



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

November 2020

Getting ready for Snow at Eb's Trails Courtesy of Kate Germin

Wood Cutting - from the Downed Tree to the Finished Product - the Happy Crew



Creating
a
new
Bench
made to
last

SASKATOON NORDIC SKI CLUB PERSONNEL

President
Gail Motsi

Past President
Lane Zabolotney

Vice-President
Ivan English

Secretary
Susan Wall

Treasurer
Brian Suderman

Bookkeeper
Nancy Howse

Membership
Jeff Thorpe

Youth Programs
Geoff Meinert

Eb's Trails
Kate Germin

Communications
Vacant

Touring & Hiking
Sheryl Riis

Instruction/Competition
Bruce Simms

Junior HiPer
Alison and Geoff Meinert

Ski-at-School
Jan Sedgewick

Equipment Manager
Brian Anderson

Blind and Visually Impaired
Joanne Ferguson

Member-at-Large
Vacant

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PRESIDENT'S MESSAGE

Gail Motsi



Great news for skiers – the snow has arrived! Our machines and groomers are ready to go; membership registration is open, and lessons for children and adults are filling up. Although there will be changes because of COVID-19, we expect to have a busy and active season this year.

Less than a month ago, we had our Annual General Meeting which was well attended – must be the new Zoom format! Members approved an increase in membership fees, the budget for this year, and the new executive. We welcome Brian Suderman, Geoff Meinert and Lane Zabolotney to the Executive; and thank Dan Brisbin, Eric Lamb, Kirsten Ketilson and Kimberly Dobrowolski for their contributions. I also want to thank Daryl Sexsmith who has stepped down as bookkeeper, and welcome Nancy Howse who has agreed to take over that role. Draft minutes of the AGM are posted on our website.

We expect to see a lot of new skiers on the trails and hope that seasoned skiers will take the time to help them out, including with ski etiquette – letting faster skiers pass and not

walking on the skate or classic trails. We are supporting the development of new ski trails in neighbouring towns, and Pike Lake Provincial Park plans to groom 4.4 kms of trail. We will be grooming at Kinsmen Park, Wildwood and the inner loop at Holiday Park as well as Eb's Trails. The City will be grooming the outer loop at Holiday Park, Meewasin Park, Diefenbaker Park, and Forestry Park. Information on trail conditions at all of these sites is on our website. You can expect that trails will be busy, especially on the weekend, so consider trying out some trails that you have not been on before.

We have received a lot of inquiries about used ski equipment and unfortunately were not able to hold our ski swap this year. I encourage members who have equipment that they are no longer using to advertise it on Kijiji or through the consignment store, Life Outside Gear Exchange. The more people we have on skis, the more we promote the sport and healthy outdoor activity.

I hope to see you out on the trails!
Stay safe and stay active.



EB'S TRAILS NEWS by Kate Germin

Eb's Trails are cleared, mowed and ready for snow as of the end of October. Thank you to all members that helped with that work. Many hikers enjoyed Eb's Trails this past summer and fall. It seems that people are looking for ways to be out in nature during the times of physical distancing.

Signage re COVID-19 will be placed in each parking lot re safety measures during the pandemic. Remember that **increased distancing** is needed when there is heavy breathing due to extra exertion of some sports. Cross country ski specific guidelines do not seem to be available as yet but runners are advised to stay about 12 feet away from each other, so something to keep this in mind. Please step well off the trails to let faster skiers pass and when passing oncoming skiers. Do not congregate at junction maps or in the parking lots.

We regret that SNSC will not be holding an Eb's Day this coming season. The team will make sure the trails are groomed to the best of our ability for the Family Day weekend so folks can get out and enjoy the trails

in spite of COVID-19 keeping us from an organized large-group event.

Also, due to COVID-19 the SNSC is advising against the use of the huts this season. Please use your vehicle for warm-up and snacks. To prevent vandalism, we are not locking the huts.

