

BEARING 315

June/July 1979
CASCADE ORIENTEERING CLUB

President	
Mike Fiedler	322 9018
Vice President	
Karl Nolte	632 5559
Secretary	
office open	
Treasurer	
Jean Hendrickson	722 1241
Publicity	
Corrie Fiedler	322 9018
Membership	
Dave Enger	455 5320
Training	
Tom Stewart	1-964 4309
Events	
Len Englund	746 3822

Greetings,

Orienteering has been growing by leaps and bounds in the Pacific Northwest. Although the Cascade Orienteering Club was formally organized less than two years ago; we now have 60 members (and growing) and are able to sponsor year round Orienteering in the Seattle-Tacoma area.

Strangely enough, the last two years have shown that it is difficult to maintain interest and enthusiasm in COC-sponsored events over the summer months. I hope this year will be an exception, as we have planned a series of excellent Orienteering meets and publicity/training events through the summer quarter.

Take a look at the coming events and plan ahead to make Orienteering a part of your summer plans.

Mike

Did you know that you can earn a Presidential Sports Award by participating in Orienteering?

The requirements for the certificate and pin are:

- 1) Run a minimum of 100 miles with no more than 2.5 miles/day being counted
- 2) Participate in 4 Orienteering events

For more information write to:
Presidential Sports Award
PO Box 1412 Annex Station
Providence, RI 02904

EVENTS

Tom Stewart was the meet director for a meet held 12 May at Ft. Lewis in Area 32. Nice weather was on hand for an enjoyable walk through the woods. The enthusiasm of the O'Brian Family and Devmurti Khalsa set the pace for the white and yellow courses, respectively. Devmurti, a first time Orienteer, did exceptionally well. Gil Andrew and his Scouts also added greatly to the atmosphere of the event. The Wishart's and Dave O'Brian were so enthusiastic that they finished the White Course, then started on the Yellow Course.

BLUE COURSE	Minutes
(7375 m, 11 controls)	
1. Dave Enger	118

RED COURSE	Minutes
4500 m, 8 controls)	
1. Corrie Fiedler	98
2. Savitra Khalsa	DNF

YELLOW COURSE	Minutes
(3100 m, 8 controls)	
(T) 1. Gil Andrews and Scott Georgeson	130
2. Devmurti Khalsa	140
(T) 3. Mark Andrews and Butch Higgins	140
(T) 4. Joan Fiedler, Sue Fiedler, and Craig Geyer	161
(T) 5. Jean and Bob Hendrickson	162

WHITE COURSE	Minutes
(2175 m, 5 controls)	
(T) 1. O'Brian Family	55
(T) 2. Doug and Faye Stearns	62
3. Gary McDonald	70
4. Neil Wishart	91
5. John Wishart	104

(T) - Team of two or more

Tom Stewart was meet director for another great Ft. Lewis meet on 16 June. Although rain was forecast, the sun shone most of the morning. The highlight of the meet were the great picnic lunches enjoyed over good conversation after the participants returned.

RED COURSE	Minutes
1. Dave Enger	57
2. Charlie Bock	70
3. Mike Fiedler	73
4. Dewey Orcutt	78
5. Dave Anderson	135
6. Jean and Bob Hendrickson	145
7. Faye and Doug Stearns	165
WHITE COURSE	Minutes
1. Len Englund and Del Moral	89

COC MEETINGS

Four major changes have been recently made regarding COC business meetings.

1. Meetings are now held every other month, rather than monthly (June, August, October, December)
2. Meetings are held at the Greenlake Library (in the basement, easy to find) rather than in Bellevue.
3. Meetings are preceeded with a half-hour 'introduction to Orienteering' for newcomers.
4. Meetings will be followed by a short film whenever possible.

In June, all four of the above changes were in effect, and we had a great meeting. Both the training session and the business meeting were very well attended and we all enjoyed the film 'Coping With Life on the Run' with Dr. George Sheehan (Runner's World) supplied by Karl Nolte.

June Meeting Highlights:

- *Boy Scout Troop 367 will be invited to join the COC with one family membership
- *Meets have been scheduled and meet directors organized for meets through September.
- *Bylaws are in the process of being revised. All suggested revisions were presented to the club.

