



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

NOVEMBER 2016



Courtesy Cliff Speer

P
e
r
f
e
c
t



Courtesy Cliff Speer



Courtesy Cliff Speer



Courtesy Cliff Speer



Courtesy Sheryl Riis



Courtesy Sheryl Riis

**Fall
Activities**



Courtesy Sheryl Riis

Web address:

www.saskatoonnordicski.ca

Box 2062, Saskatoon, SK
S7K 3S7

President

Lane Zabolotney

Past President

Dan Brisbin

Vice-President

Gail Motsi

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

vacant

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

Lane Zabolotney



After many long months, it's finally that time of year again. Summer is long gone, Thanksgiving is old news, and most of us are no longer sick from Halloween. Now it's time to hit the trails. Let's hope the snowfall we had in early October was a sign of things to come.

This year marks my first term as Club President. I've been told it also marks the first time in a while someone not named "Dan" has taken the role. I served on the executive as Vice President last year and was deeply impressed by the hard work of our outgoing President, Dan Beveridge. I'm pleased to hear he'll continue to play an active role in the Club as a member of the Facilities Committee.

A little about me – I started skiing about 5 years ago as a university student. I had never really skied before but, as my mom told me, "you need something to do in the winter besides watch TV", I started out skate skiing and fell in love with it. A couple years later, I signed up for the Classic Loppet at the Willows. Little did I know I had literally signed up for a "classic" event so, on the eve of the race, I rushed out and bought some new skis and did my inaugural classic ski on race day. I like to think that not all of the Bunnyrabbit skiers passed me.

I decided to get a little more involved in the Club last year. I joined the executive, helped marshal at Provincials, and started training with HiPer last spring. The Club is full of great people and I'm very proud to be a member of this community. Outside of skiing, I enjoy running and going to various lakes around the province. I'm a tax lawyer by trade, so I figure I need to spend as much time outside as possible to balance everything out.

I'm excited to start my new position in the Club and I look forward to meeting you all!

Good News!
No Fee Increases for the
2016/2017 Season



Of note ...

YOUTH PROGRAM By Jan Sedgewick

JACKRABBITS

Jackrabbits has filled 164 spaces. We still have a few openings on Wednesday evening. To get a sneak peak at the toque we are getting this season go to YouTube and look for "2017 Jackrabbit toque contest winner". Kids in Level 4 and Track Attack, and Youth HiPer will get a buff –coloured toque, as it's more their style. Lessons will start on Sunday Dec.4th and Wed. Dec.7th. All lessons are at Kinsmen

SKI AT SCHOOL SASKATOON

Ski At School will be offered again this season. Last year we introduced 1526 students in grades 4, 5 and 6 to cross country skiing. We hold these classes on school days at the Wildwood Golf Course ski trails. It is our way of "Skivangelizing" the community. Why should we be the only ones who have discovered this amazing way to love winter??? This year we will be offering 70 half-day sessions. To ensure their first exposure to cross country skiing is positive we will have two instructors; one to take those who are catching on well and one to help those struggling near the back of the group. Most classes average 28 to 30 students.

We are so thankful to Cross Country Canada/AltaGas for granting us \$7500 to purchase equipment and Mountain Equipment Coop for supplying another \$7500 worth of equipment. That was the first and most essential need. The Saskatoon Nordic Ski Club now owns a package of classic skis that will allow us to host open houses, classes of students in the target grades, and sizes to accommodate 3-year-olds to "big" adults.

Eb's Source For Adventure is our equipment maintenance sponsor and will be doing all our ski waxing at no charge. This year that is 53 pairs! They are also providing instructors with gift cards. Wow!!!

Cross Country Saskatchewan (CCS) covers the lead instructors' compensation.

Saskatoon Nordic Ski Club (SNSC) is covering the assistant instructors compensation, all trail grooming, and rent of the Wildwood Golf Course Clubhouse.

The school boards have not been forthcoming with financial support. The participating class provides their own

Park. Registered skiers should be receiving an email from their coach prior to the first day. We have trained four new coaches this season. Thanks to those who cheerfully came forward. Now all we need to add is some snow and the season will be on.

transportation to the instruction site and this year will pay \$30 per session. We know that class budgets are very tight so we hope to be able to remove the \$30 cost in the future.

We have a number of grant applications either submitted or being written that will hopefully subsidize the expenses for next year. We applied for an RBC grant for this season but were not chosen. We have also added this project to our National Sport Trust Fund, giving Club members an opportunity to donate and receive a tax receipt. **There should be more info in this newsletter about this and our three other projects.** Our funding from CCS and the SNSC are not a guarantee in the future so if you would like to see this kind of program continue your support would be greatly appreciated.

To enjoy our YouTube video from last year look for "Saskatoon Ski At School 2015/16". I think it captures the spirit of what we do.

