

The Nordic News

The Newsletter of the Central Oregon Nordic Club

August - September 2009

An online version of **The Nordic News** is available at <http://conc.freehosting.net>

Club News

Next Meeting. No club meetings are scheduled until the fall.

Election of CONC Board Members. It's time to elect our club's Board of Directors for the 2009/2010 year. Please see the article on Page 2 for election details. Trust us ... voting will be painless.

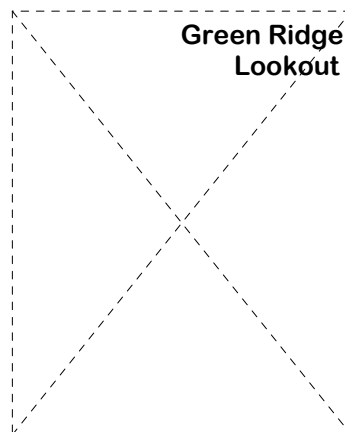
August and September Hikes. The hike schedule for August and September is listed below. The list is always subject to change because of weather conditions.

Long Hikes. This season our Club is offering some longer hikes. Most of these are Sunday hike and many of these hikes have not been offered by the Club before. The list of these hikes and their dates is given on Page 3. Except for the Broken Top Circumnavigation hike, the hikes listed below do not include the long hikes listed on page 3.

The previous issue of the Nordic News described the interesting nature of the Hager

Mountain and Iron Mountain hikes. See photos of these recent hikes on Page 8 and Page 10 respectively.

Please see the article on Page 4 for a discussion of the **Leave No Trace** outdoor philosophy which believes, in a nutshell, that if you pack it in, then you pack it out.



Next CONC Meeting

The Club's next meeting will be in the fall sometime.

Hikes for August and September

The Club has several hikes planned for the Sundays in August and September.

Hikes leave from DiLusso's Coffee Shop at Bond and Franklin. We gather between 9 and 9:30, decide on destinations and drivers, and leave at 9:30. Bring lots of water, lunch, sunscreen, good footwear, and layered clothing.

Because the group keeps growing, there is a good chance that there will be two destinations, the planned one and a shorter outing.

A group meets at 9:30 on **Wednesdays** at Jackson's Corner in Bend for shorter hikes.

The hikes are subject to change without notice. Please contact Linda Frost for more information at 382-8023, OQTRS@bendcable.com.

August - September Hikes

- August 2 - Tumalo Mountain (5 mi)
- August 9 - Snow Creek (8 mi)
- August 16 - Broken Top Lake (6.5 mi)
- August 23 - Soap Creek (8 mi)
- August 30 - Todd Lake Rim (4 mi)
- Broken Top Circumnavigation (16.5 mi). See Page 3 for details.
- September 6 - Carl Lake (9 mi)
- September 13 - 4 in one Cone (8 mi)
- September 20 - Jefferson Park (10.5 mi)
- September 27 - Sisters Mirror Lake (8 mi)

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CONC Board

President

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Secretary

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High School Programs

Looking for a volunteer

Memberships

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Trail Users Group (TUG)

Micheale Giesler,
388-4457

Dennis Krakow,
389-3410

Election of 2009/2010 CONC Board Members

It's time to elect the **2009/2010 CONC Board** members. The proposed list of officers is given on the right.

Since we are not planning a general meeting any-time soon, I am hoping this can be done through the newsletter and email. Fortunately the process may be simple, since none of the seats is contested at this point. **IF YOU WISH TO CONTEST A SEAT, LET LINDA KNOW RIGHT AWAY AT OQTRS@bendcable.com.**

If there are no additional candidates, election of the slate as presented will be assumed to be unanimous. And, thank you Board members for volunteering to help guide our CONC group another year.

- Linda Frost -

The proposed slate of officers is:

President	Linda Frost
Vice President	Rosalind O'Donoghue
Treasurer	Joyce Baker
Secretary	Donna/Fred Tanis

At Large:

James Cagney
Gary Kelley
Jolynn Lambert
Pat Laughlin
Carol Luther

Soda Creek, Soap Creek, and Snow Creek

Soda Creek, Soap Creek, and Snow Creek are three names you might hear during the course of the hiking season. Each creek forms part of a popular hike that the Club does every year.

People seem to confuse these creeks in conversation - probably because of their similar sounding names. Try saying "Soda Creek Soap Creek Snow Creek" fast a few times. More than once I have heard someone say something like "We followed Soap Creek up to Green Lakes." They meant "Soda" Creek.

So, here's the scoop. **Soda Creek** is the creek, located not far from the Green Lakes trailhead, that the trail follows on the longer loop to Green Lakes. This longer loop takes the hiker to the alpine meadows near the base of Broken Top before heading west to the Green Lakes themselves. This loop is about three miles longer than

the more commonly hiked out-and-back trail along Fall Creek.

Soap Creek, on the other hand, is the creek followed by hikers going from the Pole Creek trailhead up to the nice meadow area at the base of North Sister on its east side. The trail along Soap Creek to North Sister begins about two miles from the trailhead where the trail to Chambers Lake crosses Soap Creek.

Finally, **Snow Creek** is the creek that runs along the east side of the base of Tam McArthur Rim. If you are hiking the standard Tam McArthur Rim trail, which climbs along the west of Tam McArthur Rim, and look over the steep side of the ridge that is the Rim, you might spot Snow Creek below.

- Ron Hoyt -

CONC Long Hikes

In a recent email, Club members were informed of a set of longer Sunday hikes in July, August, and October. These ten longer hikes are listed below. Even though some of the hikes will have already taken place by the time you receive this newsletter, the entire set of longer hikes is listed below.

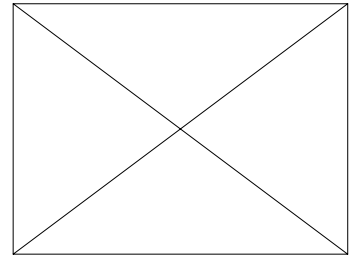
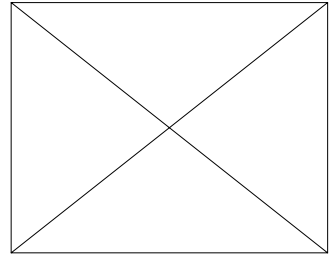
These hikes were planned by club members Eileen Woodward and Ron Lambert. Eileen provided the hike information given in the email and which is reproduced below. Most of the hikes are new to the CONC hike itinerary. None are listed in the August-September list of Sunday hikes that appears on the first page of this newsletter.

All the long hikes meet at 7:30AM at DiLusso's coffee shop in downtown Bend, and all require a prior reservation. At the time this article was written, some of the hikes have already filled. If you would like to sign up for any of these hikes, please email the contact person at the address given below. The photos on the right were taken on the recent long hike from Todd Lake to Three Creeks Lake.