TRAINING TIPS

I've noticed many people expending a considerable amount of time measuring the distance between two points and then comparing the map distance in centimeters or inches with the scale on the map. An easy way to accomplish distance measuring is to place masking tape along the measuring edge of your compass before attending any event. When you get your hands on the map to be used for the event, simply use a pen to directly transcribe the meter bar scale on the map to the masking tape on your compass. Thus, you can instantly measure distance between points without referring to the map bar scale and chancing an error in measurement.

Tom Stewart

BYLAW REVISIONS

The Cascade Orienteering Club bylaws have been in effect for over a year now. They have served us well, giving order to the somewhat chaotic formation of a new club. The time has come, however, to propose a few revisions for the following reasons:

- 1) The club, out of necessity, cannot follow certain provisions (ie the nominating committee could not find two nominees for each COC office last February).
- 2) Some provisions seem somewhat severe for a small club (ie, all officers must be paid members of USOF, and married members may not both hold office at the same time)

Therefore, I presented the following revisions at the May executive meeting and at the June business meeting. We will put them to a vote at the August business meeting. (Under our present bylaws that is the proper way to present bylaw revisions).

1. ARTICLE III (Membership) Section 2

ELIMINATE:

'and be eligible to hold office after one year of membership. This requirement is to be waived for the first 24 months of this club's existence.'

'and only one member of the family at a time may hold office in the club.'

2. ARTICLE IV (Officers) Section 1.

CHANGE:

'These officers shall be members in good standing of the U.S. Orienteering Federation and shall perform the duties prescribed by these bylaws. . .'

-TO-

'The President shall be a member in good standing of the U.S. Orienteering Federation and all officers shall perform the duties prescribed by these bylaws. . .'

3. ARTICLE IV (Officers) Section 2.

CHANGE:

'The duty of this committee is to nominate at least two candidates for the offices to be filled. . .'

-TO-

'The duty of this committee is to nominate candidates for the offices to be filled. . .'

4. ARTICLE IV (Officers) Section 2.

ELIMINATE:

'...if submitted to the secretary in writing. This petition must be signed by five (5) members in good standing, and be presented to the secretary at least two (2) weeks prior to the election at the annual meeting in February.'

5. ARTICLE IV (Officers) Section 4.

ELIMINATE:

'No member shall be eligible to serve more than two consecutive terms in the same office.'

6. ARTICLE VII (Committees) Section 2.

CHANGE:

'A Membership Committee composed of two(2) members shall be appointed. . .'

-TO-

'A Membership Coordinator shall be appointed . .'

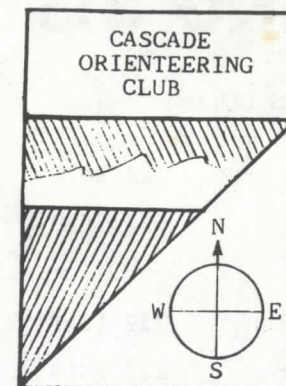
7. ARTICLE VII (Committees) Section 3.

CHANGE:

'A Publicity Committee shall be appointed . .'

-TO-

'A Publicity Coordinator shall be appointed. . .'



MEMBERSHIP
INFORMATION

INDIVIDUAL...\$4

FAMILY...\$7

The CASCADE ORIENTEERING CLUB is now in its THIRD year and continues to grow. If you would like to join in the fun and learn this sport we would be happy to have you as a member. We are also looking for help on all our committees and if you would let us know your interests we would be happy to let you know how you could help. Orienteering is the THINKING SPORT...

Interests:

- ☐ Publicity
- ☐ Training
- ☐ Events (mapping, site selection)
- ☐ Newsletter

CASCADE
ORIENTEERING CLUB

P.O. Box 3572
Bellevue, WA 98009

NAME: _____
ADDRESS: _____
PHONE: _____

COMING EVENTS

- 1978
- June 23
9am-6pm
June 25
12N-5pm
- Eddie Bauer Outdoor Awareness Fair at Bellevue Square. COC will have an information booth and a very small, introductory course at the Fair. Contact Mike (322 9018) if you would like to do a stint at the booth. Directors: Len Englund and Einar Storakers.
- June 23
June 24
- Map-and-compass Training in Richland, WA. The COC in conjunction with the YMCA will hold a map-and-compass workshop and orienteering meet. Director: Mike Fiedler.
- June 24
- LGPF (Vancouver, B.C. Club) sponsors the Newcastle Island Meet. For more information contact Phil Cattel at 228-0789 (Vancouver).
- June 30
10 am
- Score Orienteering meet at Seward Park, Seattle. Follow the red-and-white markers up the hill to the registration area. Both novice and intermediate score orienteering courses will be set up. Be sure and bring a watch. Meet directors: Tony Paulsen and Charlie Bock.
- July 15
10 am
(NOTE DATE CHANGE)
- Meet and Bon Voyage Party for the Stewarts at Chambers Lake Area, Ft. Lewis. Meet at 8:45 at the SeaFirst parking lot in the NE corner of the Southcenter parking lot for car pooling. Novice and intermediate courses will be set up. This is a farewell party for Tom and Annette Stewart so bring a picnic lunch to enjoy after the meet. Water and restrooms are not available. Meet director: Tom Stewart.
- Driving instructions: Take I-5 South to the Hwy 512 exit south of Tacoma. Drive 2 miles east on 512 then turn south on Hwy 7 and drive 5 miles. Bear right on Hwy 507 towards Roy. Follow red-and-white control markers to meet site (a few miles before Roy). Driving time From Seattle to meet site is about 60-70 minutes.
- August 13
7 pm
7:30 pm
- August business meeting at Greenlake Library. At 7 pm we will have a short discussion on the sport of Orienteering for newcomers. The meeting will start at 7:30 and will be followed by a slide show on Orienteering (great for beginners) by Mike Fiedler.
- August 16
August 23
- "Map-and-compass/Orienteering" Lectures at the REI Auditorium (2nd floor, 11th and Pine, Seattle). We will present these two lectures as part of the REI continuing Thursday evening series of seminars on outdoor topics. Director: Karl Nolte.
- August 25
10 am
- Novice meet at Seward Park. This will be a followup to the REI Thursday Night Lectures. Follow the red-and-white control points to the registration area. Meet director: Dave Enger.
- September 16
10 am
- REI Sponsored Regional Meet near the town of Rainier, WA. Mark your calendars!!! This is the biggest COC meet of the year. Novice through advanced courses will be set up. Meet director: Len Englund.
- September 23
- North Shore Club (Vancouver, B.C.) sponsors a meet at Hollyburn Mountain. For more info call Peter Haigh at 980-7809 (Vancouver).

**Cascade
Orienteering
Club**

P.O. BOX 3572
BELLEVUE, WASHINGTON 98009

**Ø CASCADE
Orienteering
CLUB NEWS**

FOR BEGINNERS

Every month the officers of the COC get a number of calls from people who have read or heard about the sport of Orienteering and are interested in learning more. The COC is especially committed to teaching the sport of Orienteering to these newcomers. To this end, we sponsor several map-and-compass training events throughout the year and also hold short 'introduction to orienteering' talks before each COC business meeting. However, since the best way to learn Orienteering is to Orienteer, we welcome novices to all COC meets. Just let us know that you are a new Orienteer and we'll spend as long as you need going over map-and-compass skills. Then a COC member will go with you to the first few point till you get the hang of it. We'll see you at the next meet!!!

Q. What equipment do I need to Orienteer?

A. For the first time or two, you'll probably want to wear outdoors/hiking type clothes, with either tennis shoes or boots. Bring along a clipboard or sheet of cardboard to support your map, and a pencil. The COC rents compasses for a quarter, so don't worry about that.

Q. What sort of people Orienteer?

A. One of the Orienteering mottos is 'Orienteering is for everyone! A typical COC meet will find Boy Scouts out in teams of two, husband-and-wife teams out for a walk in the woods, and competitive Orienteers who plan on running the 4-6 mile course.

COC SHORTS

*Rumor has it that Golden Grahams breakfast cereal (in conjunction with Silva) is sponsoring an Orienteering offer (send in a box-top and they will send you a compass, Orienteering info etc). If you learn more about it, let us know.

*A red Boy-Scout type canteen was found after the May 12 Ft. Lewis event. Give Mike a call if its yours.