



# Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

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

APRIL

2016



**Neil and the Bunnies**  
by Neil Sedgewick



## Fun at "Ski At School"

by Camille Sperling



**Blind Skiers at Pizza Social**  
Courtesy of Joanne Ferguson



**Enjoying  
Eb's Trails**  
Courtesy of  
Sheryl Riis



**Bunnies  
at  
Kinsmen  
Shelter**  
By Nancy  
Howse



**End of Season –Let's go...**  
Courtesy of Cliff Speer

Web address:

**www.saskatoonnordicski.ca**

Box 2062, Saskatoon, SK  
S7K 3S7

**President**

Dan Beveridge  
president@saskatoonnordicski.ca

**Past President**

Dan Brisbin

**Vice-President**

Dorothy Quayle

**Secretary**

Kate Germin

**Treasurer**

Daryl Sexsmith

**Membership**

Jeff Thorpe

**Youth Programs**

Jan Sedgewick

**Eb's Trails**

Randy Chapman

**Touring & Hiking**

Sheryl Riis

**Instruction**

Bruce Simms

**Loppet**

**Competition**

Bruce Simms

**Equipment Manager**

Rob Klenz

**Member Awareness**

vacant

**Blind and Visually Impaired**

Joanne Ferguson

**Newsletter Editor**

Renate Bishopp 343-0156  
hisrib@shaw.ca

Contact via the web!

## PRESIDENT'S MESSAGE

Dan Beveridge



I hope everybody had a good season of skiing. I had four good months of skiing, from November to March. The early season skiing at Wildwood and the spring skiing at Eb's were great. Considering that for much of the winter, much of southern Saskatchewan couldn't set a track because of lack of snow, it's quite the feat. Part of this is adapting to prairie skiing and learning to enjoy skiing in conditions that skiers from other parts of the world would turn their noses up at. But it's largely thanks to our trail groomers who try to work miracles with every millimetre of snow. Like everything we do, grooming is a team effort, but I'd like to particularly thank Richard, Ken, Scott, Brian, Cliff, Kate, and Randy, and Jeff and Dan from the City.

A couple of developments have the potential to offer a higher quality of skiing in town. Firstly, we groomed at the Willows for a second year. Last year we were restricted to the cart tracks, but this year Ken designed a more interesting trail that took advantage of the terrain. As a result, the trails were much better this year, so much so that we could successfully host Provincials. Secondly, the facilities committee has continued its search for a ski facility and is pretty excited about the possibilities around Holiday Park. Both the Willows and the Holiday Park area could raise the bar for skiing in town and I'm looking forward to see how we can take these forward.

Almost one hundred people completed our Saskatoon ski trail usage poll, which is a big proportion of Saskatoon skiers. Thanks to everybody who completed it. If you haven't already, you can access it from our trails page; I'll leave it up

for a while longer. One of the most surprising findings was how many people ski regularly, check our website for trail conditions, but who aren't members. Most ski clubs aren't in a position to levy trail fees, so when I ski somewhere, I like to leave a donation or take out a membership.

Lastly, the Ski at School program has been getting great feedback so congratulations to Jan and team for successfully finding funding and organizing the first of hopefully many more years.

President 2015-16

Saskatoon Nordic Ski Club

PO Box 2062

Saskatoon, SK S7K 3S7

[president@saskatoonnordicski.ca](mailto:president@saskatoonnordicski.ca)

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

[www.facebook.com/saskatoonnordicski](https://www.facebook.com/saskatoonnordicski)



## Of note ...

### MEMBERSHIP REPORT by Jeff Thorpe

In 2015-2016, we had a total of 745 members in the Saskatoon Nordic Ski Club. Here is how they were distributed among single, couple, and family memberships:

TYPE OF MEMBERSHIP		# OF PEOPLE
SINGLE		203
COUPLE		184
FAMILY	3 people	81
FAMILY	4 people	200
FAMILY	5 people	65
FAMILY	6 people	12
<b>TOTAL</b>		<b>745</b>

The membership database will close on April 1, 2016. The database for next year will open in September of 2016. We will put a notice on the club website when the new system is open for registration. A reminder to people hoping to register their children in youth instruction next year: classes fill up quickly, so get your registration in as soon as possible in September.

