

BEARING 315

Newsletter of Cascade Orienteering Club

Jul/Aug 1985

Editor wanted

REWARDING WRITING EXPERIENCE AVAILABLE

"I enjoy reading newsletters of Orienteering events but sometimes they're boring or even confusing!" replied _____. If your name fits in the blank, if you feel this way sometimes, then cheer up. You can do something to change things. Volunteer some time for writing the WIOL newsletter. It's easy. The newsletter for the Washington Interscholastic Orienteering League provides info and feedback to the high school students who participate competitively among high schools. It provides an excellent introduction to orienteering for many teenagers of which the active ones continue their interest by joining "Cascade" after high school. The WIOL season runs from October to March. There will be approximately 6 newsletters for the season. Each newsletter would be the result of your creativity, writing, meet results collected at the meets or from Mike Schuh (who is tentatively the WIOL coordinator for '85-'86), your humor, paste-up, and trips to the copy mart. Don't worry if you've never done this before, you can get help from me, gladly. You say you want more info????!!!!!!??!!? Call me,

Roger Sharp329-3675 or Mike Schuh783-3960.

I plan to volunteer my time to registration at the meets and course setting. Thanks for any time you can volunteer.

- Roger Sharp

Pot-O'-lucks

The next Cascade O.C. potluck will be a combined Woodland Park relay "O" and pot-"O"-luck on 5 July 1985. We will start gathering around 5:00 PM at shelter #5 which is the 2nd shelter south of the lawn bowling area. Bring some "O" d'oeuvres to snack on since the mass start will not occur until after 6:00, promptly, I think! The course will most likely be a modified score course, but since it isn't designed yet, anything could happen. Teams will consist of 3 to 4 people assigned at the discretion of the Meet Director. As soon as the last person finishes we will orienteer from dish to dish at the potluck. So bring an "O" d'oeuvre, main dish, & some tall "O" tales for an evening of social orienteering.... Following that is the potluck you all have been waiting for on 16 August at 6:00 pm out at Knut Olson's Gold Creek Trout Farm in Woodinville. We all will have the opportunity to catch a trout or 2 and cook our catch over a barbecue. Bring the usual potluck dishes such as salads, bread, drink, etc. and those who don't want fish should be sure to bring a main course. The address is 15844-148th NE and the phone number is 483-1415. If you can get to St. Michelle Winery, you're almost there.

Officer & Board Members

The officers and executive board members of the Cascade Orienteering Club are:

President	Debbie Newell	488-7471
Vice President	John Huth	522-1304
Secretary	Valerie Tinsley	822-6254
Treasurer	Susan St. John	523-5643
Newsletter Editor	Harvey Friedman	784-2774
Mapping		
WJOL Coordinator	Mike Schuh	783-3960
Membership	Barbara Pedersen	365-8389
Equipment	Francis Smith	634-1104
Publicity	Bo Powell	232-5295

BEARING 315 contains results, a schedule, articles of interest contributed by members or selected from other sources and lots of material written by the editor, Harvey Friedman; letters to the editor are most welcome. Any correspondence to Cascade Orienteering Club or to this Newsletter should go to

P.O. Box 31375
Seattle, Wash. 98103

Other clubs wishing to receive BEARING 315 in exchange should send their newsletters directly to the above address.

Next Issue

All material to be published in the next issue must be received by 15 August the earlier, the better.

Club dues

Please check the date on the mailing label to see when your membership expires. Renew promptly if you want to continue receiving BEARING 315, the club newsletter, and seeing how your name might be misspelled in the results column. An application form is enclosed somewhere in this newsletter for your convenience. Words of both thanks and welcome go to the following new or renewing club members: Neil Cochran, the Everett family, the Fowler family, Peter Haynes, Kent Jameson, Erin Renshaw, the Reabold family, the Sprugel family, Tim Vargo.

