



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

November 2017



Fall Activities

Courtesy of
Sheryl Riis



Courtesy of
Kate Germin



Web address:

www.saskatoonnordicski.ca

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Loppet

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Competition

Bruce Simms

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Contact via the web!

PRESIDENT'S MESSAGE

Lane Zabolotney



Fall is a busy time for the Club. As I write this, a team of dedicated volunteers is clearing Eb's Trails and numerous others are busy planning programs. Hiking season is coming to an end and people are getting anxious for the snow to fall.

This may be wishful thinking, but as I write this there are flurries in the air and the forecast even includes a few centimetres in the not-so-distant future. I'm currently packing for a warm pre-winter getaway and I'm hoping that when I return, I'll be greeted by a nice white runway.



Accountant Needed

The Saskatoon Nordic Ski Club is looking for an accountant to conduct the annual review of the Club's books. The yearend is June 30th and the work needs to be completed in July or August. Provincial regulations require that the review be conducted by someone with a professional accounting designation or relevant accounting experience within the past three years. For more information please contact Daryl Sexsmith c/o info@saskatoonnordicski.ca



Of note ...

The 2017 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 financially help with the excellent work our Club does - grooming trails in the city and outside, establishing a new Club "home", and introducing cross country skiing to school children and others.

The Saskatoon Nordic Ski Club 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 now even easier to do! You can donate securely on-line through the NSTF website (<http://www.sasksport.sk.ca/NSTF.php>), specifying which one of our projects you wish your donation to go towards.

X-C Ski Facility (SK:13:007) – Funds will be used to purchase grooming and possibly snowmaking equipment for an extended trail system at Gordie Howe Management Area and on Holiday Park Golf Course – look for changes during the 2017/18 ski season!

Grooming X-C Ski Trails (SK:13:008) – Funds will be used for the maintenance and purchase of grooming equipment used at other locations in Saskatoon – we will still be grooming at Kinsmen Park and Wildwood Golf Course in 2017/18.

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 at Eb's Trails (e.g., cabins, storage shed).

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.

Or you can simply complete [the Donor Form](#) (attached); specify which project you wish your donation to go towards; enclose your cheque; and mail to the Saskatchewan chapter of the NSTF - the address is on the Donor Form.

Any size donation is welcome and it all adds up – we currently have a total of \$7,372 available and plan to use some of the funds towards the purchase of a new groomer this year.

If you have any questions or want more information, please contact me, Gail Motsi, at gfmotsi@gmail.com.

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 & Treasurer

MEMBERSHIP FEES FOR 2017-2018

Time to renew your membership in the Saskatoon Nordic Ski Club!

Membership fees for this year are:

- Adult \$50
- Youth \$40
- Family \$100

The easiest way to renew is to use our Zone4 on-line membership system. Go to the Membership page of the Club website (<http://www.saskatoonnordicski.ca/membership>) and click on the link to the Zone4 system. You can fill in your information and pay with a credit card. Parents can also register their children in youth instruction classes through Zone4.

If you prefer, you can also download the membership form from the website, and mail it to the Club with a cheque. Box 2062, Saskatoon, SK S7K 3S7

If you have any questions, please contact Jeff Thorpe (Membership Director) at l.thorpe@shaw.ca.

YOUTH PROGRAM By Jan Sedgewick

- ▶▶ YOUTH LESSONS are filling up
- ▶▶ SKI AT SCHOOL is booked solid - 86 classes in grades 4, 5 and 6 will be taking a half-day ski lesson, starting in January.
- ▶▶ Jan will NOT be coordinating Youth programs next season!
- ▶▶ She is recruiting a replacement TEAM OF PEOPLE to take...
- ▶▶ ONE OF 4 OR 5 ROLES ON A TEAM to keep the Club's Youth programs going.
- ▶▶ Jan WILL still coordinate the Ski At School program but simply can't do both anymore.