### YOUTH PROGRAM By Jan Sedgewick

Report 2015/16 season

As with all our programs focused on youth we filled up really quickly. We had 171 children enrolled in lessons this season. We had 21 certified coaches. Most classes had a ratio of 10 skiers to 1 coach. Bunnies had a slightly lower ratio due to the age of the skier and the fact that each skier requires their own adult to accompany them. As you will be aware, we had another challenging year with minimal snow and fluctuating temperatures but we were still able to hold 9 of the 12 sessions we had scheduled. We always plan for more, knowing that some lessons will have to be cancelled.

This season saw a huge increase in the number of kids interested in trying competitive and out of city skiing. Hosting Provincial Championships, right here in the city, helped the kids try racing closer to home. Amazing weather and a date during long

weekend also had many families attending Eb's Day. Along with the stickers that kids earn for sprint speed, on snow time and level passed, we were able to give out plenty of competition and adventurers stickers.

We had to move lessons around a bit due to trail conditions and grooming equipment breakdown at Kinsmen Park. We continue to struggle with the issue of lighted locations that can also provide accessible washrooms. Our Sunday lessons were the most popular for enrollment but the hardest to find coaches for. We also found attendance was more sporadic by the kids, as family outings and the ever present birthday parties took priority over lessons.

We continue to try and provide a great program at a reasonable price. We can't do it without dedicated, certified coaches. We provide

that training in the fall. We need administrative help, as well. Anyone who loves spreadsheets and has a good grasp of computers would be greatly appreciated in helping to set up registration and developing class lists.

We invite any who are interested in being involved to contact Jan Sedgewick at [jackrabbitssaskatoon@gmail.com](mailto:jackrabbitssaskatoon@gmail.com)





# SKI AT SCHOOL SASKATOON

## PROGRAM YEAR END REPORT by Jan Sedgewick – Program Coordinator

How to sum up the last four and a half months???

First – excitement at being chosen to receive funding and the chance to move forward on a long held idea and vision. Then – anxiety at the amount of work required to get it up and running.

Next – overwhelmed at the response when we went public with the two local School Boards. We had over 120 requests for sessions. The calendar, budget and human resources could only accommodate approximately 60 sessions.

Eventually – RELIEF as the four great instructor teams committed to their specific booked sessions and took on the administrative work to make contact and send information.

On Dec. 29<sup>th</sup> we had the thrill of moving all the equipment into the Golf Course Clubhouse we had agreed to rent. Then we patiently awaited Jan 6<sup>th</sup> when we would start.

Fast forward to today and it is all behind us. We held 56 of the 60 sessions booked and taught 1526 students, give or take a few. The last four sessions had to be cancelled due to extremely warm conditions which destroyed the trails.

The children we taught came from every imaginable ethnic and social/economic background. Learning how to pronounce their names and knowing if they spoke English was a challenge. We discovered that “a demonstration is worth a thousand words” and removed the language barrier.

Not all schools were well prepared for the weather, with ski pants and good head and hand coverings. We

dealt with that by having extra toques, mitts, and socks on hand to lend.

We had a student with Down Syndrome, one child with ankle braces, a number who were visually impaired, and one child with both a visual and hearing impairment. We plan to promote inclusivity even more next year. We found that teachers were reluctant to “label” students with special needs so we were not as well prepared for these students as we would have liked.

Our target age group, grades 4,5 & 6, was very receptive to trying cross country skiing. The level of excitement was tangible when they arrived and that grew to euphoria by the end, what with all that great fresh air, physical activity, and the super sense of accomplishment for all that they had learned. So many of the participants really wanted to go skiing again and we were able to point them in the direction of rental gear and promote Club programs and lessons. Next year we will work on a plan to facilitate the kids and their families coming back and accessing the ski equipment on weekends.

We have learned that to provide a good experience for all, we need two instructors per session. Most of the teachers or parent helpers were learning along with the students. Next year our funding goal is to be able to compensate two instructors per session.

