

## ONC-PDX conquers the alps

**This year, 2020, we added a downhill component to our trip, to the alps, as the Sella Ronda is one of the alpine adventures that no one should miss. Now here we are a week after returning and no one has any sign of the flu. Exercise is one of the key ingredients to staying healthy, so yea to us.**

The intrepid group flew to Munich then boarded the train to Austria. Five days of exploring the hills and valleys around Seefeld and neighboring towns on skis.

Sam Digard



We got pretty good at learning the bus schedules as the trailhead was a 20-minute bus ride some days. It is incredible to be on a full local bus where every passenger has skis. A few people ventured to Innsbruck for a day to do some urban exploring. There was even a schnapps shop in Innsbruck with over 200 types, all available in bulk. Also, I have to mention the Tyrolean architecture is worthy of an entire ONC-PDX newsletter filled with pictures. The food is pretty good too, but in my opinion the Italians have the market cornered on good food.



Sam Digard

How's that for a clever segway into the Italy half of the trip? Most of the group went to Val Gardena to ski in the Dolomites. A few continued on page 3

## Yellowstone dream trip

**This year's Yellowstone ski trip had it all—sun shine, great skiing, scenery, animals, geysers, great participants, and even easy travels. Since ONC-PDX's first ski trip in 1988, I have led this trip almost every year and I have never yet been bored!**

Ski tours from Old Faithful to the Continental Divide along the Spring Creek Trail to Lonestar Geyser had the perfect combination of fluffy snow and scenery. People chose various routes—challenging to the Shoshone Lake Lookout, intermediate level skiing from the divide and returning on the Howard Eaton Trail, and easier by skiing on the Lonestar Trail and Kepler Cascades Trail—something for everyone. The more aggressive skiers did the long ski loop along the Mallard Creek and Mallard Lake Trails. Others spent time skiing in the Upper Basin, enjoying the water features of Biscuit Basin, Black Sands Basin, and the trails around Old Faithful.

continued on page 2



Ted Scheinman

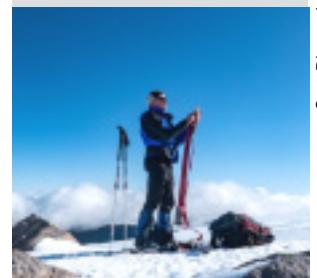
## Annual Membership Meeting canceled, but polls still open

**The polls are still open! Yes, you can and should still vote in the annual election of new and returning Board members. Voting is easy and quick, go to the website 'Vote for ONC-PDX Board Members' under the 'Members Only' menu tab. There, you can read the candidate statements. Make your choices and click the vote button. Per the bylaws there is one vote per membership, whether family or single. Online voting will remain open until 6:30 p.m. April 6. The results will be announced on April 7. The ONC-PDX Annual Membership Meeting, originally scheduled for April 7 has been canceled.**

◆  
**Steve McCabe, Elections Committee**

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Scott Diamond

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## EDITORIAL NOTES

**The newsletter is published the first of every month. The deadline for submissions is the 15th day of the prior month.**

Send submissions to oncnnewsletter@gmail.com as a Microsoft Word document, or compatible program (no formatting i.e., no bold text, all caps text, tabs or other settings) as an attachment (preferred); compatible text files as an attachment; and put text in an email with no formatting. Photos: send as jpg attachment.

**Corrections:** email 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

All events have been canceled

## FWSA's Snowsports Convention rescheduled

**The Far West Ski Association's 88th Annual Convention, scheduled to take place May 28–31, 2020, is being rescheduled to June 2022.** They were unable to find a suitable date in 2020 that would work, and still keep our members and member partners safe. Northwest Ski Club Council had planned a terrific five-day-event for you all. So, in two years, they just do it all over again. ♦

## Forests closed due to Covid-19 Pandemic

**On March 19 both Gifford Pinchot and Mt. Hood National Forest temporarily closed**

National Forest campgrounds, day-use sites, trailheads, Sno-Parks, cabin rentals, and other developed recreation sites to support the State of Oregon's Executive Order to avoid unnecessary travel and will reduce pressure on local emergency services. More info: [fs.usda.gov/alerts/mthood/alerts-notice/?aid=56931](https://fs.usda.gov/alerts/mthood/alerts-notice/?aid=56931)

The Deschutes, Willamette, Ochoco Forests followed with a closure order on March 27. "To support state and local measures directing people to stay home to save lives, effective March 27, 2020, all Deschutes National Forest campgrounds, day-use sites, sno-parks and trailheads will be closed through May 8, or until such measures are lifted." More info: [fs.usda.gov/alerts/deschutes/alerts-notice/?aid=56824](https://fs.usda.gov/alerts/deschutes/alerts-notice/?aid=56824) ♦

**Yellowstone dream trip** continued from page 1

Skiing out of Mammoth Hot Springs focused on the Lamar Valley, where we were treated to amazing numbers of animals—a pack of 18 wolves, coyotes, fox, bison, elk, bighorn sheep (see photo to the right), and eagles. We viewed animals in the morning and skied on the scenic Bannock Trail, ending up in the small village of Silver Gate. We skied the Upper Terrace Loop and enjoyed the famous Terraces. And we discovered a new hot springs—a new (actually reopened from 50 years ago) Yellowstone Hot Springs, with pools of 100 degrees, 90 degrees, and 60 degrees (brr) that was just opened last year.

We were treated to gourmet meals (a bit expensive sometimes) and the newly remodeled Mammoth Hot Springs Hotel with luxury rooms and private baths.

The drive to Yellowstone and back was easy and without incident. Those who flew had easy flights.