SUNDAY HIKING TOURS FALL 2017 – Update

By Sheryl Riis – Touring Co-ordinator

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

Wow! We have had a delightful line-up of fall hikes and suppers! We started with Heather Bernhard's Miner's Creek hike and the MacDowell Fall supper. I can vouch for the gorgeous weather and sumptuous lemon meringue pie. Then, Jeff Thorpe led us around Redberry Lake and we had a tailgate wiener roast. Again, I overdressed for the lovely weather. We didn't even get lost, on the leaderless Buffalo Pasture hike! Probably, it was the smell of the Rosthern Fall supper that led us safely to our cars, and the supper... with perfect raisin pie!

We had a surprise guest leader, for our Eb's Trail hike! Randy/Doreen Chapman decided that it was easier to join us, than to try and explain the trail detours, on the back country trails. We got to go places that lots of us never see when skiing. Thanks to Randy, we also returned safely to our vehicles, and the Duck Lake Fall Supper... with excellent apple pie!

The Borden Hike with Bob Katarynych was our first taste of cooler weather. The wind almost knocked me over and we even had a two-minute snow storm! A special thank-

you to Sandra Grismer, for noticing that I had left my walking poles at the lunch spot and Heather Bernhard for helping locate the spot. They were a gift from my brother and I greatly appreciated getting them back. We then gathered in the Borden Hotel lounge for warming conversation and libations; followed by a thoughtfully prepared homemade turkey supper... with berry cheesecake dessert!

Hopefully, the snow does not deter us from the Wakaw hike and Fall Supper...with dessert, of course! ☺

Please stay connected via Yahoo Groups, for Sunday carpooling to Eb's Trails, when the trails are snow-covered and the track set. A group often leaves Sunday at 9:45 a.m., across from the Lawson Civic Centre, in the Lawson Heights Mall parking lot, by the park. They usually return to the city about 4 p.m. Others also organize trips throughout the week. Anyone is also welcome to organize ski trips to Eb's Trails, or elsewhere.

It's best to ski with a buddy!

Keep safe and have a fun winter!!!

LAST FALL HIKE NOV 5 EPILOGUE By Cliff Speer - hike leader & ski instructor

Sunday am forecast said -22 with wind-chill -31, so I deliberated for a while about whether we should go ahead with the hike or go back to bed! Fortunately, fortitude prevailed and nine intrepid souls showed up,

all decked out in appropriate winter wear. I had previously decided to change the venue to Eb's Trails as I surmised that the snowy, overgrown and hilly terrain at the Wakaw Hills site might be a bit more than most

people would want to tackle.

It turned out to be a good decision, as the wind chill virtually disappeared once we entered the forest surrounding the North Hut. Glen

& Sandra had a head start on the S'tooners and had the stove fired up when we arrived. We headed out on a short pre-lunch loop on Jorgen's trail & around back to the hut via Sask '60. I poured over the map during lunch to make up a 2-hr. jaunt to get us back to the hut in time to drive back to Wakaw for the original supper we had all braved the unseasonable weather for! I also wanted an afternoon trek with more terrain challenge and variety, so we headed down the Beaverlodge to South Hut and then on to the Lookout Ridge trail.

I hadn't skied Lookout Ridge for a few years and have never hiked it before, so had forgotten how hilly it is. Needless to say there was a lot

of slip-sliding on the down hills and one of our party whose very warm looking boots which had no traction whatsoever, ended up "tobogganing" down the hills on his keester!

Fortunately my grippy winter boots allowed me to take it easy and enjoy the trail-side scenery. And I had an epiphany of sorts as a result of slowing down and looking around. I noticed things I never saw zooming down the hills on skis and concentrating on no-backslip uphill climbs. I saw one section of exceptionally beautiful mature jack pine and white spruce, very healthy, tall and straight with little under-story, all looking so park-like! I thought - my how the lumber barons would love to get at those beautiful

specimens! So, hiking has my vote for slowing down, seeing more and appreciating more of what we see!

The rolling, lackadaisical Sask '60 trail got us back to the hut in time to reach the Wakaw supper to get second table in line for the usual tasty smorg. Ron and Audrey Sereda showed up and joined us, so I had a chinwag with Ron about his wanderings in the general area. I also asked if he had sculpted the attractive new bench at the Jorgen and Sask '60 trail junction, as we had all assumed it was his handiwork. "No", he told me. So, the mystery wood sculpturer has yet to be outed!