A new metal fire pit will be placed by the south hut with stumps for stools so that people can light an outdoor fire. Please do not leave outdoor fires unattended. There is firewood ready at the South hut (outdoor fires only in the metal fire ring please!) but there will not be wood collected for the North hut this year. PLEASE, NO OUTDOOR FIRES AT THE NORTH HUT.

The outhouses will be open for use, but we have no way to sanitize between uses so we ask that people use at their own risk, keep their distance and carry their own hand sanitizer for use before and after using the biffies.

Thank you to Karen Wildeman for volunteering to look after the huts and biffies this season.

There are three new benches on the trails. Two are at Spruce Junction and are compliments of Thomas Smith of Sun Beam Valley Log and Timber. The third one is on the hill at South Beaver Lodge Trail. Val Young, John McClean and Cathy Rae helped with building the latter.

Snowshoeing

Many people are looking for distanced outdoor activities during the pandemic so we anticipate increased snowshoeing in and around the Eb's ski trail area. Snowshoe enthusiasts, Ralph Bock, Glen and Sandra Grismer have agreed to set up at least one 5kms snowshoeing loop from the South parking lot and three or 4 short loops starting from the North lot. Signage and flagging will indicate their trails. Snowshoe trails will be off of the ski trails but may intersect with them occasionally. Welcome snowshoers!

Watch for updates in the trail section of the SNSC website.

See you all on the trails! Be safe and have a wonderful ski season.

SUNDAY HIKING TOURS 2020 – Fall Update By Sheryl Riis, Touring Co-ordinator

There were no organized Fall Hikes/Suppers, due to the Coronavirus pandemic. Members are always welcome to create their own hikes, or ski outings, following the recommended health guidelines, regarding wearing masks, and maintaining a two metre distance.

Carpooling is not recommended, unless you are in the same "bubble," of people that you can also safely hug. Otherwise, drive separately to ski, in the city, at Eb's Trails, or other cross-country skiing options.

Arriving at about 11 a.m., to the Eb's Trails parking lots, may give you options to buddy-up with other skiers... at a distance, for safety, and companionship.

Downhill skiers have the right-of-way. Please step off the trail, say hi, preferably with a big smile, from a distance, and then turn to face the forest, to let them pass.

Carry a mask, in case you need to help someone, along the trail.

*Please sign up for the **New Google**

Group, in order to connect with others. It is replacing the Yahoo Groups, which are no longer supported. So far, it seems to be easy to sign up, login, send a New Topic, and receive messages in your email.

<https://groups.io/g/SNSCTouring>

Have fun connecting, hiking, and skiing... safely!!!

Sheryl

306-382-9462

Advertisement

Consign and buy high quality gently used outdoor gear and clothing at Life Outside Gear Exchange. We are Saskatoon's newest consignment shop, for adults and kids. Come consign with us. Find out more details at www.lifeoutsidegx.com. Happy ski trails to you in 2020! Matt Johnson and Nancy Broten from Life Outside!



SPECIAL RATES FOR SKIS!

CROSS COUNTRY SKIS WILL BE CONSIGNED WITH 70% OF THE SALE GOING TO YOU.



106-120 Sonnenschein Way, Saskatoon, Saskatchewan S, 7M0W2, Treaty 6 Territory

MEMBERSHIP REPORT By Jeff Thorpe (Membership Director)

Membership in the Nordic Ski Club is now open for the coming ski season.

This year our membership fees have gone up a little:

- Single adult \$60 (previously \$50)
- Single youth \$40 (same as before)
- Family \$120 (previously \$100)

The reason for the increase is that, with the opening of the Gordie Howe Sports Complex, we will have some additional expense for use of the facility.

Most people renew their membership by using our Zone4 on-line registration system. Go to <https://zone4.ca> and select "SNSC Membership 2020-2021". You can fill in the membership form on-line, and can also sign up for youth or adult skiing lessons, then pay the fees by credit card. For family memberships, make sure you fill out the form for each member of the family, so that they all become registered members.