We had teachers send us a sortable class list with shoe size and heights. It sped up the distribution of gear and helped us make sure we had the gear they needed. We were surprised at the size of some kids’ feet and were super glad we knew in advance about

the size 46 feet that were coming.

We had initially believed that the kids would balk at not using poles but early in the program we stopped using them and only introduced them if they came back for a second session. The kids learned good weight shift and correct posture and progressed much more quickly without them.

We began to sound like “skipping records” with some oft-repeated skiing phrases. They included:

*Poles don’t pull, they push.*

*Cross your skis – you’re on your knees! Cross your toes – you’re on your nose.*

*Bend your knees!!! No, don’t stick out your bum, bend your knees!!!*

*Make a V..... a V .....a V ... a V!!!*

*Roll your ankles to the inside....*

*Look at my feet ! The outside edge feels awful and does nothing but feel awful .... (Repeat 2 or 3 times)*

*Yeah, that’s the inside edge!!!*

We also learned that classroom extra-curricular budgets are very small. We did have the participating class pay for or provide their own transportation to the ski site, approx. \$115. Schools are hesitant to ask the students to pay anything extra for a field trip. It is our job to start a new trend where every school will want to offer their students the chance to cross country ski. We will be working with the school system’s Outdoor and Physical Education consultants to see where we can partner to expose kids to low cost, close to home, life long, whole family participating, open scheduled sports/activities.

*Continued on page 7*

# SUNDAY HIKING TOURS SPRING 2016 – Update

By Sheryl Riis

## IT'S SPRING!

Thanks to our Spring Hike leaders, we have 4 hikes lined up for the month of May. We still have the May long weekend available, and also look for hikes by a possible new hike leader.

We don't usually hike in April because the trails are generally too wet. We also don't usually hike from June to August. If you would like to organize something though, there may be others who would be interested. Please let me know if you would like to lead a hike, or just connect with others through the Yahoo Group, to plan your hike.

Please check the meeting place for each hike. They do vary. Hikes sometimes also include an optional supper. Please check to see if you need to contact the hike leader, so that they have numbers for supper. Sunday hikes meet at 9:45 a.m. and return between about 5 and 7 p.m.

Please bring water, a lunch, hat, layers, sunscreen, a sit-upon... and wear sturdy footwear. The terrain and weather can vary, throughout the day. The hikes are usually about 12 km.

When carpooling, we pay the driver \$10.00 per person. Payment is needed for suppers, if attending. Hikers should also be Saskatoon Nordic Ski Club members. Newcomers may attend one "free" hike, to check out the Club, before signing up.

See you on the trails,

Sheryl Riis

Touring Co-ordinator

306-382-9462

**\*Meeting places vary!**

### **Sunday, May 1 – Borden Hike with Dinner at Borden Hotel (Optional)**

Leader: Bob Katarynych 306-373-1438

**\*Please contact Bob with dinner numbers by April 25th.**

–hiking about 12 km in mixed grassland and wooded areas near the North Saskatchewan River

–might be beautiful spring flowers, too

–dinner is about \$15.00

–meet at 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Heights Mall parking lot, by the park

### **Sunday, May 8 – Douglas Park Sand Dunes with supper at the Harbour Golf Club in Elbow (Mother's Day Hike)**

**\*Please contact Keith with dinner numbers by May 2<sup>nd</sup>.**

Leader: Keith Pahl 306-374-3117

– Douglas Park nature trail and dunes, located south of the town of Elbow

– meet at 9:45 a.m. at the Saskatoon Western Development Museum parking lot, 2610 Lorne Avenue

### **Sunday, May 15 – Eagle Hills**

Leader: Jeff Thorpe 306-343-1984

– rolling wooded hills about an hour west of Saskatoon

– large area of the hills has been protected as a wildlife habitat

– might be beautiful spring flowers, too

– meet in the Walmart parking lot, at the west end of 22nd Street, by the Dairy Queen

### **Sunday, May 29 - Eb's Trails**

Leader: Keith Pahl 306-374-3117

– hiking Eb's Trails with lunch at Spruce Junction and then crossing railroad tracks from Bog Trail Junction into the MacDowall Bog to see the pitcher plants, etc.

