



# Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

[www.saskatoonnordicski.ca](http://www.saskatoonnordicski.ca)

JANUARY

2016



The **Ski At School – Saskatoon** instructors for this season.  
Starting from left is Cathy Rae, Monica Taylor, Rob Howse, Jan Sedgewick  
Front (on knee) Roy Taylor & missing Neil Sedgewick.

Courtesy of Jan Sedgewick



Blind skier Harmon van Bergen, with guide  
Monique van Bergen.  
Courtesy of Joanne Ferguson



Courtesy Kate Germin

**Remember:**

**Eb's Day  
February  
14,  
2016**



Raina Vingerhoeds  
by permission

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**Eb's Trails**

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**Touring & Hiking**

Sheryl Riis

**Instruction**

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**Loppet**

Vacant

**Competition**

Bruce Simms

**Equipment Manager**

Rob Klenz

**Member Awareness**

vacant

**Blind and Visually Impaired**

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Contact via the web!

## PRESIDENT'S MESSAGE

Dan Beveridge

I hope you've been enjoying the mild weather we've had this winter. The snow is thin, but that's part of life in a semi-arid region. We've had drier winters before, and we'll have drier winters again. We could ski in late November at Wildwood, a month earlier than many other trails in SK thanks to all the volunteer work led by Richard. It's been a great place to ski this winter given our snowfall. Tracey has organized volunteers to keep the clubhouse open on weekends from 12-4pm; thanks to her and all the volunteers.

The last issue of Kivilski was supposed to be my last message as president. This is my third term serving as president, despite almost as many attempts to resign. We have more than enough people willing to serve on the board, but as a club we have been perennially short one president. Along with Dan Brisbin—in his tenth consecutive year on the board—a Dan B. has served as president for seven of the past 10 years. I hope that we are able to hire someone on contract to help with club and program administration next season, which will make the position more appealing and productive. So if you have an interest in non-profit governance, you like spending your spare time on administration issues, or you just love cross country skiing and are willing to take one for the team, please contact me (it's not a sales pitch, but it is honest). I did want to thank Dorothy and Eric, who were great members of the board for four and five years respectively. Although we always need good volunteers, another position I want to highlight is equipment manager. Rob could use some help. If you have mechanical aptitude or you can help tow occasionally, please contact



me or Rob. We will appreciate you all the more given the demands of our second trial year at the Willows.

Our new groomer finally arrived after a two month delay at Tiddtech. It's a great new piece of equipment to help our groomers provide us with the best possible trail conditions. We've spent over \$100,000 in the past five years on equipment acquisition, operation, and maintenance. If you want to know where your membership fees are going, this is the biggest piece. And it doesn't count the most valuable contribution: the hundreds of volunteer hours.

Lastly, Ken and Lane have been trying to organize a bus trip—hopefully you can read more about it on our website soon.

In Memoriam  
see page 7

**ADULT INSTRUCTION** Bruce Simms – All three learn-to-classic-ski classes are full. There have been problems with grooming at Kinsmen due to lack of snow and a water main break.

## FACILITIES COMMITTEE

### Grooming at the Willows in 2016

The SNSC Facilities Committee works towards finding our new cross country ski home, and also helps decide which are the best ski trails to groom. We have heard some members and many non-members express support to groom The Willows.

This year The Willows has approved a new trail design that Ken, Ivan, and Kevin proposed. It is about 5 km and uses considerably more of the terrain than last year's trail, including fairways and hills. We plan to groom for both skate and classic. We think it could be a much more interesting and fun trail and not necessarily difficult. The facilities committee and executive support a second trial year at the Willows.

This will stretch our resources as a club. Although our new groomer just arrived, we need to repair our snow machine, we need to tow equipment back and forth, and we need additional groomers. If you would like to see a trail at the Willows, and you can help repair, tow or groom, please contact one of the executive to volunteer.

Please watch the trails report on our website for information about the Willows being ready for skiers.

We also encourage members to answer the club's online survey (accessible through the SNSC trails page) on trail usage.

## Help wanted! By Rob Klenz

Saskatoon Nordic Ski Club Equipment Manager looking for extra helper this season.

If anyone has some time this winter to help move snowmobiles/equipment and potentially replenish gas jerries at our various grooming locations, please email the current equipment manager [RobKlenz@sasktel.net](mailto:RobKlenz@sasktel.net).

Having a vehicle with a trailer hitch, capable of towing a single snowmobile on the Club's trailer, would be an asset. Even just having someone to help lift some of this stuff on the trailer would be great.

