

Jan-Feb ▶ SATURDAYS AND SUNDAYS Mazamas Nordic Ski School

Novice, Beginner, Intermediate, Advanced Classic; Nordic Downhill (Telemark); and Backcountry. Two-day series of classes during three weekends. Tentative dates: January (20, 21, 27, and 28) and February (3 and 4). Mandatory student orientation January 9, 6:30 p.m. Info/signup: mazamas.org (Education + Classes/ Nordic Ski School)

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 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: nwski.org fwsa.org federationofwesternoutdoorclub.org

Memberships are renewed September 1 each year: \$29 for single, \$35 for family/household. Join on the website. Info: oncmembership@gmail.com

ONC-PDX BOARD SKI TRACKS

Through years of careful management, the club finds itself in a favorable financial position.

The club of course needs adequate reserves to float overnight trip costs over the summer, cover failed trips, and other unforeseen circumstances. Nevertheless we have at our disposal a few thousand dollars and the board is looking into how to best use this money. All the discussion is guided by the club mission statement: The mission of the Chapter is to encourage, foster, and promote a greater interest in and understanding of the values of cross-country skiing, and to provide a means whereby its members may participate in a variety of social and recreational activities

There have been a number of very intriguing ideas:

- ▶ **Pizza**—Free pizza at all club meetings
- ▶ **First Aid**—Cover 100% of leader cost for taking a wilderness first aid class (at present time the club covers \$100)
- ▶ **Instructor**—Identify some number of tours as instructional tours and hire an instructor (e.g. Shelley Hakanson with WyEast Nordic)
- ▶ **Publicity**—Run ad for club in Willamette week or Mazamas or other publication
- ▶ **Member day**—Rent a commercial bus and take a group of us skiing to Mt. Hood for the day. Options of this include track skiing t Mt. Hood Meadows or catered lunch at Mazamas lodge. Cost for member would be free.
- ▶ **Ski for the Blind**—The club would cover the cost for up to 24 volunteers to spend two days volunteering at Teacup in the Ski with Visually Handicapped program.

Thanks to Mary Bourret for many of the ideas in the above list and we'd like to hear your ideas as well. We actually have the funds to cover most of the above projects ... but ... this ties into another project of the board which is volunteer projects. We'd like to see more participation across the club and to facilitate that we are identifying a number of short term, specific projects for volunteers. There will be more on this later but, the items listed above definitely fall into this category. Financially we have a real opportunity to do something new and exciting in the club and it is not going to happen without your assistance. So, please let the board know if you some new ideas to spend money in line with our mission statement and let us know if you'd be willing to help!

◆
Scott Diamond, Board Member

NORDIC ISSUES/NEWS

Volunteer to help with Nordic Issues

Do you have some time to track issues that affect skiers? Contact board members (see sidebar page 2) to volunteer.

Snow is coming back to the mountains.

Forecasts are for low snow levels (4,500 ft. to 2,500 ft.) for early November.

Gifford Pinchot National Forest

Winter Partnership Meeting The Gifford Pinchot National Forest will be having their winter recreation partnership meeting on December 6 in Stevenson, WA.

Mitch Auerbach, *Nordic Issues*, Pam Rigor, Editor ◆

Preseason Nordic Fest

That's right, the annual Preseason Nordic

Fest is upon us once again! Come hang out at the Mountain Shop November 4–5, to celebrate all things Nordic.

Saturday November 4

9:00–10:00 a.m. **Nordic instructing and coaching:** Meet, greet and learn about volunteering opportunities for Teacup Nordic Development program or come to learn about how to develop and refine your instruction and coaching methodology.

10:00 a.m.–6:00 p.m. **Informational tables, Nordic clubs and Nordic Center at Mt. Hood Meadows round room entry**

11:00 a.m.–12:00 p.m. **Fitting for Higher Performance:** Nordic poles, boots, and skis, flex testing and structure department

12:00–1:00 p.m. **Stance and alignment issues for performance and racing**

11:00 a.m.–12:30 p.m. **Basic to advanced Nordic ski maintenance and waxing**

1:00 p.m.–2:00 p.m. **Teacup Lake Nordic Ski Area Junior Development program**

1:00–3:00 p.m. **Grip waxing for beginners to expert**

4:00–5:00 p.m. **Choosing backcountry ski: technical tips for the Pacific Northwest skiers**

Sunday November 5

12:00–5:00 p.m. **Informational Tables- Nordic Clubs and Nordic Center at Mt. Hood Meadows**

12:00–1:00 p.m. **Morning Coffee Hour- X-C Tech Talk**

1:30–3:00 p.m. **Advanced Ski Maintenance and Waxing**

1:00–2:00 p.m. **Nordic Skiing Dream Destinations:**

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3:00–4:00 p.m. **Choosing Backcountry Ski Gear: Technical Tips for Pacific Northwest Skiers**

4:00–5:00 p.m. **Introduction to Alpine Touring/Randonee Skiing/Ski Mo (a.k.a A.T. skiing)**

5:00–6:00 p.m. **Mountain Shop Services for Nordic**

Racing Teams, coaches meeting

Info: mountainshop.net/events ◆

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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!

Tours 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. ONC-PDX policy is for a contribution by each passenger of 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 (Forest Service regulation). 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

continued on sidebar page 5

DAY TOURS

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

More tours will be listed on these websites:

onc-pdx.org/activities/day-tours

onc-pdx.org/forums

meetup.com/Oregon-Nordic-Ski-Club-Portland-Chapter

Note: dogs are only allowed on tours

Lets hike, bike or ski

Join the ONC-PDX leadership team...

Pick your favorite hiking, biking trail/route (or is there is snow ski) and take some of your ONC-PDX friends along to enjoy the outdoors.