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.

***Please check the website calendar and Yahoo Groups for updates!**

Thanks again to all our enthusiastic leaders, we had another great fall of hikes and Fall Suppers, a wiener roast and a catered meal! We started off the season with Heather Bernhard's adapted "Miner's Creek" hike and Fall Supper at Macdowall. I had to miss this hike but have always enjoyed the colourful terrain.

Cliff Speer's new "Heartbreak Hotel" hike, in the Dana area, ended up having a catered supper, at Dancing Sky Theatre, in Meacham. It was an excellent meal and so please watch for it, hopefully, again next fall.

Sadly, we had to cancel Bob Katarynych's "Borden Area" hike, due to rain/wind. The Borden Hotel has been making lovely suppers for us, for a few years now. Perhaps, we'll get back there, in the spring.

I led my very first hike, at "Eb's Trails!" There were 27 people brave enough to let me lead them around. We were not even deterred by having a bit of snow cover. The supper had turkey, ham, beef and homemade salads/pies.... What a way to end a day at Eb's Trails! I now also know that I can lead a hike that has an excellent coloured map, hikers who know where they are going and beautifully cleared trails! ☺ (Please leave any other hikes to our much more skilled leaders.)

Jeff Thorpe's "Redberry Lake" hike included a beach front lunch spot and a wiener roast! Thank-you to Heather Bernhard for getting the supplies and starting the fire; for our return. Thank-you to everyone else who also contributed to making this another lovely day of hiking and camaraderie!

Our final hike will be Cliff Speer's "Wakaw Hills," with a Fall Supper at the Roman Catholic Church, in Wakaw. While I'm typing this, the weather looks like it will be a balmy, blue-sky day! I'm especially looking forward to spending a day enjoying nature's "eye-candy" and then turkey and pie!

Skiing at Eb's Trails

After the last hike, it's time to wait for a good layer of snow, for skiing! Please watch for updates regarding trail clearing and grooming. The Yahoo Group can be used to connect for skiing with others whenever you would like, or perhaps organizing a ski trip.... There are currently no organized club trips, with leaders. When skiing starts though:

***Please continue to meet at 9:45a.m., across from the Lawson Civic Centre, in the Lawson Height's Mall parking lot, by the park, for carpooling to Eb's Trails. (\$10.00/person, for the driver) People usually gather at a hut around 3 p.m. and are back in Saskatoon around 4:30 p.m.**

DANA FALL HIKE EPILOGUE OCT 2, 2016

By Cliff Speer; Hiking Leader

306-653-5693; canoeski.com Cliff Speer

Well, looks like we squeaked by before Maxwell's silvery white hammer came down on our heads Tuesday night! We had a gorgeous fall day for last Sunday's trek - sunny t-shirt weather, picturesque countryside, and a fine company of outdoor adventurers. The icing on the cake was a privately catered, delightfully tasty supper at the Dancing Sky Theatre in Meacham.

Several visitors and new members made it out, and along with veteran hikers making up the bulk of the group, we hit a total of 22. We were short a few bodies to fill the quota I had promised the caterer at Dancing Sky. It would be nice to see a few more members take advantage of all the work that goes into organizing such fun events for the Club. Shouldn't be that hard with a membership of 700 plus!

Now that we've managed to locate a privately catered supper close to the hiking area and word gets around about this new hike, the response should pick up noticeably down the road. "I think it's one of the most beautiful hikes we've ever done," remarked one of our former hiking coordinators to me part way through the hike. I couldn't agree more! The attached photos will attest to that sentiment!

I've also posted this report on the Nordic Club news blog. If you are unable to view the photos attached to this notice because you don't have a Yahoo account, you can view most of them on the club site at <http://www.saskatoonnordicski.ca/news/dana-fall-hike-epilogue-oct-2-2016>

We skipped hiking on Thanksgiving Sunday and picked



Photo courtesy of Cliff Speer

up the schedule on Oct. 16 with the Borden Hike. This was also a catered supper that required registration by Oct. 9 with hike leader Bob Katarynych (306-373-1438) (Cancelled due to rain and wind). The remaining hikes this season are listed on the Events calendar via the Nordic site home page. I lead the Wakaw hike in the Minichinas Hills on Nov. 6, another topographically intriguing area, and the last one scheduled.

WAKAW HILLS HIKE EPILOGUE – NOV 6, 2016

By Cliff Speer; Hiking Leader



Photo by Denise Zentner

Well, records were broken on this hike! The semi-tropical weather reached a record-breaking 20° C and our hiker count hit a record of 42! Nothing like unusually balmy late fall weather to flush everyone out of the woodwork.

often! The continuous change in elevation was designed to prevent anyone from getting too relaxed along the way!

We stopped for lunch at an abandoned pioneer farmstead that is being gradually overgrown by its own former shelterbelt.

