



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

November 2018

It takes hard work, determination and fun – to get Eb's trails ready for the skiing season – Courtesy of Kate Germin



Courtesy of Brian Suderman



Happy Hiking Experience



Courtesy of Sheryl Riis



Courtesy of Cliff Speer



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PRESIDENT'S MESSAGE

The 2018-19 ski season is just around the corner. Each of the volunteer groups of our Saskatoon Nordic Ski Club have been active for the past several months getting trails and programs ready. Hiking tours ended on November 4th.

We will continue to groom Wildwood Golf Course, Kinsmen Park and Eb's Trails this year. The new facility at Gordie Howe Sports Complex should be ready for the 2019-2020 ski season, along with an extended trail system on the neighboring Holiday Park Golf Course.

Our AGM was held on October 18th. Most of the executive was established for another year, but, as yet we do not have a president. If you know someone WHO may be interested in the presidency or if you may like to work with us for this season, please let us know. info@saskatoonnordicski.ca.

Don't forget to renew your SNSC membership and check out the various lessons that are being offered. Watch the website for news and trail condition updates.

SNSC Executive

Volunteer Position Available

Eb's Day Feb.2019 needs co-ordinator. Duties include volunteer shift assignments, hot dog and beverage mix purchase and provision, arranging goods transport to Eb's South shelter, then hosting lots of happy skiers on Eb's Day. Keep the tradition alive, with help and guidance available.

Randy Chapman



YOUTH PROGRAM By Kirsten Ketilson and Eric Lamb

Bunnyrabbits and Jackrabbits Program update

This is the first year that Eric & I have coordinated the program. We want to thank Jan Sedgewick for making the transition relatively straightforward. Jan will still be helping coach this year and we are very grateful for her leadership in our community and program.

The bunnyrabbit and jackrabbit program is completely volunteer run and provides cross country ski lessons to kids age 3-12.

Our most popular program is our bunny rabbit program for 3-5 year olds, and our most popular lessons are on Sunday afternoon, although Wednesday's are close behind.

For this year, we have made a few changes to the program:

We are seeking graduates of our program or interested skiers between the ages of 12-16 to assist with coaching.

If you have a youth in your family who is interested in this, please let us know.

We are planning to begin lessons as early as November 18 or upon first snowfall if we receive snow earlier than November 18. We will run lessons

until the end of the snow season.

We are requiring all parents with children in the program to help with serving snack. An electronic sign-up sheet is available. We will be filling empty spots with parents who have not signed up so encourage everyone to sign up early to get the spot they are interested in.

We are thinking about the transition to the new home of the ski club and will begin discussions this year on this topic.

Registration opened to members with children in the program the previous year in mid September and was almost immediately full.

Since that time we have had several additional volunteer coaches step forward and have been able to open additional spots.

The program capacity is annually limited by available and interested coaches. There is coaching training available for anyone interested in helping with coaching.

There are currently spots remaining in all levels on both Wednesday and Sunday. Registration remains open on Zone 4.

We are still seeking coaches for 2018/2019 interested in coaching all age groups. We are also seeking new coaches for 2019/2020 who may be interested to assist / train in 2018/2019 but not take on a full time class.

We are currently unable to offer a Learn to Ski program on Sunday for youth 8-12 without an available coach.

Please contact youth@saskatoonnordicski.ca with any questions about registration or if you have interest in coaching.

Bunnyrabbit and jackrabbit classes will begin as early as November 18. There will be no classes during December or February break.

Classes begin at 6:20 Wednesday and 2:50 pm Sunday.

All lessons are held at Kinsmen Park. Lessons are cancelled when the weather does not meet the temperature / wind criteria on the website.

Please watch the website or club Facebook page for updates.

Kirsten Ketilson & Eric Lamb

ADULT INSTRUCTION UPDATE BY Bruce Simms, coordinator:

Lessons are highly recommended for new skiers and those wishing to improve technique. It leads to a more enjoyable and productive ski experience. You'll improve your ability to ski more varied terrain and distance. Group lessons typically take place over three 2-hour sessions during weekday evenings. Private lessons are an option for those who either cannot make group lessons work or prefer a more individual experience. We recommend that new skiers take a learn to classic ski course. All SNSC adult instructors are certified by the

Canadian Association of Nordic Ski Instructors (CANSI).

The first Learn to Classic Ski course will be in December, with others to follow in the New Year. An Intermediate Classic technique improvement course will appeal to those skiers with previous classic experience. A learn to skate ski course is also scheduled. We're considering an Intermediate Skate Ski course, based on sufficient interest, but not scheduled at this time. An Intermediate Skate course would potentially appeal to those hav-

ing completed the beginner course or with previous experience.

Courses will happen under the lights at Kinsmen Park. The updated lesson schedule for this season is available in this newsletter, page 4 and on the SNSC website. You can register on line. See the Adult tab for further information. As always, scheduled dates are subject to availability of snow and reasonable temperatures.

Happy skiing,
Bruce

CROSS COUNTRY SKI LESSONS FOR ADULTS 2018 -19

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 classic 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 Escape Sports 306-244-7433.

