

The Nordic News



The Newsletter of the Central Oregon Nordic Club (CONC)

August 2013 - September 2013

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

CONC News

Next Meeting. No CONC meeting is planned for August or September. The next meeting will probably be in the Fall.

Waldo Lake Is Now Non Motorized. In June, Waldo Lake officially became a non-motorized Oregon body of water, thus protecting it from noise and potential pollution from motor boats and seaplanes. The Oregon Sierra Club has been active in advocating a non-motorized status for the lake in its "Keep Waldo Wild" campaign. In a communication announcing the status change for the lake, the Sierra Club said "Peaceful, restful, wild Waldo Lake safely remains a pristine Oregon treasure."

If you are curious about the person for whom Waldo Lake was named, see the article on page 7.

Wednesday Hike and Ski Trip Leader. The Wednesday hikes/skis need a leader. Each Wednesday a group meets at Jackson's Cor-

ner at 9:30 AM to go for a shorter outing. This fall we will need a new person to meet a usually small group and suggest some easy hikes or skis. If you are interested, please contact Linda at oqtrs@bendcable.com.

Sunday Hike Options. Club member Ginger Remy will be leading periodic Sunday hikes for the next few months. The hikes will be announced by email earlier in the week of the hike. The hikes will meet at the west-side

[Continued on next page]



Hikes for August and September

The Club has several hikes planned for August and September - weather permitting.

Sunday hikes leave from the Starbucks inside the west side **Safeway** on Century Drive. Sunday hikes leave at 8 AM and 9:30 AM. Hikers will carpool to the trailheads, drivers are decided upon before leaving. Bring water, lunch, sunscreen, good footwear and layered clothing.

Because the group keeps growing, there is a good chance that there will be two destinations for some hikes: the listed hike and a shorter outing.

There are also **Wednesday** CONC hikes. These hikes leave from **Jackson's Corner** located at Broadway and Delaware in Bend.

These are generally shorter hikes. The hikes leave at 9:30 AM.

CONC August - September Sunday Hikes

Please see the detailed list of hikes on page 3. Note that some hikes leave at 8 AM and others leave at 9:30 AM.

The hikes are subject to change without notice. Please contact the individual trip leaders for more information.

Next CONC Meeting

No meeting is planned for August or September. The next meeting will probably be in the Fall.

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CONC Board

President

Linda Frost, 541-382-8023
OQTRS@bendcable.com

Vice President

Gary Kelley, 541-508-3046
gary.s.kelley@gmail.com

Treasurer

Eileen Woodward 541-977-7816, ikey@bendcable.com

Secretary

John Stockham 541-639-8157
jstockham@bendbroadband.com

Board at Large:

James Cagney, 541-678-7737, jecagney@hotmail.com

Jeffrey Jackson (JJ), 541-389-3598, jj2106@msn.com

Ron Lambert, 541-389-3919
ronjolyann@gmail.com

Ginger Remy, 541-678-5615
gingerremy427@gmail.com

ONC Representative

James Cagney, 541-678-7737, jecagney@hotmail.com

Jolyann Lambert, 541-389-3919, ronjolyann@gmail.com

Trails and Shelters

Gary Kelley, 541-382-0060
gary.s.kelley@gmail.com

Newsletter Editor

Ron Hoyt, 541-382-7084
ronho@bendcable.com

Web Connection

Linda Fava, 541-312-3692
LF1@bendbroadband.com

High School Programs

Bill Martin, 541-389-2849
vmartin@bendcable.com

Memberships

Ron Hoyt, 541-382-7084
ronho@bendcable.com

Snowshoeing

Jim Davis, 541-383-1978
jedee1978@bendbroadband.com

Margarita Bull, 541-610-7712
MBull@rgrdlaw.com

Trail Users Group

Looking for a volunteer

CONC News (Continued)

Safeway in Bend at **8:30AM**.

Ginger's first hike will be to Crescent Mountain on August 4th.