The trail exited onto a scenic winding grid road taking us back to the trailhead and our vehicles. A short drive brought us to St. Theresa Church in Wakaw to feed the hungry multitudes. After all, it was the last supper & the last hike!

Our trek took us into the wild and woolly country of the Minichinas Hills, northwest of Wakaw. We followed a route I had fashioned out of a maze of forested trails once used by the Wakaw snowmobile club. I had connected the old trail network via rolling grain fields and old gravel exploration tracks and abandoned pits to create a great variety of trailside scenery and terrain. The entire circuit amounted to approximately 11-12 km. I'm estimating because my bike got its mileage recorder dislodged by all the trailside vegetation during my pre-hike reconnaissance & trail clearing activities.

I said variety in terrain, which is sort of a euphemism for lots of hills! It didn't take long for my announcement, "This is the last big hill!" to become a joke from being heard too



Photo courtesy of Cliff Speer

Deadfall was removed and the mowing completed by October 3, except for about four kilometres of trail that is between water bodies and unreachable by motorized vehicles.

Heavy, wet snow the first week of October blocked all trails with deadfall. Since then, all trails have been cleared. The grooming equipment is ready to go and we are



Photos Courtesy of Sheryl Riis

ready to groom when the snow comes.

Saturday, October 22, Jeff Thorpe led crews to gather and cut firewood for the huts. See photos!

Heather Bernhard will manage the preparation of the buildings for the season.

We plan to host the 15th annual Eb's Day on February 12., 2017

THE 2016 TAX YEAR IS ENDING – DONATE TO SNSC'S PROJECTS AND RECEIVE A CHARITABLE TAX RECEIPT!

You can support our vibrant, growing Nordic Ski Club with a donation and receive a charitable tax receipt! This is an opportunity to help financially with the excellent work our Club does — grooming trails, establishing a new Club "home", and introducing cross country skiing to school children and others.

The Saskatoon Nordic Ski Club now has four projects approved by the Canadian Council of Provincial and Territorial Sport Federations. Donations will be tracked by Sask Sport and held by the National Sport Trust Fund (NSTF). Charitable tax receipts will be mailed in January for donations of \$20 or more made in the previous calendar year.

It's easy to do! Simply complete [the Donor Form](#) (attached) and specify which project you wish your donation to go towards:

X-C Ski Facility (SK:13:007) – Funds will be used towards developing the concept, building the facility and purchasing grooming equipment.

Grooming X-C Ski Trails (SK:13:008) – Funds will be used for the maintenance and purchase of grooming equipment, used primarily in Saskatoon.

Eb's Trails (SK:13:009) – Funds will be used for the maintenance and purchase of grooming equipment, and for the maintenance and improvement of the trails and infrastructure (e.g., cabins, storage shed).

NEW!!! Ski-At-School and Similar Outreach Programming (SK:16:016) – Funds will be used for coaches honoraria, equipment maintenance and storage, facilities rental and other operating costs of the ski-at-school program.

Enclose your cheque with the Donor Form and mail it to the Saskatchewan chapter of the NSTF; the address is on the Donor Form.

More info on the NSTF and how it works can be found on [their website](http://sasksport.sk.ca/national_sport_trust.php) (http://sasksport.sk.ca/national_sport_trust.php). You can also contact me, Gail Motsi, at gfmotsi@gmail.com if you have further questions.

In advance, the Club and the skiing community thank you for your donation. Your support will help make x-c skiing a better experience in and around Saskatoon!

Gail Motsi
Vice President

FACILITIES COMMITTEE by Kate Germin

AGM Oct 20, 2016

The Facilities Committee was formed after the Vision 2020 working group identified the need for a home for the Saskatoon Nordic Ski Club. We were given the mandate to identify and recommend the best site for our home, to the club executive and membership. After ranking and evaluating 18 sites, the Holiday Park/Sanatorium/Clarence Downey Oval site (otherwise known as the Gordie Howe Management area) emerged as our recommendation for a home for the Saskatoon Nordic Ski Club. The committee identified several key requests to making this location work as our home:

- Access to use the present Clarence Downey Speed Skating Oval facility as a warm up shelter (bathrooms)
- Re-directing of lighting which presently exists near the site
- Access to the hillier terrain on the east side of the golf course
- Access to the Sanatorium Site for trails
- Eventual sculpting of mounds near the warm up facility for Jackrabbit teaching

A motion was put forward and carried at our Oct 2016 AGM. Now the club is moving forward with a unified voice to the City of Saskatoon. We are excited to be at this point. We have received positive feedback from all partners approached to date. This is an opportunity for the Gordie Howe Management Area to become a recreation hub for the City of Saskatoon, both winter and summer! A meeting with club executive, the facilities committee and the City management is being set up this month. Please watch for information on the website and in the following Kivilski newsletters, as this exciting SNSC concept comes to a reality.