Schedule assumptions

Not all meets listed in the schedule of events are hosted by Cascade Orienteering Club but I do not indicate the hosting clubs except on occasion. I do this to encourage all readers of this newsletter to consider attending any meet listed. Most are within a 10 hour drive of Seattle and the more people who go, the better the time for all. Part of the fun of orienteering is carpooling to a somewhat distance meet where we are the guests. Think about it.

RESULTS

Lake Tradition 27 April 1985 Rain, rain, + more rain

Course design - Roger Sharp & John Huth; Course setting - John Huth & Dale Width; Registration - Eileen Williams; Timing - John Huth; Course Takedown - Karen Hertzog, Gary Johnson, Francis Smith, & John Huth. Special thanks to Karen & Gary who helped out and are not even C.O.C. members. -- John Huth

Map Hike	any length	0 controls	Advanced	5860 m	10 controls
JoAnne Sperry	yes	0	Dan Waugh	COC	70:02
Sally Evans	yes	0	Dave Enger	COC	75:56
Betty Wiberg	yes	0	Don Denbo	COC	134:25
			Rick Breseman	COC	152:30
Beginners	2000 m	7 controls	Scott Coble	COC	173:13
Karen Hertzog		33:55	Eileen Williams	COC	stopped after 8
Francis Smith	COC	50:47	Ken Wiljanen	COC	" " 7
Gary Johnson		54:15	Will Sperry	EOC/COC	" " 7
Donna Cox		59:01	J. E. Stone	COC	" " 6
			Dale Width	EOC/COC	" " 5
Intermediate	4530 m	7 controls	Debbie Newell	COC	" " 5
Ardis Dull	COC	137:56			
Laurie Kohli	COC	148:40			

Hamlin Park 19 May 1985

Those who didn't show up missed Tanya Fowler's birthday party and a good day for orienteering. The weather was cool but good for running/walking. Thanks to Ardis Dull and John Huth for setting courses; Ardis, John, and Don Denbo for working the meet; and Ardis, John, Francis Smith, Mike Schuh, and Katie and Doug Sprugel for picking up markers.

- Brad Payne

Beginners	6 controls 1.2 km	Intermediate	10 ctrls. 3.2 km
Doug Sprugel	13:54	Robert Miller	30:50
Katie Sprugel	24:50	Ken Knapp	50:52
Tanya & Kim	36:29	J. E. Stone (out of order)	56:29
Teddies	64:40	Troop 304	66:33
		Liz Anderson	69:55
		Harvey Friedman	70:15
Score course 20 ctrls. 45 min.		Marina Waugh	74:57
		Nick Fowler & co.	85:36
Mike Schuh	71 pts	Nit Narodick & co.	117:10
Don Denbo	57 pts	Francis Smith	DNF
Anne York	31 pts	Christine Schmidt	DQ

Lynndale Park 1 June 1985

Clear & cool with invading picnickers; Course design - Eileen Williams & Mike Schuh; Course setting - Eilen Williams; Registration - Eileen Williams; Timing - John Huth; Course takedown - Tim Vargo, Eileen Williams, & Mike Schuh; Special award - everyone in attendance for their patience and for pitching in where it was needed. What with the late start and early finish (including moving the 2nd master map for the Super Advanced Course) the day turned out rather well. - John Huth

Intermediate	1430 m	11 controls	Super Advanced	3100 m	22 controls
Doug Sprugel		21:22	Int.+Adv.	split time	total
Troop 304B		22:37	Dave Enger	14:18	36:54
Troop 304A		23:41	Tim Vargo	20:24	52:42
Scott Coble/Barb Niemer		27:05	Don Denbo	20:15	55:08
Katie Sprugel		29:15	J.E.Stone	19:05	65:50
Mary Ann Kozlovsky		36:12	Harvey Friedman	25:08	82:48
Francis Smith	DQ missed #1	49:18	Anne York	33:50	84:00
			Ardis Dull	28:27	85:53
Advanced(2nd course run)	1670m	11 controls	Phil Everett/		
Scott Coble/Barb Niemer		43:38	Ken Van Nice	22:33	86:18
Doug Sprugel		45:14	Bob Rein	28:55	91:31
			Carl Moore	30:00	97:20