Submit your tour using the Day Tour Input Form (on our website click on "Activities and Events" then click on "Day Tours") or just send an email with the tour description (by November 14, 8 p.m. for the December newsletter) to day tours at oncdaytours@gmail.com. Tour descriptions sent after the deadline will be posted on the website and, if you wish on Meetup. Last minute tours can be added too.

New to leading tours and need more info on how to get started? Send us an email and we'll get you up to speed.

◆ Laurel Dickie, Scott Diamond, Barbara Hayman, *Day Tours' Committee*

Columbia opens store to ONC-PDX members

Once again Columbia Sportswear will be opening their employee store to current ONC-PDX members between November 3–26 and the store hours are Monday through Saturday 10:00 a.m. to 7:00 p.m., Sunday 10:00 a.m. to 6:00 p.m. Bring the letter that was attached with your e-newsletter or show it on your mobile devices, your membership card, and photo ID. The store is located at 14100 NW Science Park Dr.

This is another benefit of your membership—another reason to renew. Check the sidebar on page 9 for more club discounts.

Oregon Sno-Park passes available at meeting

The club will be selling Oregon Sno-Park passes Tuesday, November 7, at the general meeting. Because we will not be charging a service fee, they will cost \$25. Look for someone selling them at the front of the room.

OVERNIGHT TRIPS

SIGN-UP TIPS

- ◆ Overnight trips are exclusively for members; join or renew your membership before signing up.
- ◆ 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 side-bar p. 7)!
- ◆ Sign-up on the website (onc-pdx.org/acitivities/overnight-trips).
- ◆ Sign up early so we'll have enough people to cover trip costs.
- ◆ If the trip is full, join the wait list by calling the leader. Last minute openings do occur!
- ◆ Purchase trip insurance. You are responsible for finding someone to take your place, if you cancel. Check onc-pdx.org/resources/trip-insurance

Nov 22–26, Wed–Sun, All Abilities Ski (plus Monday option) Sunriver Thanksgiving, OR Trip full, wait list open*

It's time to ski, eat turkey, and repeat. Nine members will spend four nights in Sunriver Resort, arriving at our house Wednesday evening and carpooling to the Mt. Bachelor Nordic Center and environs to kick off the ski season on



groomed and backcountry trails. Our new realtor is adding a fifth day free, so some may want to also spend Monday night in Sunriver.

We have had snow outside of our door some years, but usually start skiing at the Mt. Bachelor Nordic Center and beyond the

day after our Thanksgiving feast. The Nordic Center, with its miles of groomed trails, opens early in the season and offers a range of trails for beginning to experienced cross-country skiers and skaters. We will also be prepared for hiking, and the resort has miles of paved walking and biking trails as well as a recreation center to which we will have passes. We, ONC-PDX skiers, have learned to be flexible early in the year.

Sunriver Resort is 20 miles south of Bend, burdened by sunshine and dry snow. We will carpool there and share potluck meals. Our house is equipped with a hot tub, well-stocked kitchen and a fireplace. The area is also near the High Desert Museum, and some folks take time to wander through Sunriver Village or go to the holiday crafts fair. We will carpool there and organize potluck dinners. This is where ski season begins!

Trip limit: 9 participants (includes the leader).

***Check website/contact leader for trip updates**
onc-pdx.org

Cost: \$235/member, per person. Includes four or five nights' lodging.

**For more info contact the trip leaders: Elke Schoen and David Blanchard 503.239.9286
elkeschoen@msn.com davidkblanchard@msn.com**

**Dec 27–Jan 1, Wed–Mon, All Abilities Ski
Methow Valley New Year's Ski, WA
Trip Full, wait list open***

Methow Valley is an outstanding, unique area that is ideally suited for both classic track skiing and skate skiing. The Methow Valley Association grooms over 200 km of trail through the communities of Winthrop and Mazama. Trail elevations range from 2,000 to 4,000 feet. The snow conditions and trail quality makes the Methow Valley a skate skiers mecca.

We'll stay in two luxury condominiums in Winthrop with full accommodations. Plan for potluck dinners that we prepare in the fully equipped kitchens. Restaurants are always an option and are within skiing or walking distance along with grocery and convenience stores.

Considered learning to skate ski, lessons are available at Sun Mountain and in Mazama. In the past, several participants liked their newfound skill so much they decided to keep the rented skate skis for the entire trip. Speaking of skating, there is even an ice skating rink in town.

Trip limit: 12 participants (includes the leader).

Cost: \$270/member, per person. Includes five nights' lodging (\$60-80 groomed trail pass not included).

For more info contact the trip leader: Ted Scheinman 503.452.7432 tedskier@gmail.com

**Dec 29–Jan 2, Fri–Tue, All Abilities Ski
New Year's at Black Butte, OR
One space available***

Celebrate the New Year in the peaceful setting of Black Butte Ranch. No loud, inebriated parties here. Instead, settle in by the fire with a congenial group of Nordic skiers



and enjoy good food, wine and interesting conversations after an invigorating day in the outdoors. This central Oregon location is close to skiing at Santiam

Pass and the Three Creeks Area near Sisters. Mt. Bachelor Ski Area, which boasts access to prime backcountry skiing as well as groomed trails, is only 32 miles away. If the snow pack is low, hiking is always an option from the panoramic Smith Rocks to along the Metolius River, where otters play in its clear waters. Amenities at Black Butte include a hot tub and swimming pool at the Glaze Meadow Recreation Center, a short walk from our rental. For those who want to take a break from outdoor activities, the historic town of Sisters with its restaurants, bakery, bookstore and various shops is close by. This trip is sure to appeal to everyone who wants to relax and escape the humdrum of daily life. The accommodations are a large house with three queen bedrooms and a

bunkroom with two bunk beds.

Trip limit: 10 participants (includes the leader).