Writing this a few weeks after we returned, it is relaxing to remember of a time when we did not have to practice social distancing and worry about the future of this country and the world. ♦

**Ted Scheinman, Trip Leader**



TedScheinman

**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, for members only.
- ▶ Clinics and lessons
- ▶ **Discounts at selected merchants (see p. 11)**
- ▶ Member rates on Mazama activities (excludes classes) and use of Mazama Lodge: day use, overnight and meals
- ▶ Free Tilly Jane weekends during the ski season
- ▶ Meet new friends who ski, hike and bike
- ▶ Monthly newsletter with free classified ads
- ▶ Support construction and maintenance of winter trails in 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: [nwskiers.org](https://nwskiers.org) [fwsa.org](https://fwsa.org) [federationofwesternoutdoorclub.org](https://federationofwesternoutdoorclub.org)

Memberships are renewed September 1 each year: \$30 for single, \$40 for family/household. Join on the website. Info: [oncmembership@gmail.com](mailto:oncmembership@gmail.com)

## BOARD SKI TRACKS

### Sorry to say that these are not normal

times. We had a great ski season and everything went well on almost all of the trips. This week has seen new challenges every couple days. From canceling day tours, overnight trips, monthly meetings, our John Craig Tour, and changing our State ONC Board to meeting by phone.

The Forest Service asked us to cancel and shut down Tilly Jane for now. The Forest Service is now asking us to please take extra cautions when recreating in the outdoors with everything being pushed to the max in our health care system. We need to do everything we can to stay safe and well when recreating in the outdoors. Please read the statements that our other local partners in the outdoors are saying about recreation and take their warning to heart so we can live to ski another day. I am saying enjoy the outdoors, but with extra caution. ♦

**Ken Wenzel, President**

## Bachelor Blast canceled

### The Northwest Ski Club Council's 2020

Bachelor Blast ski trip has been canceled. Mark your calendars for April 2-4, 2021 for the next year's Bachelor Blast trip to Central Oregon. ♦

**ONC-PDX conquers the alps** continued from page 1 stayed behind due to virus concerns and continued skiing the Seefeld area. Snow conditions were great in the Dolomites. We even got a foot dump of snow one night, but everything was groomed and ready for

us the next day. We could hear the blasts from the charges dropped by helicopters to trigger avalanches on some of the higher slopes. With breathtaking views and sunny

skies we traversed the Vallunga Langental and had lunch at the charming alpine hut at the trailhead to wrap up the trip.

Three days after we left the entire season ended as the region was shut down for virus concerns. An uneventful return flight after an evening at the Hofbrau house in Munich brought us home. It's pretty nice when the Oktoberfest crowds are somewhere else. ♦

**Sam Digard, Trip Leader**

## NORDIC ISSUES/NEWS

### As of the date of this writing in mid-

March the developed ski areas are responding to Covid-19 and have suspended operations. Teacup closed the Ray Garey cabin and the groomed area closed. Downhill ski areas are closed, please stay home to help everyone stay healthy.

**Snowshoe trail signage** Ken Wenzel has started a conversation with the Central Oregon Nordic Club, the World Snowshoe Federation, and local Forest Service Agencies about snowshoe trail signage. Apparently, there isn't a national standard! If dedicated snowshoe trails are built, there will have to be a marking system that is distinct from the blue diamond for cross-country trails.

### Mt. Hood National Forest

**Forest closed** Please help keep everyone healthy and stay home. (see article on page 2)

**Timberline chairlift replacement** The replacement of the Pucci chairlift at Timberline Ski Area was approved by the Forest Service and the construction is scheduled to start in June 2020. Construction impacts will be in that area only.

**Zigzag Integrated Resource Project** is in a scoping phase until May 2020 and comments can be made on it by email: [comments-pacificnorthwest-mthood-zigzag@usda.gov](mailto:comments-pacificnorthwest-mthood-zigzag@usda.gov). FS info on the project: [fs.usda.gov/project/?project=57109](https://fs.usda.gov/project/?project=57109)

### Gifford Pinchot National Forest

**Forest closed** Please help keep everyone healthy and stay home. (see article on page 2)

### Deschutes, Willamette, and Ochoco National Forests

**Forest closed** Please help keep everyone safe and stay home. (see article on page 2) ♦

**Susan Watt, Nordic Issues Pam Rigor, Editor**

## VOLUNTEER OPPORTUNITIES

**To help contact: Ken Wenzel**  
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**Leadership Training** Help us increase the number of day tour leaders.

### Day Tours Leaders

Day tour leaders contact ONC-PDX Day Tours Committee to volunteer:  
[oncdaytours@gmail.com](mailto:oncdaytours@gmail.com)

**Publications/Articles** Are you a writer, have other skills to help with the newsletter? Contact [oncnewsletter@gmail.com](mailto:oncnewsletter@gmail.com)

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**Oregon Nordic Club Portland Chapter (ONC-PDX) is one of 11 Chapters of the ONC state organization, Oregon Nordic Club (ONC). ONC-PDX: [onc-pdx.org](http://onc-pdx.org) ONC: [onc.org](http://onc.org)**

## DAY TOURS OVERVIEW

### RSVP

It's important that our organizer's time and effort in planning events is respected and appreciated. Respecting your RSVP also ensures that all of our members have access to our tours that may otherwise fill up. We document no shows for events and this will impact your acceptance for future events.

### Tour Difficulty

It is always difficult to communicate the difficulty of a tour. (See page 5 sidebar for ratings.) These ratings are a starting point. If you are uncertain then we strongly encourage you to contact the tour lead (it is much easier to sort this out before the trip than on the trail).

