



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB
www.saskatoonnordicski.ca

April 2014



**Family
Fun at
Kinsmen
Park**
by
Barbara
Campbell



Funny Bunnies by Amber Weckworth



**Fun
at Ski
Touring**
supplied
by Sheryl
Riis



Pedal Wenches enjoying new sport
by Bob Holtsman



Loppet Start by Barbara Campbell

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Eb's Trails

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Jan Sedgewick

Competition

Vacant

Equipment Manager

Vacant

Member Awareness

vacant

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Do to privacy issues
all personal contact points have been
deleted
Contact via the web!

President's Message

Dan Beveridge



I am looking out the window at a nice, fresh covering of snow on the ground as I write this. A welcome sight in November, but at the end of March, I can hear Saskatoon's collective groaning. That felt like a cold winter. I know how easily bias can creep into discussions about Saskatchewan winters, so out of curiosity I checked the climate archive: we had 49 days, i.e. about half the ski season, with average temperatures below -20°C. On the positive side, it was a good winter for classic, and grip waxing was simple, if not repetitive. Not too many skiers in other parts of the world know their wax a week in advance.

Kivilski Advertising

Due to repeated requests by some of our members, we will now be accepting ads in Kivilski.

In brief, we want to support the skiing community, and some of our members are in the business of providing goods or services that help to grow the sport, and/or might be of interest to our membership.

Most importantly, we want to protect the Editor's time. Renate does a great job, and is more than

capable of taking on more work; however, the less time she spends dealing with ads the better. To these ends, Executive has passed a Kivilski Ad Policy which defines expectations and responsibilities. We will not solicit ads, and we don't expect to be suddenly overrun with ads. Your experience reading Kivilski won't radically change, and this should be the last you hear about it.

Of note ...

Volunteer opportunities — become a vital part of your Club!

You may have just cleaned up your skis and put them to rest for the next season while the last remnants of dirty snow are melting and ditches are filling up with spring run-off.

Incredibly, it is not too soon to think about October and the Annual General Meeting with elections. If you enjoyed the groomed trails in the city and at Eb's, the company of other skiers and some happy gatherings perhaps you would like to give serious consideration to volunteering on the board of directors or a committee!

A number of volunteers have talked about feeling some burnout. In the long-term, we have to think as a Club about increasing volunteer engagement, and about what sort of programming we can deliver with the resources we have. You can contribute to the Club whatever your background, interests, or level

of engagement in skiing, whether its handing out refreshments for 3 hours, graphic design for a day, or wrestling with some of these issues on the board. You definitely don't need board or skiing experience.

There is an urgent need for more **youth coaches***) since the demand for teaching youngsters was overwhelming this past season. Training is available! A person with a mechanical bend and interest in maintaining our equipment in top shape is urgently needed!

Key openings are:

Equipment Manager

Member Awareness: someone with experience/
interest in communications/media relations

*) Check related information on page 7

Marathon Canoeing: the Perfect Cross Training Option

The 2014 Saskaloppet is complete and the skiing season is almost over. However, that doesn't mean the end of fun times outdoors! If you'd like a summer cross training opportunity that will improve your double-poling and abdominal strength, marathon canoeing might be just what you are looking for. Faster, sleeker, and more intense than a family fishing boat, a marathon canoe builds balance, endurance, and emphasizes strategy and finesse rather than brute strength – perfect cross training for skiing! Local marathon events range from 1-3 hours, with some international events spanning several days. Events occur throughout the summer and there is something for every skill level.

Check out the programs and membership options available at your local clubs. To learn more, come out to the May 4th open house at the Marathon Canoe club or check us out online: <http://www.saskatooncanoeclub.org/>



The Answer – “YES”

One of the organizers of the Saskatoon Skate and Classic Loppet received an e-mail the day after the Loppet containing the question “Have you got connections?”

Jan Sedgewick, the Club’s “Loppet Lady” says a lot of silent prayers in the days and weeks leading up to the Saskatoon Nordic Ski Club’s annual Loppet. Some of these are listed below.

Silent prayer #1... “Sure hope the weather breaks and the wind stays down”

Loppet day weather, -12C, little measurable wind.

Answer – Yes

Silent prayer #2... “Is there anything can be done about trail and snow conditions?”

Facebook page post “Great Loppet today! Thank you for all your work. The course was great, especially given what you had to work with.”

Answer – Yes – made possible by Ken English, Richard Koch, Rob Klenz, Robin Butler, Tim Haight and Nathan Sedgewick.

Silent prayer #3... “I hope we have a great team of volunteers who take charge, do their roles well, and feel more part of the Club because of it”

A new checkpoint volunteer sent these words “Great day, well organized and great people. Everyone was so grateful for the fluids and, when they had finished, gave us a ‘thank you, volunteers’; glad to be part of this great group.”



