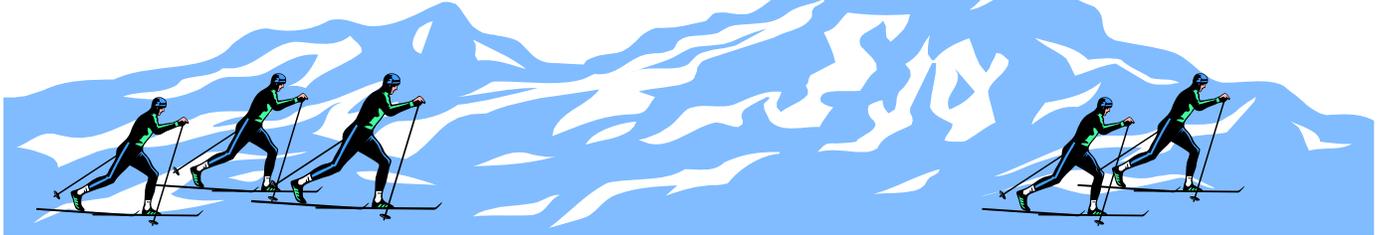


New Mexico Cross Country Ski Club

December 2008



www.naturediscovery.org/nmccskiclub

Avalanche Beacon Practice By Mike Martin

When: Saturday, 20 December
Where: Sandia Mountain
Skiing: Class I (1 mile round trip)
Driving: 35 miles (round trip)
Leader: Mike Martin, 286-8762

We will practice beacon use and search techniques. If time and snow conditions permit we may dig snow pits to study the snow pack and practice probing techniques. Please bring your beacon (*fresh batteries*), back country shovel and probes if you have them. Bring your skis or snowshoes but we'll try to remain close to the road to minimize travel time. Wear lots of warm clothes as we will not be moving much.

This session is open to anyone who wants to learn more about skiing in avalanche terrain and you are welcome to attend even if you don't have a beacon, shovel or probe. If there's no snow, we'll practice in the dirt. Please call leader if you have any questions. Meet at the Post Office in Tijeras at 9:00 a.m.



Mike Martin demonstrates how to use an avalanche beacon to Rob Richards and Pam Reynolds.

It's a Party – December 11th Holiday Social

Plan to come to our **December 11th** at **7 p.m.** ski club meeting and annual holiday social. The business meeting will be very short so we'll have time to party! Please bring your favorite treat/dessert to share.



Join these skiers on a bus trip and glide across the open slopes.
Photo by I-Ching Boman



Bus Trip Openings

Sign-up **NOW** for a fun ski adventure. Just a few seats remain on the bus trips:

Telluride, 1/16 - 19, \$340

Lake City, 2/13 - 16, \$330

Salida, 2/26 - 3/1, \$215

Pagosa Springs, 3/6-8, \$185

Contact Thea Berg at 294-4112 or thea.berg@comcast.net.



Request a Training Scholarship

Take advantage of the Club's scholarship program. **Deadline is 12/15**. Get the form on our website or contact Guy Miller at xcskiboy@aol.com or 294- 7940.



Register for Beginner Ski Lesson

See page 2 or contact Guy Miller at xcskiboy@aol.com or 294- 7940.

From the President

For those who haven't already seen the long-range weather forecast, the local office of the US Weather Bureau has forecasted based on a study of Pacific Ocean currents that north-central New Mexico will



have dry weather at least through January. This gives me bad memories of the winter of 2006, in which only those who went on Club bus trips or were willing to drive at least to Chama got any chance to ski. Therefore, I suggest that you give careful attention to Ray and Thea Berg's message that bus trip

seats are still available to **Telluride, Lake City and Pagosa Springs.**

I also have noticed in conversations with some of our newer members that some have yet to discover our own Sam Beard's book entitled "Ski Touring In Northern New Mexico." Sam has been active in our Club since the early 1970's, so it furnishes a wealth of information about ski trails, including distance, difficulty, how to reach the trail head, and a description of what the skier encounters on each trail. Trails covered range from the Sandias to the Cumbres Pass area at the Colorado border. Sam usually brings books for sale to Club meetings.

