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

September 2014

Announcing:



All Members are welcome!

Web site:

http://www.saskatoonnordicski.ca

Box 2062, Saskatoon, SK S7K 3S7

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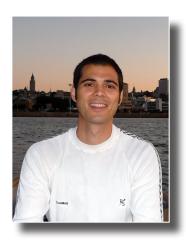
Do to privacy issues all personal contact points have been deleted

Contact via the web!

President's Message

Dan Beveridge

What a fast summer. July could have been a little drier, but August was amazing. I tried out marathon canoeing for



the first time this summer. I really enjoyed myself, and it's great training for skiers. I noticed a difference dressing for +20°C instead of -20°, but physically, technically, and mentally, there were days I could barely tell the sports apart.

The bite in the morning air, and the emails in my inbox, signal an end to canoeing season, and a start to the skiing season! Fall hiking is starting

right away, and ski season is around the corner. Member and program registration is coming soon. Some of the programs, particularly youth programs, will fill up right away, so register early. Conversely, if you can volunteer, then that can help us turn fewer people away.

The facilities committee kept busy this summer. Maybe I'm overly optimistic, but I truly believe that we can make big strides in the next couple of years towards finding a home for skiing in Saskatoon, if we keep working as a community.

I look forward to catching up and planning the season with you soon at the AGM.

Of note ...

YOUTH PROGRAMS USED EQUIPMENT SKI "SWAP"

Wednesday October 29th, 2014
Location - Eb's Source for Adventure
Equipment registration at 6 pm
Sale begins at 7 pm
See events page on our website

Advertisement



Sunday Hiking Tours 2014 – Update

We managed to squeeze in three spring hikes, this year! Thank-you so very much to all our knowledgeable Tour Leaders! I will forever remain mystified regarding how they know their way around the country-side. Please make sure to thank them for their expertise.



The first Spring Hike was led by Bob Katarynych, to the Borden area. I was sorry to miss that one. The crocuses were so amazing last year! Pat Clarke then led us on the "Buffalo Pasture Hike" along the west side of the river across from Batoche. We ate in a cozy hollow, by the river and saw a huge beaver dam and lodge! It was another delightful Mother's Day hike with my daughter and her little dog.

The last hike was to the Douglas Park sand dunes. It's a taste of the Sahara Desert close to Saskatoon. There is always a wide variety of plant and animal life that is unique to this type of terrain. I especially love the tiny desert flowers!

The "Fall Hikes" schedule is just starting to take shape. Hikes

are usually scheduled from mid-September

to mid-November. They are about 12 km in length and are generally done at an easy pace. Hikes are often followed by tantalizing Fall Suppers, in nearby small towns!

Items that you need to bring along include proper footwear and clothing, lunch, and plenty of water. You may also wish to bring a walking stick or hiking pole, sunscreen, sunglasses, hat, bug spray, and a sit-upon.

Our departure point varies, depending on which direction we are travelling. Hike times may vary but we usually gather at 9:45 a.m. Sunday morning to check in and arrange carpooling. We then depart at 10:00 a.m. If you are a carpooling passenger, please give your driver \$10.00/person to help with gas.



New people are welcome to join us as a guest for one free hike, but are expected to purchase membership Club before subsequent hikes. Then, you can also receive hiking updates via the Kivilski newsletter, e-mail and by subscribing to our Yahoo website: http://sports.groups.yahoo.com/ group/NSCS touring/. There is a "Conversations" tab that takes you to member posts regarding updates to hikes and other activities. This is an important connection in order to receive e-mail notices of any last minute changes, or cancellations due to road, or weather conditions.

If anyone is ever interested in leading a tour, please let me know. It would be great to have your tour added!

I hope to see you on the trail, this fall!

Sheryl Riis Touring Co-ordinator

Fall Hikes

September 28 — "Miner's Creek" — Fall Supper at MacDowall

Leader: Heather Bernhard 306-242-1928

Meet: 9:45 a.m. north of Tim Hortons in the Lawson Height's Mall parking lot

October 29 — Borden Area — No Fall Supper but participants may go out to eat at a Saskatoon buffet.

Leader: Bob Katarynych 306-373-1438

Meet: 9:45 a.m. north of Tim Hortons, in the Lawson Heights Mall parking lot.