Cost: \$225/member, per person. Includes four nights' lodging.

For more info contact the trip leader: Ann Truax 503.756.8891 ann.truax@gmail.com.

**Jan 5–7, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane A-Frame Cabin, Mt. Hood, OR
Spaces available***

This trip also available the following weekend dates in 2018: February 2–4, March 2–4, and April 6–8

We'll backcountry ski to the ONC-PDX managed shelter on the Northeast side of Mt. Hood, a three-mile ski with a 1,900-foot gain up the Tilly Jane Ski Trail to the



Ken Wenzel

cabin at 5,700 feet elevation. Participants carry their own gear, including sleeping bags, pad, and food for all meals. We have a wood stove for cooking meals or heating water. Participants can also bring

their own stove and cooking pots. Experienced intermediate skiing skills with turning ability, good physical condition and navigation/route finding skills using map, compass, or GPS. Climbing skins are required.

Trip limit: 15 (max.) participants. Open to all ONC-PDX members and TJ cabin volunteers

Cost: Free (another club benefit). You must be an ONC-PDX member before signing up for this trip.

Sign up online (onc-pdx.org).

For more info contact: tillyjanecabin@gmail.com. We'll forward your request to the appropriate trip leader. Leaders TBD.

**Jan 8–11, Mon–Thur, All Abilities Ski
Summit Meadow Cabins at Trillium Basin,
Mt. Hood, OR**

One space available*

Here's your chance to stay on Mt. Hood and ski many of its trails without having to drive down the mountain at the end of the day. Skiing choices, without driving, include many of the trails in the Trillium Basin and Government Camp area or driving to Bennett Pass, Twin Lakes, or others. While this is an all ability ski, the group usually divides into two ski groups, one doing intermediate to advance backcountry skis and the other doing easy to intermediate skis. We will stay three nights in a house with two bedrooms and a loft, which will accommodate ten people. We will cook communally for breakfasts and dinners.

Trip limit: 10 participants (includes the leader)

Cost: \$75/member, per person. Includes three nights' lodging.

Sign up online (onc-pdx.org).

For more info contact the leader: Mary Hepokoski 503.245.1618 hepomp8@comcast.net.

**Jan 11–14, Thur–Sun, Intermediate/Advanced Ski
Ochocos' Backcountry, OR—Trip 1**

Trip full, wait list open*

cont. from sidebar page 4

includes a terrain rating plus a 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

continued on sidebar page 6

***Check website/contact leader for trip updates**

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cont. from sidebar page 5
ft. per mile elevation
gain.

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

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

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-PDX activity, “just in case.” Remember that cotton offers no insulation when wet. Choose wool or synthetics 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

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Pack your metal edged backcountry skis for adventurous skiing in the Ochoco high country. We’ll spend four nights in the wonderful Ochoco Ranger Station with usual potluck and adult refreshments. Weather permitting, we’ll take on Lookout, Round, and Slide Mountains. These tours will give us full days of skiing and hopefully a chance to do some nice turns coming down these slopes. You don’t need to be a Telemark skier but you should be a solid Intermediate skier for this trip.

Trip limit: 6 participants (includes the leader and co-leader)

Cost: \$75/member, per person. Includes three nights’ lodging. Not included is shared carpooling cost (350 miles about \$52 carpooling) and rotate preparation of dinners.

**For more info contact the leader: Scott Diamond
scott.diamond.mail@gmail.com.**

**Jan 12–15, Fri–Mon, All Ability Ski
Camp Sherman, OR**

Trip full, wait list open*

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



Dean K.

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

Trip limit: 15 participants (includes the leader)
Cost: \$255/member, per person. Includes three nights’ lodging.

**For more info contact the trip leader: Steve Levy
503.244.4262 slevy@pacifier.com**

**Jan 12–15, Fri–Mon, All Abilities Ski
Mt. Adams with WSTC (Washington Ski Touring Club) at the Flying L Ranch, WA**

Three spaces available*

We will be joined by the Washington Ski Touring Club on our joint MLK weekend adventures skiing the many trails and areas around the Mt. Adams area. Breakfast is included each morning. We will cook joint dinners together in the recently remodeled kitchen in the lodge. Then kick back and enjoy the fireplace and swap stories. We will break into groups each morning depending on abilities and interests. For those driving a Washington Sno-Park Pass is required.

Trip limit 14 participants (includes leader)
Cost: \$235/member, per person. Includes three nights lodging and three gourmet breakfasts.
Sign up online (onc-pdx.org).

**For more info contact the trip leader: Ken Wenzel
503.297.2958 skiwenzel@hotmail.com**

**Jan 19–21, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane Guard Station, Mt. Hood, OR
Trip full, wait list open***

This trip also available the following weekend dates in 2018: February 9–11, March 16–18, and April 13–15
We’ll backcountry ski to the ONC-PDX managed cabin on the Northeast side of Mt. Hood, a three mile ski with a 1,900-foot gain up the Tilly Jane Ski Trail to the cabin at 5,700 feet elevation. Participants carry their own gear, including sleeping bags, pad, and food for all meals. We have a stove for cooking meals and heating water. Participants can carry their own cooking pots although there are some at the cabin. Experienced intermediate skiing skills with turning ability, good physical condition and navigation/route finding skills using map, compass or GPS. Climbing skins are required.

Trip limit: 4 participants (max.), Open to ONC-PDX members only with preference given to Tilly Jane volunteers

Cost: Free (another club benefit). You must be an ONC-PDX member to sign up for this trip.