Thanks,  
Rob

## FAMILY DAY ACTIVITIES AT WILDWOOD

Help is needed to organize the Family Day activities at Wildwood for the Saskatoon Nordic Ski Club. On this day families who would like to try CROSS COUNTRY SKIING are given opportunity to do so. We are looking for some volunteers willing to act as ambassadors to the sport.

Day: Monday February 15

Time: 12-4pm (2 shifts: 12-2pm and 2-4pm)

Position 1: help people find and fit their skis. (2 volunteers/shift)

Position 2: Take groups out on a short tour. (3 volunteers/shift)

These are listed as separate activities but volunteers could alternate depending on the weather, traffic flow and interest. We will also have cocoa and goodies on hand to warm up all involved.

If you are available to help out, could you let me know which shift and position you prefer?

Thank you very much for your interest in helping out the Club.

Barbara Shirley [b.anne.shirley@outlook.com](mailto:b.anne.shirley@outlook.com)



## SUNDAY HIKING TOURS WINTER 2016 – Update

By Sheryl Riis

We finally have what I call “real snow!” The cows have also all been removed from Eb’s Trails. Avoiding cow pies is tricky business... as Heather Bernhard and probably others found out. Our intrepid trail clearers and groomers have set the track and most areas have enough snow coverage.

Please use Yahoo Groups to connect with others for skiing on weekends, throughout the week, or for planning weekend ski trips.

**Eb’s Day is set for February 14!** Bring your sweetheart, your family, your friends... and enjoy a day of hot chocolate, apple cider, eating hot

dogs, marshmallows, fruit... around a campfire... and skiing gorgeous terrain in a picture-perfect forest. There just may be heart-shaped cookies, too!

Please meet to carpool to Eb’s Trails, on Sundays, at 9:45 a.m., across from the Lawson Civic Centre, in the Lawson Height’s Mall parking lot. The group usually chooses either to use the north, or south hut.

The first people to the hut make a fire and then people come and go from the hut at their leisure. Everyone skis at their own pace, on their choice of trails. The group usually meets back at the hut to return to Saskatoon, at about 3 p.m.

Please ski with a “buddy” and make sure that others know which trails you plan to ski. The cell phone coverage is now quite good but it is still very difficult to find someone in 52 km of trails!

Happy Winter Skiing!!!

Sheryl Riis  
Touring Co-ordinator  
306-382-9462

## EB’S TRAILS NEWS

By Randy Chapman



There has been a minimal amount of snow accumulation to date but the trails have been packed and tracked. Although some tracks have grass showing through, there has been enjoyable skiing to date. Snow is forecast soon and all trails will be groomed again as soon as possible. Some of the cows that were pastured in the area for the summer were not removed until now. This caused safety and track problems so we

are happy to have them removed.

Eb’s Day - reminder date: February 14th, 2016.



### EB’S

We are skiing the trails  
With what thin snow avails  
Rhino and groomer set  
Workers ready, you bet  
We’re chasing out the cows  
Having cleared fallen boughs  
We just want more white stuff  
A few inches enough  
To give us all we need  
For perfect trails indeed  
As we build for Eb’s Day  
And ski much on the way;  
February fourteen  
Hosted by the trails’ queen.

## **Ski At School – Saskatoon**

On June 24<sup>th</sup>, 2015 an email arrived in my inbox. It stated “The CCC Ski-at-School program powered by AltaGas is aimed at integrating cross-country skiing into the curriculum of elementary and secondary schools across Canada. A Ski-at-School program may be delivered during regular class hours or after school, onsite or nearby, with the support of a local ski club, or as a stand-alone program.

To assist CCC registered clubs and/or schools with starting up and delivering such programs, CCC and AltaGas will provide grants to the most promising projects submitted. Individual grants may reach up to \$7500 per program, but cannot represent more than 50% of the program’s budget. Guidelines for delivering a successful Ski-at-School program and examples of age appropriate lesson plans and progression are available to all Ski-at-School programs.

CCC-AltaGas grants may be used for purchasing equipment, transportation of children to a cross country ski facility, grooming on the school premises, coaching or any other relevant operating expenses.

It had been my personal goal for many seasons to put the pieces together to establish exactly this kind of program. For years the SNSC has received calls from schools, community associations and groups, the Wintershines Festival winter camp program, Family In Motion Day organizers, Guides and Scouts, employee family wellness event organizers, to name a few. They were hoping we could offer equipment and instruction for the same focus

age group but because we had no equipment we had to turn them away.

