



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

September 2023

Save The Date

Saskatoon Nordic Ski Club Annual General Meeting
Monday, October 16th, 7 p.m.

Further details and supporting documents will be sent via email to
the membership



Dune Hike

Courtesy of Sheryl Riis



Eb's Trails Hike

Courtesy of Sheryl Riis

SASKATOON NORDIC SKI CLUB

PERSONNEL

President

Geoff Meinert

Past President

Gail Motsi

Vice-President

Ivan English

Secretary

Susan Wall

Treasurer

Lisa Brundage

Bookkeeper

Nancy Howse

Membership

Lindsay Tumback

Youth Programs

Geoff Meinert

Eb's Trails

Jelmer Wiersma

Communications

Dan Fuller

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

Newsletter Editor

Renate Bishopp
hisrib@sasktel.net

Contact SNSC via the web!

www.saskatoonnordicski.ca

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PRESIDENT'S MESSAGE

Gail Motsi



Fall is upon us and the Saskatoon Nordic Ski Club is hard at work preparing for the forthcoming ski season. We plan to offer the same programs as in previous years – youth and adult instruction, high-performance training and competition, the blind skiers program, fall and spring hikes and Ski At School. We also plan to hold another Loppetalooza, Eb's Day and a SaskCup. Further details are contained in this newsletter.

We will be grooming and maintaining trails at Gordie Howe Sports Complex and neighbouring Holiday Park, Wildwood and Eb's Trails. We will also be returning to groom at Kinsmen Park since the City has approved our use of the storage shed again. Up-to-date trail conditions will be posted on Nordic Pulse ([Nordic Pulse | App based cross country ski grooming report system \(nordic-pulse.com\)](http://nordic-pulse.com)).

Membership registration has been separated from program registration and is now open online through Zone 4. Only online registration will be accepted in order to reduce the workload of key volunteers. I would encourage everyone to take out a membership since it supports our grooming costs and helps us secure funding from Cross Country Saskatchewan, the City of Saskatoon and others. Keep an eye on our Facebook page for announcements about program registrations.

Our Annual General Meeting will be held on Monday, October 16th at 7 p.m. We want to provide an opportunity for members to socialize so this year so the AGM will be in person as well as online. I would encourage members to attend in person if possible. This is your chance to have an input in the running of the Club by electing the Executive and approving the budget. We will also get updates and plans from each of our programs. Further details will be emailed to members in the coming weeks.

All positions on the Executive are open for nominations from the membership. In particular, we are looking for a Membership Director so if you have relevant skills and an interest in serving the Club, please contact me at info@saskatoonnordicski.ca.

When you renew your membership, you can also indicate an interest in any of the other volunteer opportunities that the Club has over the course of the year. The Club is almost entirely run by volunteers so please consider contributing some of your time to make the season fun and enjoyable.

See you on the trails.



SASK LOTTERIES

KIVILSKI

SNSC CITY GROOMER

The Saskatoon Nordic Ski Club (SNSC) is looking for a contractor to groom ski trails at four locations in the City of Saskatoon – Wildwood Golf Course, Holiday Park Golf Course, Gordie Howe Sports Complex and Kinsmen Park (to be confirmed) – in coordination with SNSC’s volunteer groomers. The tasks include safely and efficiently packing, grooming, tracksetting and maintaining the trail system. Training and equipment will be provided by SNSC.

This contract is flexible and seasonal with a maximum of 400 hours between November and March. The time requirements are expected to be highest between mid-December and early March. The contractor will determine where and when to groom trails depending on snow and weather conditions, the availability of volunteer groomers, and SNSC events and programs scheduled.

To be successful in this role, you will need to:

- Have a mechanical aptitude and equipment operating experience;
- Have a flexible schedule;
- Be able to work outdoors in the winter for long periods of time;
- Have a Class 5 Driver’s Licence and your own transportation;
- Be able to pass a criminal record check (paid for by SNSC).

A knowledge of cross-country skiing would be an asset.

SNSC groomers are covered by the SNSC’s liability insurance if they are members of SNSC. SNSC membership fees for groomers are reimbursed by the Club.

For more information, please contact info@saskatoonnordicski.ca.