**For more info contact: tillyjanecabin@gmail.com.
We’ll forward your request to the appropriate trip leader. Leaders TBD.**

**Jan 19–22, Fri–Mon, All Ability Ski
Willamette Pass, OR**

Trip full, wait list open*

At more than 5,100 feet, Willamette Pass and surrounding areas offer a of cross-country ski experiences, from numerous un-groomed trails starting at Gold Lake Sno-Park to groomed trails at Willamette Pass Ski Area. We will be staying at a large, modern cabin north of Highway 58, 12 miles east of Willamette Pass. We will be a small group and will enjoy potluck dinners and perhaps a card game or two, depending on the desires of the group. Highlights of the trip will be views of Diamond Peak, Mount Thielsen, Odell Lake, and Crescent Lake. You will not be disappointed by what this area has to offer in terms of skiing and vistas!

Trip limit: 6 participants (includes the leader)
Cost: \$235/member, per person. Includes three nights’ lodging.

**For more info contact the trip leader: Ann Truax
503.756.8891 ann.truax@gmail.com.**

**Jan 24–29, Wed–Mon, All Ability Ski
Anthony Lakes, OR—Trip 1**

Trip full, wait list open*

Come experience the powder snow skiing that everyone talks about. You have choices of groomed trails, tele or lift skiing, backcountry or a mix of both. This is your chance to ski great quality snow at discount prices! We will be staying at the wonderful Good Bear Ranch just out of Baker City. For those that are interested and if the snow is good, we will ski at Meacham Divide for a couple hours on the drive over. We will plan on skiing at Anthony Lakes at least two days. I will work on planning a ski tour for the third day in the area for those interested. On Monday on

***Check website/contact leader for trip updates
onc-pdx.org**



our way home I am planning on taking Highway 204 from Elgin and skiing at Horseshoe Prairie for two to three hours. We will carpool over and split up the meal preparation for dinners. Everyone will

be responsible their own for lunches and breakfast. The lodge at Anthony Lakes does have food and drink service. At Good Bear Ranch we have had some excellent skiing right from the log cabin. Bedding and towels are provided. If interested, we will have one dinner in Baker City during our stay.

Trip limit: 10–14 participants (includes the leader)

Cost: \$340/member, per person.

For more info contact the trip leader: Ken Wenzel
503.297.2958 skiwenzel@hotmail.com

**Jan 26–28, Fri–Sun, All Ability Ski
Mt. Adams Lodge at the Flying L Ranch, WA
Eight spaces available***

Follow the flurries to Mt. Adams and join us for two days of skiing and relaxing in the lodge with its enormous stone fireplace. Nestled among the beautiful Ponderosa pines, Mt. Adams Lodge at the Flying L Ranch B&B is the closest overnight trip from the Portland area and a favorite of ONC-PDX. Saturday night we'll potluck. There are plenty of ski trails—beginning to advanced—awaiting you on this sunny side of the Cascades.

Trip limit: 19 participants (includes the leader)

Cost: \$170/member, per person. Includes two nights' lodging and two gourmet breakfasts.

Sign up online (onc-pdx.org).

For more info contact the trip leader: Donna Matrazzo 503.621.3049 matrazzo@msn.com.

**Feb 1–4, Thur–Sun, Advanced Backcountry Ski
Three Sisters Hut to Hut, OR
Trip full, wait list open***

This is a 22-mile hut-to-hut tour from Dutchman Flat near Mt. Bachelor to Three Creeks Sno-Park near Sisters. Although the route roughly follows the historic Metolius Windigo Trail at 6,500 feet, on the eastern edge of the Three Sisters Wilderness Area, we will attempt to explore nearby backcountry terrain—Broken Top Crater and Tam McArthur Rim. For that reason this trip is marked as advanced as we'll cover a more challenging route, which will require conditioning and skills.

Thursday evening we'll meet in Sisters at lodgings that are TBD, and then meet shuttle Friday at 8 a.m. at Three Creeks near Sisters. Friday and Saturday nights will be spent in huts along the route and Sunday evening we will drive home from Three Creeks. The terrain will be un-groomed, off-trail, with elevation and descent, although we will not be subject to avalanche danger. The two huts are fully stocked with food, beds, wood stove, and cooking facilities. They provide sleeping bags as well; so you only need to carry a bag liner and your personal gear and clothing! We can't anticipate the weather so the snow

conditions could vary from untracked powder to icy and anything in between. To see what is provided and photos of the huts, see: threesistersbackcountry.com/huts/nordic-traverse-huts

Trip limit: 8 participants (includes the leader)

Cost: \$285/member, per person, includes a shuttle, two nights in huts, food for two days and two nights with beer included! Additional expenses will be carpooling transportation expense, and food & lodging in Sisters Thursday night.

For more info contact the trip leader: Bill Newman
503.730.0562 whn@comcast.net

**Feb 2–4, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane A-Frame Cabin, Mt. Hood, OR
Spaces available***

(See January 5–7 trip description)

**Feb 7–11, Wed–Sun, All Ability Ski
Anthony Lakes, OR—Trip 2**

Trip full, wait list open*

We will carpool over on Wednesday, February 7 and stay at what we've been told is an amazing property—The Good Bear Ranch. A 5,200 square foot log cabin, 11 miles northwest of Baker City. There are seven bedrooms and three baths. Prior ski experience has been varied, with many opportunities around the property, as well as at Anthony Lakes with 30 km of groomed double track and 11 km of single track plus a ski lift, if that is where your interests are.

Bring your own breakfast and lunch; we will potluck for the dinners.

Trip limit: 10 participants (includes the leader)

Cost: \$280/member, per person Includes four nights' lodging.