Youth Program

We are planning to set a class size maximum (8 to 10 max) and also try to generate a waiting list should those classes fill. If we can find more coaches then we can accomodate those on the wait list.

We are still in great need of coaches for the Bunny age group (3 to 5) and I am actively trying to recruit more. PLease put in a plug

for more coaches for any age group though, as we can possibly shift some to different groups. We are also looking for assistant coaches who can fill in in cases of illness or un-avoidable absense.

Lessons are set to start Sunday November 26 and Wednesday 30 with 11 scheduled sessions. At this point we are in regular contact with the construction company that is in charge of the Kinsmen re-development project. I still feel that Wednesday lessons can go ahead, pending a solution to parking, if the Kinsmen lot is not complete. They can contact me thru jackrabbitssaskatoon@gmail.com or call me at 931-3305

Jan Sedgewick

Membership News

Dear Club Members

I had a good summer, and I hope the rest of you did as well. A new ski season is coming, and that means membership renewal. I expect that online registration will be available starting in the next few weeks.

Jackrabbit registration will open at that time as well. When registration opens you will receive an e-mail notice; parents of current Jackrabbit and Bunnyrabbit will get a notice a day or two in advance of that to ensure that current Youth participants get first crack at the spots.

The membership and volunteer committee is in need of assistance. We look after the online registration system, the mailing of membership tags, the Membership Welcome and Chile Day in November, and the Volunteer appreciation day in the Spring. If you are interested in helping with any of these tasks please contact Eric Lamb at eric.lamb@sasktel.net.

Eric

Fall Trail Preparations at Eb's Trails

Courtesy Kate Germin







Saskatoon Nordic Ski Club Member and Volunteer Wins Firth Award

SNSC past president Dan Brisbin nominated Jan Sedgwick for the Firth Award. She met the following criteria:

Awarded to any woman who has made an outstanding contribution to cross country skiing in Canada.

Nominees should have been involved at the local and regional level at a minimum, and possibly nationally as well. They will not only have been thoroughly involved in their sport in a wide variety of ways but will have passed on their

enthusiasm and had an influence on involving others.

The award was created in 1985 in recognition of the outstanding contribution made to Canadian cross country skiing by Sharon and Shirley Firth.

Jan's Acceptance Speech

I believe that I am not the only one who feels a rush when I get to the trailhead and see beautifully groomed ski trails waiting for me. I notice pole plants and skate strides on the track ahead of me. I know someone else has been there too.

While I'm skiing, I sometimes think I hear another skier coming up behind me. I stop, and I look back.

I think this is a metaphor for why I volunteer.

Those places where I ski would not even exist if volunteers had not built the course and forerun the trail. I am blessed with the benefits of their hard work and dedication. I respect and appreciate the legacy they have established. I am inspired, first to enjoy it and then to preserve it.

Those coming up behind me are, in part, the families who want to be active with their kids, and the next generation of racers.

20 years ago we were that family and our son Nathan became that racer. Little did we know that through skiing we would find our tribe, our sport and our passion!

I don't volunteer because I am some sort of "super woman".

I volunteer because I can.

I have the time, thanks to my husband Neil, who gave me the freedom to be a stay at home Mom and now full time homemaker/volunteer.



I have the desire to do my part. That came from my parents who instilled in me " to leave the campsite better than we found it".

I have the hope that others will achieve their goals and reach their full potential, in part because we supported them.

I admit I do it selfishly for the pay or should I say pay-back.

Hove:

Introducing others to

the joys of skiing. I feel like a "skivangelist"

- Seeing the face of the six year old that's just successfully learned to herringbone up the steepest hill we could find and then says, "Coach Jan, I love to ski"
- ❖ Seeing skiers of all ages being fit, active and proud of their accomplishment when they ski the Loppet I've organized.
- ❖ Watching the racer whose skills, speed and confidence have grown because of the programs the Club and division have offered and the events you've helped organize. A huge thank you goes to Dan Brisbin for his leadership in that area in Saskatchewan.
- The sense that I belong when I am with my "tribe"

I volunteer because for some strange reason cross-country skiing is my passion.

Thank you for allowing an ordinary volunteer to be acknowledged for doing what she loves.

I am humbled and honored to accept this award. Thank you so very, very much.