Many of the hikes are crossover hikes. That is, there will be two groups of hikers traveling in two or more cars to different start locations. The two groups will start at opposite ends of the trail and - hopefully - meet each other somewhere on the trail. A car-key exchange may be required.

Most of the long hikes are Sunday hikes. The August 25th hike to Grizzly Peak via Pamela Lake, an out 'n' back hike, is on a Tuesday. The annual hike around Broken Top is also included in the list below.

The 9:30AM Sunday hikes, listed on the first page this newsletter, offer additional hike opportunities.



CONC LONG HIKES - SUMMER 2009

Note:

- Reservations are required (Use email addresses below)
- Destinations are subject to change due to weather conditions

Hike Descriptions -

Hike No.	Date	Destination	Dist.	Max Numb Hikers	RSVP Contact	Email Address
1.	19-Jul	Santiam Pass to Jack Lake (PCT)	13mi.	8	Eileen Woodward	ikey@bendcable.com
2.	26-Jul	Todd Lake to Three Creeks Lake	12mi.	8	Eileen Woodward	ikey@bendcable.com
3.	2-Aug	Breitenbush Gorge to Whitewater (via Jeff Park)	12mi.	8	Eileen Woodward	ikey@bendcable.com
4.	9-Aug	Elk Lake to Blow Lake (PCT)	13mi.	8	Eileen Woodward	ikey@bendcable.com
5.	16-Aug	Mt Thielsen to Tipsoo Peak (PCT)	14mi.	8	Eileen Woodward	ikey@bendcable.com
6.	23-Aug	Pole Creek TH to Chambers Lake Basin (out 'n' back)	14mi.	12	Eileen Woodward	ikey@bendcable.com
7.	25-Aug	Grizzly Peak via Pamela Lake (out 'n' back)	10mi.	12	Eileen Woodward	ikey@bendcable.com
8.	30-Aug 27-Sep	Broken Top Circumnavigation (Loop) (possibly Hike No. 10)	16mi.	12	Ron Hoyt	ronho@bendcable.com
9.	4-Oct	Big Lake to McKenzie Pass (PCT)	13mi.	8	Eileen Woodward	ikey@bendcable.com

Leave No Trace

We are fortunate that the hiking trails in our area are clean and relatively litter free. Most people are sensitive and caring enough not to throw trash on the trail.

That being said, it is surprising to me the number of otherwise right-thinking hikers who feel it is alright to throw an orange peel or apple core into the bushes.

Things like orange peels, apple cores and food scraps, can take years to break down and may attract unwanted pests. In the High Desert, it can take three years or longer for an orange peel to finally disappear. This is because, in an arid area such as ours, discarded orange peels and apple cores become desiccated, that is they mummify, rather than break down.

To look at it another way, if everyone on the trail threw away their orange peels, apple cores, and cherry pits, the more popular hiking trails would be ankle deep in trash. And, it is misguided to think that “a squirrel will eat the apple core.”

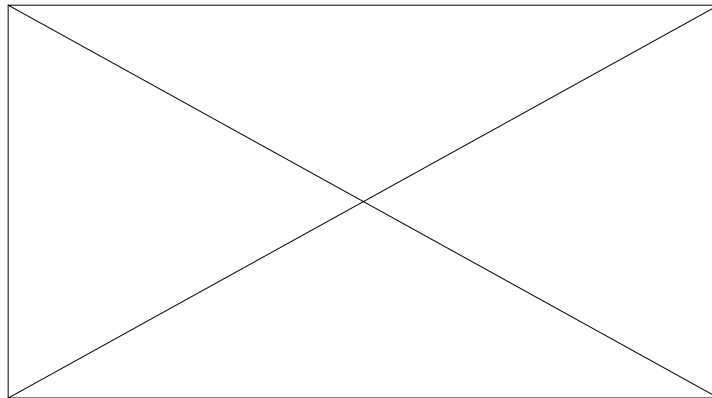
“Pack it in, pack it out.”

The basic rule of trail stewardship is “pack it in, pack it out”. This rule has been formalized in the philosophy of an organization called the **Leave No Trace Center for Outdoor Ethics**.

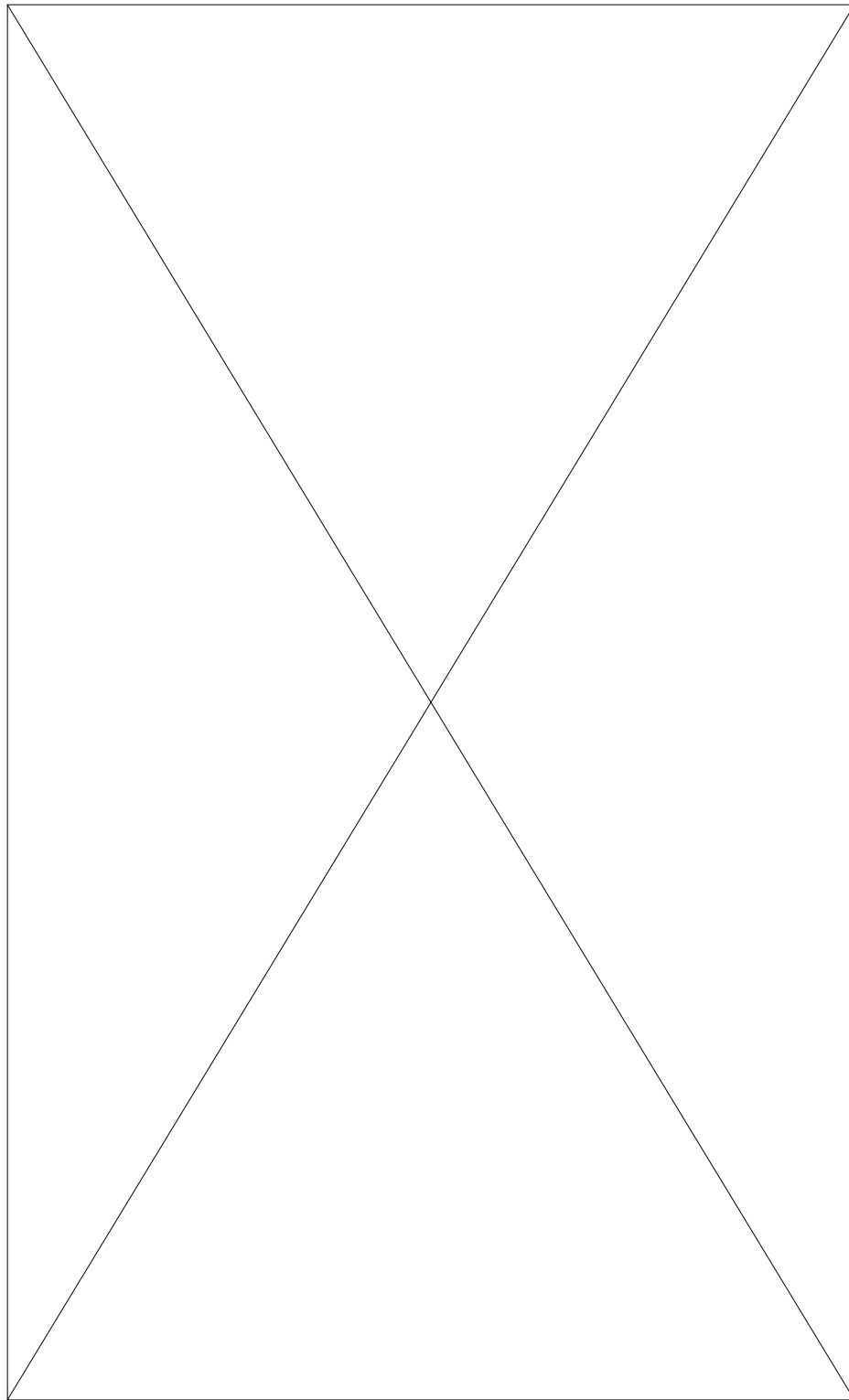
The Center is an educational, nonprofit organization dedicated to the responsible enjoyment and active stewardship of the outdoors by all people, worldwide. You can visit their website at <http://www.lnt.org/>. The principals of the organization can be found at <http://www.lnt.org/programs/principles.php> and are summarized in their the Leave No Trace pocket guide which is reproduced on the following pages.