Report on last club meeting

The last meeting of COC on Thursday, 16 May 1985 at the University Branch of the Seattle Public Library had a discussion of whether Cascade should host the 1986 United States Orienteering Federation convention and hold at least 1 day of "Class A" meet and preferably a day or 2 of something like canoe-O or night-O also. Those present voted against mainly because there were so few people present. Without 20 or more volunteers, the club leaders felt that it would be too much work for the club leaders. The program was an interesting discussion on course design led by Harvey Friedman. He prepared handouts to illustrate the general principles involved in putting together a good set of courses on our Pacific Northwest terrain, discussed how to actually plan and set the markers out, and how to determine good legs from bad. Other experienced course setters, particularly John Huth and Anne York, contributed much valuable criticism and comments for the benefit of those who have never designed a course before. It was decided that this program succeeded so well that in the future we should have one writing correct control descriptions on the control description sheet both in English and in international symbols (that is those funny squiggles in those 8 columns on your 'clue' sheet). We who go to European meets appreciate the practise we get at local meets in using these international symbols.

SCHEDULE OF EVENTS

GENERAL INFORMATION: Unless otherwise noted, novice, intermediate and advanced courses are available at all club meets. Normal registration and start times are from 10:00 AM to NOON and entry fee is usually \$2.50 for members and \$3.50 for non-members. Regional and National (Class 'B' and Class 'A') events may have a higher entry fee depending upon sanctions and awards given to winners in various categories. Instruction for beginners is always available at all events. A limited number of compasses are available on a rental basis at registration.

- Fri, 5 July Woodland Park Team Relay and Potluck, Seattle; W. Greenlake and GreenLake Way N., shelter #5, 1:5000 color. 5 pm til ??
We will be gathering at the 2nd shelter south of the lawn bowling area. Bring a dish to share and be prepared for a dusk team relay course and campfire to tell some tall "O" tales. See potluck writeup in this newsletter for more details.
- Thu, 11 July CLUB MEETING, 7:00-8:55 pm, University Branch Library, 488-7471
5009 Roosevelt Way NE, Seattle. ALL are welcome.
- Sat, 13 July Ft. Steilacoom Co. Park, Tacoma, 1:10000 10-11 AM, Mary
584-6501
- Wed, 17 July Beaver Lake Park, Victoria, B. C. Phone Harvey at 784-2774 for
what little info I have on this and other meets in Victoria
before I leave on 13 July or phone Dennis at 604-592-5739
- Sat, 20 July Ballard Bike-"O", 2054 NW 56th, 1:15000 b&w, bring your own
bicycle, John 522-1304
- Sat/Sun 20-21 July 1st annual Ochoco meet, Ochoco National Forest, 1+1/2-hr. NE
of Bend, Oregon. NOON Jeff 503-245-4725
- last weekend in July and 1st weekend in August are Canadian Orienteering Champs in
Alberta. At least 2 COC cars are going. Contact Dave at
822-6254 if you want to caravan or for more info
- Fri/Sun, 2-4 Aug Newcastle Island, Victoria. Nancy or Ray 604-477-4947
- Sat/Sun, 10-11 Aug Evergreen 'O' Cup, Ft. Steilacoom Co. Park, Tacoma 10-11 am
Mary 584-6501 1:10000 perhaps color map
- Fri, 16 Aug Pot-O-luck, 6:00 pm at Gold Creek Trout Farm 483-1415 Knut
15844-148th Ave. N.E., Woodinville. Catch your own main course

Sat/Sun, 17-18 Aug 5th Annual High Cascades Meet, Irish & Taylor Lakes, north of Willamette Pass, Oregon NOON Jeff 503-245-4725

