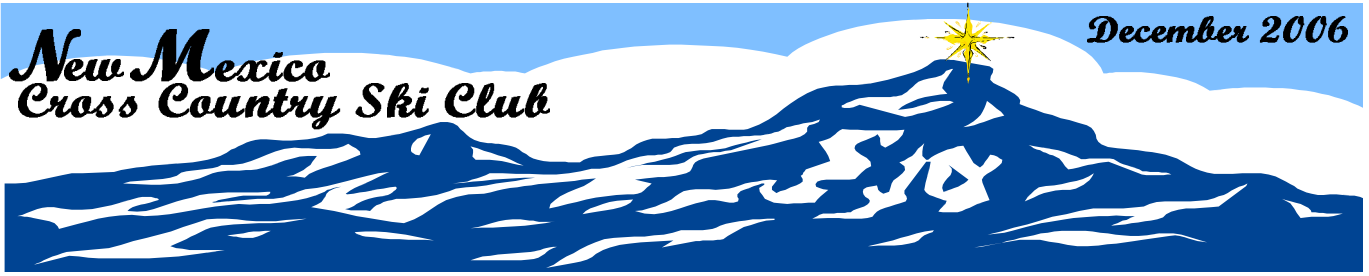


*New Mexico
Cross Country Ski Club*

December 2006



www.naturediscovery.org/nmccskiclub

December Holiday Social Meeting 12/14 7:30 pm

Desert In the Dessert ?

Dessert In the Desert ???

Bring a Festive Goodie to Share with All the Wise People You Know!!!



Place: 10120 Lomas Blvd. NE, Garden Center See Web for Map

Welcome New Members!!!

Jared Saia & Julia Fitzsimmons
Randy Simons & Terry Gugliotta
Liz Siletti
Jenise & Henry Borrasso
William & Ann White
Vicki Sanchez
David Moore

Michael & Susan Brown
Fran Lorin
Linda Wood
Joseph & Beverly Perea
Ann LeBeau
Carol Mario

From the President:

Patiently we wait for El Nino, in the meantime the NMCCSC is offering a beginner ski class, four bus trips to Colorado, a trip to Yellowstone, trail maintenance outings and an avalanche beacon practice class. Our holiday party, cleverly disguised as a general meeting, will be on Thursday, 14 December, at 7:30 PM. Please bring a dessert/desert (??) to share.

There is still time to apply for Silverton Avalanche School. Please contact Guy Miller, Bill Heitz, or Ray Berg for details; their contact information is on the last page of the newsletter. Think snow, I'll see you on the trail...

Mike

Member Roster & Web Page Access

This newsletter is only going to members who have paid 2007 dues. The Web Page Username and Password will also change in December. They will be published via eGroups and announced at the meeting. Please remember that membership lists are for club business only, and that we intentionally secure parts of our Web site to protect our members & trip leaders.

Notes from November Program

"Telemarking Tips"

Presented by Guy Dahms

Summarized by Frances Robertson

In case you missed the meeting or just didn't get any notes, here is a summary of Guy's tips. He prefaced his remarks saying he is not a certified instructor & some of these tips are not acceptable in modern telemarking classes, but that they work for him.

- 1) Evenly weight your skies. The trick is to heavily weight the back ski (very hard to do), even if you try, so think about making the weight more on the back ski. They should be 50/50, but think 20/80 and you'll be closer to 50/50.
- 2) Keep your feet as close together as possible--- Toe to heel & also side to side, that helps you do #1. Look down—you should be looking directly down at your toe. Don't try the legs spread out position that is featured in all the films on telemarking, as this can cause splitting the skis up and some unpleasant falls.
- 3) To initiate a turn, press the edge of the ski into the snow. This is done by weighting the inside of the turning edge of each ski. Since the outside ski is the leading ski in a Telemark turn,

this means applying your weight to the big toe of the leading foot and the little toe of the trailing foot.