Wayne Kirkby

Beginner Cross-Country Ski Lesson By Guy Miller

Each year our Club offers a ski lesson for beginners. Our instruction consists of a two hour classroom session, followed by an all day on-the-snow session. This is a once-a-year event.

The classroom session will be held at REI, 1550 Renaissance NE, in the clinic room, on **Saturday, January 10th** from **3-5 p.m.** Please plan to **arrive by 2:45** to allow time to locate the clinic room and get settled. Following our classroom session, those wishing to peruse the store in search of ski gear will be provided with assistance.

The snow session is tentatively set for a week later, **Saturday January 17**, but is contingent on snow conditions.

Don't be fooled by the lack of wintry weather. Last season started out just like this one, yet we had a good snow year. Seating will be limited, and the time to sign up is **NOW**. Contact Guy Miller without delay at xcskiboy@aol.com or 294- 7940. ■

Leadership is We and Me!

By Phyllis Moore

Leadership, the word itself has been tossed around so frequently the past year in regards to the recent election and the world economic crisis. Perhaps, the word has somewhat been over used and abused with the recent events facing our world? However, leadership skills can be found within all of us.

I have observed when we talk about leadership we often look to the top of our organizations. However, the real truth, in my opinion, we need to be looking inside ourselves when we talk leadership, as we all possess the skills and abilities to be leaders.



Phyllis Moore

We need leaders in all walks of our life, in organizations, agencies, schools, churches, clubs, and especially our homes. Each of us can provide a leadership role. However, we must be willing to step forward and provide the guidance and focus of moving some project or event along.

When we step forward and take an active role we often have a better understanding of the mission. We have a better appreciation of the total operation of the organization. We get to know the people we are working with better, which in turn creates a deeper sense of belonging and appreciation to the mission and service of that organization or group.

As I think about our own Ski Club, we need leadership in all areas. We need volunteers to step up and take on the tasks and jobs as needed in order for our mission and our Club to be effective in serving its goals. However, we "all" need to take turns at stepping forward and leading and not depending on others to carry us.

We need leadership for our monthly meetings, on the trails, establishing our monthly programs, providing snacks at our meetings, creating our newsletters, in fact in all the specific functions we have within our Club.

Organizations and systems can become stagnant and often die when we have no new blood and no individuals willing to step forward willing to work together toward that common goal and objective.

So when an opportunity arises for you to display your leadership skills, step forward and practice those skills which you already possess! ■

Mount Taylor Quadrathlon

By Pam Reynolds

Two years ago my co-worker, Katie Avery, approached me about forming a team to compete in the 2007 Mount Taylor Quadrathlon. It is a 42 mile race from Grants to the top of Mt. Taylor and back. Taylor and back. It is composed of 4 segments – bike, run, ski and snowshoe.



I had only done one ski race in my life (*not being the competitive sort*).

But she insisted she just wanted to do it *“for fun”*. Before long we had our team: Heidi Krapfl our bicyclist, Jessica Jungk the runner, myself on skis and Katie on snowshoes.

Competitors bike the first 13 miles on paved Lobo Canyon road gaining 1,800' of elevation. Where the pavement ends, the runners take over with five miles on a gravel road that may be snow-packed and climbs 1,200'. The ski portion is two miles and climbs another 1,200'. Although most of the ski track is a steady but not a difficult climb, just at the end is *“Heartbreak Hill”*. The final mile and 600' of elevation is done on snowshoes.

When we checked in for the race Friday evening, we discovered there was only one other woman's team in our age group – 40-49. The age category for teams is determined by the average age of the participants. Our team actually had a 20-year spread with yours truly being the oldest at 50, and our runner, Jessica, the youngest at 30.

The organizers have the logistics down to a *“T”*. They transport your equipment early the next morning to the transition points. We ate our complimentary spaghetti dinners and then tried to get a good-nights' sleep despite the pre-race jitters (*but remember, we were just doing this “for fun”!*)

Early the next morning, Jessica, Katie and I were transported by van to the end of the paved road where Jessica would await her turn to run, and Katie and I got a ride to the end of the plowed road to the run/ski transition point. It was a long wait; bringing a duffel bag for extra layers is a must.