Sun, 18 Aug U-VIC 1:00 PM (Mackinnon Bldg.) Victoria, B. C.; Dennis 604-592-5739 is in charge of this one

Foster Is. Canoe-0, Univ. of Wash. Waterfront Activities Center behind Husky Stadium; 1:5000 b&w, 9:00-11:00 AM, John 522-1304

Sat/Sun 31 Aug - 1 Sep Western Canadian O. Champs, near Cranbrook, B. C. pre-register by 6 August. Scott Donald, box 481, Rossland, B. C. VOG 1Y0 has forms if you don't go to Alberta

The San Jose Scene

85 people and sunshine showed up for the 1985 May "Class A" meet in San Jose, that was hosted by the Bay Area Orienteering Club. The course was the southern portion of Joseph Grant Park which is very hilly. Many times I was traversing steep hillsides and glad for the lightweight hiking shoes that come up over my ankles. The ground was extremely hard and there were dried ditches that were 3 feet wide by 4 feet deep suddenly appearing in front of me making it dangerously adventurous. Cold, sparkling "Calistoga" water greeted all finishers, as well as water available mid-course.

Bruce Wolfe was there to take 1st place in the M21-A class. From Tacoma, Gary McCausland received a ribbon for 2nd place in the M35-A class and Nathan Tharp took 1st place in M15-16-A class. I came in 4th place in the M-open class of which there were less than 12 entrants.

Gary invited everyone to a 1986 class A event being planned by the Nisqually Orienteers.

- Roger Sharp

Potluck result

The Ooh-La-La Bruce McAlister "O" Potluck

It was a soon-to-be dark and stormy night. The sun was setting like a thin-skinned chocolate pudding.

Robert and Sandy Miller (bearing a three-gallon Eddie Bauer waterfowl painted tin of fresh, hot air popped without salt Orville Redenbacher corn), rang the bell at the close-to-St-Edward-park, surrounded-by-tulips house of Bruce McAlister. Inside the skittish Shetland Collie, Bruce's Bonnie, barked.

Anne York and Harvey Friedman (having born half a 2 kilo loaf of imported (from Canada) dark rye bread, a gallon jug of unpreserved cider and a 45-rpm-record-

sized wheel of Camembert cheese) opened the door.

Our host, a book-plant-and-red-wine person, was putting a light dusting of mozzarella on a properly-made-with-ricotta-cheese lasagne into the oven.

Debbie Newell controlled our waiting-for-lasagna-palates with a bag of freshly purchased Grady's au gratin flavored, extra thick style chips. After a cameo appearance by Collin McAlister, our host's nephew, the enological drama began to uncork.

The first feature was an unpretentious Hungarian Rose, however, few having seen the dusty-bottle-filled wine rack were tempted. Punching in soon after were two Cabernet Sauvignons: a hearty yet unmaturing Nappa Valley label and a smoother but less robust oak flavored Quercas. Having determined that our palates were capable of discerning the subtler aromatics of a truly great vintage, our host uncorked a bottle of Chateau Mouton Rothschild circa 1967 (suggested retail value \$20.00 per glass).

After the perfect pasta and vin extraordinaire, like the next control on a properly set white course - soon followed desert. It was a custard and cream, homemade, fresh strawberry gallon of gelato. As we five 0-guests wrestled with the gelato scoop as if it were an entangled punch in a pit at a crowded common control, our host narrowly escaped injury as he rescued a paltry portion for himself.

As six became clearly all that one bottle of Rothschild, a pan of lasagne, and a gallon of gelato could support, comments about the skant COC member attendance took on a decidedly now-we're-glad-more-didn't-show-up flavor, as when it's time to pick up controls on cold rainy morns.

-Robert-0

(This pretentious portrayal of potluck proceedings was contributed (as you might have guessed) by Robert Miller. Perhaps he will win the bad writing contest that inspired such an entertaining effort. -Ed.)