New Facility Sub-committee — Interim Report

Co-Chairs: Dorothy Quayle and Ivan English Core Committee Members: Dan Brisbin, Ken English, Jan Sedgewick, Barb Shirley, Tim Haight, Dan Kishchuk Occasional Committee Members: Dan Beveridge, Robin Butler, Jeff Whiting and Kaspar Wirz

The New Facility Sub-committee grew out of the Vision 2020 Strategic Plan; the vision for the Saskatoon Nordic Ski Club is, in part:

"A home for skiing in Saskatoon that is comfortable and welcoming to all members and the community."

"Our home has multipurpose trails and terrain that accommodates all levels of ability."

Briefly, the state of the Club's facilities is that the Club will continue to track and use Kinsmen Park, Wildwood Golf Course and Eb's Trails. However, we are searching for property in or close to Saskatoon that would have more trails and more terrain than our existing City locations.

In our last report to the Club (October 2013) we were exploring the Jim Smart property and the adjacent property. We learned that the son of the owner of the adjacent property had future development plans, making our idea not viable.

Last Fall, we welcomed both Dan Kishchuk as a new member of the Sub-committee, and Dan Beveridge — as our new Club President, he participated in our meetings when he could, and contributed significantly on certain fronts.

Some of the accomplishments in the past 12 months of our Sub-committee are that we:

- created an Owners Project Requirement Document – Nordic Ski Park Concept
- continued discussions with Blackstrap Provincial Park to improve their x-c ski facility
- communicated with the Kinsmen Park contractor to plan for our kids' programming for this winter

- began interaction with the Willows Golf Club; their General Manager initially approached our Club about using their course and clubhouse
- received an inquiry from the Saskatoon Golf and Country Club regarding tracking x-c ski trails on their course
- have received two leads for private property that we are currently exploring
- created and placed an ad in the Western Producer and Clark's Crossing Gazette (so far); the Producer ad is included below.

So we continue to make progress in our search for a new facility for the Ski Club. I believe it's positive to see some public recognition that Saskatoon is a winter city (aha!), and to see the proposal from the Optimist's Club to build a tubing facility at Diefenbaker Park. This kind of activity will be helpful to our cause.

Submitted by Dorothy Quayle



Do you have land that you want to see protected and enjoyed for generations? The Saskatoon Nordic Ski Club is looking for a home -- a place to enhance the cross-country ski experience for people in Saskatoon and area. Our Club's stewardship of the area would ensure the longevity of your land's natural beauty! We are a non-profit Club, 700 members and growing, needing your help to offer trails for all ages and levels of experience. The ideal area would be within a 20-minute drive of Saskatoon, at least a quarter section in size, and include hills and trees. We're looking to partner with individuals and groups who share a vision for preserving natural space and promoting outdoor activity. If you want to leave a legacy that will benefit generations to come, please contact Jan Sedgewick c/o info@saskatoonnordicski.ca



June 3, 2014

Bruce Simms Saskatoon Nordic Ski Club 202 Spruce Drive Saskatoon, SK, S7N 2J9

Dear Bruce,

On behalf of the Saskatoon Road Runners Association, thank you for supporting the 2014 Saskatchewan Marathon presented by PotashCorp. Your support at the Race Expo made runners, volunteers and others get excited and feel inspired for the Saskatchewan Marathon!

The Saskatchewan Marathon is one of the oldest marathons in Canada; it is a proud tradition for runners in Saskatchewan and Canada, it engages hundreds of volunteers, and is a qualifier for the Boston Marathon. This year, the road race included more than 2,800 participants from all across North America in the Marathon, Half-Marathon, GoodLife Fitness 10Km, and the 5Km events. As well, more than 700 students from ages 7 - 13 participated in the Marafun.

Marc Parent, our guest speaker, talked about the impact that running and running events can have on building stronger people and stronger communities. We believe that is the largest legacy of the Saskatchewan Marathon. For example, the commitment made to the Meewasin Matters Trail Campaign, our Marafun for Kids program and our work with groups like the Open Door Society have a significant impact adding to the fabric our of community. We are deeply appreciative of the part you have played in helping us in these initiatives.

It is supporters like you that help to make this event so successful - ensuring the event is safe, fun, and entertaining for everyone.

We appreciate your commitment to supporting healthy active lifestyles in Saskatchewan.

Sincerely,

Kendra Kerr, Race Expo Co-Captain

Saskatoon Road Runners Association

Lynn Cushway, Race Expo Co-Captain Saskatoon Road Runners Association

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