For more info contact the trip leaders (Shannon and Steve Planchon): Shannon Planchon 503.467.8599
shannon.planchon@gmail.com

**Feb 8–13, Thur–Tue, All Ability Ski/Snowshoe
Glacier National Park, Montana
Trip full, wait list open***

We will take Amtrak overnight to Essex, Montana, adjacent to Glacier National Park for a wonderful ski vacation! Leave Portland on Thursday afternoon, February 8 and arrive Friday morning to sparkling snow and the cozy Izaak Walton Inn. On Friday, ski or snowshoe on the 30 km of groomed trails, or relax in the Finnish sauna or Olympic size hot tub. On Saturday, we will take a van up to Marias Pass on the Continental Divide for some true off-trail skiing, with magnificent views. On Sunday, we will travel to the Going to the Sun Highway, which is not

Jennifer Klump



plowed in the winter. On Monday, we can ski the magnificent Dickey Bowl, the groomed trails, or other ski trails in the area. Each

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**OVERNIGHT
TRIP POLICIES**

1. Only Oregon Nordic Club members may participate on ONC-PDX overnight trips, even if it is a trip for which no money is collected. Non-members may join the club when signing up for an overnight trip. The membership fee can be paid at this time. The only exceptions are overnight trail tending work parties and Tilly Jane Club weekends, which are open to volunteers on those projects.

2. Overnight trip sign-ups are done online at the club website (onc-pdx.org/activities/overnight-trips). The website will begin accepting applications at noon on the day following the October general meeting. Once accepted, the participant will receive a confirmation email from the trip leader. To complete the sign-up process, the member must also email their completed Overnight Trip Application (<https://onc-pdx.org/wp-content/uploads/2017/10/ONT-Application-092617-fillable.pdf>) to the trip leader. The on-line booking system may show that trips are full before they actually are. If this is the case, members should contact the leader to confirm the trip status. Members are encouraged to apply to the wait list by sending the leader a copy of their completed application with a check for the amount of the trip. Their check will be held by the leader until a spot opens up and if not, the leader will destroy the check and notify the applicant.

3. Restrictions on

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***Check website/contact leader for trip updates**

Oregon Nordic Club Portland Chapter

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

WAIT LIST

5. If a trip is full, participants may choose to be placed on the wait list, if an application is submitted with the trip fee. If space becomes available, wait list participants may then choose to fill the space or decline. If participation is declined the full payment is refunded.

Trip Cancellation Policy

6. If canceling, contact the trip leader immediately. There may be a wait list.
7. Participants are responsible for finding a replacement, which may include contacting people on the wait list.
8. Trip fees and deposits are non-refundable, unless a replacement is found. Commercial travel insurance is highly recommended.
9. Once a replacement is found, the participant must send written/email refund request to the overnight trip committee. When the replacement has been confirmed and payment received, a refund will be issued within 30 days, less \$10 administration fee.
10. If the club cancels the trip, the full amount paid will be refunded. Trip cancellations are decided by the Overnight Trip Committee.

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night, we can enjoy a gourmet meal in the restaurant, read a good book by the fire, participate in exciting ONC-PDX board games, or relax. On Monday night, February 12, we will board the westbound overnight train back to Portland. As we pull back into the train station in Portland on Tuesday morning, you will wonder why you waited so long to take this trip.

Trip limit: 20 participants (includes the leader)

Cost: \$440/member, per person. Includes four days of skiing (trail passes included), all transportation, three nights' lodging double occupancy at Izaak Walton Inn. Meals on the train and at Izaak Walton Inn are available for purchase at an additional cost. Sleeper accommodations may also be available on Amtrak for an additional cost.

For more info contact the trip leader: Ted Scheinman 503.452.7432 teds skier@gmail.com

Feb 9–11, Fri–Sun, Intermediate Backcountry Ski Tilly Jane Guard Station, Mt. Hood, OR

Trip full, wait list open*

(See January 19–21 trip description)

Feb 12–16, Mon–Fri, Intermediate/Advanced Ski Ochoco, OR—Trip 2

Two spaces available*

We will drive over on Monday February 12 and come home on Friday February 16. Come enjoy some wonderful Eastern Oregon forest trail skiing. We'll have drier higher elevation snow at 5,000 feet plus and the chance to see wild horses close to the cabin.

We will be staying at the Ochoco Ranger Cabin with skiing right out the door. Our food plan is shared meals for dinner and on your own for breakfast and lunch. The lodging is rustic but comfortable, there are beds but you will need a medium sleeping bag and pillow and towel. The cabin has electric heat and a shower. We will plan on carpooling from Portland and skiing Monday afternoon after we unpack and change at the cabin. I plan on skiing at Walton Lake, Ochoco Summit, and Lookout Mountain.

Trip limit: 5–7 participants, based on beds (includes the leader)

Cost \$105/member, per person.

Sign up online (onc-pdx.org).

For more info contact Ken Wenzel 503.297.2958 skiwenzel@hotmail.com

Feb 16–20, Fri–Tue, All Ability Ski Sunriver President's Day Weekend, OR

Trip full, wait list open*

Join your fellow cross-country skiers to the sunny side of the state for four nights at Sunriver Resort 20 miles south of Bend for three plus days of skiing at and around Mt. Bachelor. We can ski from all of the sno-parks near the mountain or at the Mt. Bachelor Nordic Center. There is something for everyone in this area; groomed trails, skating, and backcountry. We will carpool to Sunriver and to the trailheads each day and will arrange potluck dinners. There are also restaurants and a supermarket in Sunriver. The resort offers miles of paved walking and cycling trails, and we will have free passes to the recreation center and be able to use the indoor pool, relax by the fireplace or in

our house's hot tub. Some folks enjoy walking to Sunriver Village to browse the shops, to the Nature Center or to the observatory. Other years, we have skied at Paulina Peak or hiked to waterfalls and will keep those options open this year also.

Trip limit: 9 participants (includes the leader)

Cost: \$180/member, per person. Includes four nights' lodging.

Sign up online (onc-pdx.org).