Race day was beautiful, sunny, and though freezing cold at 9,000' on the mountain at 8:00 a.m., it quickly warmed up. The wait allowed me to check out everyone else's equipment. Skis ranged from skinny racing skis to alpine touring equipment.

Since I don't have racing skis, I used my Rossignol 90 BC backcountry touring skis with climbing skins. Although much of the ski trail is not steep enough for skins, stopping to put them on at the bottom of *Heartbreak Hill* was not an option, so I used them for the entire uphill portion. Thanks to John Thomas, who led a trip to Mt. Taylor a couple of weeks before, I skied the entire race course so I was well prepared.

Oh, that part about not being the competitive sort? Something about being in a race gets the adrenaline going and I was counting the people I was passing (*like those who thought they did not need climbing skins*).

Then it was a relatively short wait while Katie completed the last two miles up and back and I was off on a wild downhill ride. You can imagine, after hundreds of skiers before me, and a warm sunny day, the downhill track was packed and icy. I was grateful for my metal edges. My downhill time was exactly half that of my uphill time. I somehow hung on, passed the *“baton”* to Jessica and my part was done.

A few more hours wait, and Katie and I got a ride back to town to reunite with our teammates and check the results. We were thrilled to learn we had won our age group! We also placed third overall out of the seven women's teams. We completed the race in just under six hours. To put things in perspective, the male soloist winner's time was 3:44 and the female soloist winner's time was 4:02.



Next year's Mt Taylor Quad will be **Saturday February 14, 2009**. The 2007 quad was such a perfect experience I never wanted to do it again. However in my new part-time job at REI, surrounded by athletes and outdoor enthusiasts, I couldn't help imagining what kind of dream team we could put together. I've already talked to some women about it . . . so we shall see. ■

Who's on the Bus Trips!

Telluride 1/16-19/09

Marion Ball
David Barbour
Ruth Bargman-Romero
Thea & Ray Berg
Rich Besser
Erik & I-Ching Boman
Hank & Nancy Botts
Patricia Collins
Diane Cress
Dennis Crowther
Sherry Fitzmaurice
Monika & Robert Ghattas
Kay Gifford
Jackie Hertel
Lowell Hioki
Jim Iden
Shirley Kennedy
Karen & Chet Leach
Donna & Gene Lisotto
Jon McCorkell
Mike & Francis Meier
James Miera
Lucy Miller
Marty Perez
Phyllis Pryor
John Samuli
Ann & David Schultz
Eddie Segears
Jean Shaw-Hioki
Teri & Kevin Sheldahl
Randy & Richard Simons
Chris & Linda Standish
Carolyn Tisone
Margaret Weinrod
Angela Welford

Lake City 2/13-16/09

Cynthia Adams
Noel Barstow
Thea & Ray Berg
Erik & I-Ching Boman
Louise & Tom Broadbent
Alan Burns
Marcia Congdon
Barbara & Sidney Coon
Terri Elisberg
Sherry Fitzmaurice
Bill Heitz

Tom Krajci
Karen & Chet Leach
Carol Marion
Mike & Betty Martin
Guy Miller
Phyllis Pryor
Dave Saylor
Eddie Segears
Randy Simons
Eric Smith
Ross Trueax

Salida 2/26 3/1/09

Delois Bailey
Marion Ball
Ruth Bargman-Romero
Thea & Ray Berg
Rich Besser
Carla & Michael Chirigos
Barbara & Sidney Coon
Nacy Costea
Terri Elisberg
Dave Gabel
Byron Garner
Janie Gilmore-Daniels
Karen Griffith
Carol Haller
Jean Hanson
Marilyn Harper
Ann Hickman
Lowell Hioki
Kay Horton
Jim Iden
Lynda & Tom Katonak
Joanne Kimmey
Sue Ann & Wayne Kirkby
Karen Kvam
Karen Link
Mike Martin
Lucy Miller
Don Mullen
Holly Noland
Diane Owens
Pam Reynolds
Rob Richards
Frances Robertson
Don Schmaltz
Eddie Segears
Jean Shaw-Hioki

