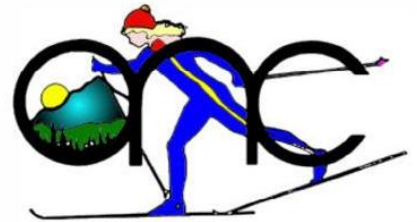


The Nordic News

The Newsletter of the Central Oregon Nordic Club

December 2008 - January 2009

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



Club News

'Tis the season! The Club's annual holiday potluck and gift exchange will be the main event at the Club's December meeting. There will be a potluck dinner accompanied by enchiladas from the Taco Stand. Bring some food to share, salad, main dish or dessert; and a wrapped gift. The gift can be real (about \$10) or a white elephant. The evil, multi-headed sheep may reappear, nothing is too strange. Rumor has it that the current possessor of the evil sheep is beginning to like it. Come anyway and meet some of your friends and other skiers, snowshoers, and hikers indoors for a change.

The potluck will be held on **Friday, December 12th, 6:30pm** at the **Central Oregon Environmental Center** located at 16 NW Kansas, near McMenamins, in Bend. It's not too late to wrap that white-elephant gift you plan to unload on some unsuspecting club member.

John Craig Memorial Ski Tours. The annual John Craig cross-country ski event is scheduled for Saturday March 15th. There will be two tours this year: an out and back tour along the McKenzie Pass road on the east side of the pass, and the Mail Carry over the McKenzie Pass west to east.

Ski Equipment Talk Presented. On November 8th, Linda Frost and Ron Hoyt gave a presentation at the Sunriver Library on how to select the proper cross-country ski equipment. More than 20 people heard Linda and Ron describe the types of equipment available and what to look for when buying winter gear. This

presentation was given as part of the Deschutes County Library's Community Outreach program.

Nordeen Wood Shed Finished. The wood shed at Nordeen was completed at the end of October. Joe Davidson did a great job on the log construction. Jim Baker and Bob Turner devoted much volunteer time to help in the completion of the shed. Bill Martin helped split wood for the shed. The club would like to thank these people, and others whose names are not mentioned here, for their efforts.

Ski Trail Map Suggestions. Chris Sabo of the Forest Service is reviewing new ski-trail maps for our area. These maps are provided free at the sno-parks and trailheads. Chris would like to know if any CONC members have suggestions or changes for the new maps. You can email Chris with your comments at csabo@fs.fed.us.

[Continued on next page]



Ski and Snowshoe Trips

Sunday ski and snowshoe trips start from the **Di Lusso Coffee Shop** on Galveston. We gather between 9 and 9:30am to decide on destinations and drivers and leave at 9:30. Bring water, lunch, sunscreen, sunglasses, and layered clothing.

Remember that there is also a ski group that meets at the same time and place on **Wednes-**

days for shorter trips. The trips will vary in distance and terrain based on snow conditions.

Please contact Linda Frost for more information. 382-8023, OQTRS@bendcable.com. For more snowshoeing information, contact Jim Davis. jedee1978@bendbroadband.com, 383-1978.



Next CONC Meeting

The Club's next meeting will be on **Friday, December 12th, 6:30pm** at the **Central Oregon Environmental Center** in Bend.

This meeting will be a holiday potluck with a gift and white-elephant exchange.

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Trail Users Group (TUG)

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388-4457

Dennis Krakow,
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Club News (Continued)

CONC Membership Renewal. If you haven't done so already, now is the time to renew your Nordic Club membership. The Club's annual membership enrollment period ends on December 31st for all members. A membership form is included as part of this newsletter.

Member Phone List. A telephone/email list of club members will appear in the

February issue of the *Nordic News*. This list is published once a year to facilitate trip-planning between members. The list list will not be published on the Club's website. For this reason, all members will receive a printed newsletter in February.



CONC Volunteer Activities

CONC has need of volunteers to stock shelters with wood, move wood periodically from wood sheds to the shelters, build and maintain shelters, clear and mark ski trails, and occasionally help the forest service with signage, bridges, and debris management.

We track volunteer time for a variety of (nice) reasons. To thank our volunteers, for each half day of work given, they will receive one raffle ticket. These tickets will be put into "the hat" for a drawing at the March CONC meeting - many extremely valuable and tasteful gifts will be given away!

If you do CONC related volunteer work on your own, please send an email to gary.s.kelley includ-

ing what, where, when, who, and how long. Also include any damage or other information (such as wood supply) you feel might be useful. We communicate to volunteers through an email group. If you would like to be included in this email group, please send an email to gary.s.kelley@gmail.com. In general it is not a chatty group except in October when we stock the shelters. It is easy to remove yourself from the group at any time.