If you prefer to register through the mail, you can download a membership form from the club website: <http://www.saskatoonnordicski.ca/Become-a-Member>. Fill out the form, write a cheque for the total fee, and mail to:

- Saskatoon Nordic Ski Club
- PO Box 2962
- Saskatoon, SK S7K 3S7

Hope to see you out on the trails!

Saskatoon Nordic Adult Instruction Courses 2020-21

LEARN TO CLASSIC SKI COURSES

Course I: Dec 8, 10, 15 (7:00 - 9:00 pm) Instructor: Bruce Simms

Course II: Jan 5, 7, 12 (7:00 - 9:00 pm) Instructor: Bruce Simms

Course III: Jan 26, 28, Feb 2 (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. You provide your own ski equipment. Contact brucesimms@sasktel.net if you need advice on ski equipment.

LEARN TO SKATE SKI

Course IV: Feb. 4, 9, 11 (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, two skate and offset. You will need your own skate skis or rentals for this course.

INTERMEDIATE CLASSIC TECHNIQUE IMPROVEMENT

Course V: Feb 16, 18, 23 (7:00 - 9:00 pm) Instructor: Cliff Speer

Skill improvement for skiers interested in understanding and applying the principles of efficient motion on skis. Course includes waxing theory, review of the basics, and work on advanced classic technique.

Further Information

Visit Adult Instruction under the Adults tab of the SNSC website. If you have questions, contact Instruction Coordinator brucesimms@sasktel.net.

How to register...

Club members or those wishing to become club members can register online through <https://zone4.ca>.

We expect courses to fill up fast.



YOUTH PROGRAM by Jana Hambleton

We are excited to announce that the Saskatoon Nordic Ski Club's youth programs will be moving to our new home at the Gordie Howe Sports Complex in Holiday Park this year. This will be an exciting new adventure allowing a larger ski area, lit ski trails, and once completed, an indoor facility with washrooms.

This year the youth programs are offered on Sunday, Wednesday and Thursday. Program registration opened on October 26, 2020 and is filling up quickly however there are still openings in many of the lessons and it is not too late to register.

Bunnyrabbits will run from January to mid March (10 weeks)

Jackrabbits level 1/2 will run from January to mid March (10 weeks)

Jackrabbits level 3/4 will run from November 18 to mid March (15 weeks)

Youth learn to ski will run from January to mid March (10 weeks)

Please visit our website for more information regarding these different levels and for the registration link. <http://www.saskatoonnordic.ca/youth/youth-ski-lessons>.

There are several new rules and regulations we must adhere to due to Covid-19 this year. We will not be able to offer refreshments following the lessons. We will also have limited access to any part of the indoor facility once it is completed. Social distancing will be encouraged and all participants will be given a buff to wear as a face covering (thanks to sponsorship from Salomon and Rossignol). The number of participants in each group will be kept under the allowable number for outdoor gatherings and lessons will have a staggered start to reduce congestion in parking lots and meet up locations.

Our wonderful coaches are the people who make this program possible. In order to offer as many spots as possible to our young skiers we are always actively recruiting coaches. Coach training is available. If you are interested in joining our coaching team please contact youth@saskatoonnordicski.ca.

A big thank you to the coaches, trail groomers and club volunteers that make these great programs possible. We are looking forward to a great ski season!

BLIND AND VISUALLY IMPAIRED SKIERS REPORT by Stan Windels

The blind skiers are continuing their walks Saturday mornings, meeting at 9:45 a.m. at the Ferris Wheel parking lot in Kinsmen Park, and starting to walk at 10 o'clock. This will continue until there is enough snow to ski and tracks are set at Wildwood Golf Course. If we again have access to the Wildwood Clubhouse for warming and socializing, we will do our best to follow COVID protocols for social distancing and cleanliness.

We will not have our usual Christmas ski and potluck at Kunz's; nor will we be meeting on Boxing Day.

We are still looking for at least two regular guides for two of our blind skiers.

All the best and ski safely