Linda & Chris Standish
John Thomas
Stephen Verchinski
Mike Warath
David Wegner
Margaret Weinrod
Angela Welford
Susan Williams
JoBeth Wolf
Kerri Wormwood
Susan Wyatt

Pagosa Springs 3/1-8/09

Delois Bailey
Noel Barstow
Thea & Ray Berg
Louise & Tom Broadbent
Alan Burns
Sharon & Lester Byington
Carla & Michael Chirigos
Patricia Collins
Marcia Congdon
Sherry Fitzmaurice
Sandra Garcia
Karen Griffith
Robin & Steve Henry
Kay Horton
Shirley Kennedy
Donna & Walt Klinge
Karen Leach
Joan Lewis
Karen Link
Robert Long
Guy Miller
Don Mullen
John Orman
Marty Perez
Frances Robertson
Ann & David Schultz
Eddie Segears
Teri & Kevin Sheldahl
Kent Shoemaker
Marilynn Szydlowski
Celeste Taylor-Ryman
Carolyn Tisone
Ross Trueax
Susan Williams



Bus Trip Balance Due

December 15th is the deadline for the **\$100 balance due/trip**. Please send your check **NOW** to Thea Berg, 13501 Osage Orange Road NE, Albuquerque, NM 87111 or bring it to the Ski Club meeting on Thursday, **December 11th**.

Please read and be prepared to vote on the proposed changes to our NMCCSC Bylaws at our December 11th Club meeting. Thank you to our bylaws committee: Sam Beard, Wayne Kirkby, Mike Martin and Angela Welford.

Bylaws of the New Mexico Cross-Country Ski Club Revised November, 2008

ARTICLE I Name and Purpose

Section 1.1: The name of this nonprofit club shall be the NEW MEXICO CROSS COUNTRY SKI CLUB ("NMCCSC" or "Club").

Section 1.2: The purpose of the Club shall be to promote cross-country skiing as a recreational activity in New Mexico and elsewhere.

ARTICLE II Membership

Section 2.1: Any person who is interested in the purpose and objectives of the Club may become a member upon submission of a completed and signed current membership form and payment of annual membership dues.

Section 2.2: Dues must be paid by November 30 of each year in order to continue receiving the Club Newsletter, to participate in Club activities, to be included in the E-mail group, and to receive the password to the Members Area of the Club Web site. The membership year shall be from December 1 through November 30 of the next year.

ARTICLE III Officers and Duties

Section 3.1: There shall be four officers: President, Vice-President, Secretary, and Treasurer. These four officers will make up the Executive Committee.

Section 3.2: The President shall prepare the agenda for and shall preside at Board and general membership meetings, represent the Club at official functions, and assist with the planning of meetings and activities. The President shall be the chairperson of the Executive Committee and the Board of Directors.

Section 3.3: The Vice President shall temporarily assume the duties of the President if the President is not available, be in charge of publicity, maintain a history of the Club, and chair the nominating committee.

Section 3.4: The Secretary shall record minutes of Board and general membership meetings and provide copies to the officers and Directors, provide notice of Board meetings to Board members, update and maintain the official copies of the Club Bylaws, the Club Policy Notebook, all records of the Club and the descriptions of the duties of the Directors.

Section 3.5: The Treasurer shall keep the financial records of the Club, prepare monthly account for review by the Board and the general membership, be responsible for all disbursements and receipts of all funds and prepare the annual budget.

Section 3.6: Election of officers shall be at the March general membership meeting. Election shall be by a show of hands unless the presiding officer decides that the election shall be by secret ballot. A simple majority of the members present and voting shall decide the winners. The new officers shall assume their duties immediately after the March meeting.

Section 3.7: Should an officer resign or require replacement, the Board shall appoint a replacement and the newly appointed officer shall assume his/her responsibilities immediately.

ARTICLE IV Board of Directors

Section 4.1: The Board of Directors shall consist of the Officers named in Article III plus the chairs and co-chairs of the committees named in Section 3 of this Article. The Board of Directors shall establish policy, provide guidance for the Club, deal with Club problems, nominate officers and directors for the next year, invoke the Club Grievance Procedure when appropriate, and select significant policies to be entered in the Club Policy Notebook by the Secretary. A director shall chair one of the standing committees. A

director may chair or be a member of more than one committee. Committees may have co-chairs.