### What to Bring

Let's start with the *10 Essentials*. This is list of items which we recommend every participant carry (not just the tour leader). For clothing please look at: [onc-pdx.org/resources/wear/](http://onc-pdx.org/resources/wear/) For the vast majority of our tours you need to have skis beforehand (we don't have time to stop and rent skis on the way). If you need to rent equipment please see Rentals and Retailers. **Carpooling** ONC-PDX encourages carpooling as a means to reducing environmental impact, sharing costs, and socializing during travel. The cost share and liability is between you and the driver. Below are suggested donations, but it is your responsibility to set the donation amount and any other expectations for the cont. on sidebar page 5

## Incredible, cross-country Methow holiday

**Between Christmas and New Years, the ONC-PDX offered the best cross-country ski trip imaginable—over 200 kilometers of impeccably groomed trails in a variety of mountainous, gently rolling hills, river valleys, and flat valley floors. Of course, this was the place to be for skiing, holiday events, good company, and for good reason. This year, in addition to world class cross-country skiing we learned the Methow Valley Biathlon club offers a clinic to anyone who would like to develop their Olympiad skills. Camaraderie, miles on the trails, potluck dinners in excess, ski waxing clinic, everything and more.**



Photos Sam Digard

Methow Valley area is on the map the world around. Even while skiing in Europe we talked with people who knew of the Methow Valley.

It is said that a picture is worth a thousand words. But once you have skied the cold groomed powder of the Methow, you will be speechless.

Sam Digard, Trip Leader

## Three Sisters Nordic Huts Traverse

**Our stalwart group of eight assembled at Three Creeks Sno-Park for an early morning**

shuttle to Dutchman Flats on February 18. With nine inches of new fresh snow a few days before, we headed out on a perfect bluebird day. This made for an excellent surface without the chore of trail breaking as we climbed up onto the trail traverse. Trail finding Valley Hut for our first arriving our tasks were fire, melting snow for And cook we did with things to round out beer, in the hut.

The next day started met the challenge of peaks at around 6,600 where though, surface windblown with an icy for trickier navigating fall to slow us down. We reconvened at the Lone Wolf hut for another round of chores, eating, conversing, and convalescing. Given the slick conditions and one tender knee, we descended back to the Sno-Park on the snowmobile road while enjoying great close-up views of the Sisters on yet another perfect bluebird day.

The eight strong skiers: Mary Ellen Fitzgerald, Karol Kochsmeier, Laurel Dickie, Kate Evans, Barbara Schulz, Paul Breed, Eric Ness, and Richard Crimi (leader).



system for the huts was easy to the Happy nights stay. After the chores of getting a water, and cooking. fresh veggies and food supplies and cold

in like manner, as we climbing multiple feet elevation. Some-conditions turned a bit like crust. That made and one unfortunate

Richard Crimi, Trip Leader

# Mt. Rainier so near, yet so far!

**As my February 17–21 trip to Mt. Rainier approached, I kept getting emails that the**

road to Ashford, WA was closed and Mt. Rainier was shut down. But five days before the trip, the owners of the house we had arranged to rent said they were open for business. This made my head a blur of what option we had. Plan A the house is rented so no out on the rent. Skiing Plan A is out, no access to Mt. Rainier Park. It was time to make the best of what the situation that we had. On the way to Ashford we took advantage of the new, low elevation snow and skied the Kalama Ski Trail on the south side of Mt. Saint Helens. That trail was on my bucket list since our work on it last the summer. We had a great ski! In the lower elevations the snow was pretty thin, but up higher had great snow and great views. We had a very fun ski out.

The second day we went to the Mount Tahoma Trails Association's (MTTA's) North District Trails and skied to Copper Creek Hut and about two miles beyond. At the end of the trail we continued to sample the deep fresh powder. It did not disappoint.

On the third day we headed to the MTTA's South District Trails and skied to the Snow Bowl Hut. The quality of their huts is beyond words. More like a nice house sitting at the top a snow covered mountain. Pat

Ken Wenzel



Photos Ken Wenzel



suggested we go down by the Lower Yurt Trail, the first several miles were forest service roads, very gradual descent and then it got interesting. It has a very steep hill then it went down a Tilly Jane 'type' Trail on steroids. Thank goodness it was in the shade with deep powder snow. Everyone had a grin on their face as we hit the final road out.

Day four we parked just to the east of the White Pass Nordic Area and headed north into the wilderness.

Once we hit the PCT it was dream skiing, nice powder, cobalt blue skies, snow covered meadows and lakes. It was a challenge for some of our intermediate skiers, but they kept their skin's on and that helped a lot. The rest of us enjoyed the luge run down the packed trail with powder bail outs when the speed got too fast. It was the best day of the trip, even with the long car ride. The last day we questioned what to do. Three of us drove back to Saint Helens and skied the Swift Creek–June Lake Loop while the rest of the group headed for home. The Swift Creek Trail was survival skiing, heavy wet crusty snow! The June Lake descent was fast and fun with a few bail out's into old wet snow, but uneventful. We skied part of the Pine Martin Trail. The storms that caused problems at Rainier had done some damage to the trails here, also, with snow washouts. We finished the final mile on the road.

All in all it was a great Plan B Trip! Thanks to Robert Williams, Susan Watt, Steve Rearden, Clayton Hawkes, Patricia Deschene, Julia Bergren, and Marian Fish for working with me to make it work.