Their announcement encouraged me that we were on the right track.

Thus began a summer of fact finding, instructor recruiting, and a flurry of calls to catch schools and their Phys Ed or Outdoor Ed consultants before they took their well-deserved summer break. We needed to know our capacity and the level of interest from potential participants. We sought support from CCS, the Saskatoon Nordic Ski Club Executive. We also sought out other potential funding sources, such as Saskatchewan based corporations and MEC. (Mountain Equipment Coop) It was a steep learning curve learning to write the grant applications!!!

We felt that a good introduction to skiing sets the foundation for a lifelong interest by both the child and the family. Many people, when asked if they cross country ski, reply “I tried it when I was a kid” or “I used to before I had a family”

We decided to focus on kids in grades 4, 5 and 6. We would offer up-to-date equipment, a well organized, coached session, on groomed trails with appropriate terrain. SNSC had instructors, many of whom are coaches in our Jackrabbit program, who had the experience, certification and drive to fulfill these requests. We also had access to SASKI for Disabled instructors and expertise, and guides for Visually impaired skiers thru the Blind skiing program that is part of our Club.

So what happened?

In mid October we learned that we were one of only 7 AltaGas Ski At School programs to receive \$7500 match funding. On Nov. 10<sup>th</sup> we

received word that MEC also wanted to support our program, with \$7500 of products. We have purchased enough equipment to run this season’s program and will evaluate our needs at season’s end to determine what to spend the rest of our MEC product grant on.

We have 56 scheduled sessions, which start on Jan 5<sup>th</sup>. We have four instructors, two of which team-teach with their spouse. It has been a lot of work and planning. It will continue to be a lot of work as we run the program. We are lucky to have a team of amazing people, including our amazing trail groomers. If you think you would like to start this kind of program call me sometime in April when I hopefully will have fully recovered and caught up on my sleep!!

Jan Sedgewick  
Ski At School Saskatoon Coordinator  
skiatschoolsaskatoon@gmail.com

Team photo on front  
cover

**We are looking for  
volunteer assistants.  
Call Jan if you need  
more info.  
931-3305**

# Blind/Low Vision Ski Group

## Needs Volunteer Guides and Drivers

The Blind/Low Vision Ski group is in need of **volunteer drivers** who would be willing to pick up skiers prior to 10 a.m. on Saturday mornings at their homes and to return them home after skiing ends at 12 noon. We particularly need drivers who can pick up skiers in the **downtown** area and on the **North side** of the city, as we are very short of both guides and drivers for skiers in these areas.

Volunteer guides are needed:

- to assist blind/vision-impaired skiers
- Saturday mornings at 10:00 a.m. - 12 noon
- either regular (every Saturday) or spare (can come sometimes but not regular commitment)
- Location: Wildwood Golf Course
- Recreational level of skiing ability - no skiing expertise required
- short orientation offered
- Guiding is a fairly simple and straightforward process - each individual skier, depending on the level of vision, needs to be told of curves in the trail and of hills going both up and down. The tracks do a lot of the guiding as well. Depending on the skier, some like the guide to either lead in front, ski side by side, or ski behind and call out directions.
- Our skiers have a range of skiing abilities, some are complete novices, while others have skied in the past but overall recreational skiing ability is required to guide.
- what is most important is ability to communicate both to find out what the skier

wishes to know about the trail and to tell the skier those things.

**For more information contact:**

**Monique Lalonde 292-4076**

**OR Joanne Ferguson 477-0427**  
**or Email [joanne.ferguson@sasktel.net](mailto:joanne.ferguson@sasktel.net)**



The Blind/Low Vision group welcomes interested skiers and volunteers to join us.

Our winter schedule this year is simple. We meet once a week:

**every Saturday morning from 10:00 to 12 noon, Wildwood Golf Course**

We meet in the parking lot and then ski, followed by meeting in the clubhouse for coffee. The clubhouse will be open from 10 a.m. to noon.

Temperature cut-off policy: If the windchill is -25C or lower, skiing will be cancelled. E-mail notification for coffee location will be given to those who have asked to be notified.