Section 4.2: Election and replacement of directors shall be in accordance with sections 3.6 and 3.7.

Section 4.3: The standing committees and their responsibilities shall be:

A. Day Tours - to obtain day tour leaders, plan the tour schedule, and keep a record of tours, leaders, co-leaders, and participants. Collect and maintain the liability releases signed by participants in day tours, hut trips, and bus trips.

B. E-mail Group – to manage E-mail communications among Club members.

C. Instruction - to organize beginning and intermediate ski instruction for the Club when needed.

D. Long Trips - to plan and be responsible for activities necessary for multi-day trips by common carrier transportation, and to keep a record of tours, leaders and participants.

E. Membership - to collect membership dues and transfer these funds to the Treasurer, to maintain membership records, provide mailing labels for the newsletter, and forward E-mail addresses to the E-mail Group chairperson.

F. Newsletter - to collect input for the newsletters, and to layout and copy the monthly and special newsletters.



Bob Moore, Tom Broadbent and Angela Welford take a break to enjoy the sunshine.

Photo by Louise Broadbent

G. Newsletter Mailing – to mail monthly and special newsletters.

H. Overnight Trips including Hut Trips - to coordinate multi-day trips on which transportation is by private vehicles and to keep a record of tours, leaders, and participants.

I. Programs - to plan and make arrangements for programs for the general meetings in conjunction with the Officers and Board of Directors.

J. Refreshments and Facilities - to plan and make arrangements for refreshments for the general meetings, to open and close meeting facility, and to prepare and clean up the meeting room.

K. Trails - to plan and obtain leaders for the Club's volunteer trail activities and to coordinate the interaction of the Club with government agencies and the public in matters related to trails.

L. Web Site - to maintain the Club's Web site.

Section 4.4: The President shall appoint special committees to handle Club activities not encompassed by the standing committee.

Section 4.5: Specific duties of each officer and director are



Lucy Miller leads the way along with Margaret Weinrod and Marion Bal.
Photo by Sherry Fitzmaurice

further defined in a separate document entitled, "Duties of NMCCSC Officers and Board Members." This document may be changed at the discretion of the Board of Directors.

Section 4.6: An Officer, Board Member, Committee Chair, or Committee Member may be removed from office by a ¾-majority vote of Board members present and voting at a Board meeting, for such cause as is deemed significant. Removal proceedings will be started only after a committee appointed by the Board has had an opportunity to negotiate with the individual to improve performance or obtain a resignation from that position.

ARTICLE V Meetings and Voting

Section 5.1: General membership meetings shall be held monthly from October through March unless the members are notified otherwise in the newsletter, by E-mail, or by special notice.

Section 5.2: The Board of Directors shall meet monthly prior to each general membership meeting unless decided otherwise by a majority of the Board of Directors. These meetings shall be open to members and invited guests.

Section 5.3: Members are entitled to vote for Club Officers, Board Members and committee chairs, to approve the annual budget, and on other issues as proposed by the Board of Directors.

Section 5.4: The majority of the Board members present at a Board meeting shall constitute a quorum in order to conduct business at that meeting. To expedite decisions on issues before the next regularly scheduled Board meeting, votes may be taken by E-mail provided that a majority of the Board members responds to the President's E-mail requesting a vote. The President shall read the issue and the voting results into the minutes at the next regularly scheduled meeting.

Section 5.5: At a regular Board meeting or by E-mail vote the Board may delegate Board powers to the Executive Committee to act upon specific issues.

Section 5.6: Special meetings shall be called by the President or by a majority of the Board of Directors. Members shall be notified of the time and place of special meetings either by the monthly newsletter, by E-mail, or by other special notice.

Section 5.7: Meetings shall be conducted according to Roberts Rules of Order.

ARTICLE VI Finances

Section 6.1: The Board of Directors shall propose an annual budget and dues to be approved by a simple majority of the members present and voting at the October general membership meeting. Proposed changes in membership dues must be published in the newsletter and approved by a majority vote of the members present and voting at a monthly general membership meeting.