Ken Wenzel, Trip Leader

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trip with the driver before departing. **ONC-PDX suggests a donation amount on overnight trips of 10 to 15 cents per mile per person, depending on length of trip and anticipated road conditions. Again the rate set by the driver should reflect the number of passengers being transported.**

**For local day tours a recommended donation amount to the driver is as follows: for a large capacity vehicle, rate determined by driver. Otherwise for normal cars, our suggested donation per person round trip from Portland is:**

**Westside of Mt. Hood (Government Camp area) \$8/person, Barlow Pass or Timberline Lodge, White River \$10/person, Teacup or Pocket Creek or Mt. Saint Helens \$12/person, Mt. Adams \$15 per person. [onc-pdx.org/carpooling](http://onc-pdx.org/carpooling)**

## **Dogs**

**Dogs are only allowed on a few ONC-PDX trips. If you don't see dogs allowed on the trip write-up then please don't bring your dog (you will not be allowed to ski with the group).**

## **FS Dog Policy**

**Dogs must be on a leash in all sno-parks (Forest Service regulation). Please keep dogs off ski tracks and pack out dog waste.**

## **TOUR/TRIP RATINGS**

**All ONC-PDX tours/trips are rated as either Novice, Easy, Intermediate, or Advanced. These terms are an approximate guide to the skill and commitment**

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required for the tour/trip. Use the rating guide to select the right tour/trip for your ability and inclination. Please do not attempt a tour/trip that is beyond your ability; you could endanger yourself or others in your party.

**Novice Ski**  
2–5 miles slow-paced day tours over gentle terrain. These tours are for beginning cross-country skiers with a little prior skiing experience (the ability to do a reasonable shuffle on skis). Leaders will not teach skiers how to ski, but will help them as much as possible.

**Easy 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 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/trip 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.

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## Leap Day at Black Butte Ranch

**On Friday February 28, a couple of us** skied from Ray Benson Sno-Park on the way to Black Butte Ranch. The snow was old but it is always nice to do the four-mile loop trail to the Blowout Shelter. The view from the shelter was great in the afternoon sun.

There was no snow on the ground at the Black Butte Ranch, but we received a surprise Saturday morning when we awoke to a light dusting on the ground and a small snow storm. This made for awesome fresh snow at Mount Bachelor Nordic Area. We all chose to go through the Common Corridor and explore the backcountry trails. The new snow was swift and easy to ski through.

Leap Day evening was spent eating a wonderful feast of pulled pork sandwiches, veggie lasagna



and assorted salads. The meal culminated with the Chocolate Extravaganza including pots de crème, flourless chocolate torte, mini cheesecakes, and cocoa mocha espresso cookies. Of course there was wine to complement the chocolate pairings!

Sunday morning brought us gorgeous sunshine for a beautiful drive home.

**Laurel Dickie, Trip Leader**

## Methow Valley

**Sunday February 29, we drove to Sun**

Mountain for a delightful day skiing freshly groomed trails under blue skies and just long sleeve



shirts. Monday our group divided up and five went back up to Sun Mountain to take a group lesson and ski. The three amigos drove up to the North Cascades Trailhead and did a 14-mile tour up the valley and down to Mazama for coffee and berry scones, then back to the car—blue sky and 50 F.

The next day the fabulous five went to the North Cascades Trailhead and skied up the valley to Cow



Beach and back. And the three amigos skied up to the Heifer Hut and back, again, in warmer temps. Did I say beer and chips on the outside porch, that's what we enjoyed when we got home?

Our last day the group headed to a new area, Gunn Ranch Trailhead and skied to Grizzly Hut and the Rendezvous Basin. What a wonderful ski, amazing view of the valley and just a really nice roller coaster trail loop up and back. Put this at the top of your list of trails to ski in Methow! A very fine group of happy skiers: Clayton Hawkes, Jan Epstein, Diana Richardson, Kathleen Walsh, Patrice and John Fromwiller, and Debby and Ken Wenzel.

**Ken Wenzel, Trip Leader**

# Kootenay Nordic adventure

**Ten Nordic skiers ventured into the Kootenay River in SE British Columbia for eight days (February 28–March 8) of memorable skiing.**

The first stop, Rossland, was just across the border. Our arrival coincided with the Blackjack Nordic Club's loppet, a race three of our members entered: Don Erickson, Mary Bourret, and Rommel De Leon. Most of the racers were skate skiing, so our three warriors saw skaters in their sleek, colorful outfits vanish into the distance. It was great fun, nonetheless, with a reward of chocolate medallions and the pleasure of skiing in the cool, fresh air on a roller coaster course.

Meanwhile, the rest of us skied higher up in the biathlon loop (sans rifles) on well groomed trails that cut through towering stands of spruce and mountain hemlock. We skied on the varied and expansive Blackjack Nordic Trails for another day and a half, and we all agreed we'd like to come back again.

We mostly stayed for the whole trip, and thaws made the icy for safe skiing all-group donned snow-

The next stop, located on the edge Mountain Range, the Kimberley Nor-

minutes from down-enjoyed the sun illu-the east of the mas-Mountains. The from gently rolling hills with names like Kinnikinnick and Trapline, to steeper climbs and hair-raising descents with names like K-2 and Screwdriver.

Some of us thought the bare trees there were suffering from pine beetle infestation, but we soon learned they were larches, the only coniferous trees that drop their needles in the fall.

Along the way to our next destination, we stopped at the Panorama Ski Resort, with Nordic trails partially laid out on a golf course adjacent to an alpine skiing area. The grooming there seemed like an after-thought, so we had to deal with occasionally icy, treacherous downhill runs. The consensus of the group was: Panorama, its impressive scenery and swanky day lodge were good for a short day of skiing on our way to Radium.