- 4) Keep your upper body facing the fall line (downhill). It's your hips that swivel, body faces down hill. It's hard to do--counter intuitive.
- 5) Keep your hands quiet. Hands should be out in front in a graceful arc, forearm parallel to the ground, with elbows at a soft right angle. This helps maintain balance.

Moonlight Ski Trip

By Louise Broadbent

The Valles Caldera is offering a moonlight ski outing on Saturday December 30th. Tom and I will lead a club trip. We did this ski 2 years ago and felt it was a really unique experience, almost surreal. It can be difficult to see the contours, so please be sure you are comfortable skiing in low light. It can also be **very cold** in the middle of the Caldera at night, so be prepared.

The Caldera fees for this event are: \$15

for adults, \$12 for those 62 or older, and \$10 for children between the ages of 6-15. We will meet at the registration hut in the Valles Caldera at 6:30 p.m, and ski until 9:30 p.m. From the center of ABQ, plan on 2 hours to get to the registration area. If you want to come, but

do not have a 4 wheel drive vehicle, we may be able to arrange car pooling. This event is dependent on snow conditions and we will keep people updated via egroups. **Please contact me if you intend to take part in the club activity.**



Valles Caldera Free Ski Days

Three public appreciation days will be offered this season: January 1st, January 15th and February 19th. Free skiing will be offered from 9am-3pm.

Sam Beard is planning to lead a trip February 19; details TBD. Please mark your calendars & enjoy this beautiful national preserve. If you are familiar with the terrain, lead a trip to help others become familiar with the area. Contact Bill Heitz to publish a group activity.



Pictures Pictures
You Want Pictures

Please take Pics of all our ski club events and send them to your editor!!

Hut Trips

The February 1-6 trip to the Harry Gates hut is full. Guy has added a second hut trip to Wolf Creek Pass March 1 - 4. Two spots are taken and there are two open. This is a fairly easy pack into the hut, and there should be a full moon. Contact Guy.

A Message from Your Bus Trip Committee

Louise Broadbent, Ray & Thea Berg

The bus trip lottery was held November 10. The trip rosters are posted on the Web and provided as inserts in this newsletter. At least one week before the trip, participants will receive detailed trip information via email. Please mark your calendars and make timely payments for the Balances Due.

Balances Due

Trip	Date Due	Amount
Telluride	12/10	\$100
Silverton	12/10	\$100
Leadville	1/1	\$100
Winter Park	1/15	\$230
Yellowstone	12/1	\$65
	12/27	\$1,100

If you are still interested in going on a trip, please contact Louise. After all seats for a trip are filled, we place the remaining registrations in a "Reserve Pool". **It costs nothing to remain in "Reserve" status.** In the past, we have been quite successful making trips available to many members in the "Reserve". In case someone cancels at the last minute, keep that weekend open on your calendar!! Most often when members cancel, they sell their seat to someone in "Reserve". However, it is their seat and they may sell it to anyone who is over 18, same sex, and a member of the club.

Due to a medical problem, we have **a space for a single woman on the Yellowstone Trip.** The trip is from Jan 29 - Feb 4, and includes 5 days of skiing around Mammoth Hot Springs and Old Faithful. Total cost is about \$1,800. If you are interested, contact Thea or Ray Berg.

Avalanche Training Scholarships

The NMCCSC is offering four \$200 scholarships for the Level I avalanche safety courses at the Silverton Avalanche School. Contact Guy Miller, Bill Heitz, or Ray Berg to apply for a scholarship.

Book Review

Outdoor Leadership, By John Graham
 Published by 'The Mountaineers', Price \$16.95
 Reviewed by: Michon Johnson

Ever think about being a trip leader but didn't feel you had enough experience, knowledge or confidence? Well, here's a great way to start. Pick up a copy of John Graham's book, Outdoor Leadership.

