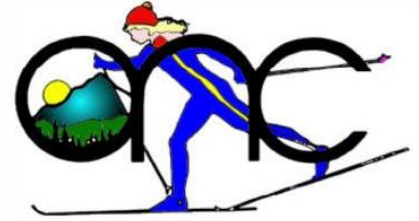


The Nordic News

The Newsletter of the Central Oregon Nordic Club

December 2006

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



Club News

The Club's annual holiday potluck and gift exchange will be the main event at the Club's December meeting. 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 sheep may reappear, nothing is too strange. Come and meet some of your friends and other skiers and hikers indoors for a change.

The meeting will be held on **Friday, December 8th, 6:30pm** at the **Environmental Center** in Bend. It's not too late to wrap that white-elephant gift you plan to unload on some unsuspecting club member.

Also, the December meeting will include election of CONC Board of Directors and, everyone's favorite agenda item, voting on the Club's annual budget. See the article on page 2 for a list of Board nominations. The Club's proposed 2006-2007 budget appeared in the November issue of the *Nordic News*.

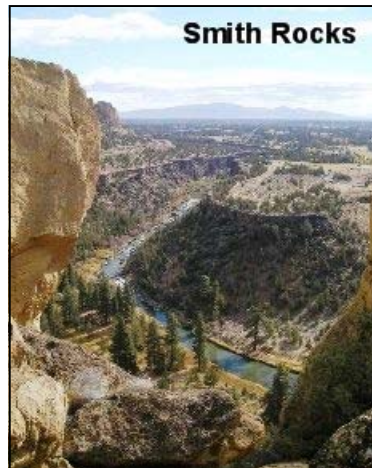
CONC Membership Renewal. If you haven't done so already, now is the time to renew your Nordic Club membership. The Club's annual membership enrollment period ends on December 31st for all members. A membership form is included as part of this newsletter.

Become a CONC Board Member. The Club is looking for new board members. There is a

one-year renewable commitment. See the sidebar on page 2 for a list of board positions. As mentioned above, election of board members will occur at the December meeting. If you are interested in being on the Club's board, or would like to nominate someone, please contact Linda Frost (382-8023, OQTRS@bendcable.com).

Portland Chapter Overnight Trips. The Portland Chapter of the ONC has some overnight trips planned. All overnight trips that the Portland Chapter is offering this winter are open to all other chapter members. A complete list of trips is located at their website: <http://www.onc.org/framePages/OnightTripSched.html>

Oregon Field Guide. The December 7th *Oregon Field Guide* TV show on OPB will feature snow zones and winter landscapes in Oregon. 8pm.



Ski and Snowshoe Trips

Sunday ski and snowshoe trips start from the DeLusso 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 8th, 6:30pm** at the **Environmental Center** in Bend.

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

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CONC BOARD

President

Linda Frost
382-8023
OQTRS@bendcable.com

Vice President

Michael Giesler
388-4457
mgiesler@bendcable.com

Treasurer

Joyce Baker
617-1855
jbaker@bendbroadband.com

Secretary

Donna and Fred Tanis
385-3144
tanisdonna@bendcable.com

Board at Large:

Carol Luther
389-7597
cbutchlue@aol.com

Bill Martin

389-2849
skimartin@bendbroadband.com

Susan Kurtz
389-6241

Shelters and Trails

Bill Martin
389-2849
skimartin@bendbroadband.com

Newsletter Editor

Ron Hoyt
382-7084
ronho@bendcable.com

Newsletter Distribution

Looking for a volunteer

Web Connection

Linda Fava
312-3692
LF1@bendbroadband.com

Linda Topping

617-1321
lindat@bendcable.com

High School Programs

Bill Martin
389-2849
skimartin@bendbroadband.com

Memberships

Ron Hoyt
382-7084
ronho@bendcable.com

Snowshoeing

Jim Davis
383-1978
jedee1978@bendbroadband.com

Trail Users Group (TUG)

Gary Stiles
388-8911
stilesq@bendbroadband.com

2006-2007 CONC Board Nominations

The election of this year's Board of Directors will take place at the holiday potluck on December 8th.

Current nominations for CONC Board positions are listed following. Additional nominations from the floor, or by phone (Linda Frost, 382-8023) before the meeting will be welcome. Board positions are for one year beginning in January. Most Board work is done by email with a few meetings throughout the year.

Nominations

President: Linda Frost
Vice President: Michael Geisler
Treasurer: Joyce Baker
Secretary: Fred and Donna Tanis
Members at Large:
Bill Martin
Susan Kurtz
Carol Luther

Snowshoe Trail Update

The number of marked snowshoe trails is growing steadily. Thanks to Jim Davis and friends for completing the trails! The most recently added trail is a 4 mile loop into Swampy Lakes shelter that was signed late in the season last spring, and may not be on the new trailhead maps.

"The number of snowshoe trails is growing steadily."

Another trail is planned to the AC/DC shelter at the Edison snowpark. This will be a 6 mile loop over challenging terrain. If you are inter-

ested in helping Jim put up signs on this loop give him a call at 383-1978 or email Jim at jedee1978@bendbroadband.com.

Work won't start on this trail until the snow reaches about 3 feet deep. Snowshoers, and skiers, have enjoyed having available the trails that have been built over the last couple of years.

ONC Chapter Websites

Our Central Oregon Nordic Club is one of several Oregon Nordic Club 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 web links listed below.

ONC state website - <http://www.onc.org>. This site has links to chapters, you can access many club newsletters off 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>

CENTRAL OREGON NORDIC CLUB

Membership Application 2006 – 2007

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, December - March. The Environmental Center is located at 16 NW Kansas in Bend.
- Organizes cross-country skiing, snow shoeing, and hiking tours.
- Sponsors a Nordic Ski Swap in December 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 January 1 of each year. For new members joining prior to June 1, the dues are a full year's dues of \$15. For new members joining between June and December, the dues are \$10. For new members joining between September and December, the dues are \$5.

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 CHAPTER OF THE OREGON NORDIC CLUB

Individual and/or Family Membership **\$15.00**

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

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

Leading tours 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 WAIVER ON REVERSE SIDE

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



Name of Participant: _____

Name of Event/s: Any Oregon Nordic Club Activity 2006-2007

THIS IS A LIABILITY RELEASE. PLEASE READ CAREFULLY BEFORE SIGNING.

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.

Guardian Initial Here:

Participant Signature: _____

Date: _____

Guardian Signature (if minor): _____

Date: _____