Our final destination was Radium Hot Springs. (Sadly, the hot springs were closed for repair.) From our spacious house, we traveled about 20 miles to the Nipika Mountain Resort, nestled close to the Kootenay and Cross Rivers. It's a solar powered family operation surrounded by acres of wilderness. The owner is a former coach for the Canadian Nordic Olympic team, so the 50 kilometers of trails were expertly groomed. The place also featured snowshoe and fat tire bike trails. The first day we skied the more challenging North loops and crossed over a natural bridge, skied down to the confluence of the two rivers, climbed up to the cliffs overlooking the rivers and generally enjoyed the challenging ups and downs. On the way, we met a spruce grouse, who chased a few of us down the trail. Later, as Rommel was wheeling by on his rented fat tire bike, the bird attacked from the rear. Rommel didn't know what had landed on his head and backpack, and, after just having seen possible wolf and cougar tracks, he was more than alarmed. Fortunately, he was able to shake the bird off. We found out later that this bird, although adorable with his red eyebrow patches and puffed out feathers, had a reputation for territorial, aggressive behavior.

The next day, our eighth day on skis, we chose the mellower South loop trails, where nature blessed us again, this time with a glimpse of a pine marten scampering into the trees. We found out from our friendly hosts that Nipika means "spirit"—truly a magical place.

In spite of the long drives, everyone loved the trip, the scenery, the variety, the skiing opportunities, and the good company. It's definitely worth adding to our roster of overnight trips.



on groomed trails The spring freeze backcountry too though some of our shoes for a foray eas.

Kimberley, was of the Purcell where we skied at dic Center, just town. Here, we minating views to sive, jagged Rocky trails were varied,

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## Advanced

**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

- 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

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

## OVERNIGHT TRIP POLICIES

### Trip Participation

1. Only Oregon Nordic Club mem-

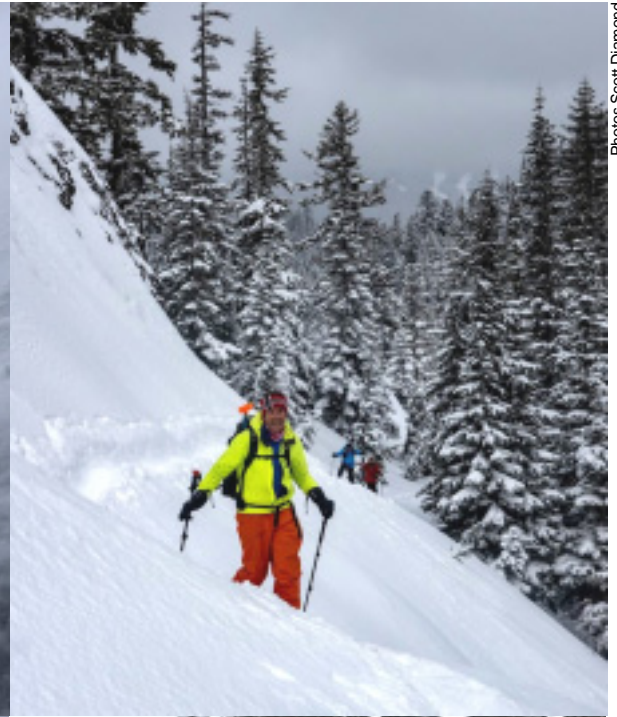
cont. on page 8

Ann Turax, Trip Leader

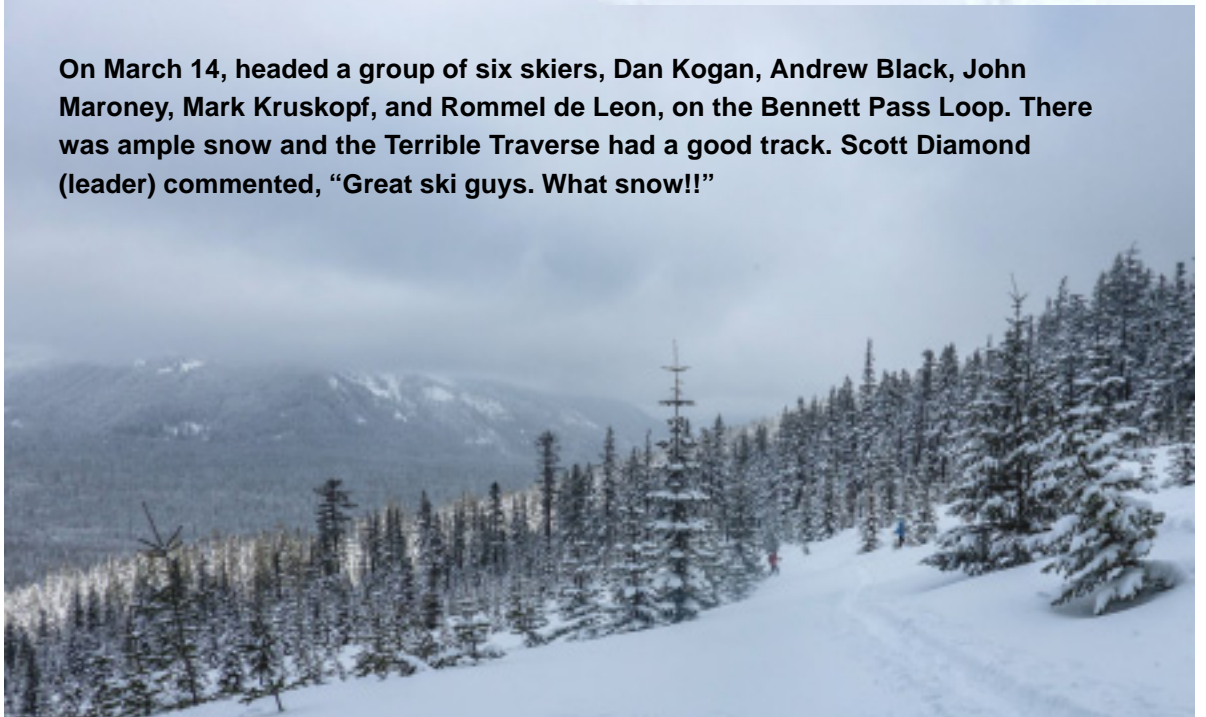
cont. from sidebar page 7  
bers may participate on ONC-PDX overnight trips, even if it is a trip for which no money is collected. Non-members may join the club when signing up for an overnight trip. The membership fee can be paid at that time. The only exceptions are overnight trail tending work parties and Tilly Jane Club project weekends, which are open to non-member volunteers.