EB'S TRAILS NEWS By Heather Bernhard



Hi everyone. I will be scraping, washing and painting the floors of both huts and as usual, cleaning the windows. I don't think the outdoor bathrooms need any painting but will check. Last year, only the south side of the south hut needed staining. This involves a ladder to stain. As for the

missing bench in front of the north hut, Brett has the uprights for a new bench he has made, so I will check with him to see what he has. Then, someone can resurrect them. The benches were painted in the Club's blue colour while the exterior of the huts/biffies were stained. In past years, when there had been a fire in front of the huts, evidence such as burnt wood, etc. was removed. I remember carrying pails of sand to cover up the spots. If anyone is out there, it's good idea to remove evidence of a fire. The only time a fire is allowed is on Eb's Day. This permission was obtained when Eb's Day was first organized 15 years ago.

It's been mentioned that the ski racks require staining and it would be

an excellent plan to do this on wood cutting day. As for the decals/signs, someone has to determine what junctions/signs need replacing. I have all the information what goes on the posts. All signs at junctions had been upgraded/replaced for Eb's day this year. Our huts/biffies, trails and signs have come a long way since 1998 as they were in a sorry state at that time.

It's been a pleasure and hard work to keep this beautiful area pristine and recognized as Eb's Trails of the Saskatoon Nordic Ski Club. There still is work left in this 70 year old body. 😊
Heather

Editor's note: Heather's write up came too late for the September Kivilski; it contains good information!



Courtesy of Kate Germin

The snow is accumulating a centimeter or two at a time. A crew will run the groomer over some of the trails November 12 to start preparation of the base. It is doubtful that a classic track can be run with the snow this thin. There is snow forecast for late in the week, so perhaps by next weekend we can have some groomed track.

We have made a few trips to negotiate residence alteration and property access with the Beaver Housing Authority. There is still work to do, but the Hawk Hideaway

trail will pass within a pole's reach of the new lodge and on Jorgen's we need to shave the top a bit and haul in some snow to make a safe run onto the slough. We will be sliding over their roof.

The buildings crew has the shelters in great shape and the wood cutting crew has huge piles of firewood at each hut.

The maps and signs are being repaired and updated.

Thanks to crew heads Heather, Jeff and Bob, and all those who helped.

BLIND AND VISUALLY IMPAIRED PROGRAM By Conrad Lange Public Relations

Saturday October 14th, 2017 the blind and low vision skiers with their guides began this ski season with a Hike & Wiener Roast at the George and Loretta Kuntz acreage. Many years ago, George designed his acreage to accommodate blind or low vision skiers with their guides to hike or ski on three wide trails of different distances through the bush. The trails have curves with slight up and down hills, and are marked with coloured poles. On Saturday, most members hiked on the 2.5 km trail.

We were fortunate that our morning began with a sunny day, temperature of minus 7 degrees and hardly a breeze. Following our walk, the temperature was at 2 degrees, so it was a pleasure to sit in the sun while having hotdogs, coffee, and other treats. We thank Loretta who always makes coffee, assembles hot dogs, organizes supplies, and lays out the food for all our social events at the acreage.

A meeting was held to plan the scheduled Saturday morning walks and skiing. Our first walk on the Meewasin Trail was planned for Saturday October 21. The Christmas Ski & Potluck Lunch will be held at the Kuntz acreage on December 9. Three members have expressed interest in attending the February 2018 Ski for Light event to be held at Vernon B.C.

For decades we had met at the Mendel Art Gallery Saturday 9:45 a.m. to walk on the Meewasin Trail. On the 21st we were surprised to find locked doors, no plants or furniture, and a closed restaurant. This presented a new challenge. We appreciated free parking at the location and the convenience of a coffee shop right there for visiting after the walk. Tentative plans now are to walk on the south Meewasin Trail, but we have to consider the cost of parking close to the trail, and a restaurant available for our coffee.

Our Cross Country Ski Club welcomes new blind and low vision people and new guides who would be interested in joining us for Saturday morning walks and skiing. A guide would be provided for the Saturday events. Once the snow comes and ski tracks are set, we meet at 9:45 a.m. at the Wildwood Golf Course on 8th Street. We usually ski for an hour, followed by coffee or tea inside the Wildwood Clubhouse, which is heated and has washrooms.