– please bring flip flops, or old runners to wear barefoot while in the bog

– meet at 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Height's Mall parking lot, by the park.

## EB'S TRAILS NEWS by Randy Chapman

It was an active, enjoyable season at Eb's Trails. The mild weather made almost every day a pleasure to ski. Although snow conditions were thin, we groomed first on November 26 and last on March 18, for a total of nine times. With a few extra flurries, skiing was good until March 26.

Some of the highlights were Eb's Day on February 14, visits by busloads of Regina club members January 24 and February 20, and numerous visits by school groups from Saskatoon, Warman, Duck Lake and Prince Albert. Whether we saw them or not, we could tell from the tracks left that

there was much exuberance and fun on the trails.

We look forward to the fall work and the opportunity to provide the unique wilderness ski experience that is Eb's Trails, for the 2016, 2017 season. Thank you to all the volunteers who contributed.

## EB'S DAY by Heather Dawn Bernhard

Yes, it was the ...**FOURTEENTH (14<sup>TH</sup>) ANNUAL EB'S DAY** Sunday, February 14th, 2016 – Valentine's Day

A few short years ago, 14 to be exact, Eb's Day was created as a tribute to recognize Eb Fass, who had the foresight to establish ski trails (1976) in this area of the Nisbet Forest. This 'treasure in the woods' is constantly being appreciated by many grateful users. Each year, despite previous days of inclement weather, Mother Nature comes through and bestows good weather for Eb's Day. The snow was coming down heavy on Saturday (much needed snow for the day's grooming), clear and sunny on Eb's Day, roads were beautiful and then heavy snow again on Monday. No brainer...yes MAGIC. Obviously, Mother Nature likes to ski. Needless to say, the trails were great.

The first Eb's Day was on February 1, 2003 and of course, beautiful

weather with the registration of 48. This year, registration was 144 but I'm positive not everyone registered. The festivities, as usual, were at the south hut. Skiers kept flying by, stopping only for a warm beverage or sneaking in a quick hotdog and then out again on the trails and back for hotdog dessert.

There were many young families out again. What a real treat...little ones on skis or in chariots and when not on the trails, my favourite sight... little ones roasting their hotdogs by the fire. Happy faces all around and lots of laughs. The camaraderie around the south hut was huge.

Eb's Day encourages newcomers to experience this truly incredible ski area. There are trails for everyone's

skiing ability. Superb groomed ski trails, fantastic scenery and cute, clean huts/biffies.

Huge thanks to my co-worker, Val Young, who was extremely helpful again, (couldn't have done it without her); Brett Smith and Bob Katarynych for their long-time prep, setup, take down and support; Cliff Speer for his computer expertise/support; Alda Behie and Doreen Chapman for their 'kitchen' assistance. To the groomers – Randy Chapman and Kate Germin – for their devotion to grooming our great trails, big thanks.

AND MOST OF ALL: To everyone who enjoyed this day – thanks for coming.

See you for sure... EB'S DAY 15TH YEAR...February, 2017.

## BLIND SKIERS by Joanne Ferguson

### BLIND/LOW VISION SKI GROUP PIZZA SOCIAL

The Blind/Low Vision Ski Group held a pizza social at Wildwood clubhouse February 20/16. A large group of blind skiers and volunteer guides enjoyed pizza and social time together.

The Blind/Low Vision group invites anyone interested in skiing or doing

volunteer guiding to join us:

**When:** Every Saturday morning from 10 a.m. to 12 noon while snow remains

**Where:** Wildwood golf course - meet in parking lot prior to 10 a.m.

**For more information** contact:

Monique Lalonde 306-292-4076

or Joanne Ferguson

Email [joanne.ferguson@sasktel.net](mailto:joanne.ferguson@sasktel.net)

THE BLIND SKIERS  
ACKNOWLEDGE THE SUPPORT  
OF THE SASKATOON CO-OP



Our committee has been working on finding a home for our ski club. This year the management at the Willows allowed us to groom trails that used the available terrain and made for more challenging ski trails. It was used for hosting the provincial championships when limited snow fall and other challenges precluded the use of Blackstrap as initially proposed. There is potential for trail improvement and expansion, and the success there this year is encouraging. Likely the Club will examine what other events/programs may find footing there and whether or not it may develop as a home for the SNSC. Thank you to Kevin Robinson and Ken English for getting the ball rolling there this year.