We had 25 GREAT volunteers who were exactly what we needed.

Answer – Yes

Silent prayer #4... “Sure would be great to have a good turn out... over 100 would be nice”

Loppet day attendance – 29 said yes to the “Distance Challenge” by skiing any combination of two distances, during a 3 hour period. 77 said yes to the three set Loppet distances. Total turnout – 106.

Answer – Yes

Silent prayer #5.... (Truth be known I hadn’t even remembered to pray this one but it would have gone like this) “Gee, it would be great to have some photos for the club website, the newsletter and for CCS”.

Loppet day A nice lady just showed up and asked what she could do. I said maybe just move around to the stations and ask if some help is needed. I literally said to her “you might just be the angel

in disguise every event needs”.

In the evening the Club’s e-mail received a folder from that same lady with a great photo journal of the event site and some of the start/finish line and checkpoint action. Another photographer sent amazing shots of individual skiers in action. The photos

accompanying this article are some of them.

Answer – Yes

The answer to having a great co-organizer has been provided every year. Our partnering with Eb’s Source for Adventure is always a good thing. Kevin and James, the owners and their staff work with us from early in the fall, helping us find just the right participant “swag”, getting the on-line registration set up, looking for great draw prizes and putting together and distributing the Loppet kits. This is a huge part of the success of the event.

The poster this year encouraged skiers to take up the challenge, “say yes”, and start training.

Can’t help but wonder if those “connections” I was asked about might have read the poster and decided to “say yes” too?

EB'S DAY — February 16, 2014



Is it the enchanted forest? The superb groomed ski trails? The fantastic camaraderie around the campfire? Or the delicious roasted hot dogs? It's all of these plus more that made Eb's Day a success for the 11th year.

Despite the discouraging highway conditions, registration for the day peaked at 133. At least, that's the number of people I allowed to have a hot dog. (I jokingly said "You have to have registered, or you can't eat). It worked; there was a lineup for the registration book. Again this year, there were a large number of young families that came out. What a heartwarming sight ... from little tiny tots (future caretakers?) to 'larger' older enthused skiers, all thoroughly enjoying Eb's Trails. The tracks were in good condition and people raved about the ski conditions. Skiers kept flying by, stopping only for a warm beverage or sneaking in a quick hot dog, and then out again on the trails.

The weather did not interfere with the laughter and the desire to roast those dogs. Our forest, (geez, we're so possessive about this area), I mean, Eb's Trails area has lots of spruce and pine that provide good protection from unfavourable elements while skiing. It can be blowing snow in the parking lots and clear on the trails. What an area! Next year, perfect weather, good roads and it goes without saying, great tracks. February 2015, write it down. Hope to see you there.

Thanks to the groomers, Randy Chapman & Brett Smith and, for her valuable assistance on this day, Val Young.

Heather Bernhard
Saskatoon Nordic Ski Club

Eb's Groomers' Report

We did the first grooming at Eb's Trails on November 9 as we worked to clear the damage done by the early, wet snow and rain. The last grooming happened March 21 and this allowed some icy skiing during the last cold spell before the final thaw. Between those dates, your trail crew toiled through an interesting, challenging season. There were eleven additional grooming excursions and many more clearing sessions as we dealt with cold, wind, even more devastating wind and an unseasonal melt in mid-January.

We were honoured to host a January visit from a bus load of members of the Regina Ski Club and two March visits from Bill and Joan Jeffery and their competition team from the Malamutes club. Eb's day was a resounding success and many Sunday tours used the trails. We look forward to the 2014/2015 season when we will have lots of dry, fluffy snow accompanied by light winds and moderate temperatures.



If you seek ways to fill those late summer and fall days, there is always work preparing for next season.

Randy Chapman

Sunday Hiking Tours 2014 – Update



I cannot believe that winter is over! :) I was honestly hoping to get up to Eb's Trails one last time. It seemed like a very short season. I hope some of you managed to get out skiing more often than I did. The good news is that the days that I did choose were sunny, with perfect snow!

Thank-you again to all the people who help clear and set trails, cut wood, maintain the huts and washrooms.... Wow! You do an amazing job!!! You also work in all sorts of weather... lots of which was not always perfect this past winter. Hopefully, we have amazingly perfect conditions next season!

We currently have three spring hikes organized.

Please make sure that you are connected to Yahoo Groups, in case more are announced, and for up-dates.

http://sports.groups.yahoo.com/group/NSCS_touring.

Happy Spring!