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 11, 13, 18 (7:00 - 9:00 pm) Instructor: Bruce Simms

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

Course III: Jan 29, 31, Feb 5 (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: Feb 7, 12, 14 (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 CLASSIC TECHNIQUE IMPROVEMENT

Course V: Feb 18, 21, 25 (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.

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. 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: \$95 - \$25 member discount = \$70

Non-member: \$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>

SUNDAY HIKING TOURS FALL 2018 – Update

By Sheryl Riis, Touring Co-ordinator

I have always said that, “I have to be in the forest!” I am grateful that there are others who like to join me. We had a great season of fall hikes, and lots of amazing fall suppers/meals. Thank-you so very much: tour leaders, tour creators, trail clearers... and the participants!

According to Canadian Wildlife magazine, there is no better cure for urban stress than a walk in the woods. Terpenes, a class of organic compounds emitted from leaves, pine needles, tree bark, shrubs, herbs, mushrooms, mosses and ferns, are like a chemical tonic for our bodies. They are absorbed through our skin, and especially through our lungs. They reduce stress by lowering our cortisol levels, and boost our immune system. I definitely agree!

Wafting snowflakes, on Heather Bernhard’s “Miner’s Creek” hike,

reminded us that winter was coming. The tamaracks had even been caught off guard and had not even changed colour yet. Then, we had a gorgeous blue-sky day for Cliff Speer’s “Heartbreak Hotel” hike, followed by a lovely tour/supper at Champetre County Wild West Resort.

Jeff Thorpe graciously volunteered to lead a hike and organize a wiener roast for the Thanksgiving Monday, but we ran into a surprise snowstorm at Blaine Lake, and had to turn back. Since Saskatoon missed the storm, I managed to salvage part of the day, by a lovely lower trail river walk.

We had blue skies for my “Buffalo Pasture,” and “Eb’s Trails” hikes. Bob Katarynych also had great weather for his “Borden Area” hike. Then, we just squeaked by, with a touch of rain at the end of Cliff Speer’s “Wakaw Hills” hike. The next day, the snow came...

and stayed. Now, we are just waiting for enough snow for track-setting, and cross-country skiing!

***Please watch for cross-country skiing updates, on the Saskatoon Nordic Ski Club website, and Yahoo Groups. We will meet at 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Heights Mall parking lot, by the park, for carpooling to Eb’s Trails, when the season starts (we usually leave Eb’s around 3 p.m.). Members also often connect to go skiing during the week.**



THE YOUTH HIPER PROGRAM

by Alison & Geoff Meinert

HIPER & GRAPEFRUIT CUP

The ever-popular Grapefruit Cup club racing series will commence Dec 11 with a 3 km skate race at Wildwood. Further weekly Tues night events are scheduled for Dec 18 and in the new year into March. The full schedule and other information can be seen at Adult-HiPer tab of SNSC website. Come on out to race, ski, volunteer or watch and cheer these friendly all-comers events. Quite a sight to see 30-40 headlights speeding around the course. The Clubhouse is open during these events.

Ski racers must train year-round to be serious competitors. They need to be in excellent condition when they go for their first ski of the season. Since

spring, Saskatoon athletes have been trail running, roller skiing, attending training camps, strength training and other preparation. Several will be trying out for the cross country and biathlon teams representing Saskatchewan at the 2019 Canada Winter Games in Red Deer. The first SaskCup racing event of the season is Dec 8 and 9 at the challenging Don Allen Trails by La Ronge. **Go Saskatoon!**

Loppetters, racers and others should note the Blue Mtn Loppett is Dec 15. While there are distance options for all, the full 30 km is an interesting test of fitness and technique. The Lodge has been

beautifully renovated if you’ve not been there recently. Trail grooming and the meal were excellent at last year’s event.

Robin and Kathy Butler are the senior HiPer coaches. They also organize The Sask Masters’ Racing Assoc. They encourage all master skiers to join as they always say the Canadian Masters and other events are great fun, skiing and socially. The 2019 event is at Timmins, ON with 2020 at Canmore, AB. More info at Adult-HiPer tab.

Cheers, Bruce Simms

FEATURE: Wakaw Hills by Cliff Speer

The Wakaw Hills hike has a bit of history. It was the first in a series of new hikes that I began developing 11 years ago in areas closer to Saskatoon than the Nordic Club had not previously hiked in. This hike has gradually turned from a two-stage hike into a full single-stage hike centred mainly in a network of trails formerly used by the now defunct Pine Grove Snowmobile Club. It has been a challenging and fascinating exercise to fashion a circular hiking route out of a tangled web of now partially overgrown trails. Sort of like a corn maze, but on a more extensive scale!

The Wakaw hike takes place in the Minichinas Hills, a prominent glacial formation left by the retreating Wisconsin Ice Sheet, some 10,000 years ago.

The other new hikes in the series which I've led in the same geological formation are the Rock of Ages hike near Cudworth, and most recently, the Dana Hike in the Meacham area. All these hikes will take you to places that are off the beaten track.