For more info contact the trip leader: Richard Crimi 503.726.8998 richard_crimi@hotmail.com

Feb 17–25, Sat–Sun, Intermediate/Advanced Ski Skoki Lodge and Canadian Rockies

One space available*

The Canadian Rockies provide some of the most scenic skiing on the planet and on this trip we'll ski right into the heart of the Rockies as we spend three nights in the historic Skoki Lodge, a national historic site. It is rustic and isolated. So rustic that it has outhouses and doesn't have electricity. So isolated that the only way in is to ski 11 km through the backcountry. You'll need to be an intermediate skier to make it into this lodge. Six of us will share a cabin, sleeping on bunk beds and cots for three nights. Clearly not the Ritz-Carlton but Skoki does make up for these hardships by providing excellent meals and access to some of the best skiing in the Rockies. Depending on abilities, we'll explore the bowls or canyons around the lodge. Short of snow camping in a tent there is no better way to experience this wilderness.

Since we've made the drive all the way up to Lake Louise, after Skoki we'll kick back by staying four more nights at a condo in the Canmore area. From here we can enjoy the usual skiing the Rockies offer with everything from world-class skate skiing to downhill and in between.

Trip limit: 6 participants (includes the leader and co-leader)

Cost: \$675/member, per person. Includes eight days accommodations and food while at Skoki lodge, but does not cover food while in condo. Not included is the hotel on drive up, carpooling costs (1,500 miles, approx. \$225), and any park passes we may need.

Sign up online (onc-pdx.org).

For more info download the packet (onc-pdx.org/wp-content/uploads/2017/05/Skoki_1_Pricing.pdf) or contact the leader: Scott Diamond scott.diamond.mail@gmail.com.

Mar 1–5, Thur–Mon, All Ability Ski Wallowa Mountains, Joseph, OR

Trip full, wait list open*

Spend four days skiing in the fabulous Wallowa Mountains in Eastern Oregon! We will stay in a large log house close to Wallow Lake. The house will easily accommodate the whole group and we will have potluck dinners. There are opportunities for all levels of skiing in the area. We'll carpool from Portland on Thursday, arriving in Joseph in the 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.

Trip Limit: 12 participants (includes the leader)

***Check website/contact leader for trip updates
onc-pdx.org**

Cost: \$170/member, per person. Includes four nights' lodging

Sign up online (onc-pdx.org).

For more info contact the leader: Susan Watt
503.201.3977 susniam@gmail.com

Mar 2–4, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane A-Frame Cabin, Mt. Hood, OR

Spaces available*

(See January 5–7 trip description)

Mar 3–17, Sat–Sat, All Ability Ski
Ski the Alps in Austria and Italy
Trip full, wait list open*

Intrepid ONC-PDX members will travel to Austria for five days of skiing in the Alpine region where the Winter Olympics are held, then take the train to Italy for four days of skiing in the heart of the Dolomites. This should tire us out enough to be ready for the optional singing gondola ride in Venice on our way back to the US.

European breakfast buffets and trailside chalets provide the human fuel to keep us going on the fully groomed trails for skate and classic. No need to bring snowshoes as there are even paths groomed for walking.

Some participants will take a day off skiing to tour the museums and palaces in Innsbruck. Regardless, this is an adventure filled with fine dining and great skiing.

Trip Limit: 18 participants (includes the leader)

Cost: \$2950/member, per person. Includes airfare, lodging (two weeks), some breakfasts, lift passes, and ground transportation.

For more info contact the trip leader: Sam Digard
sam.digard@gmail.com

Mar 6–11, Tue–Sun, All Abilities Ski
Methow, WA—Trip 2

Trip full, wait list open*

Perhaps you haven't had enough sun, powder snow, and zillions of miles of groomed trails in open country with a view in all directions. Perhaps the dark descended too soon when you were last here at New Years, and you didn't have time to thoroughly exhaust yourself. Well then,



here is another chance to ski the Methow Valley, with longer days, warmer temperatures, and the same wonderful ONC-PDX companions. Twelve of us will stay in

Winthrop, WA, at the same adjoining condos near 200 km of groomed trails winding through Mazama and Winthrop. It is a long drive to north central Washington and is worth it, for the quality of skiing and change of pace. Classic and skate skiers will appreciate the variety of trails and dry snow. Do join us. Of course, we will eat and socialize, maybe go into town to the Schoolhouse Pub, bookstore, art gallery or glass blowers, skate at the community rink or sink into the couch with a book, but we will certainly cover the kilometers on skis!

Trip Limit: 12 participants

Trip Cost: \$215/member, per person. Includes five nights' lodging.

Sign up online (onc-pdx.org).

For more info contact the leader: Elke Schoen
503.239.9286 elkeschoen@msn.com

Mar 15–18, Thur–Sun, Intermediate/Advanced Ski
Three Sisters Hut to Hut, OR

Trip full, wait list open*

This is a 22-mile hut-to-hut tour from Dutchman Flat near Mt. Bachelor to Three Creeks Sno-Park near Sisters. The route roughly follows the historic Metolius Windigo Trail at 6,500 feet, on the eastern edge of the Three Sisters Wilderness Area. We will meet our shuttle Friday at 8 a.m.



Richard Crimi and Susan Watt

at Three Creeks near Sisters. Friday and Saturday nights will be spent in huts along the route, and Sunday evening we will drive home from

Three Creeks. The terrain is un-groomed, rolling to gentle slopes and will not be subject to avalanche danger. The two huts are fully stocked with food, beds, wood stove and cooking facilities. They provide sleeping bags as well; so you only need to carry a bag liner and your personal gear and clothing! We can't anticipate the weather so the snow conditions could vary from untracked powder to icy and anything in-between. For what is provided, and photos of the huts, use this link: threesistersbackcountry.com/huts/nordic-traverse-huts

Since the distance between huts is only eight miles on average there should be time for additional skiing and exploring opportunities.