The Leave No Trace philosophy is supported by the Forest Service, the National Park Service, and Bend Parks and Rec among others. Maybe it's time for the Nordic Club to get on board.

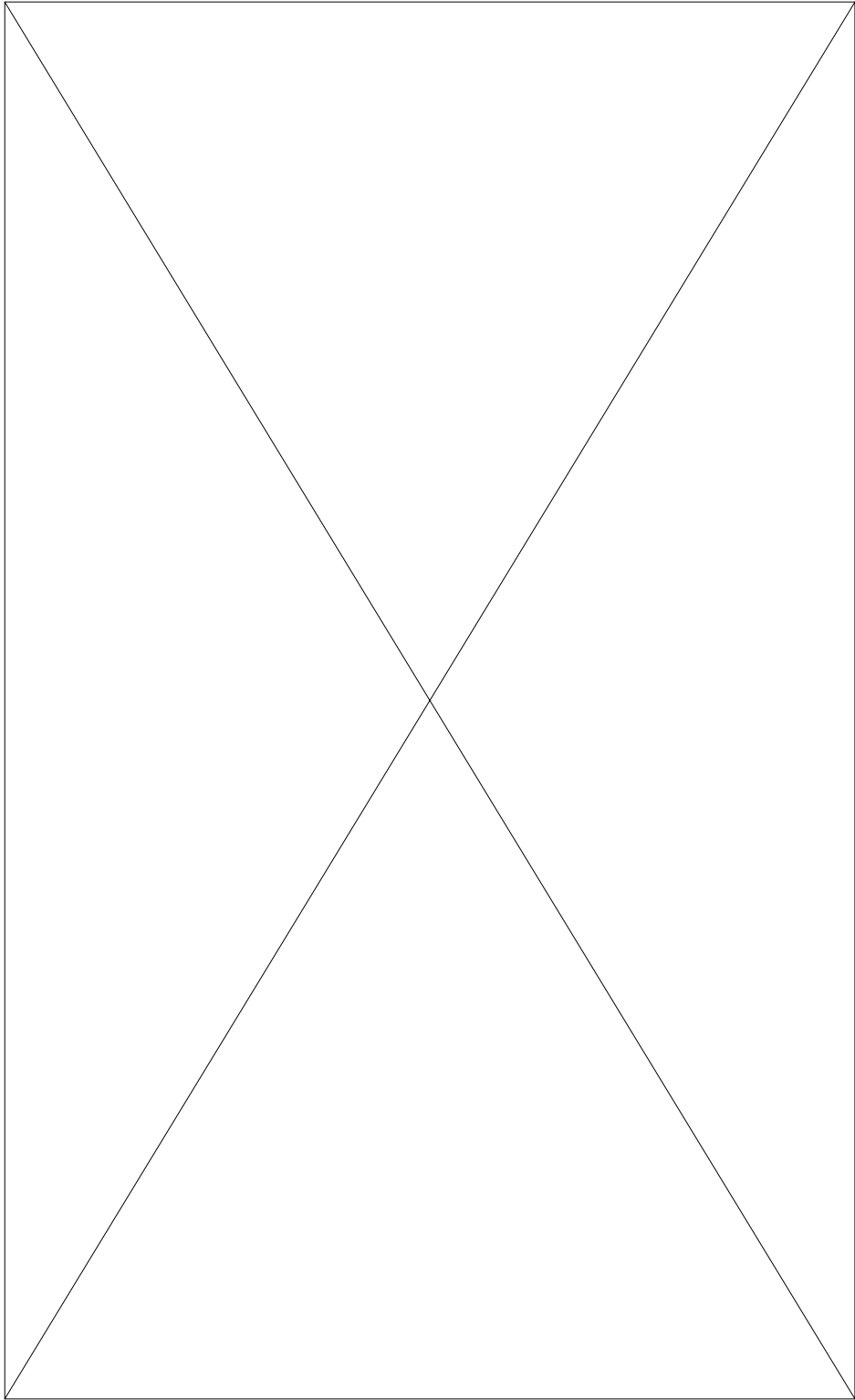
- Ron Hoyt -



Leave No Trace (Continued)



Leave No Trace (Continued)



Green Ridge Hike

On June 7th. Club member Eileen Woodward led the Sunday hikers on a hike along Green Ridge. Green Ridge is located west of Sisters near Black Butte. This was a new hike for many in the group.

Green Ridge is a prominent landmark and is the ridge you see when hiking along the Metolius River. The Ridge itself is a 16-mile long fault block uplifted about 500 feet above the Metolius River Valley.

The trail along Green Ridge is mostly on a horse path through pleasant open forest and meadows with peek-a-boo views of the Cascades to the west. The hike is a little less than 10 miles round trip. The lunch spot was the Green Ridge Fire Lookout.

The lookout is a charming structure that even includes a picnic table on the deck below the lookout building itself. Interestingly, the lookout is not situated on top of Green Ridge. Rather, the 14' x 14' lookout cabin sits on a two-story tower hugging the west side of Green Ridge. According to the Forest Service, the lookout was built in 1963 at this site because of its spectacular view of the Metolius River Valley and Mt. Jefferson. The lookout sits at an elevation of 4,800 feet.