- Gary Kelley -

[The Forest Service is looking for volunteers in several areas. See the article on the following page - Ed]

Renew Your CONC Membership Before It's Too Late

'Tis the season - to renew your CONC membership. Unless you are a new or renewing member who paid a full membership fee (\$25) in October or later, it 's time to renew your CONC membership. A 2009 membership form is included at the end of this newsletter.

All Club memberships are calendar-year memberships. This means that all memberships end on December 31st.

People joining mid-year or later may pay a reduced, prorated membership fee based on the month they joined. These members must also renew by the end of the year. The pro-

rated fee schedule can be found on the application form at the end of this newsletter. Please sign and include the **Liability Release** form on the last page of this newsletter.

CONC memberships lapse on December 31st.

So, memberships which have not been renewed by the end of the year will lapse at the stroke of midnight on December 31st. Please renew your CONC membership now.

If you have questions about your membership, please call Ron Hoyt at 382-7084, or send an email to ronho@bendcable.com.



Deschutes National Forest Winter Volunteer Opportunities

Chris Sabo, the Trails/Wilderness manager for the **Deschutes National Forest**, is looking for volunteers to help put the finishing touches on the new Wanoga shelter [See the article *about the new shelter on Page 4*] and to help with other trail-maintenance activities.

The following is taken from recent emails from Chris:

Wanoga -

- Furnish the building interior - this will include moving in 6 picnic tables, 5 each 8 ft. benches (to be secured to the back wall), mount coat hooks (1" pegs on 2x6 boards) to the walls in various places, install a bulletin board to the exterior and a bulletin board in the interior, install interpretive sign board (interior), equip shelter with 2 snow shovels and a broom, 2 trash cans and we may discover another small item or two to install we haven't thought about yet.

- Stock the interior with wood, primarily under the benches and perhaps a small pile in the corner. We do not plan to stock this shelter with 3 cords of woods at this time. Thru the winter, we will intermittently stock under the benches until we have a secured (lockable) wood storage inside the building. Volunteers have and will continue to split 2 cords of wood at the Forest Service compound in Bend. This is wood that was seized during illegal firewood cutting and has been released for our use in shelter stocking. We'll likely cut another cord of wood from hazard trees around the sno-park area. Outdoor warming fires are common with snow play activities and we expect even with the shelter and woodstove it contains, the outdoor warming fires will continue. This is a concern from the standpoint that several times more wood can be consumed in a couple of campfires compared to a woodstove.

We will be asking (requiring) folks to bring their own firewood for the warming fire pits outside and reserve the supplied firewood for shelter woodstove use only.

- Volunteers are needed for: refinishing of picnic tables (belt sanding table/bench tops and treating), staining benches and installing benches and coat "racks" and splitting and stocking more firewood at some point. Would also like to get some more brush cut on the sledding hill before winter moves in. This would involve 1-2 volunteers heading out with Mark, my helper, with a power brush cutter or two and mowing down some brush and seedlings.



Other Winter Trails Projects -

- Clearing downed trees. Another winter trails project that may be better tackled now than later is clearing any new downfall. Two big wind events this fall resulted in possibly hundreds of trees down across winter trails on the Deschutes. I don't have any specific locations of heavy blowdown, but if you've seen large numbers of blowdown across winter trails recently, let me know where. Areas of heavy beetle or fire killed trees are most susceptible. If you are interested in helping to clear trails with known blowdown, also let me know.

- Blocking access roads. We would like to block some of the access roads into some of the shelters. Blocking the roads with logs would help prevent possible theft of firewood from the shelters.

If you are interested in any of these tasks, please let me know and we'll coordinate appropriate work parties.

The items above are things we hope to complete in early December with the help of volunteers. Some longer term interior additions to the shelter include: adding on a 6x8' changing room, small kitchen or food prep area with counter space and shelving and a small lockable firewood storage. These additional construction tasks can likely be done by volunteers with the right skills and we would love to go that route. We would provide all the materials and most, if not all of the tools. It's possible that the changing room, kitchen and wood storage could be done on weekdays during the winter. If you are interested in helping with or taking the lead on this construction project, just let me know.

Thanks,

Chris Sabo
Trails/Wilderness
Deschutes National Forest
Phone: (541) 383-4795 FAX: (541) 383-4700
csabo@fs.fed.us

[The Deschutes National Forest has a continuing need for volunteers in several areas. Please visit the Volunteer page of their website at <http://www.fs.fed.us/r6/centraloregon/volunteering/> to see other ways that you can help maintain our area's trails and forests.