Sheryl Riis
Touring Co-ordinator

Spring Hikes

Sunday, May 4th – Borden Hike - Leader: Bob Katarynych -306-373-1438
– about 12 km through treed grasslands to the North Saskatchewan River

*Please meet at 9:45 a.m. just north of the Tim Hortons in the Lawson Height's Mall parking lot, for carpooling.

Sunday, May 11th – “Mother's Day Hike” – Buffalo Pasture, or Eb's Trails (depending on weather/conditions) –
Leader: Pat Clarke – 306-477-0023

*Please meet at 9:45 a.m. just north of the Tim Hortons in the Lawson Height's Mall parking lot, for carpooling.

Sunday, May 25th – Douglas Park Nature Trail and Sand Dunes (about 12 km), located south of the town of Elbow (often includes an ice cream stop in Elbow). Please bring a lunch and a sit-upon. Leader: Keith Pahl – 306-374-3117

*Please meet at 9:45 a.m. in the **Saskatoon Western Development Museum** parking lot, for carpooling.

Blind Skiers Update

On October 5th, the 2013 ski season for the Saskatoon Blind Skiers got under way with a hike and wiener roast at the acreage of George and Loretta Kuntz. It's worth mentioning that on that day there was a noticeable chill in the air which stayed more or less with us throughout the season. The rest of the world remembered this as one of the coldest winters to recall. Temperatures ranged from minus ten C to minus thirty five C with wind chills going as low as minus forty nine C. Because there was noticeably less snow this year the last the frost went down as far as ten feet deep in places, breaking water mains all over the city.

The next date on our social calendar was December 14th. Normally this event was held at the Kuntz acreage. However, due to a number of conditions, cold weather being one of them, the

ski and pot luck was moved to the Clubhouse at the Wildwood Golf Course. This venue is rented and operated during the winter months by the Nordic Ski Club.

There were two ski clinics conducted by Jeff Whiting, an instructor with the Nordic Ski Club, which were well attended by our skiers.

There were two ski trips planned; one to Little Red outside Prince Albert which was a successful outing. The other trip to Eb's Trails, had to be canceled owing to bad snow conditions.

The annual Ski for Light competition, a tournament for sight handicapped skiers and their guides, was held at Kananaskis, and Ron Walsh, a regular competitor at this event brought home two silver medals.

March 8th we enjoyed a ski and pizza party at the Wildwood Clubhouse.

The season will finally close out with a banquet and meeting at the C.N.I.B. Auditorium, on April 12. Despite the challenges this winter presented us, it has been a productive year for the Saskatoon Blind Skiers. On behalf this Club, I would like to thank the Saskatoon Nordic Ski Club, the volunteers, guides, the Co-op and all others who contributed to the success of this season.

R.F.Gourley, public relations director, Saskatoon Blind Skiers.

Youth Program

Our super successful and fun Youth Skills Development program; better known as Bunnies and Jackrabbits; is recruiting coaches NOW for the 2014 /15 season. This program offers lessons for children aged three thru to approximately nine. Lessons are traditionally held on Wednesdays, 6:15pm to 8pm or Sundays, 3pm to 4:30 pm. We schedule lessons from early December to early

March, with breaks during school holidays. For the past 2 years we have had to turn many families away due to a lack of coaches .

Help another family embark on a lifetime of winter fun and together-time on cross country skis. Training is provided. Contact Jan Sedgewick at 931-3305 or jsedgewick@sasktel.net to find out more.



How I survive winter...

Our winters here are just too short; I have been heard to say, but back in 1980 I sure felt a different way.

My Mom would spend her winters at a spa, outside Palm Springs
You'd swim, and soak, and hike around, warm weather sort of things.

"A seat sale "the announcement said
"Fly to the sun, real cheap,
but call real quick, they're going fast,
take a California trip"

So off I flew.
The sun was hot, the pools and hot tubs great
but when I got back into S'toon it was minus twenty eight!!

"Get on that plane! Fly back to warm.
Oh, why do I live here?
Sometimes it feels like winter takes eight months of every year!"

But holidays were all used up and funds were awfully low
It seemed the only excess was the tons of fluffy snow

And then a little light went on inside my well-chilled head.
"If you can't beat it, join it dear"
My Mom had often said.

So that was when my winters changed.
I went and bought some skis,
Some poles, some boots, some wax,
some mitts, a toque,
so I won't freeze

And now I get all "dancy" when the snow begins to fly.
I jump around and say "yahoo"
And people wonder why??

Cross Country skis, who would have thought?
The countless joys they bring
The only problem now, it seems
Is what to do with spring???

Penned by Jan Sedgewick



In the Hut - getting ready - for Family Fun
by Barbara Campbell



New member group - Pedal Wenchies
by Bob Holtsman



...until next ski season