Trip limit: 8 participants (includes the leader)

Cost: \$285/member, per person. Includes a shuttle, two nights in huts, food for two days and two nights with beer included! Additional expenses will be carpooling transportation expense and food and lodging in Sisters Thursday night.

For more info contact the leader: Susan Watt:
503.201.3977 susniam@gmail.com.

Mar 16–18, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane Guard Station, Mt. Hood, OR

Trip full, wait list open*

(See January 19–21 trip description)

Apr 6–8, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane A-Frame Cabin, Mt. Hood, OR

Trip full, wait list open*

(See January 5–7 trip description)

Apr 13–15, Fri–Sun, Intermediate Backcountry Ski
Tilly Jane Guard Station, Mt. Hood, OR

(See January 19–21 trip description)

Trip full, wait list open*

cont. from sidebar page 8

Travel Insurance

Commercial travel insurance is available from a variety of providers. Please see (<https://onc-pdx.org/resources/trip-insurance>) for a listing of some trip insurance companies.

ONC-PDX does not endorse any of these agents or providers. ♦

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

Mountain Hardwear, 722 SW Taylor Street—15% discount on purchases. Special week (November 1–11) of 30% discounts. Current membership card required. mountainhardwear.com

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-PDX

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***Check website/contact leader for trip updates**

Oregon Nordic Club Portland Chapter

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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
10% discount on
purchases of ski
equipment and
apparel. They also
have cross-country
ski package rentals
for the entire
season.
ottoskishop.com

Wy'East Nordic
offers ONC-PDX
members a 10%
discount on cross-
country ski and
telemark lessons.
wyeastnordic.com

Jupiter Hotel,
PDX and **Hood
River Hotel** in
Hood River give
ONC-PDX members a
15% off when
booking online. ♦

Glacier National Park



Ted Scheinman

Glacier National Park



Pam Rigor

Welcome new members! Kathleen Belusko, Bruce Bradshaw, and Kimberly Mander, John and Barbara Degenhardt, Marie Dion, Pierre, Frederique, and Nathanielle Blouin, Alice Eaton, Don Erickson, Joanne, Paul, and Kyle Grugan, Julie and Boni Metzger, Deborah Reyes, Kathy Reynolds, Peggy Samolinski, Christina Sjoquist, Jeri Tess and Christopher Van Bommel

Welcome back Kit Siegel and Ed Wortman

October membership report: 319 total memberships (212 single and 108 family), includes 13 new and 3 renewing(non-renewals are still included in this count). Last year at this time there were 320 memberships.

BOARD MEETING MINUTES

Minutes of ONC-PDX Board Meeting October 24, 2017 at MMC

Board Members Present: Mary Bourret, Ted Scheinman, Ken Wenzel, Scott Diamond, André Fortin and Laurel Dickie (by phone from Maui!) **Board Members Absent:** Tim Kral **Other Members Present:** Ann Truax, Susan Watt and Sam Digard

Next board meetings: November 28, 6:00 p.m., December 19, 6:00 p.m. at MMC

Treasurer's Report: Provided by Mary H but not reviewed in meeting

President's Report: No report

Website: No report

Day Tours Committee: No report.

Overnight Trips Committee: Concern was expressed about safety of overnight trip and day tour due to behavior of one member. Board approved removing member from club. Sam-talk to appropriate trip leaders about removing individual. There was a general discussion of process to address safety or other concerns with members, which are inappropriate. The attendees shared a number of examples of issues in the past. It is clear that the club needs a process to handle removing or limiting a club member's activity as well as re-instating. Scot-Talk to Mazamas about any process they have set up.

Tilly Jane: Wood stacking, had 100 people! OPB will do show on volunteerism with focus on TJ.

Removed two cedar trees for shingles. Next activity-Bringing down hazard trees. Next activit-Putting in security gate

Membership: REI-wants to do huddle with REI team. Set up table at stores. Tualatin and Downtown. Ted to seek volunteers for table on Nov 18, Nov 25, Dec 9, Dec 10

Publicity: Scott to give talk on November 5 at Mt. Shop PreSeason Nordic Festival on "Nordic Skiing Dream Destinations"

Nordic Issue: No report

Trail Tending: No Report.

New Business

Leader Training: Training should focus on overnight tour and mechanics of tour. Training should include discussion of removing members. Agree target date for training in April. Scott and Sam to work together to develop syllabus.

Volunteer Proposal: If one leads a total of five or more of the following: Day tour, Tilly Jane Volunteer day (wood haul), Trail maintenance, Committee membership (each committee counts as one day tour even if there are multiple meetings). Then that person gets to sign up at front of queue for one overnight trip in the following fall. The above was approved by the board.

Feedback on signup: General discussion of what could be improved/implemented. ONTC will provide future recommendations.

Budget: Mary B provide a number of well thought out recommendations (attached).

Board was very excited about all the opportunities, if we can find volunteers to organize.

Scott will email all with current suggestions for spending and we will have email dialog gathering suggestions and seeing which we like the most.

Volunteer Projects: We did not have time to review volunteer projects. Scott will email all with current suggestions for volunteer projects and we will have email dialog gathering suggestions and seeing which we like the most.

Scott Diamond, Secretary

Minutes of ONC-PDX Board Meeting September 26, 2017 at MMC

Board Members Present: Mary Bourret Ted Scheinman Ken Wenzel Tim Kral Scott Diamond **Board Members**

Absent: André Fortin, Laurel Dickie

Minutes from last meeting are approved.

Next board meetings: October 24, November 28, December 19

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Board Meeting Minutes continued from page 10

Treasurer's Report: Approved August expenses.

President's Report: No report.

Website: No report, fingers crossed for online signup.

Day Tours Committee: No report.