More Results

Robinswood Park 5 June 1985 Sanmanish Orienteering Club

Course Setter - Dave Enger

Registration & Timing - Bob Rein

Weather - cloudy but dry

Novice 1.0 km, 5 controls

Intermediate 2.1 km, 10 controls

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Carol Ross	10:50	Chris Loftus	20:17
Neva Yorkston	22:00	Doug Sprugel	32:00
		Katie Sprugel	38:15
Memory 20 controls, any order		J. Stone	42:00
		Neva Yorkston	45:30
Phil & Michelle Everett	34:30	Carol Ross *	49:30
Don Denbo	37:30	Francis Smith	73:00
Chris Loftus	38:30	Roger Sharp	not timed
Jessica Hirschfelder	58:00	* includes gap time	

Lincoln Park, 22 June 1985

Meet Director: Roger Sharp; Course design & set: Tim Vargo; Timing: Liz Anderson & Tim Vargo; Other help: Brad Payne & Francis Smith

Advanced, 3.6K, 16 controls

Intermediate, 3.3K, 11 controls

Mike Schuh	34:10	Jim McNamara	36:35
Scott Coble	45:00	Brad Payne	38:12
Rick Breseman	45:30	Chris Carle	44:30
Don Denbo	46:23	Bill MacDonald & son	57:25
Eileen Williams	49:41	Katie Sprugel	58:50
Bill Greenwood	50:30	Francis B. Smith	72:20
J. E. Stone	53:02	Fowler family	74:50
Orville Rhine	53:20	Susan Black & Laurie Kohli	77:45
Doug Sprugel	53:51		
Ardis Dull	65:55		
Carl Moore	DQ		

Beginners ** 2.1K, 8 controls

** control #2 was missing

Bill MacDonald & son *	26:16	* 2nd course run
Francis Smith *	38:40	

Cascade Chatter

Dave & Valerie Enger's wedding party was so much fun that at least 1 other Cascade member has decided to take the plunge (not really but it was such a good lead). Long-time Cascade member Tony Paulson and Joan Benderson will soon to celebrate their wedding...Marina Tolmachova Waugh was awarded a National Endowment for the Humanities fellowship to study at UCLA in the field of history this summer. We all will miss her at meets but hope she does well there and isn't too

uncomfortable in the hot, dry climate....Harvey Friedman was at a 4 day computer conference in St. Louis where he presented a paper. Though busy, he did find time to visit with former Cascade O. C. members Bill & Judy Connett. (Why are the above 2 sentences in 3rd person? I, Harvey, am the one who writes the Cascade Chatter column.) Besides their little dog, Napper, they have another small addition to the family, a baby girl named Lillian who is just about a year old. Bill & Judy miss Seattle and will probably return for a visit this August sometime....Summertime often brings other orienteering folks from outside our area, so anyone who might have room for someone for a night or 2, give a holler. Currently we expect a family of 5 from Norway to stop around 13 July on their way home from school in Irvine, California; a group of 4 Norwegians will be coming thru in either August or September; and according to his last letter, Ingemar will be here the 1st week in August....I almost forgot. Jan Vrana is back in Seattle again; he is currently staying with us at 6018 Sycamore NW, Seattle 98107 in case anyone wants to contact him. Because he works Saturdays, he doesn't get to as many meets as when he was just going to school last winter and spring....By the Ballard bike-O meet on 20 July, we should have available a new batch of Cascade Orienteering Club T-shirts for sale to members and others who want to buy them. The design is similar to the previous one but with more letters (Seattle, Washington U.S.A.) and an actual outline of part of the Cascade mountain range now. Also the design will be much larger and centered instead of just on the left breast as before. The price might be \$10 but I can't really remember whether the Board has decided yet or not, and anyway it will depend on the cost for the whole procedure. We will have small, medium, large, and extra-large so we should be able to fit just about anyone in the club now....Robert and Sandy Miller could have worn the shirts if they had been available on their recent trip to the U.K. and Iceland. They managed to find an orienteering meet in England to participate in and had good times. Those curious enough can probably persuade them to show their maps or you can come to the 11 July club meeting where they will show slides and discuss the trip....Mike Schuh attended the USOF convention at Plymouth, N.H. as the Cascade representative. Any other member of Cascade who is also a USOF member and who intended to attend the 2-day Class A meet and the convention meeting could have voted some of Cascade's votes. If you want to go to the next one, let an officer (preferably the president) know....For those of you wanting a more formal instruction environment than we have a local meet, several courses on Orienteering will be available. Mike Schuh teaches thru the U. of W. Experimental College, Eileen Williams teaches in Lynnwood thru Lynnwood Parks & Recreation and there may be a course this autumn given somewhere in Seattle thru the Northwest YMCA. Anyone interested contact Mike or Eileen or send a letter to the newsletter editor. Instructors for 1-day workshops and especially for enticing more high school coaches and students into WJOL next winter are urgently needed. There is too much work for too few volunteers....How can we attain greater attendance at club meetings? Do members prefer travelogue programs, orienteering programs such as Sture Carlsson's brilliant presentation of orienteering tips or Harvey's course design discussion session, or would you rather have no program at all and just a business meeting.