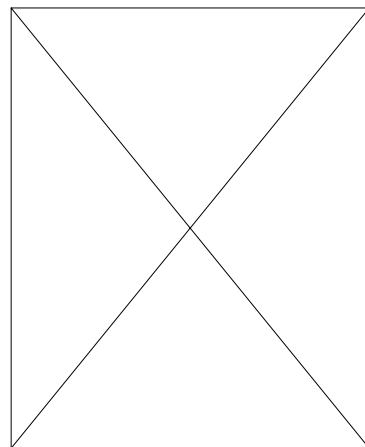
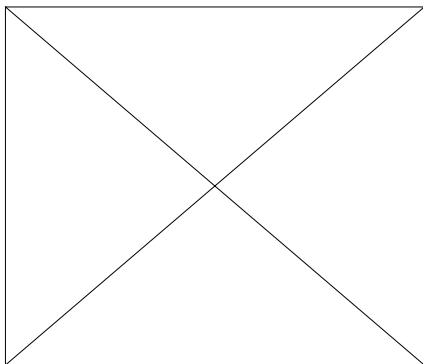
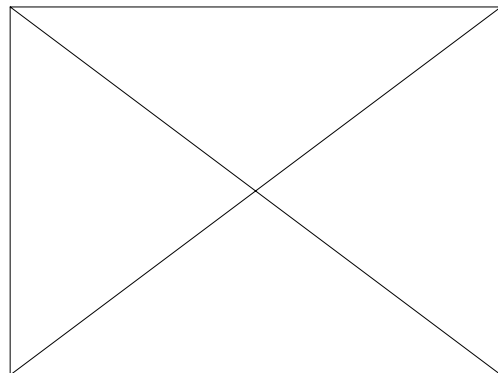
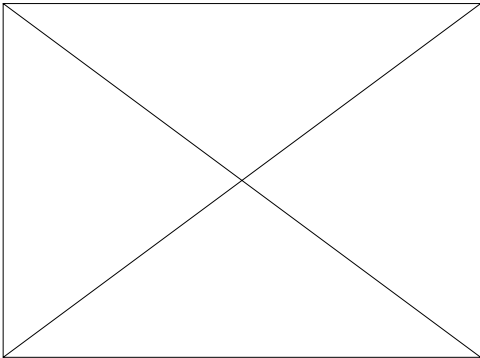
From the lookout you can see the Wizard Falls Fish Hatchery and the Metolius River below, and Black Butte to the south.

The Green Ridge Lookout can be rented by the day and can accommodate four people. It is available for rental from April 15 to June 30 and from September 15 to November 15. The rental rate is \$40/night. For more information, visit the Forest Service's website at <http://www.fs.fed.us/r6/centraloregon/recreation/rentals/greenridge.shtml>.

A few years ago, the Forest Service began a controlled burn in the area. The controlled burn quickly became uncontrolled. The fire came within 20-30 feet of the lookout tower.

At the time this article is written, there is a wildfire simmering on the northeast flank of nearby Black Butte. Some of the hiking trails near Black Butte have been closed. The Forest Service will let nature put out the fire when the rains come.

- Ron Hoyt -



Hager Mountain Trip

The Club's annual Hager Mountain trip is comprised of three parts: hiking at Fort Rock, hiking to the top of Hager Mountain, and having a huge dinner at the Cowboy Dinner Tree restaurant, a cowboy steakhouse where all the food is cooked, served, and enjoyed without the use of electricity.

Fort Rock, the first stop on the trip, is the remnant of a volcanic crater. Much like Ayers Rock in the outback of northern Australia, Fort Rock just seems to rise magically from surrounding desert. Wave action of an Ice Age lake gave Fort Rock its steep walls and fort-like appearance. The imprint of the ancient shore line can be seen in a few of the photos below. When you visit Fort Rock today, it's hard to image ancient peoples canoeing across a large lake to reach Fort Rock and then beaching their boats at its base. This year, we found nice flowers among the sage brush. Club member Dorothy Eberhardt, while photographing a flower there, accidentally turned over a rock and discovered the scorpion shown in the bottom right photo below.

The fire lookout atop Hager Mountain was our second destination. About eight million years ago, a series of dome-building volcanic eruptions gave birth to the 7,195 foot mountain. Hager Mountain was named after an early settler in the Silver Lake Valley. The Klamath Indian name for the mountain

was "chock-chock-lisk-se," which, when translated, means "bald faced rock."

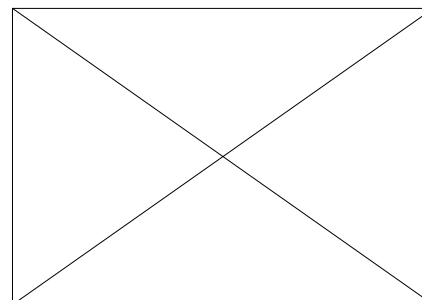
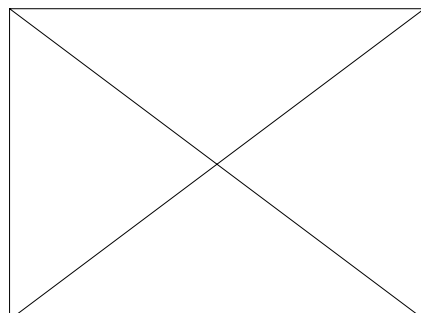
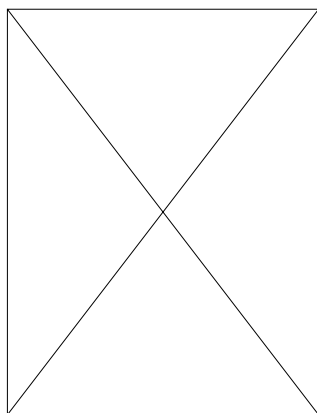
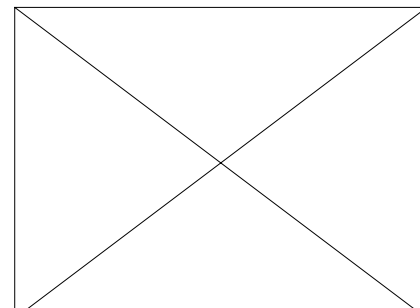
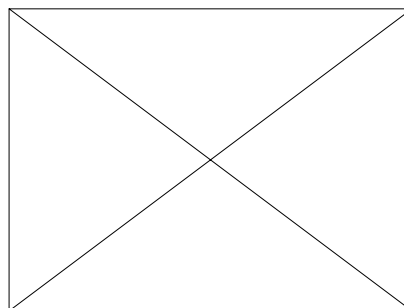
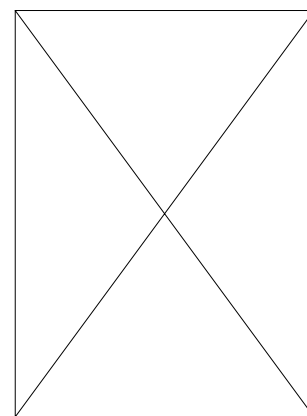
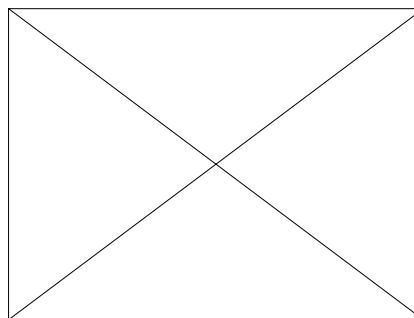
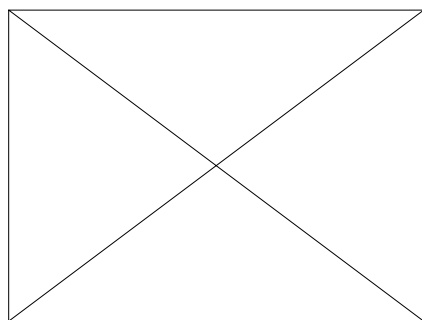
The lookout was staffed by a friendly, chatty woman who had everyone sign her guest book. As I've mentioned more than once in this newsletter, in my opinion, the top of Hager Mountain offers some of the best desert views in our area.