2. Overnight trip sign-ups are done *online* at the club website: [onc-pdx.org/](http://onc-pdx.org/) activities then click on "Overnight Trips." The website will begin accepting applications on a day and at a time specified by the ONC-PDX Board of Directors, with registration usually occurring during the week following the October general meeting. Once accepted, the trip applicants will receive a confirmation email. To complete the sign-up process, the member must email a completed Overnight Trip Application ([onc-pdx.org](http://onc-pdx.org/) then click on "Members Only" then on "Forms") to the trip leader, including their signed waiver and release of liability as required by the club. 3. If a trip appears to be full during the registration process, applicants should contact the trip leader directly to: (i) confirm that the trip is actually full; and (ii) if full, to be placed on the trip wait list as cancellations are relatively common. 4. Trip leaders have the authority to not

cont. on sidebar page 9



On March 14, headed a group of six skiers, Dan Kogan, Andrew Black, John Maroney, Mark Kruskopf, and Rommel de Leon, on the Bennett Pass Loop. There was ample snow and the Terrible Traverse had a good track. Scott Diamond (leader) commented, "Great ski guys. What snow!!"





# DAY TOURS

All day tours have been canceled

## Wednesday tours next year

**Earlier this season I announced this is my** last year for coordinating the Wednesday ski tours and asked if anyone could take on this task. Two people responded, but neither can do the task in the same way I have done for many years. I asked Richard Crimi if there was a way to use the ONC-PDX website so multiple people could share the task. Richard has been working on this project for a few months and has a prototype ready for the Day Tours Committee, Board, and myself to start the initial testing. The idea is to make registration for day tours be web-based. Richard has put lots of thought into the project and the task is more complicated than one might suspect. You can expect many changes next year, but I do hope the same types of tours will be available. Personally, I expect to continue skiing on Wednesdays for the next several years.

### Last email for the season

This will end my routine Sunday evening emails for the season. I will send an email to my list when the system for operating the Wednesday tours is resolved. Instructions will be given as to how the new system will operate and what action you may need to take. My email list will be made available to the ONC-PDX day tour group.

If you wish to NOT have your email be included please reply to this email and request I remove you from the list. At that point you will not receive any additional emails from the list. Currently the list includes about 175 addresses. I do know several are inactive.

A big thank you to all the trip leaders over the years and all the great people who have enjoyed many enjoyable tours.

*Terry Owen, Wednesday Tours' Leader*

**Editors note:** All the ski areas on Mt. Hood are closed, including Teacup Lake. All Sno-Parks are closed; the ski season has ended for this year.

This was Terry Owens last email to the Wednesday tour group. Thank you Terry Owen for all the great Wednesday tours you organized for ONC-PDX over the years.

cont. from sidebar page 8  
 accept a trip participant application if the applicant does not appear to have the appropriate level of skiing ability for the trip; or (ii) bed availability does not match the a participant's circumstances, e.g., the applicant will be traveling alone, does not want to share a bed, and only one double bed remains available, which is better suited for another couple that has applied for the trip. 5. Trip leaders, after consulting with the ONC-PDX Board and Overnight Trip Committee (OTC), may also deny a trip application based on an applicant's behavior on previous ONC-PDX trips.

### Wait list

1. To be placed on a trip wait list, applicants must submit a completed trip application to the designated trip leader, along with a check for the full amount of the trip fee. If space becomes available, wait list participants may then choose to fill the space or decline. 2. Wait list checks will not be cashed until the wait list applicant has been moved from the wait list to the active trip roster. The check will be destroyed when the trip leader determines that a cancellation is unlikely or upon the request of the wait list applicant. Wait list applicants will be notified when the check is destroyed.

### Trip Cancellation Policy

1. Trip fees and deposits are non-refundable, unless the trip leader is able

cont. on sidebar p. 10



Tilly Jane/Cooper Spur on a blue sky day, February 17. Scott Diamond



cont. from sidebar page 9

to make a reasonable substitution for the canceling participants. 2. Participants needing to cancel a trip should contact the trip leader immediately so that wait-listed applicants can be considered for placement on the trip roster. 3. If a wait list exists, the trip leader will determine whether wait-listed applicants can be reasonably substituted for the canceling participant(s). If a wait list does not exist, and sufficient time is available, the trip leader will advertise the trip availability through reasonable means available to the trip leader, typically through the web forum and club newsletter. 4. If the leader is able to make a reasonable substitution for the cancelling participant, the cancelling participant will receive a refund of amounts paid, minus \$10 for each participant associated with the cancellation plus any fees associated with the booking. All communications regarding trip cancellations and associated refund requests are to be directed to the trip leader, who will coordinate with other club members, as needed, to ensure the proper handling of the cancellation notice and refund request. 5. If the club cancels the trip, the full amount paid will be refunded. Trip cancellations are decided by the OTC. **Travel Insurance** See: [onc-pdx.org/resources/trip-insurance](http://onc-pdx.org/resources/trip-insurance) **Trip policies:** [onc-pdx.org/activities/trip-policies](http://onc-pdx.org/activities/trip-policies) ◆

## OVERNIGHT TRIPS

### SIGN-UP TIPS

- ◆ Overnight trips are exclusively for members; join or renew your membership (online under "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 page 7)!
- ◆ Sign-up online; paper applications will be available too.
- ◆ Sign up early so we'll have enough people to cover trip costs.
- ◆ If the trip is full online, join the wait list. Last minute openings do occur!
- ◆ Purchase trip insurance (some trips include it). You are responsible for finding someone to take your place, if you cancel. Info: [oncpdx.org/resources/trip-insurance](http://oncpdx.org/resources/trip-insurance)

### Trip rescheduled

June 25–July 6, 2021, Thur–Mon, Intermediate Bike

### Biking the Rohne Valley in France

#### Trip full, wait list open\*

#### Bike riding on moderate terrain

We'll be riding less than 35 miles a day in moderate terrain. Bikes and accessories are included with the trip.