Saturday Hikes Cancelled. The Saturday hikes organized by Chris Herrick have been cancelled due to insufficient attendance. Chris would like to thank the CONC hikers who did join her on Saturday. In turn, the CONC would like to thank Chris for offering to lead Saturday hikes for the club.

Road 370 Temporarily Closed. According to the Forest Service trails update of July 18, Road 370, that connects Century Drive to Todd Lake and the Broken Top Trailhead, received erosion damage from the spring melt off and will remain closed past Todd Lake until repairs can be

made to culverts and until other tread work can be done. The closure includes Road 380 which provides vehicle access to the Broken Top Trailhead from Road 370. The Forest Service hopes to have repairs made and the road open before mid-August.

Search and Rescue Tips. On a recent CONC outing, a hiker mentioned a couple of tips learned from friends involved with search-and-rescue. The tips are:

1. If lost at night, lay in an open area with arms and legs spread out so that aerial infrared sensors can better spot you.
2. You can use the reflective side of a CD disk as a signaling mirror. A CD is light weight and isn't as fragile as a true mirror. Also, it can be broken into two pieces for use by another person.

Eileen Woodward Trip Updates

Methow Valley/North Cascades Hiking - 2013

We have one double room available for the club-sponsored hiking trip to the Methow Valley and the North Cascades of Washington from **September 8 - September 13**. We will be staying at the **Mazama County Inn**, where the CONC skiers stay on their trips, with amenities that include an outdoor swimming pool, spa, tennis court, squash court, workout room. For information about the Mazama Country Inn including room descriptions, visit <http://www.mazamacountryinn.com/>. The available room is a "B" room.

We will be planning three days of mountain hikes and one day of valley exploration.

Room, continental breakfast, and dinner are included in the cost of the room - \$441 per person with 2 people sharing. Reservations will be confirmed the first week in August, so hurry if you want to snap up this last available space.



Rogue River Hiking/Kayaking - 2014

Our date to hike and kayak on the Rogue River will be **May 18 - May 22** next spring. I am taking reservations now for hikers or kayakers to confirm our spot. There are a few spaces available. The cost for the trip is \$1,050 per person, which includes raft support, 3 nights in rustic river lodges (think hot showers and clean sheets), plus three square meals a day.

For more information about these trips, contact me at ikey@bendcable.com.



Eileen Woodward

CONC August 2013 Hikes

Date	Day	Hike	Miles	Time	Contact	Contact Email	Notes
August 4	Sun	Todd Lake to Non-Name Lake	12	8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Tam McArthur Rim	4-8	9:30 AM	Linda F.	oqtrs@bendcable.com	
August 11	Sun	Obsidian Loop	14	8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Four-In-One Cone	9	9:30 AM	Linda F.	oqtrs@bendcable.com	
August 18	Sun	No Hike	-	8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Broken Top/ No-name Lake	5-6	8:00 AM	Linda F.	oqtrs@bendcable.com	
August 25	Sun	Soda Creek/Green Lakes Loop	12	8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Todd Lake Rim	4	9:30 AM	Linda F.	oqtrs@bendcable.com	

Note: Mileages are approximate. A hike destination could change on a particular date because of the weather.

CONC September 2013 Hikes

Date	Day	Hike	Miles	Time	Contact	Contact Email	Notes
Sept. 1	Sun	No Hike	-	8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Soda Creek	5 or 11	9:30 AM	Linda F.	oqtrs@bendcable.com	To Crater Ditch intersection (5 mi) or to Green Lakes (11 mi)
Sept. 8	Sun	Scott Mt Loop	10	8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Metolius River	4 or 6	9:30 AM	Linda F.	oqtrs@bendcable.com	
Sept. 15	Sun	Possible Devils Lake to Obsidian (or TBD)		8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Sisters Mirror Lake	5-8	8:00 AM	Linda F.	oqtrs@bendcable.com	
Sept. 22	Sun	Pamelia Lake to Hunts Cove	16	8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Black Butte	6	9:30 AM	Linda F.	oqtrs@bendcable.com	
Sept. 29	Sun	Maiden Peak	9	8:00 AM	Eileen W.	ikey@bendcable.com	
"	"	Oppie Dilldock	15	8:00 AM	Linda F.	oqtrs@bendcable.com	Note the 8 AM starting time

Note: Mileages are approximate. A hike destination could change on a particular date because of the weather.