Graham is a long time outdoor enthusiast who has extensive experience in hiking and climbing, including the first direct ascent of the north wall of Mount McKinley. His career in the diplomatic service and as director of a program called 'The Giraffe Project', where he trained people to "stick their necks out", provided him with lots of experience in leadership development. He has written this book to encourage and help people to become successful outdoor leaders.

The book covers all the aspects of leadership, including forming a personal style, finding courage, making good decisions, communicating effectively, building teams, coping with stress and running organizations. (Want to run for a Ski Club office?) This is a great and easy read for everyone who loves to be out in the wilderness, but could be faced with situations that threaten you and others. Even if you choose to be a follower, it is well worth the read.

Ski Tour Levels of Difficulty

CLASS I: A tour with less than 1000 feet of elevation gain and less than 5 miles in length, and can be skied by novice skiers with minimal cross country experience.

Persons with no cross country skiing experience MUST take beginning lessons or must obtain the leader's permission PRIOR to joining a Class I tour.

CLASS II: A tour with 1000 to 2000 feet of elevation gain and less than 10 miles in length. The trail will have gentle to moderate slopes which require the ability to stop and turn on the slopes. A Class II+ tour will have 2000 to 3000 feet of elevation gain.

CLASS III: A tour with greater than 3000 feet of elevation gain and greater than 10 miles in length. The trail may be steep or narrow and requires at least intermediate to advanced skiing ability.

Telluride Bus Trip

	Last Name	First
1	Berg	Ray
2	Berg	Thea
3	Brummel	Dawn
4	Owens	Diane
5	Broadbent	Tom
6	Broadbent	Louise
7	Dimick	Darrell
8	Simmons	Diane
9	Ploor	Dave
10	Ploor	Yolanda
11	Lisotto	Gene
12	Lisotto	Donna
13	Miller	Guy
14	Burns	Alan
15	Leach	Karen
16	Leach	Chet
17	Heitz	Bill
18	Moore	David
19	Tisone	Carolyn
20	Noland	Holly
21	Brown	Susan
22	Brown	Mike
23	Hickman	Anne
24	Kimmey	Joanne
25	Moore	Bob
26	Moore	Phyllis
27	Davey	Bill
28	Saia	Jared
29	Fitzmaurice	Sherry
30	Brown	Marlene
31	McCorkell	Jon
32	Cress	Dianne
33	Stephens	John
34	Segears	Eddie
35	Brunt	Deborah
36	Leith	Tom
37	Carter	Trevor
38	Daly	Tom
39	Rogowski	Susan
40	Kvam	Karen
41	Schultz	David
42	Schultz	Ann
43	Bargman Rom	Ruth
44	Sanchez	Vicki
45	Boman	I-Ching
46	Boman	Erik
47	Ghattas	Robert
48	Ghattas	Monika
49	Elisberg	Terri
50	Walker	Sarah
51	Miller	Lucy
52	Ball	Marion

Silverton Bus Trip

	Last Name	First
1	Berg	Ray
2	Berg	Thea
3	Owens	Diane
4	Brummel	Dawn
5	Broadbent	Tom
6	Broadbent	Louise
7	Miller	Guy
8	Larkin	Ginger
9	Thomas	John
10	Hanson	Jean
11	Ploor	Dave
12	Ploor	Yolanda
13	Lisotto	Gene
14	Lisotto	Donna
15	Daniels	Janie
16	Daniels	Mike
17	Leach	Karen
18	Leach	Chet
19	Saylors	Dave
20	Long	Bob
21	Rich	Shirley
22	Bargman-Rom	Ruth
23	Kvam	Karen
24	Fitzsimmons	Julia
25	Moore	Bob
26	Von Huene	Chris
27	Bailey	DeLois
28	Welford	Angela
29	Wyatt	Susan
30	Fenoglio	E.J.
31	Simons	Randy
32	Gugliotta	Terry
33	Robertson	Fran
34	Pryor	Phyllis
35	Lorin	Fran
36	Davey	Bill
37	Smith	Carl
38	Garcia	Sandra
39	Harper	Marilyn
40	Everett	Jan
41	Klinge	Walt
42	Klinge	Donna
43	Chirigos	Mickey
44	Chirigos	Carla
45	Noland	Holly
46	Fitzmaurice	Sherry
47	Saia	Jared
48	Burns	Alan
49	Ghattas	Monika
50	Ghattas	Mona
51	Wormwood	Kerri
52	Wegner	David