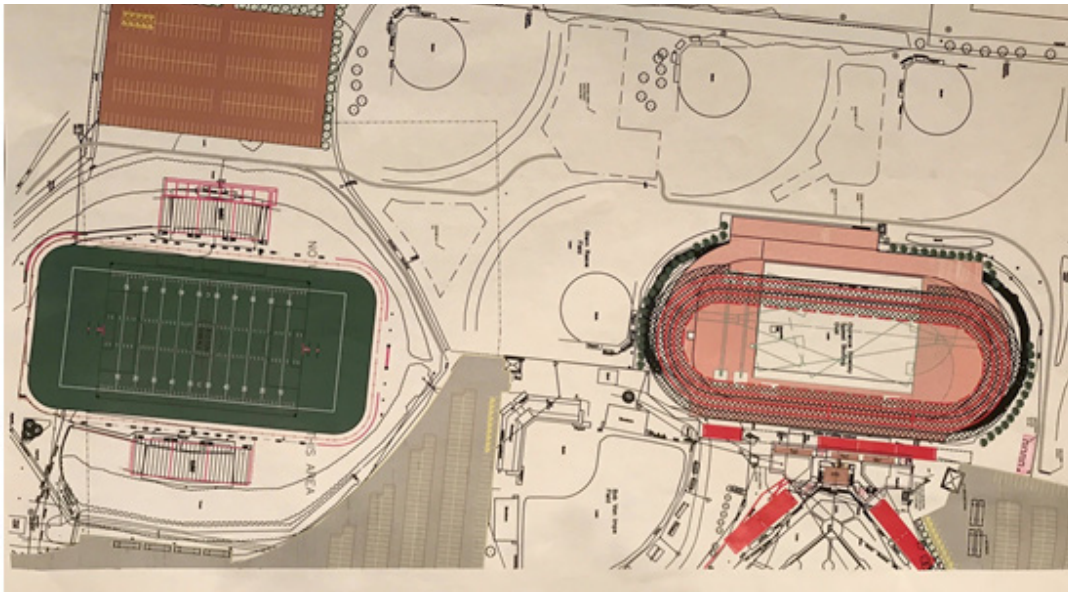
Our Ski Club will arrange diagonal stride ski instruction to be given by the Saskatoon Nordic Ski Club for all skiers and guides at any level of ability.

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

Gordie Howe Sports Complex Ski Facility Update

Ski Facility Update

- Multiple meetings with FOTBF since last year
- SNSC Submitted our “Needs Assessment” this past spring to FOTBF
 - Based on our club’s identification of important aspects we would want for a new facility
- FOTBF presented project to city in September for further funding
- Application for City of Saskatoon “Winter City” grant for grooming equipment unsuccessful, but grant for equipment through CCS for \$5000 successful
 - To be used to purchase new grooming machine to support SNSC grooming in general and replace old equipment
 - This will allow us to be able to use a grooming machine at Holiday Park this year
- Recent meeting with FOTBF to go over trail design at the Glenn Reeve Fields (Ball diamonds adjacent to oval)
- Stadium area in North West corner
- Timing hut located adjacent to stadium
- 12m wide corridor ski trail out to golf course
 - For larger events
- LED Lighting
 - 1-2 lights on Timing hut
 - 2 lights on poles used for lighting oval
 - Lighting from parking lot at south end
- 3-4 hills located between ball fields
- Snow making on proposed 1.5 to 2 km of trail
 - Water and electrical lines buried to several locations
- Garage bay for snow machine and grooming equipment
- Access to trails at north end of facility
 - Access to south of building problematic with present design
- Permanent ski racks at trail head
- Wind break (trees) along north side of fields not in FOTBF scope, but development and planting of trees of street likely by city
- Interior design of facility not yet known
 - Meeting with FOTBF soon to discuss plans of building



- Members of executive and facilities committee recently met with Lynn Lacroix and Andrew Roberts (City of Saskatoon)
- Presented on opportunity to partner with FOTBF and City
- Long and successful history of grooming by SNSC in Saskatoon
- Suggested solutions to concerns previously communicated regarding grooming on eastern (hilly) section of golf course
- Presented vision of club