A few precautionary notes are in order: specifically, watch where you're walking and wear sturdy boots with good ankle support. The Wakaw Hills route has spots of rough ground and places that are only being tracked by deer, moose and elk! As with all the Nordic Club's fall hikes, we share the areas with hunters, so wearing bright coloured clothing is advisable.

On the trail, there is a moderate amount of continuous elevation change, plus a few steep hills, interspersed with relatively level sections. Most of the route is through aspen forest with the occasional open meadow or hill top view point. There

are a few abandoned gravel pits that the trail traverses, and overall, lots of variety in trailside scenery. Up to the point of my route reconnaissance & trail clearing on Oct 17, there had been no ATV traffic to pack a path to make walking easier, so we trekked through knee-high vegetation in places.



The planned lunch stop was at an abandoned pioneer farmhouse with mud & straw chinking/plaster over poplar logs – an interesting relic of by-gone days - located at the southwest extremity of the route. I estimate the total distance to be approx. 12 km with a short-cut option to reduce the overall distance by approx. 3.5 km.

The hike concluded with a ten minute drive to Wakaw to attend the fall supper at St. Theresa Roman Catholic Church on Main St. This is one of the best suppers on the fall supper circuit! For details check their site: <http://www.sttheresawakaw.com/news/>. This was the last hike scheduled for the fall hiking season.

Photos Courtesy Cliff Speer
from the 2016 Hike

EB'S TRAILS NEWS by Randy Chapman

The storm of November 5th left six or seven centimetres of snow in the open sections, less under the trees. This is not nearly enough to begin grooming and makes for poor to fair skiing on undisturbed sections. It did drop some new deadfall and we need to scout to determine how much.

This cold spell will freeze the flooded sections, so we will be able to clean them next week. Our equipment is ready, so we will groom as soon as there is sufficient snow. Thanks to those who helped gather and cut the wood for the shelters.

Hunting season continues. The farmer was chasing out cattle today. We don't know whether he has found them all.

See photos of work bees on cover page

BLIND AND VISION IMPAIRED SKIERS by Conrad Lange, Public Relations

The Saskatoon Blind Skiers extend an invitation to their 40th Anniversary Event

The Saskatoon Blind Skiers, affiliated with SNSC, are marking our 40th year anniversary.

We are inviting present and past blind skiers, guides, volunteers, and family members to attend the anniversary tea, 2:00 to 4:00 p.m. Saturday November 17, 2018 at Walter Murray Collegiate Cafeteria, 1905 Preston Avenue (corner of Preston Avenue and Taylor Street). Interested members of SNSC are also invited. The first hour will be time to visit, enjoy refreshments, and look at the many pictures taken over the years. There will be a presentation from 3:00 to 3:30 p.m.

If you know of any blind or visually impaired persons, or any other people who would like to attend, please pass this message on. Use the front doors on Preston Avenue. Parking is available both on the street and on the lots first come, first serve basis. Please phone Judy 931-1981 if you would like to attend.

The Saskatoon Blind Skiers cross country ski club was founded in 1978 by blind skier Herb Essenburg. Ski instructors were Irene Gordon

and Pat Prokopchuk, who was chairperson for Disabled Skiers under the Saskatchewan Ski Association. Pat Prokopchuk continues to be active with Disabled Skiers.

The Farmer's Almanac, for the period of November 2018 through to April 2019, forecasts colder than normal temperatures with above normal precipitation and snowfall. It will be coldest from early December to late January, with the snowiest period from early December to mid-April. If the Farmer's Almanac forecast comes true, it should be a positive for skiing this winter. Here's hoping for a good ski season.

Saturday October 13th, 2018, the blind and low vision skiers with their guides, had their Hike & Wiener Roast at the George and Loretta Kuntz acreage. It was a cloudy day with a temperature of -4, with wind chill of -11. Upon arriving, the strong scent of burning wood told us that George already had his fire pit stoked. Most of us walked the 2.5 kilometer trail, then went inside George and Loretta's warm cabin to enjoy hotdogs, coffee, cookies, fruit juice and visiting. Pictures were taken. Following our noon lunch, we had a meeting to plan our Saturday walks or

skiing, and our Family Pizza Day. Three members want to attend the February 2019 Ski for Light at Kananaskis Park, Alberta. Saturday December 1, with alternate date December 8, will be our Christmas Ski & Potluck Lunch at the Kuntz acreage.

Saturday October 20, 2018 our first walk took place from the Broadway Roastery by the Broadway Bridge down the east side Meewasin Trail. We will continue walking from here since there is free parking along Eastlake Avenue, and the Broadway Roastery is convenient for visiting and coffee following our walks.

Our club welcomes new blind and low vision people who would be interested in joining us for Saturday morning walks and skiing. A guide would be provided for the Saturday events, and there would be a diagonal stride ski lesson taught by a SNSC member. 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.

Creative Bench Making – Women Only!



**Cutting the
logs
"Skinning"
Nailing
Assembling**

**Voila
Done!**



**This is the bench the beavers carried away
LOL....the lesson learned is that "if you leave
the bark on the pieces the beavers just think
you cut it up for food for them!"**



**Sitting Proudly...
Cathy Rae, Kate Germin, Val
Young, Inger Pors**