Leadville Bus Trip

	Last Name	Name
1	Berg	Ray
2	Berg	Thea
3	Brummel	Dawn
4	Owens	Diane
5	Broadbent	Tom
6	Broadbent	Louise
7	Ploor	Dave
8	Ploor	Yolanda
9	Miller	Guy
10	Burns	Alan
11	Dimick	Darrell
12	Simmons	Diane
13	Byington	Lester
14	Byington	Sharon
15	Michaelis	Regina
16	Welford	Angela
17	Tisone	Carolyn
18	Fitzmaurice	Sherry
19	Gugliotta	Terry
20	Simons	Randy
21	Crowther	Dennis
22	Crowther	Diane
23	Oatway	Marilyn
24	Von Huene	Chris
25	Schultz	Ann
26	Schultz	David
27	Puro	Kazuko
28	Link	Karen
29	Noland	Holly
30	Miller	Lucy
31	Chirigos	Mickey
32	Chirigos	Carla
33	Mullen	Don
34	Griffith	Karen
35	Segears	Eddie
36	Walti	Mike
37	Bargman-Rom	Ruth
38	Rogowski	Susan
39	Elisberg	Terri
40	Walker	Sarah
41	Trueax	Ross
42	Norwood	John
43	Lorence	Len
44	Bateman	Vesta
45	Ball	Marion
46	Weinrod	Margaret
47	Carter	Trevor
48	Daly	Tom
49	Klinge	Donna
50	Klinge	Walter
51	Johnson	Michon
52	Williams	Susan

Winter Park

	Last Name	First
1	Broadbent	Tom
2	Broadbent	Louise
3	Byington	Lester
4	Byington	Sharon
5	Berg	Ray
6	Berg	Thea
7	Ploor	David
8	Ploor	Yolanda
9	Owens	Diane
10	Link	Karen
11	Heitz	Bill
12	Saylors	Dave
13	Brummel	Dawn
14	Brummel	Tim
15	Weinrod	Margaret
16	Bailey	DeLois
17	Calloway	Terry
18	Calloway	Nancy
19	Hioki	Lowell
20	Shaw-Hioki	Jean
21	Boman	Erik
22	Boman	I-Ching
23	Iden	Jim
24	Trueax	Ross
25	Hickman	Anne
26	Kimmey	Joanne
27	Mochel-Deal	Carol
28	Deal	James
29	Barstow	Noel
30	Fitzmaurice	Sherry
31	Bargman-Ror	Ruth
32	Johnson	Michon
33	Williams	Susan
34	Pryor	Phyllis
35	Mullen	Don
36	Griffith	Karen
37	Rogowski	Susan
38	Crawford	Katie
39	Walti	Mike
40	Stephens	John
41	Brown	Marlene
42	Coon	Barbara
43	Katonak	Tom
44	Katonak	Lynda
45	Moore	Bob
46	Moore	Phyllis
47	Sontag	Vicki
48	Cress	Diane

Drive -ups

Johnson	Michon
Johnson	Dan
Tijerina	Cheryl
Johnson	Quinn

Drive-ups

Leach	Karen
Davey	Bill

2006/07 Officers and Board

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Long Bus Trips	Louise Broadbent Ray & Thea Berg	505-829-3840 294-4112	louise@valornet.com rsberg01@comcast.net
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Come Ski With Us!

www.naturediscovery.org/nmccskiclub