I find it interesting that each leg of the bed in the Hager Mt. lookout building rests on a glass insulator like the ones you might find on a telephone pole. Guess spending the night there during a lightening storm can be pretty exciting.

After descending Hager and having a short tailgate party in the restaurant's dirt parking lot, we entered the Cowboy Dinner Tree restaurant to complete the final leg of our trip. People seemed to agree that the huge chunks of beef served for dinner (one of the only two entrees on the menu) was especially tender this year. As usual, way too much to eat at one meal. Flank steak for a week.

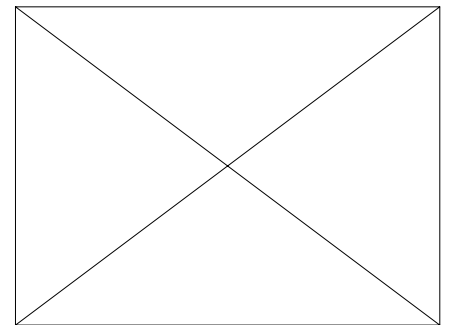
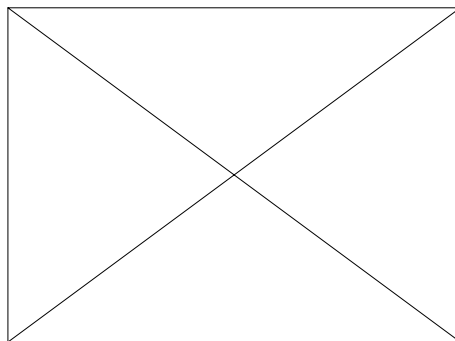
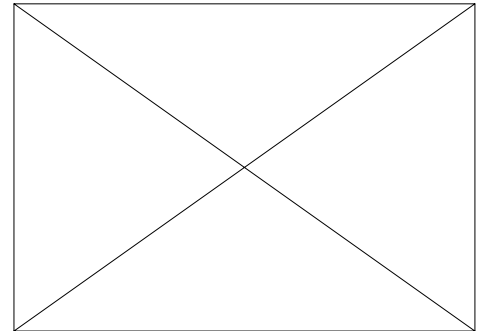
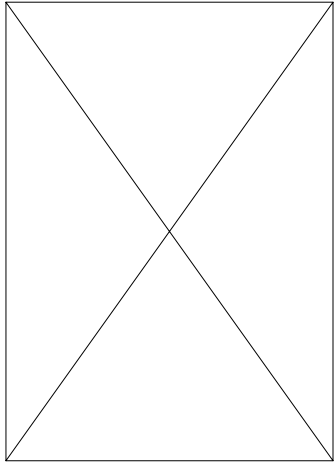
- Ron Hoyt -

Fort Rock

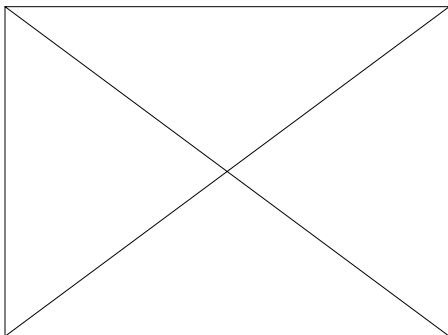


Hager Mountain Trip (Continued)

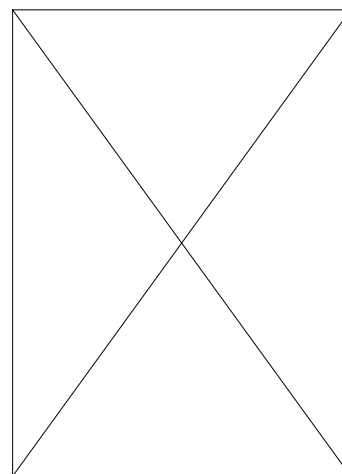
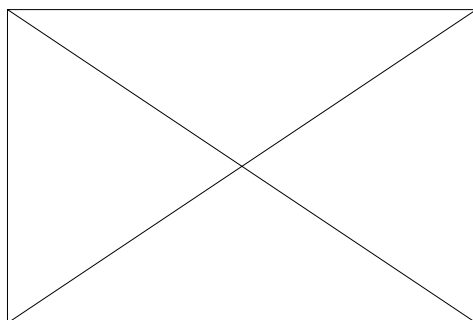
Hager Mountain