Proposal for XC Skiing at Holiday Park Golf Course

- Add to/expand existing trails in cooperation with City of Saskatoon
 - SNSC to hire consultant fall/winter 2017 to survey and come up with optimal ski trail design with care to avoid crucial golf course areas
 - This would include widening of some existing cart paths, use and widening of old paths, and potentially creating new paths within the bush areas to avoid sensitive areas
 - Where width is not easily changed, trail would split to accommodate both skate and classic trails
 - Cart path changes would allow golf course to renovate/pave older paths along eastern edge of golf course
 - Tarps/greens protected by using short snow fencing and/or branches
 - Cross/use fairways where unlikely to cause drainage/ice issues
- Access to Sanitorium Site
 - Allows for greater trail development
 - Holiday Park Association in support; MVA supportive of site for recreation
 - Rolling gate for grooming vehicles and to accommodate higher skier traffic opened and closed by SNSC
 - Use of motion sensor camera to deter vandalism
 - Permanent pedestrian gate to allow single file traffic
 - At present there are consistently holes in the fence created by members of the public
 - Gate system would keep vehicles off of golf course

Key Messages

- SNSC wants to partner with the City and the FOTBF to offer a better in-city ski experience for all ages and abilities
- At Holiday Park golf course we propose...
 - expansion of existing trails into the wooded, hilly area on the east end
 - connection to trails to be developed on the Sanitorium site
 - addition of trail lighting, signage (and possibly snow-making)
 - construction of an earth hill
- The Holiday Park trails will be connected to the Gordie Howe Sports Complex trail system and facilities

A photograph of two children skiing on a snowy trail. The child on the left is wearing a yellow jacket and a black beanie, while the child on the right is wearing a red jacket and a black beanie. They are both holding ski poles and are in motion on the snow. The background is a blurred winter scene with trees.

Conclusion

Expansion and further development of cross country ski trails on the Holiday Park Golf Course is a critical and necessary component to this vision

- Positive feedback based on how City of Saskatoon sees this opportunity for SNSC, their involvement, and benefits of partnering with FOTBF
- Next step is to hire outside consultant to survey and map optimal ski trail system on golf course with best use of natural terrain
- Consultant to work with city's golf course architect
- Site more complicated and may need to be phased in later
- Final cooperative trail design will give SNSC most complete picture of whether we have reached goals of our "home"

Moving Forward

- Fundraising campaign with FOTBF initiated
- Some members of Facilities committee and executive are engaged in early stages of fundraising campaign
- SNSC is well positioned to achieve our ultimate goals for this project, but still have work to do
- We need more volunteers for fundraising if trail design successful on golf course
- Club will need to develop business plan to run facility, pay for lighting, snowmaking, upkeep of the facility

CROSS COUNTRY SKI LESSONS FOR ADULTS 2017 -18

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 and intermediate 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 at 306-220-6967, Email: brucesimms@sasktel.net . For inquiries about course content or technical issues, please contact the particular course instructor, Cliff Speer at 306-653-5693, Email: cliff@canoeski.com or Bruce at above contacts. 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: Dec 4, 6, 11 (7:00 - 9:00 pm) Instructor: Bruce Simms

Course II: Jan 2, 4, 8 (7:00 - 9:00 pm) Instructor: Cliff Speer

Course III: Feb 6, 8, 13 (7:00 - 9:00 pm) Instructor: Cliff Speer

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.

LEARN TO SKATE SKI

Course IV: Jan. 18, 23, 25 (7:00 - 9:00 pm) Instructor: Bruce Simms

A course for those new to skate skiing or those wanting an understanding of the fundamentals of the skating motion on skis. Covers basic skate techniques - free skate, one skate and two skate. You will need your own skate skis or rentals for this course.

INTERMEDIATE TECHNIQUE IMPROVEMENT

Course V: Jan. 15, 22, 29 (7:00 - 9:00 pm) Instructor: Cliff Speer

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 early 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 100 metres northwest of the big yellow ferris wheel in the park (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	\$70	\$95

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>



**Courtesy
of Kate
Germin**



**Courtesy
of Sheryl
Riis**