Section 6.2: Lump-sum expenditures exceeding \$200.00 and not included in the budget shall be approved by a simple majority of those members present and voting at a general membership meeting.

Section 6.3: All Club checks require signatures of two members of the Executive Committee.

Section 6.4: The Board shall appoint an Audit Committee to audit the Club's financial records on an annual basis.

ARTICLE VII Amendments to the Bylaws

Section 7.1: The Board of Directors may propose changes to the bylaws by a simple majority. The proposed changes shall be published in the newsletter. The revised bylaws must be ratified by a simple majority of the members present and voting at the subsequent general membership meeting.

Section 7.2: Changes in the bylaws shall be effective immediately after ratification.

ARTICLE VIII Miscellaneous

Section 8.1: Decisions related to matters not covered by these bylaws shall be made by the Board of Directors.

Section 8.2: Resolutions, policies, and executive decisions extracted from the minutes shall be included in the official copy of the Club Policy Notebook. ■



= Monthly deadline for newsletter inclusion

December 2008						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 Holiday Party	12	13
14	15 Bus \$ Due Schol	16	17	18	19	20
21	22	23	24	25	25	27
28	29	30	31			

January 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8 Club Meets	9	10 Beginner ski lesson
11	12	13	14	15	16 Telluride	17
18 Telluride	19	20	21	22	23	24
25	26	27	28	29 Board Meets	30	31 Hut

February 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7 Uncle Bud's Hut
8	9	10	11	12 Club Meets	13 Lake City	14
15 Lake City	16	17	18	19	20	21
22	23	24	25 Board Meets	26	27 Salida	28

March 2009						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6 Pagosa Spr	7
	Section House Hut					
8	9	10	11	12 Club Meets	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Plan an Overnight Car Trip By Guy Miller

Have you ever wanted to skip the bus trips (or weren't able to get on one) and just strike out and do some sort of group outing without all the trappings of a major expedition? Do you know some really cool place to ski that's a little out of the way, far enough away to make it a multi-day event? Why not plan what we call an overnight car trip to one of your favorite cross-country ski places?



Kathy Trujillo and Phyllis Pryor ski Virgin Canyon in the Jemez Mountains.

Photo by Louise Broadbent

Get together a group, make budget motel reservations, then just go ski where the snow is for a day or two or three! Sound like a winner? Why not go for it? This can be a really cool alternative to the bus trips, for those who like a smaller group, and access to out-of-the-way places to do some free-heel skiing. Contact Guy Miller at xcskiboy@aol.com or 294-7940 to coordinate your trip plans and to get them listed in the newsletter and the e-groups. ■

Mexico Cross Country Ski Club
P.O. Box 8425
Albuquerque, NM 87198-8425



Regina Michaelis, Erik Boman and
Dave Saylor's in Silverton.
Photo by I-Ching Boman

2008/09 Officers and Board

President	Wayne Kirkby	898-1654	ski1071607@aol.com
Vice President	Mike Martin	286-8762	mike_martin_csp@q.com
Secretary	Angela Welford	281-1198	jndaughter2@earthlink.net
Treasurer	Jim Iden	265-5021	jiden@unm.edu
Day Tours	Bill Heitz	828-5860	bill_heitz@hotmail.com
Long Bus Tours	Ray & Thea Berg	294-4112	rsberg01@comcast.net
Overnight Car/Hut Tours	Guy Miller	294-7940	xcskiboy@aol.com
Newsletter	Karen Leach	281-9836	karenleach7@msn.com
Instruction	Guy Miller	294-7940	xcskiboy@aol.com
Membership	Gene Lisotto	884-7331	gene_lisotto@msn.com
Programs	Louise Broadbent	505-829-3840	louise@valornet.com
Mailing	Dawn Brummel	821-9187	dawnsbulldog@msn.com
Refreshments	Terri Elisberg Phyllis Pryor	281-9192 255-7972	telisberg@islclinic.net on_the_go@earthlink.net
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	Lester Byington	275-5777	lester@byington.org
Email Group	David Wegner	344-8554	dave@naturesgrandeur.com