What is the best day of the week for a meeting, should we have them immediately following a meet, or should we dispense with them entirely and just let the executive board dictate everything to the rest of the club members? What about pot-O-lucks? Since only 6 of us attended the last one should we no longer schedule any after those occur that are in this newsletter? Why have so many multi-year members not renewed their memberships? How can those of us who are active improve the club and especially get others to be active too? Here's a question for the WIOL participants. Should we have half the meets on Sundays so that those kids who work on Saturdays could have the opportunity to take part also? Scribble out your ideas and give them to an officer the next time you go to a meet, meeting, or potluck and the executive board will try to make sense out of it all. Is this newsletter read by anyone or should we just send out a schedule and results?...If the trend shown by the following Auditors' Report continues, we soon will have no money left in the treasury and be unable to maintain our O events. Ideas on how to get more people to meets and on how to get more to join C.O.C. are most welcome.

Auditors' report and Income statement

Anne York and Sandy Kish Miller have examined the books of the Cascade Orienteering Club and have verified existing balances. They commend 1984 treasurer Chris Hawkins on a fine job.

1/1/84 Beginning Balance	1299.25
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Sources of Cash:

Memberships: Single	327.00	
Family	330.00	
Associate	24.00	
	-----	681.00
Meet Registration		1314.00
Compass Rental		13.00
Map donations		19.00
Donations		750.00
Other		8.25
WIOL		501.14

Total Revenue	3286.39
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Expenses:

Newsletter: printing	251.64	
Postage	191.80	
	-----	443.44
Meets: supplies	62.95	
prizes	38.27	
other	122.52	
	-----	223.74

Mapping:	supplies	1591.67	
	printing	750.26	
		-----	2314.93
Equipment			52.53
Publicity:	postage	15.00	
	copying	8.32	
		-----	23.32
Administration:	printing	19.36	
	telephone	30.30	
	supplies	15.00	
	postage	34.20	
	USOF	82.00	
	bank charge	20.46	
		-----	201.32
WIOL			752.87
Total Expenses			(4039.15)
Ending Balance			546.49
Total Cash Decrease of			752.76

ORIENTEERING



CASCADE ORIENTEERING CLUB

Membership Application

Check one: New ☐ Renewal ☐

Name

Address

Zip

Phone

Family \$10.00

Individual \$7.00

Associate \$4.00 (under 18 years of age)

Newsletter only \$5.00

If family, list other members:

I want to help/learn about

course design

map field-checking

map-drafting

meet timing

meet registration

promotions

administration

???

Send application and check payable to the Cascade Orienteering Club & mail to COC, POB 31375, Seattle 98103

C.O.C.

P.O. Box 31375

Seattle, Wash. 98103