Memorial marker near the base of the fire lookout

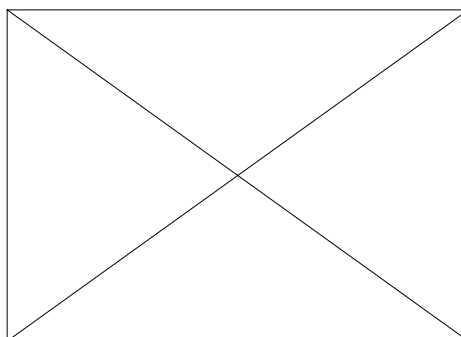
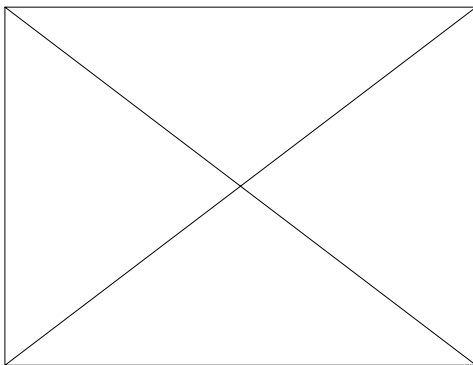
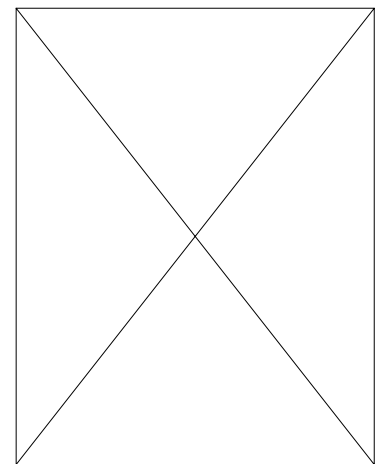
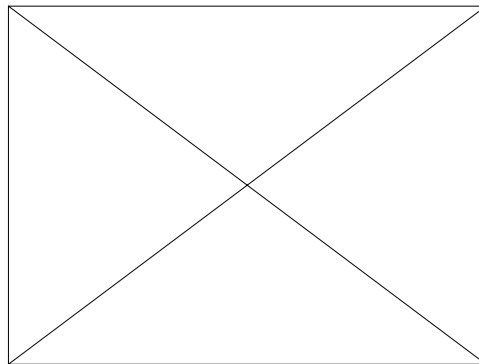
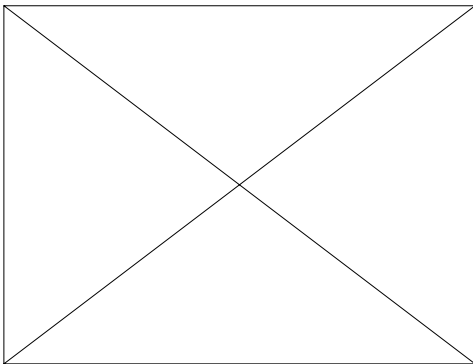
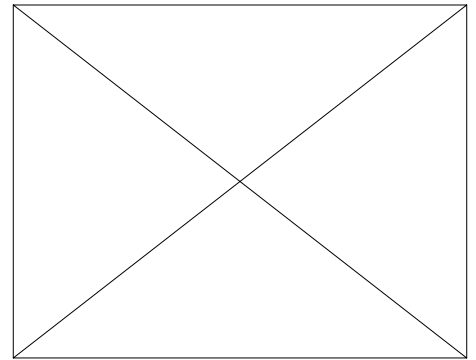
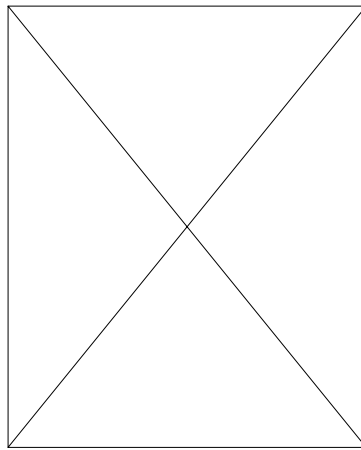
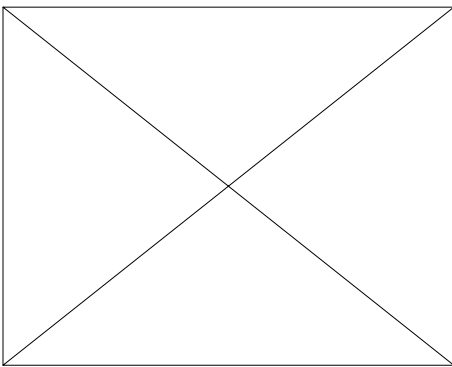
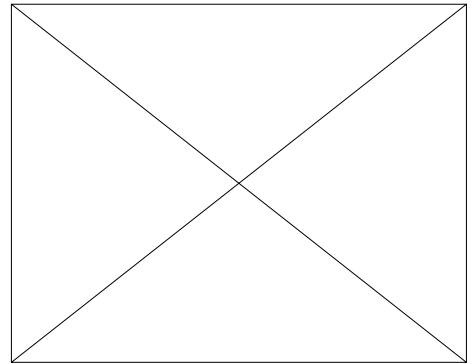
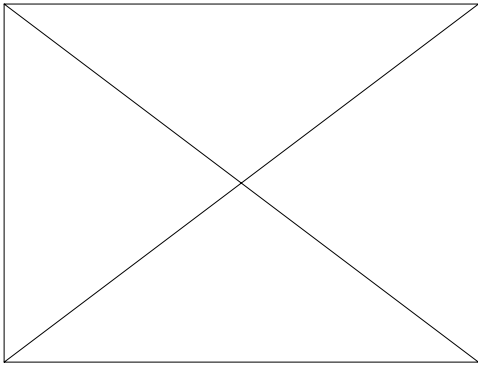