Outdoor Author Bill Sullivan Goes Digital

Most hikers in our area have at least one of Bill Sullivan's hiking books in their library and sometimes even in their backpacks. Sullivan is best known for his "100 Hikes" series. This series of five books covers hikes over the entire state of Oregon. His *100 Hikes in the Central Oregon Cascades* is considered an essential by many Central Oregon hikers.

Over the years, our club has helped sponsor visits by Sullivan to Bend where he presents a slide show describing new hikes he has discovered and details updates to his books.

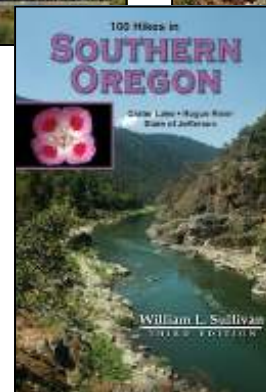
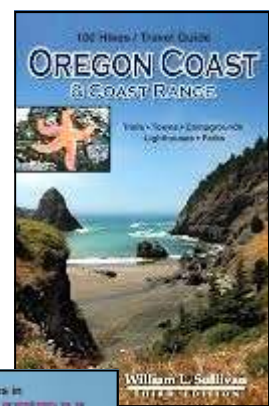
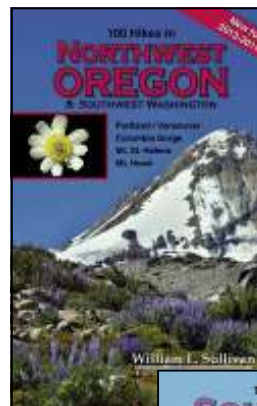
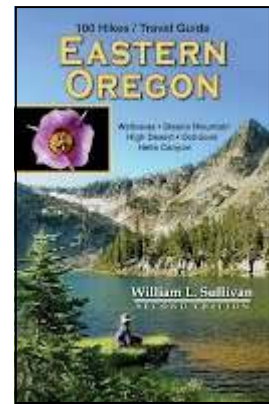
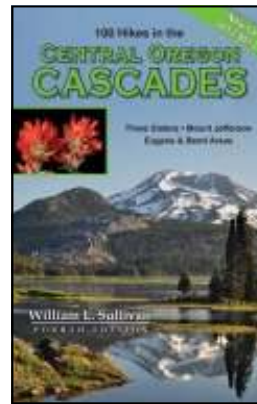
Well, author Bill Sullivan has entered the digital age. He now has a website that describes his hiking books. You can find the website, titled **Oregon Adventures**, at <http://www.oregonhiking.com/>

The website contains summaries of selected hikes with photos taken directly from his books. For example, go to <http://www.oregonhiking.com/oregon-adventures/100-hikes-in-the-central-oregon-cascades/> and select "Bend Area" to see a list of brief hike descriptions for some of the hikes in our area.

Not only does Sullivan have a website, but his books are also now available in electronic versions for download to mobile devices such as the iPad, iPhone, and Kindle. So now, for instance, you can view a trail map contained in Sullivan's Central Oregon hiking book on your smartphone as you hike.

The electronic versions of Sullivan's books are less expensive than the printed versions. For example, at the time of this article, the price for the printed version of *100 Hikes in the Central Oregon Cascades* is \$18.95 at bookstores and \$15.16 (plus shipping) from Amazon. The price of the electronic version is \$9.99 from Amazon.

Ron Hoyt



Pole Creek Fire Tour

In June, CONC members Linda Frost, Eileen Woodward, and Ron Lambert attended a tour of the aftermath of the Pole Creek fire. The tour that was organized by the Deschutes Collaborative Forest Project, Sisters Ranger District, Deschutes National Forest and the Deschutes Fire Learning Network.