We fly from Portland to Paris, where we catch the train south to Aigues-Mortes on the Mediterra-

nean coast. We'll spend our first night here which allows a day to adjust and tour the ancient Roman infrastructure in this walled city. The bike leg begins as we board the Caprice on June 27 to sail up the Rhone river, biking the countryside every day. Six days biking (yes, with an English-speaking guide) through red wine country where the last day is a bike ride through Chateauneuf-du-Pape. And of course, we'll have time while there to stop and visit the shops. On July 4, we take the train back to Paris and spend two nights before flying back to Portland on the July 6. Activities in Paris run the gamut of your bucket list. Our hotel is close to the Louvre so your call to visit it or make a plan B.

**Trip limit: 14 participants including trip leader. Cost: \$3220/member, per person and will include trip insurance. Includes round trip airfare to Paris from Portland and ground transportation, river transport, bike rental, all lodging, some partial laundry service, and a few other amenities. You might want to bring your own helmet, but they are provided. All meals while on the boat, and a sack lunch are also included. Exact cost will depend on air travel charge. Trip deposit of \$900 on signup, balance due in April.**

**Trip leader: Sam Digard [sam.digard@gmail.com](mailto:sam.digard@gmail.com)** ◆

**\*Check the website or contact the leader**

## Obituaries

### Jerry Gabay

Oct. 6, 1944 - March 14, 2020

Jerry Gabay (Gerald Ness Matthew Gabay) had joined the ONC-PDX in December 2019 and had gone on some of the overnight trips. I did not know him very well, but recalled that he was on a Mazama ski tour I led to the top of Bonney Butte with Kate Evans on March 4, 2001; he was a strong skier an enjoyable ski with. His obituary was in the Oregonian from March 18–22, 2020 and can be found at this website: [obits.oregonlive.com/obituaries/oregon/obituary.aspx?n=jerry-gabay&pid=195728424](http://obits.oregonlive.com/obituaries/oregon/obituary.aspx?n=jerry-gabay&pid=195728424)

### Barbara Engel

June 19, 1937 - Nov. 9, 2019

Barbara Engel enjoyed skiing. She volunteered for ONC-PDX's trail tending parties and helped with the ONC-PDX ski fair that I used to organizer.

Her His obituary was in the published in The Oregonian from November 11–13, 2019 and can be found at this website: [obits.oregonlive.com/obituaries/oregon/obituary.aspx?pid=194415329](http://obits.oregonlive.com/obituaries/oregon/obituary.aspx?pid=194415329)

*Pam Rigor, Editor*

**Welcome new members!** Grace Coffey, Greg, Amia, Piper, Amia Hessong, Maggie McKay, and Mark Scantlebury

**March membership report: 342 total memberships (234 single and 108 family), includes 8 new membership and 4 renewals. Last year at this time there were 354 memberships.**

# BOARD MEETING MINUTES

## Minutes of ONC-PDX February 25 Board Meeting at TVFR

**Present:** Ken Wenzel, Tere Enburg, Mary Bourret, and Laurel Dickie. Guests: Don Ericson, Steve McCabe, Ken Barker

**January Board Minutes:** Tere E. motioned, Mary B seconded, approved with the addition of the meeting date.

**Day Tours:** Mt. Hood Ski Bus Summary—Ken Barker gave a summary of the 4 ski buses to Teacup Nordic Center. The first 2 buses broke even. The second 2 buses did not. There is a threshold of 34 passengers with remaining spaces filled by NW Discoveries guests/staff. How do we keep the bus affordable? Ken suggests tapping into the Mazamas grant for \$800 to help with break-even costs. Ken W will seek a Mazama member to approach. The club was hoping other clubs would join in our offer, but no one came. Perhaps get a Mazama leader next season plus offer other adventures from the same bus like a snowshoe day tour, a session on BC skiing using the tie trail to Pocket Creek. Do we offer other stops like White River, Bennett Pass, Pocket Creek? Ken B proposes 4 buses again next ski season; 2 for snowshoe trips and 2 for ski lessons (Teacup or a BC tour). This year the weather caused some no-shows. He suggests a late registration fee. Ken W proposes a sub-committee to help get the word out. This topic will be further discussed at the April board meeting.

**Membership Report:** Total active members: 339, an increase of 12 since January, family members: 107, an increase of 3 since January, single members: 232, an increase of 9 since January. Four memberships renewed and 8 new memberships since January.

**ONC State Meeting:** Mary B reports there were reps from 13 of the 16 chapters. ■ The main discussion topics were the John Day award and the John Craig Tour. Mary B suggests Mary H be the recipient of the John Day award. ■ A treasurer is needed at the state level. Is Bill Neuman interested? ■ Senior Week at Diamond Lake needs leaders. Mary B will ask about the event's date.

**Incident Reports:** Board discusses each case and decides if procedural changes need to be made. Don E suggests the leaders know where the closest medical facility is located. Trip leaders need to make this info available/known to all participants. Put this requirement in the leadership handbook.