Overnight Trips Committee: No report.

Tilly Jane: No report.

Membership: No report.

Publicity: No reports

Nordic Issue: No reports

Trail Tending: No report.

New Business

Newsletter: Susan Watt brought up issue with information in newsletter out of sync with information on website. Board would like newsletter to limit the number of policy items listed in newsletter and for these matters to point members to website. **State Business:** Ted S and Mary B will be rep for state meeting this Saturday. ■ We reviewed the budget and did not see any issue Ted and Mary to provide approval.

Sno-Parks: Board approves Sno-Park purchases to be sold to club members. **Volunteer Recognition:** Board approves doing same as last year for volunteer recognition (include all volunteers). ■ Suggest we share purchasing of gift card with other merchants (e.g. REI). ■ Ken will put together slide show of volunteer work, which can be shown at start of meeting. ■ Club will pick up cost of pizza and cake

Mary H to order cake. ■ Send list to Ken of volunteers.

Budget: Draft budget approved. ■ The club has accumulated sufficient money that it can spend some money on special projects to grow membership or enhance the club experience. Each board members is requested to brainstorm ideas for spending funds. The following ideas were brought up at the meeting: ■ Free pizza at club meeting. ■ Rent a bus and have a free ski with us day. ■ Increase reimbursement for approved classes. ■ Cover cost for those volunteering in ski for the blind program. ■ Cover Teacup fee when we lead a trip to Teacup. ■ Pay for large ad at Willamette week or other publication. ■ Hire publicity expert. ■ Scott-Communicate to day tour committee that we are open to spending for appropriate proposal. ■ Ted-Communicate to membership committees that we are open to spending for appropriate proposal. ■ Ken-Communicate to ONTC that we are open to spending for appropriate proposal. **Misc.:** Ken look through to see if we have policy for reimbursement if trip is cancelled due to act of nature (for example canceling of Cycle Oregon this year and return of only half initial payment)

Volunteer Projects: We could do a better job at engaging volunteers when they are available to volunteer for the club. We always have a need for trail tending and leading day tours but beyond that we would like to involve volunteers on projects. Each board member is requested to brainstorm on ideas for volunteer projects. The following ideas we brought up at the meeting. ■ Be a liaison/organizer for the club to the blind skier program. ■ Liaise with Mazama Nordic instruction to better tie the two clubs o Develop Leader training. ■ Be a backup for Monthly meeting. ■ Liaise to other clubs (e.g. Portland Wheelman). ■ Write newsletter articles. ■ Contact Willamette Week about doing an article on the club. ■ Manage/Update Facebook site. ◆

Mary Bourret, Vice-President

CLASSIFIED ADS

WANTED: ► **Ski boots and skis** Leather Women's sz 9. No wax touring skis, metal edged for in and out of track touring @ 170 cm. **Claudia claudia.montagne@gmail.com** 1/18

FOR SALE: ► **Ski Boots** Salomon RC Carbon Prolink recreational/classic boot with NNN toe clip. Men's 10.5. Worn just twice, excellent shape. Retail at \$249, asking **\$125**. **FOR SALE:** ► **Hiking Boots** Vasque Breeze III GTX Men's size 12 Vibram Megagrip sole, Goretex. Worn only once. Retail for \$180, asking **\$90**. **FOR SALE:** ► **Down Vest** Montbell Superior vest. Men's large, black. Like new condition. Retail at \$109, asking **\$50**.

Richard richard_crimi@hotmail.com 503.726.8998 11/17

FOR SALE: ► **Skis** Atomic Telepathic telemark skis 170cm, Voile Tele bindings, heel lifts. **\$75**. **FOR SALE:** ► **Bindings** Riva Super Loop ultralight telemark / backcountry touring bindings, new **\$60 OBO**. **FOR SALE:** ► **Boot liners** Scarpa

Intuition ski boot thermo form liners. Used one season. Size 30.5 (used in a 30 Scarpa Boot) Can be reformed several times. **\$65 OBO**. **FOR SALE:** ► **Ski Boots** AirTex NNN-BC Ski Boots,

Thinsulate insulated, very warm, excellent condition. Size 47 **\$40 OBO**. **FOR SALE:** ► **Ski Helmet** GIRO ski helmet size Small fits child **\$25 OBO**. **Russ russ.bec@gmail.com** 11/17

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 an attachment preferred**—(with no formatting i.e., no bold ext or tabs), 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.**

Methow Valley, WA



Scott Diamond

Methow Valley, WA

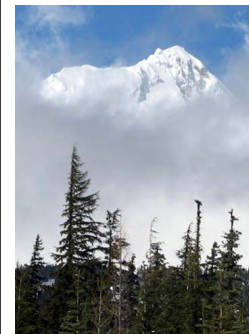


George Ammerman

Methow Valley, WA



Ted Scheinman



The snow is coming!

Portland, OR 97208-3906

Ski Conditioning

Jens Matson, Physical Therapist at Therapeutic Associates in NE Portland, will give a hands-on (and legs-on!) presentation about ski conditioning—how to stretch to avoid injuries, and how to get yourself in shape for skiing. Come prepared to do some stretching during the meeting!



**Lucky Labrador
Brewing Company
1945 NW Quimby St.
Tuesday, November 7
6:30 p.m. Volunteer
Appreciation
Night**

7:30 p.m. Program
Pizza and cake provided by the club. Drinks available \$



Door prize: Pick up a raffle ticket at the meeting for the drawing — you must be present to win.

Oregon Sno-Park passes will be available for purchase (\$25) at the November general meeting.

Upcoming programs

December 5-Show-and-Tell: gear and clothes
January 9-Habitat for Humanity volunteer adventures



Oregon Nordic Club
PORTLAND
CHAPTER



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

Northwest Portland.