The tour took a busload of 50 people to the woods near Sisters burned in last year's Fire. The Pole Creek fire started in early September 2012 and burned more than 40 square miles of forest before being contained about five weeks later. The graphic below is a simplified version of an image that appeared in a tour handout. Note how densely a forest grows back after 80 years if natural fire is excluded from an area. This dense forest can provide fuel for an eventual large fire such as the Pole Creek fire.

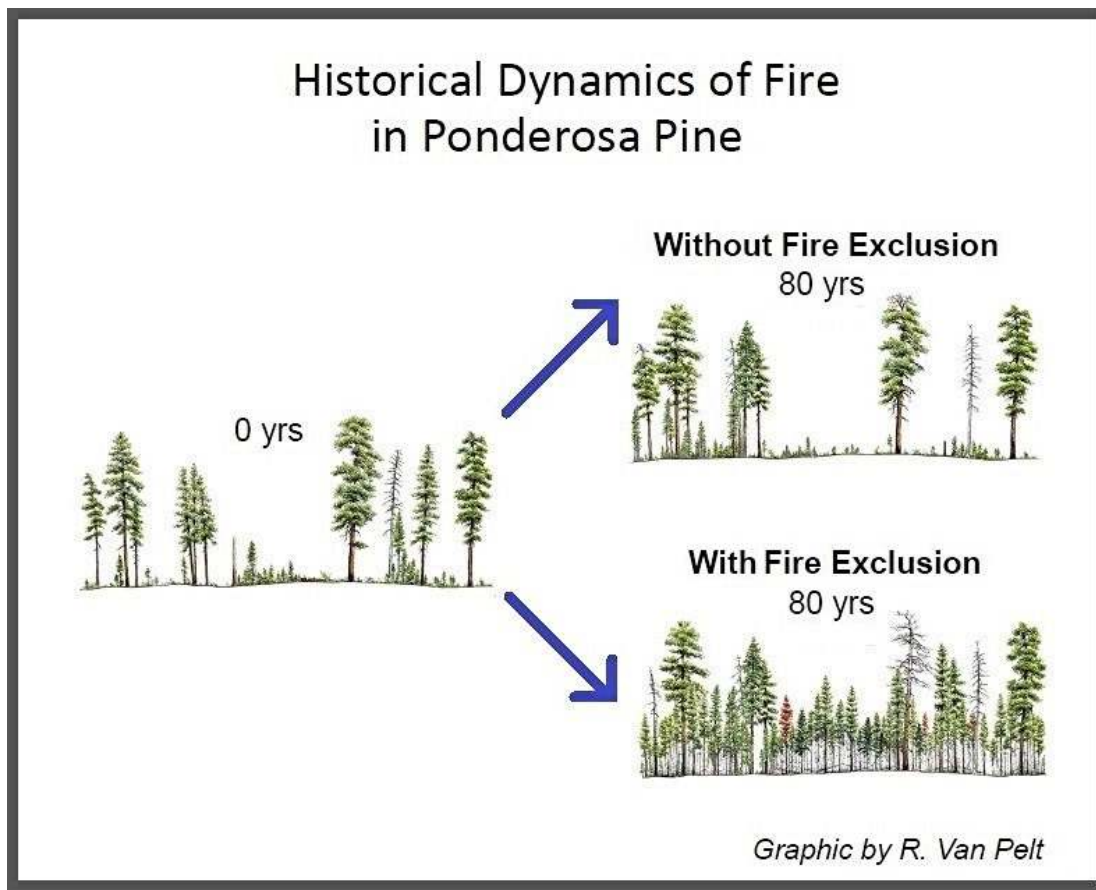
To see a video of the Pole Creek tour, go to the following Facebook link: <https://www.facebook.com/pages/Deschutes-Collaborative-Forest-a-Landscape-Restoration-Project/156794627755526?ref=hl>

For more on the fire go to the *Bend Bulletin* website at www.bendbulletin.com/polecreek.