**Nordic Issues:** Susan Watt submitted and extensive report—Zigzag Integrated Resource Project is in a scoping phase until May 2020. ■ Cooper Spur Land Exchange Supplemental Appraisal has been completed/approved by FS and are currently working with Mt. Hood Meadows on the Exchange Agreement. ■ Gifford Pinchot NF has established links to check on plowed roads and conditions. ■ Trail tending is a low priority for FS funding so posting blue diamonds and keeping the trails in shape will fall more and more to the volunteers who use these trails. Please consider volunteering!

**Tilly Jane Cabin:** André Fortin reports on several issues—He met with new FS staff to review phase 4 of cabin restorations and to determine summer 2020 projects. (5 determined, 2 are low priority) ■ Additional preservation projects were discussed but they're outside of ONC-PDX's current permit area. ■ The FS has decided they'd like to restore the amphitheater. ONC-PDX Tilly Jane crew is willing to help but not lead this project.

**Board Meeting:** moved to March 31 at the home of President Ken Wenzel.

**Next Meeting:** April 21 at 10:00 a.m. by teleconference.

◆  
Laurel Dickie, Secretary

## CLASSIFIED ADS

**FOR SALE:** ▶ **Skis** Fischer Country Crown XC Skis 205 cm long 60 x 55 x 58 mm width. Full metal edges. Fits groomed tracks. Drilled for NNN or NNN BC Bindings, other bindings could be fit. **\$25 OBO** ▶ **Snowboard and ski helmet** Medium. **\$25**

▶ **Boot liners** New Scarpa therma fit liners (never been used or fit). Mondo size 30.5 fits shell 29.5 to 30.5 plastic boots from any manufacturer **\$75 OBO** ▶ **Boots** Karhu XCD Traverse Boots 3 pin good backcountry performance, off trail or on. Women size 7 **\$20** ▶ **Binding** Rottefella ultralight backcountry, telemark, tele or cross country 3-pin bindings. **\$35** Karhu 3-pin bindings **\$20 OBO** ▶ **Car rail and rack set** Yakima rail Grabber **\$135 OBO**

▶ **Car Kayak Saddles/Rollers** Yakima kayak saddles and roller set with straps, can used on Thule racks also. **\$120**

▶ **Rain Gutter Towers** Yakima Rain 1A Gutter Towers for bar mount set of 4 and includes lock cores. (retails \$219 without locks) **\$1194** ▶ **Kayak Stacker** Yakima kayak stacker, straight, single bar towers, can used on Thule racks also. **\$35** ▶ **Bike rack set** Yakima Car top bike bicycle rack mounts set, can used on Thule

racks also. **\$994** ▶ **Canoe brackets** Yakima canoe, ladder gunwale brackets, can used on Thule racks also. Set of 4.

**\$454** ▶ **Lock** Yakima lock core SKS set of 4, 2 keys. New in box, never used and sells for \$60 yours for **\$35** ▶ **Clips** Yakima Q Clips new in boxes never used pair of #51 and pair of #52 list for \$35 asking **\$20 OBO** Russ russ.bec@gmail.com 6/20

▶ **Ski Boots** Alpina womens boots, NNNBC, Model BC 50L, Size 38. Used only 6 times: still in box. Unfortunately, they don't fit my feet properly. **\$50**

Michele michelegunness236@gmail.com 6/20

**Deadline: 15th of the month** (for the next month's publication). **Free ads for members only**, placed on a first come basis, and may be edited depending on space availability. Send to: **oncnewsletter@gmail.com as attachment (preferred)**—(with no formatting i.e., bold, italic, 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.**

## MEMBER BENEFITS

**Columbia Sportswear**  
911 SW Broadway—15% discount on purchases. Access to Columbia Sportswear Employee store, 4100 NW Science Park Drive, several times a year, store has large discounts. Current membership card and Columbia flier required. [columbia.com](http://columbia.com)

**Mountain Hardwear**  
722 SW Taylor Street—15% discount on purchases. Current membership card required. [mountainhardwear.com](http://mountainhardwear.com)

**Mt. Hood Outfitters**  
88661 East Government Camp Loop, Government Camp, OR. 25% off rentals and tours. Current membership card required. [mthoodoutfitters.com](http://mthoodoutfitters.com)

**The Mountain Shop**  
2975 NE Sandy Blvd, 10% discount (15% discount for leaders) on purchases and 15% discount on rentals. [mountainshop.net](http://mountainshop.net)

**Next Adventure** 426 SE Grand Ave., 15% discount, current club membership card required. [nextadventure.net](http://nextadventure.net)

**Oregon Mountain Community** Online store. Subscribe to OMC e-newsletter and receive: 15% discount on purchase price. [omcgear.com](http://omcgear.com)

**Otto's Ski & Bike Shop** 38716 Pioneer Blvd. in Sandy, offers a 10% discount on purchases of ski equipment and apparel. Cross-country ski package rentals for the entire season. [ottoskishop.com](http://ottoskishop.com)

**Wy'East Nordic** 10% discount on cross-country ski and telemark lessons. [weeastnordic.com](http://weeastnordic.com)

**Jupiter Hotel PDX and Hood River Hotel** in Hood River give ONC-PDX members a 15% off online booking. [jupiterhotel.com](http://jupiterhotel.com) [hoodriverhotel.com](http://hoodriverhotel.com)

# The April 7 Annual Membership Meeting and program is canceled

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



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

**Upcoming programs**  
May 5 – Trekking in Fiji ... Fiji? ... Yes, Fiji



Oregon Nordic Club  
**PORTLAND**  
**CHAPTER**