Some momentum towards a possible home for the Club has also been happening at Holiday Park and the old sanatorium site. We have had some encouraging discussions with some levels of the City, Meewasin, and the Holiday Park Community Association. We have also had preliminary discussions with the Saskatoon Lions Speed Skating Club about their facility at the outdoor oval. Our committee has identified the area as having significant potential for a long term home if we can work with the Golf Course management to allow grooming on the hillier sections of the golf course and connect with the former Sanatorium site. We feel this area may offer the best combination of protection from wind, hills, access to lighting, and change rooms/meeting area. We will continue to explore the potential there.

A special thanks to Rob Klentz, our equipment manager who kept the grooming equipment working and moved it to where it needed to be, and our amazingly dedicated trail grooming volunteers. As with

every year, without their efforts we would not have had much of a ski season. Countless hours were spent driving to sites, grooming, renovating, shovelling, etc. The value of the work done that allows us to ski is way beyond what our memberships pay for.

## PROVINCIALS

Saskatoon Nordic Ski Club hosted the 2016 Saskatchewan Provincial Cross Country Ski Championships at The Willows Golf and Country Club on February 27<sup>th</sup> and 28<sup>th</sup>. A free technique interval start race on Saturday was followed by a mass start classic race on Sunday and 112 athletes from around the province participated in the event. This was a Cross Country Canada Tier 2 sanctioned event – thanks to Al Theede who served as our Technical Delegate and made that possible. Results are posted on the Zone4 and Cross Country Saskatchewan websites.

This winter was plagued by poor snow conditions that caused the delay or cancellation of a number of loppets and races throughout the province, and our ability to host the Provincials – and to host them on well groomed courses – was due to the relentless efforts by a few dedicated club volunteers who shoveled snow, and groomed and packed the course numerous times leading up to the event.

This is the second winter that our Club volunteers have groomed ski trail at The Willows. Last year we hosted our loppet there and this year the Provincials. It's a great venue with some good terrain that makes for technical skiing and the clubhouse has excellent facilities. The Willows staff put on a buffet dinner Saturday evening at which the medals from the

first day of racing were handed out. We also had draws for a whole bunch of excellent draw prizes donated by Eb's Source for Adventure. Thank you Eb's!

Three things were really gratifying for the organizers. First, 112 participants is a really good turnout for a Sask Cup event. Secondly, the participation of many more of our Jackrabbits than at races we've hosted in the past bodes well for the future. Finally, approximately 25 volunteers helped make the event a success. They were a mix of the regulars who help year-after-year and also some new faces – good news for our future event hosting capacity.

Dan Brisbin  
Chief of Competition  
2016 Provincial Country Ski  
Championships

---

### *Ski at School, continued from page 4*

Our goal will continue to ensure that kids have a super positive experience on cross country skis, one that will make them hungry to try it again. We are considering starting a SA-SKI-TEENS group and offering family ski lessons. We may also empower our membership to "skivangelise" their friends and neighbours by allowing them to access the club-owned equipment on weekends and to then teach them the basics of skiing, onsite at the Club trail system. We are also hoping that local ski stores will offer a discount for rental equipment if they are presented with our Ski At School brochure. This will give us some feedback on how many are giving skiing a second try.

If you are interested in helping with this program in any way next season contact Jan Sedgewick at [skiatschoolsaskatoon@gmail.com](mailto:skiatschoolsaskatoon@gmail.com).



## Picture Gallery



**Val Young**  
Fixing hot beverage in outdoor kitchen

**Eb's Day**  
Courtesy of Cliff Speer



**Beautiful Chaplin family from Rosthern**



**Hot dogs for everyone!**



**Cameraderie at South Hut**



**Raina Vingerhoeds and Brian Suderland**  
looking over trail map

**Provincial Championships**  
Courtesy of Dan Brisbin