Pole Creek Fire - Forest Service Photo

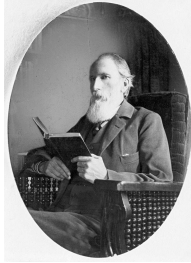
Ron Hoyt



Who Was Waldo?

After the recent successful campaign to make Waldo Lake non-motorized, you may have wondered who was the lake name after.

Waldo Lake in the Cascades and Waldo Glacier on Mount Jefferson are named in honor of John B. Waldo. Among other accomplishments in his productive life, Waldo was the 13th Chief Justice of the Oregon Supreme Court. In fact, he was the first Oregon Supreme Court chief justice born in the state. He may be best known as an outdoorsman and proponent of forest conservation for the Cascade Range.



Waldo was born in 1844 in Oregon to parents who immigrated to Oregon Country from Missouri via the Oregon Trail in 1843. John's father, Daniel Waldo, was a politician in the early days of Oregon, while John's brother William was a lawyer, judge, and state legislator, serving as President of the Oregon Senate in 1885.

Waldo was elected to the Oregon Supreme Court in 1880 to a six-year term. During his time on the state's highest court, he served as Chief Justice from 1884 to 1886. John Waldo was also elected and served one term in the Oregon State House in 1888, representing Marion County.

Beginning in the late 1800s, Waldo took annual horseback trips into the Cascade Mountains. Stops included Elk, Crescent, Odell, and Davis Lakes, climbing the Middle and South Sisters, Black Butte and many others before his death in 1907. In 1888, Waldo and four others traveled from Waldo Lake south to Mount Shasta along what is now the Pacific Crest Trail.

These trips helped foster Waldo's appreciation for the natural world and spark a campaign for conservation of the Cascades. He was consulted by William Steel (who was instrumental in the formation of the Mazamas hiking and mountaineering club in Portland) when Steel was attempting to get federal protection for Crater Lake.

Waldo dreamed of a larger goal of preserving the entire Cascade range. According to the Oregon Encyclopedia (<http://www.oregonencyclopedia.org>), during the 1889 legislative session, he unsuccessfully introduced a resolution urging the establishment of a huge forest reserve stretching the length of the Cascades, from the Columbia River to the California state line, to protect its "*wildness, game, fish . . . fowl, its scenery, the beauty of its flora, the healthfulness of its atmosphere.*" The reserve would have been a corridor 12 miles wide on either of the Cascade crest from California to Washington. Much of Waldo's vision was achieved later by creation of the National Forests from Crater Lake to Mt. Hood.

Some have called John Breckenridge Waldo "Oregon's John Muir". They were contemporaries in time, vision, and philosophy.

Ron Hoyt



Waldo Lake

Cold Springs Cabin Visit - June 2013

This year's stay at the Cold Springs ranger cabin in the Ochoccos took place over a long weekend beginning June 14th. I dropped in for one night to say hello and to be there for the hike to Lookout Mt. hike the next day, Fathers Day.

We enjoyed a great dinner prepared by Joanne Dellard the night I was there. The sweet potato fries didn't last long. The meal was capped by a slice of strawberry pie prepared by Nancy Conner. My contribution was a salad from Newport Market.

While most anything prepared for dinner will be appreciated, breakfast is a different story. There are the hardcore eggs-and-bacon people and there are the cold-cereal/oatmeal people. Notwithstanding this divide, everyone seemed to enjoy the bear claw sweet rolls I brought.

Afternoon and evening amusements at the cabin included reading on the cabin's large deck, Sudoku tutoring, and a Nancy Conner mandated Scrabble game. Linda, trust me, "mooses" is not a valid Scrabble word.

At the Lookout Mountain trailhead on Sunday, the people staying at the cabin met up with the CONC group who had driven from Bend that morning to do the hike. Flowers are one of the attractions of Lookout Mt.. This year we saw larkspur, lupine, and some yellow things. The paintbrush were just starting to bloom. The Arrow-leaf balsam root was spectacular at the top of Lookout Mt. as can be see from some of the photos on the next page.