**For more information about the blind/low vision ski group contact: Monique Lalonde 306-292-4076 or Joanne Ferguson: [joanne.ferguson@sasktel.net](mailto:joanne.ferguson@sasktel.net)**



Christmas Social at the Kuntz Farm  
courtesy of Joanne Ferguson

On Saturday, December 12th our Christmas event ski and potluck was held at the beautiful Grandora area acreage, generously shared with our group by the Kuntz family. Though the weather was good, there wasn't enough snow to set tracks. so all but two people walked the trails. In spite of this two skiers managed to ski.

At noon, a potluck lunch was served, and was well attended.

After lunch, a brief meeting was held to discuss Ski for Light, and the coming trip to Blue Mountain.

The event ended with a thank you and Merry Christmas from Joanne our president to our hosts, and all went away full and happy.

Bob Gourley  
PR chair





### In Memoriam

Long time Nordic Ski Club member  
Carmel Dodd  
died January 9, 2016.

Carmel was at one point active in many outdoor-living activities, notably with the Saskatchewan Ski Association, and the Canadian Ski Patrol System. She also helped with the Blind skiers. Our heart-felt condolences to her husband and "team member" Frank Dodd.



## ANNUAL SKATE MARATHON JANUARY 31, 2016

*Clarence Downey Speed Skating Oval*

**Everyone Welcome!!!**

Races for All Ages and Skill Levels  
(25k, 10k, 5k, under 12 2k, 10k relay)

More Information:  
[sites.google.com/site/saskatoongreaticescape/](http://sites.google.com/site/saskatoongreaticescape/)



Submitted by Ivan English

**TRY SPEED SKATING FOR FREE!**  
**CLARENCE DOWNEY OVAL · GORDIE HOWE PARK**  
**FRIDAY FEBRUARY 5TH, 2016 6-9 P.M.**

Open to everyone, this is a great opportunity to experience the thrill of skating on a real racing oval! Skates and helmets can be provided if needed, and don't miss out on the free hot chocolate and treats! For more information contact Chris Veeman at 306.373.8472 - or visit [www.spspeedskating.com/content](http://www.spspeedskating.com/content).

**LIGHT UP THE ICE**

**COMMUNITY SPEED SKATING NIGHT**

**DONATE USED SKATES AND HELMETS**

Many people, especially children, miss out on athletic opportunities simply due to lack of basic equipment. Please help us maintain a healthy and active community by donating used skates and/or helmets. Drop off items by February 3rd to Brainsport - 616 10th Street East. For more information call Brainsport at 306.244.0955.

**SPORTS BRAINS**  **SASKATOON LIONS SPEED SKATING CLUB**

Submitted by Ivan English

## Check it out!!!

If you haven't visited the Club's website lately you are in for a pleasant surprise!

On the **Calendar of Events** find out what Club activities are happening and when; we try and keep that up to date! Click the **Contact Us** link for answers to questions not found on the site.

## Fit to meet Old Man Winter – for beginners only!

While looking for something to fill this page I came cross a site MEN'S FITNESS and an article about preparing for the Cross-Country Skiing season. I paraphrase.

The article quotes Kris Freeman, a US Olympian of Cross-country skiing fame. "Cross country skiing uses just about every muscle in your body," says Freeman. "It's one of the most demanding cardio sports in the world." For the ultimate benefit of the popular winter sport it's important to be well-conditioned before the snow flies.

Well, the snow is on the ground and perhaps for this year it is too late to start an organized fitness program... but there's always next year.

A good start for Cross-country fitness is any basic cardio activity,

like biking, kayaking, or running. When the weather rules out these activities a membership in a gym will be beneficial to develop a few key muscle groups. When



using the ski poles to propel yourself forward you will need strong shoulders and triceps so focusing on high repetitions with free weights to build muscle endurance along with strength is important. Strengthening the abs and lower back for more propulsion will make you a more accomplished, healthier skier.

For a newcomer the focus should be rhythm more than speed and power. Concentrate on proper form and discover your flow with long, slow, easy distance skiing. Get as much as you can from every muscle at once, rather than relying just on the legs or triceps and shoulders. A very coordinated, beautiful motion develops when

everything is powerful and relaxed at the same time."

Freeman suggests after you're comfortable with your rhythm doing five sets of six-minute intervals, going hard, followed by a six-minute rest between sets. As a beginner, aim to cover  $\frac{3}{4}$  of a mile to a mile and feel good about your accomplishment.

Unarguably, the best way to learn proper technique is by taking ski lessons.

The Saskatoon Nordic Ski Club has certified instructors for all ages. Your "coach" will point out any flaws in your efforts and you will be a confident skier before the end of the snow season.

Editor