Also, you can contact Gary Kelly, the Club's volunteer coordinator, about other volunteer opportunities [See the article on Page 2 for information about CONC volunteering]. Gary's email address is gary.s.kelley@gmail.com - Ed]

Wanoga Snow-Play Shelter Completed

With the dedication of the Wanoga Snow-play area last year, Central Oregon - after many years of waiting - had a safe and free family-oriented sledding and tubing area. During the years of waiting our club donated time and money to develop an area for kids and their families to play in the snow. Club members Peter Hanson, who did most of the footwork, and Lloyd Vordenberg helped keep the idea alive.

The Forest Service, CONC, and the snowmobile community dedicated the new slope and large parking area at Wanoga on December 15th of last year. What was lacking at the time of the dedication was a shelter. Well, a Wanoga shelter will be completed this month. See the photos of the almost-completed shelter that accompany this article.

This fully enclosed shelter will provide groups, families and individuals a place to get out of the weather to dry out and warm up before heading back up the hill. Shelter amenities will include a wood stove and wood, picnic tables, benches, coat hooks, interpretive signing and windows for lighting and for parents to watch their kids having fun in the winter wonderland. The shelter's capacity is 50 to 70 people. There are restroom facilities next to the shelter and outdoor fire rings.

This Wanoga sledding-hill area and shelter is located to the east of the Wanoga snowmobile area on the south side of Century Drive just past the Meissner Sno-park. Also, there is dog-friendly skiing at Wanoga.

The Forest Service requests that you bring your own firewood for the rings; and, please, no dogs in the shelter.

- Ron Hoyt -



ONC Chapter Websites

Our Central Oregon Nordic Club is one of several **Oregon Nordic Club (ONC)** chapters in the state. Several of the chapters offer weekly and overnight ski trips. If you are interested in skiing in other parts of Oregon, you may want to visit the chapter website links listed below.

ONC state website - <http://www.onc.org>. This site has links to all the Oregon Nordic Club chapters, you can access many club newsletters from the website.

Blue Mountain chapter - <http://www.onc.org/bmnordic/index.html>

Central Oregon Nordic chapter - <http://conc.freehosting.net/>

Ochoco chapter - <http://www.onc.org/ochoco/index.html>.

Portland chapter - <http://www.onc.org/pdx.html>

Southern Oregon Chapter - <http://southernonc.tripod.com/>

Teacup Chapter (near Mt. Hood) - <http://www.teacupnordic.org/>

Tumalo Langlauf chapter - <http://www.tumalolanglauf.com/>

Willamette Chapter - <http://www.tlmicro.us/onc/>

An additional Oregon website:

Oregon Ski news - <http://www.cross-countryski.com/oregon.html>

Also, you can visit the **Links** page of our Club's website at <http://conc.freehosting.net/links.htm> for links to the websites of the other ONC chapters and to other outdoor-related websites.



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Ski-Shelter Hiking

On the final Sunday - and the last day - in November, club member Delores Marsh led a group of hikers on a 10-mile hike to two different ski shelters. It was a mild day with an overcast sky that cleared as the day went on. Although there was not enough snow for skiing, thin patches of snow did present themselves periodically during the hike.

The hike began at the Meissner parking lot and followed the Tangent road almost to the Shooting Star shelter. A little cross-country stump jumping took us up to the shelter itself. The Shooting Star shelter is the farthest shelter from the parking lot in the Meissner area - about a nine mile round trip on skis.

After a quick lunch, the group walked cross country to Swede shelter - a distance of about two miles. A couple of GPS units provided an excellent example of high-tech dead reckoning. The open, and mostly level area in the private land holding between the two shelters is not so level and open without a few feet of snow on the ground.

Although there was no one else at Swede shelter while our group was there, there appeared to be someone living in the Shelter - which is against Forest Service regulations. We saw a hammock, food, and a cell phone in the shelter.

At the beginning of the hike, Delores began picking up beer cans and trash along the Tangent road. By the end of the hike all the hikers were picking up trash and the group ended up with a trash bag full.

Hopefully Delores will be leading future Sunday hikes. Because of the group's trash-collecting efforts on this hike, Delores has decided to call her hiking partners the "*Treasure Seekers*".

- Ron Hoyt -



Shooting Star Shelter



Swede Shelter





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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 - June. 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

Individual and/or Family Membership **\$25.00**

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

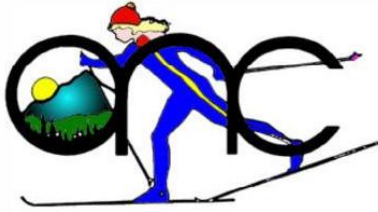
I am interested in volunteering for (Please check as many as you would like):

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.

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.

Initial Here:

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.

Initial Here:

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.

Initial Here:

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.

Participant Signature: _____ **Date:** _____

Guardian Initial Here:

Guardian Signature (if minor): _____ **Date:** _____