This year's Cold Springs long weekend saw a changing cast of characters over the three days. I dropped in for one night. A group was arriving for an overnight stay Sunday night while others left Sunday after the hike. If you haven't gone to Cold Springs with the club, you should consider it. If you do go, bring sweet potato fries for dinner

Ron Hoyt



Cold Springs Cabin Weekend - June 2013 (Continued)



Flower Photos Taken by Larry Weinberg. Other photos by Ron Hoyt

Paulina Creek Hike - June 2013

Paulina Creek crossover hike on June 2nd. The hike mostly follows Paulina Creek down from Paulina Lake. Not only was it a pretty hike that day, it was an interesting one.

At the end of our upstream version of the hike, at the spillway that is the beginning of Paulina Creek as it exits Paulina Lake, we saw fish jumping to try and make it up a 4-foot waterfall at the base of the spill way. We saw fish of various sizes from a small nondescript fish to a large colorful one attempting the cascading water. None made it more than half way up the small waterfall while we were watching.

On the hike up, James “Eagle Eye” Cagney spotted a couple of things by the trail. See photos on the next page. One item was part of a jaw bone having serious shark-like teeth. The jaw fragment shown is about 3” long. The biggest tooth is about 3/4 of an inch tall and 3/8 of an inch wide. Ginger Remy thought that the jaw fragment might have come from a badger. James also found a *Smokey The Bear* key-chain medallion.

Can you identify the animal that was the former owner of the jawbone in the photos? If you think you can, let me know. The first to correctly identify the jawbone will receive ... the jaw bone. Okay, we'll throw in the *Smokey The Bear* medallion too.



Photos Taken by Larry Weinberg



Photos Taken by Ron Hoyt

McKenzie River Hike - June 2013



Photos Taken by Ron Hoyt

Umpqua River Hiking/Camping Trip - July 2013



Photos Taken by Ron Hoyt

Green Lakes Hike - July 2013



Photos Taken by Ron Hoyt

Canyon Creek Meadows Hike - July 2013



Canyon Creek Meadows Hike - July 2013 (Continued)



Photos Taken by Ron Hoyt



CENTRAL OREGON NORDIC CLUB

PO Box 744, Bend, OR 97709

Membership dues are **\$25.00** per year for families and individuals

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 Forest Service Liaison
 Helping with youth programs Meeting preparation Other _____

Optional tax-deductible donation for rebuilding the Swampy Ski Shelter (\$25 suggested) \$ _____ .

Please fill out this form and send to: **Central Oregon Nordic Club, PO Box 744, Bend, OR 97709**. Dues are **\$25** per year. Make checks payable to **CONC**. Memberships are renewable on October 1st of each year. All un-renewed memberships lapse on December 31st. For more information, call 1-541-382-8023.

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.

Name of Participant: _____

Name of Event/s: Any Oregon Nordic Club Activity in 2013

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:** _____

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



CENTRAL OREGON CHAPTER OF THE OREGON NORDIC CLUB

The Central Oregon Nordic Club:

- Is a year-round club that offers outdoor activities for all seasons.
- Provides opportunities to meet other cross-country skiers, snowshoers, and hikers - and to make new friends.
- Organizes cross-country skiing, snow shoeing, and hiking trips on a weekly basis.
- Offers overnight cross-country skiing and hiking trips in Oregon and beyond.
- Maintains cross-country ski trails and shelters in Central Oregon, stocks local ski shelters with firewood, and works in partnership with the Forest Service to provide ski-trail maps available at the trailheads.
- Supports youth ski programs in Bend (High School and Bend Parks and Recreation).
- 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.

Website:

Please visit the Club's website at <http://conc.freehosting.net> for more information about the club and to view issues of the Club's newsletter. Visit the website's **Activities** page to explore volunteer opportunities with the club.