Cowboy Dinner Tree



Photos contributed by Dorothy Eberhardt and Ron Hoyt

Some Iron Mountain Hike Photos



*Photos contributed by Karen Vela
and Ron Hoyt]*

Cold Springs/Ochocos Trip

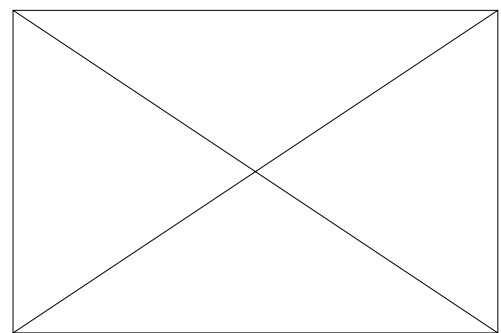
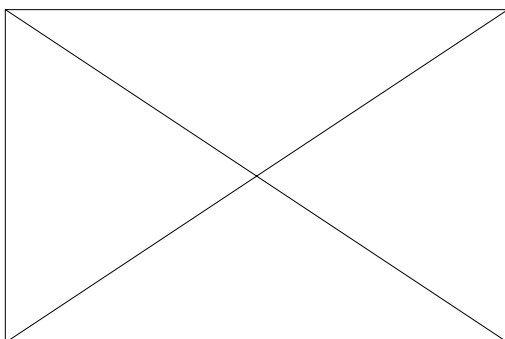
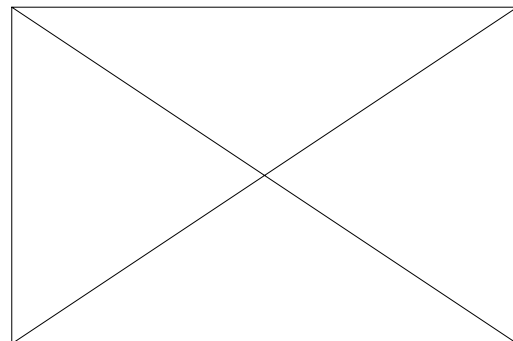
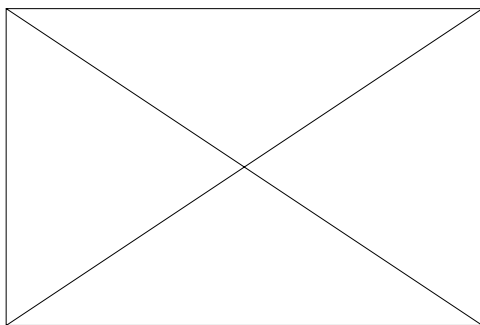
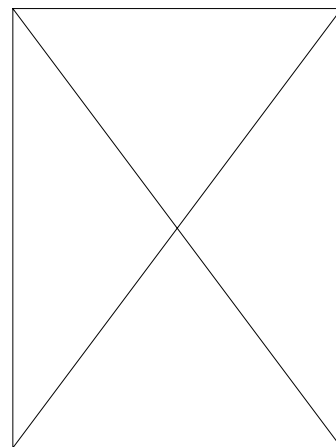
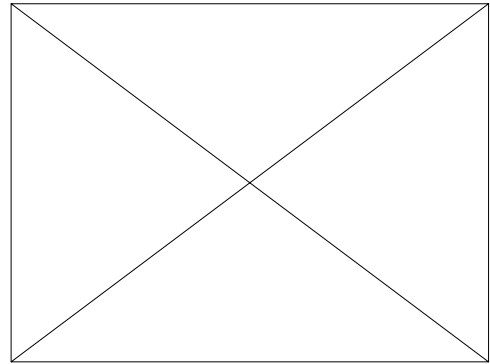
In early July the Nordic Club visited the Forest Service's Cold Springs cabin in the Ochoco Mountains east of Prineville for hiking and relaxing. An increasing cast of Club members arrived at the cabin over the three days we were there. Although the cabin is advertised as sleeping eight, we pushed it a bit as the long weekend progressed.

Built circa 1934, the Cold Springs cabin is an historic guard station located in an old growth ponderosa pine setting on the east side of Big Summit prairie. A nearby spring helps provide a lush setting for the cabin. The cabin used to be the communication hub connecting the various fire lookouts in the area. The old telephone switchboard is still there the living room.

The cabin boasts three bedrooms, two bathrooms, a living room, a kitchen, and a large deck. The kitchen has a propane cook stove, a solar-powered refrigerator, and is stocked with basic utensils. The heat and hot water are all propane operated. The four interior cabin photos shown at the bottom of this page are courtesy of the Forest Service through their website.

The cabin has both electric and propane-powered lights. The electric lights, as well as the refrigerator, operate on solar power. Two solar panels are located in an open area thirty or forty yards south of the cabin. The panels automatically track the sun's movement for maximum direct sunlight. An inspection of the solar panels revealed that the tracking mechanism is totally passive, i.e. there are no electric motors that move the panels. Instead, thermal heating of a closed hydraulic system causes fluid expansion to move

[continued on next page]



Cold Springs/Ochocos Trip (Continued)

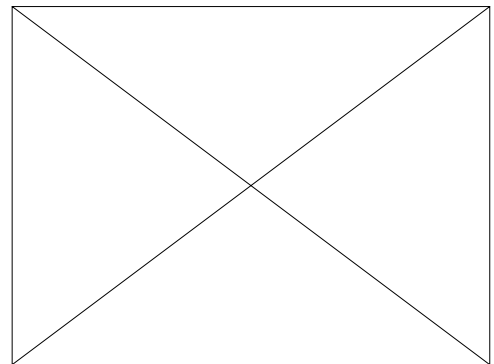
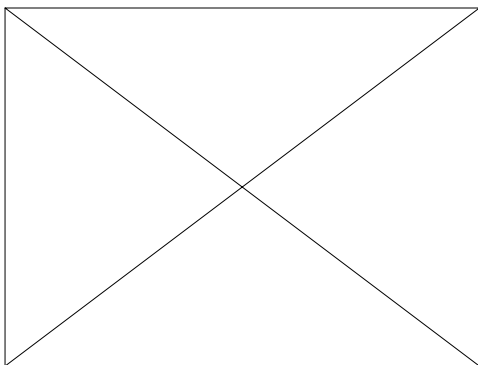
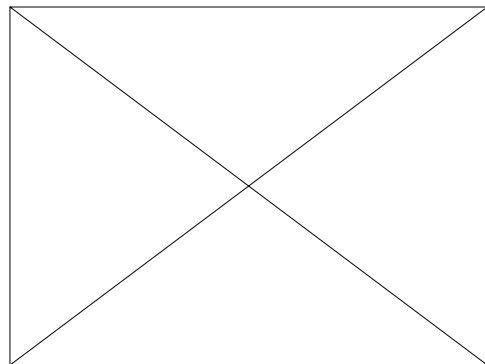
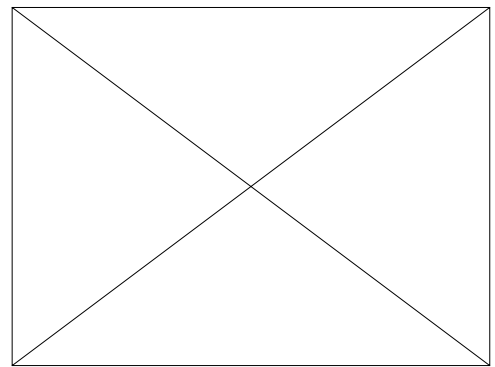
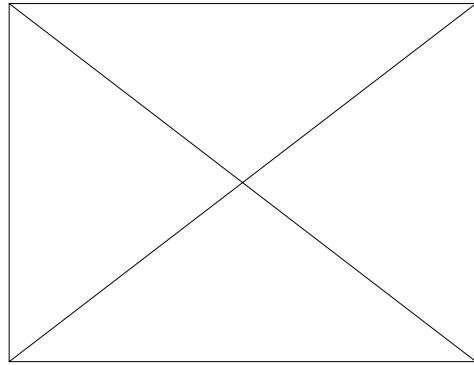
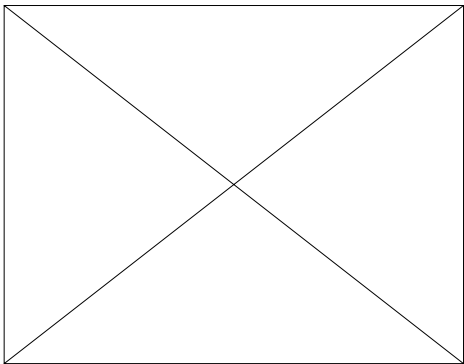
fluid from one side of a panel to the other as the day progresses. This weight shift causes the panels lean east or west.