BLIND AND VISION IMPAIRED SKIERS

Saturday October 1st, 2016 the blind and low vision skiers with their guides began this ski season with a Hike & Weiner Roast. The 2.5 kilometre hike took place on the George and Loretta Kuntz acreage, and was followed by everyone enjoying hotdogs and other treats. A ski club meeting was held to plan the scheduled Saturday morning walks and skiing, the scheduled Christmas Ski & Potluck Lunch to be held at the Kuntz acreage on December 3, and discussion of the Ski For Light event to be held in Alberta February 2017.

Our cross country ski club welcomes new blind and low vision people who would be interested in joining us for walks and skiing. A guide would be provided for the Saturday morning walks and skiing. We have arranged for diagonal stride ski instruction to be given by the Nordic Ski Club on December 17 and on January 21, 2017 for all skiers and guides at any level of ability.

The ski club's blind and low vision skiers, along with their guides, began their weekly walks on Saturday October 15th. For walks we meet at 9:45 a.m. at the Saskatoon Civic Conservatory formerly known

as the Mendel Art Gallery. We usually walk for an hour, followed with a social coffee or tea inside the Conservatory. Once the snow comes and ski tracks are set, our ski club meets at 9:45 a.m. at the Wildwood Golf Course on 8th Street. We usually ski for an hour, followed by a social coffee or tea inside the Wildwood Clubhouse. The Clubhouse is heated with washrooms.



Photo courtesy of Joanne Ferguson

Anyone wanting further information about our club can e-mail Joanne, joanneferguson@sasktel.net, or Paul, paul.millette@sasktel.net.

Conrad Lange, Public Relations

CROSS COUNTRY SKI LESSONS FOR ADULTS 2017

Practically everyone can benefit from ski lessons. While cross country skiing appears deceptively simple, instruction can make skiing less effort and more fun, enabling you to go further and ski faster. A trained instructor can help get you started – or get much better – in one of the best winter sports in Saskatoon! This season we are offering courses to adults in beginner classic and skate skiing technique.

All SNSC adult instruction courses are taught by Canadian Association of Nordic Ski Instructors (CANSI) certified instructors. Ski lessons take place at Kinsmen Park in downtown Saskatoon on machine groomed trails maintained by Nordic Ski Club volunteers.

Classes usually fill up well before start date, so register early to reserve your place. More courses may be added to the schedule as the season progresses, depending on instructor availability, weather, etc. Course fees do not include skiing equipment. If you need rentals, contact Eb's Source for Adventure 306-652-0385 or Classic Outdoors 306-667-7770.

For general inquiries on the instruction program/registration, please contact the Adult Instruction Coordinator, Bruce Simms, brucesimms@sasktel.net. For inquiries about course content or technical issues, please contact the chief instructor, Cliff Speer at 306-653-5693 or email: cliff@canoeski.com. If a private or semi-private lesson suits your schedule better than a group lesson, contact Bruce or Cliff to make arrangements.

LEARN TO CLASSIC SKI COURSES

Course I: Jan 3, 5, 9 (7:00 - 9:00 pm)

Course II: Jan. 19, 24, 26 (7:00 - 9:00 pm)

Course III: Feb 7, 9, 14 (7:00 - 9:00 pm)

Each course covers identical content - waxing theory, basic diagonal stride techniques, including balance and weight transfer, double poling, herringbone and snowplow, turning and stopping. Suitable for those who have never skied before or have had no formal instruction.

INTERMEDIATE TECHNIQUE IMPROVEMENT

Course IV: Jan. 16, 23, 30 (7:00 - 9:00 pm)

This course is for skiers who have graduated from a learn to ski course or who are self-taught and familiar with basic technique. We will refine the basics and move you on to more advanced technique. The emphasis will be on skiing more efficiently. A session on the basics of skate skiing may be included, depending on the preferences of the group.

How to register...

You can register online through [Zone4](#). In early fall course registration is only available when you sign up as a club member using [this form](#). Remember that members get a \$25 discount per course. Non-member registration will become available in December. If you have questions contact Instruction Coordinator Bruce Simms: brucesimms@sasktel.net.

Class location...

All courses are taught at Kinsmen Park. Meet the course instructor at the old imitation log warming hut (former park concession booth) situated about 50 metres northwest of the Kinsmen parking lot across from the former Mendel Gallery.

A note about bad weather...

Sessions will be rescheduled by the instructor in the event of bad weather. The instructor will contact you if a session needs to be cancelled.

Course Fees:	Member	Non-member
All courses	\$TBA	\$TBA

Please note: The course schedule is preliminary. Updates on fees and any changes will be posted on the Nordic Club website: <http://www.saskatoonnordicski.ca/adult/adult-ski-lessons>