Club president, Linda Frost, planned three hike destinations for the weekend: North Point, Lookout Mountain (see the four photos at the bottom of this page), and Round Mountain. We made it to two of the three destinations. We never made it to North Point.

The North Point hike, described in the back of the second edition of Bill Sullivan's "100 Hikes - Eastern Oregon" has suffered a burn and other trail damage since the book was published. There was much blow down almost anyway up. Although we made it to the top of the North Point ridge, we never made it to the cliff face that is actually North Point. However, we did make it to the nearby active fire lookout at the top of Mt. Pisgah. On the drive to the cabin from the North Point trailhead we passed wonderful meadows of thriving lupine amid the burn area. Apparently, like fireweed, lupine can make a striking comeback after a fire.

The evening entertainment was, not Scrabble as is often the case on Nordic Club overnight trips, but instead Dominoes. Specifically a variation called Mexican Train. Mark and Jeanni Capell brought the domino set and patiently gave the somewhat rowdy crowd instructions on how to play. It seemed to some of the people playing that the rules to the game were ... rather fluid. Mark assured us that he was not making up the rules as he went. Mark won both nights.

- Ron Hoyt -



CENTRAL OREGON CHAPTER OF THE OREGON NORDIC CLUB

Membership Application 2009

The Central Oregon Nordic Club:

- Provides opportunities to meet other cross-country skiers, snowshoers, and hikers; and to make new friends.
- Has informative monthly meetings at the Central Oregon Environmental Center from 7 to 9 pm on the second Friday, November - August. The Environmental Center is located at 16 NW Kansas in Bend.
- Organizes cross-country skiing, snow shoeing, and hiking trips.
- Sponsors a Nordic Ski Swap in November as a community service.
- Supports youth ski programs in Bend (High School and Bend Parks and Recreation).
- Stocks local ski shelters with firewood and maintains these shelters.
- Maintains cross-country ski trails in Central Oregon.
- Belongs to a state-wide organization with chapters in Bend, Prineville, Salem, La Grande, Ashland, Grants Pass, Portland, Teacup (Mt. Hood), Klamath Falls, and The Dalles.

Dues Schedule

Memberships are renewable on October 1st of each year. Dues are \$25 per year. For new members joining before August 1st, the dues are \$25 for the year. For new members joining in August and September, the dues are prorated to \$15. All un-renewed memberships lapse on December 31st.

To Join:

Please fill out this form and send to: **Central Oregon Nordic Club, PO Box 744, Bend, OR 97709.**
Make checks payable to **CONC**. For more information, call 1-541-382-8023.

CENTRAL OREGON NORDIC CLUB

PO Box 744, Bend, OR 97709

Membership dues are **\$25.00** per year

Name _____ Phone _____
Address _____ City/State/Zip _____
Email Address _____ Date _____

I would like to receive the Club's newsletter via: Regular Mail Email/Web Site (Saves CONC money)

I am interested in the following club activities (Please check as many as you would like):

X-Country skiing Snow shoeing Hiking Backpacking

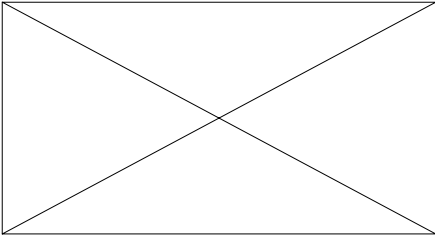
I am interested in volunteering for (Please check as many as you would like):

Leading trips Trail/shelter maintenance Ski Swap
 John Craig Race Helping with youth programs Forest Service Liaison
 Meeting preparation Other _____

Privacy Policy The club will not give any information about you to anyone other than club members. Information is shared to help members find people with similar interests.

BE SURE TO SIGN THE WAIVER ON REVERSE SIDE

**CENTRAL OREGON NORDIC CLUB
PO BOX 744
BEND, OREGON 97709-0744**



Name of Participant:	
Name of Event/s: Any Oregon Nordic Club Activity in 2009/2010	
THIS IS A LIABILITY RELEASE. PLEASE READ CAREFULLY BEFORE SIGNING.	
<p>I acknowledge that ORS §30.975 provides that an individual who engages in the sport of skiing, alpine or Nordic, accepts and assumes the inherent risks of skiing insofar as they are reasonably obvious, expected, or necessary. Inherent risks of skiing include, but are not limited to, those dangers or conditions which are an integral part of the sport, such as changing weather conditions, variations or steepness in terrain, snow or ice conditions, surface or subsurface conditions, bare spots, creeks and gullies, forest growth, rocks, stumps, lift towers and other structures and their components, collisions with other skiers, and a skier's failure to ski with the skier's own ability, I am aware that hiking, skiing, and related activities are potentially hazardous activities that include certain risks and dangers, and I have made a voluntary choice to participate in these activities despite the risks that they represent. In consideration of my being permitted to participate in the club activities named above, I agree to ASSUME ANY AND ALL RISKS OF INJURY OR DEATH, which might be associated with or result from my participation in these events.</p>	
Initial Here:	
<p>I further agree to RELEASE FROM LIABILITY and to INDEMNIFY AND HOLD HARMLESS the organizers and sponsors of the hiking and skiing event/s, the Oregon Nordic Club, and their owners, agents, landowners, affiliated companies and employees for any damage, injury, or death to myself or to any person or property from any activities connected with my participation or practice for or my participation in these events.</p>	
Initial Here:	
<p>I, the undersigned, have carefully read and understood this agreement and all of its terms. I understand that this is a RELEASE OF LIABILITY which will LEGALLY PREVENT me or any other person from filing suit or making any other legal claim (including any claim based on negligence) for damages in the event of my death or any injury to me. I nevertheless enter this agreement freely and voluntarily and agree that it is binding upon me, my heirs, assigns, and legal representatives.</p>	
Initial Here:	
<p>If I am SIGNING ON BEHALF OF A MINOR (18 and under) I accept full responsibility for all medical expenses incurred as a result of the minor's participation in Oregon Nordic Club sponsored events. I also agree to Release, Hold Harmless and Indemnify the Oregon Nordic Club for any claims brought by the minor.</p>	
Participant Signature: _____	Date: _____
Guardian Initial Here:	
Guardian Signature (if minor): _____	Date: _____