Renew Your Membership

Registration for the Saskatoon Nordic Ski Club is now open on Zone 4 at [Saskatoon Nordic Ski Club \(SNSC\) Membership 2023-24 | Zone4 Online Registration](#)

PLEASE NOTE: Registration for programs (Jackrabbits, Racing Team, Lessons) are completed separately. Youth and adult instruction forms will be opened for registration soon. Prior to registration for a club program, you **MUST** be a club member.

SKI-AT-SCHOOL 2023 by Jan Sedgewick

Ski At School seeks Instructors and Funds

WHAT WE DO AND WHO WE ARE LOOKING FOR

The program is a “Learn to” program held during school days beginning on Jan.8th and ending the middle of March. Approximate hours are 9:20 a.m. until 11:45 a.m. for the morning session and 12:20 a.m. until 2:45 p.m. for the afternoon session. All sessions are held at the Gordie Howe Sports Complex and Holiday Park Golf course trails. This is a paid position for all sessions that you instruct.

The ideal candidates will complete their Introduction to Community Coaching Course (ICC) which is a short online session and will be working on their Coaching Level 1. They must also be a member of the Saskatoon Nordic Ski Club so that you are protected by our liability insurance.

You need to be a proficient Classis style skiers and enjoy working with youth aged 10 thru 13. Retired teachers are great assets.

There are two instructors per session.

The “Lead Instructors” are responsible for contacting the registered classes teacher to do advance data collecting. They are paid for that 1 hour even if the session does not go ahead due to weather or trail conditions.

Unfortunately, the Lead and Assistant instructors are only paid for the sessions that they teach. No session = no revenue.

WHERE OUR FUNDING COMES FROM

This program is a “Learn to” program and receives funding from CCS, the City of Saskatoon, the participating class and SNSC, when necessary.

We are always looking for extra grant money to be able to keep the class fee low and to assist with the cost of busing the students, especially for Inner City or Community schools.

If any of you know of Organizations that might like to support students and healthy outside winter activity please let Jan know.

Contact Jan Sedgewick about either subject
SAS Coordinator
306-931-3305
skiatschool@saskatoonnordicski.ca

ADULT INSTRUCTION UPDATE by Bruce Simms – brucesimms@sasktel.net

Cross country skiing offers numerous physical, mental and social benefits. While these benefits aren't unique to our sport, they apply especially to outdoor activities conducted in natural surroundings. The focus here is the joy and sense of well-being that skiing can produce. You've likely had that wonderful experience at least once, maybe often. For recreational skiers, an excursion where the trails, snow, your skiing, companions, the weather may have blended together, produce a memorable and joyous occasion. For competitive skiers perhaps your fitness, technique, tactics, wax and even the other racers seemed to work together to produce a wonderful race day. The location could be local trails or somewhere at a distance you seldom get to but remember vividly. Perhaps you derive joy and satisfaction from most occasions when you step into your bindings – lucky you!

This joy and well-being can be utilized in other areas of your life, as you can tap into the memory and feelings of that special ski. When you have challenges and need to improve your mood and calmness – think of that wonderful day. Center yourself in the feelings of that experience

before you go into that difficult meeting, exam, health care procedure, or whatever. Even if you don't have special challenges, you can use this technique to simply have a better day. Utilize the happy memory as a springboard for creativity, concentration, communication and connection to further uplifting thought. Your sense of well-being can assist others around you and improve relations.

As ski instructors we help you get more out of your ski experience by improving your skiing. As your capabilities improve the fun factor of skiing often increases. Better glide = more smiles! We'll offer a range of classic, skate and downhill skills courses again this season to suit many abilities and requirements. We continually seek to improve our offerings. Instruction will begin December with good winter weather. Individual and group private lessons are available and are more suitable for some needs. Check the Adults tab on the SNSC website beginning late October for course and registration information.

To your skiing,
Bruce Simms, Adult Instruction Coordinator

SUNDAY FALL HIKES 2023 by Sheryl Riis, Touring Co-ordinator 306-382-9462

We had four out of five spring hikes that were almost completely tick free! Now, the forests, and open grasslands, are beautifully tick-free, and waiting for us to meander through, on a Sunday. Thanks to a new volunteer hike leader, we are even starting to re-introduce some of our old hikes. Please let me know, if you too would like to volunteer, to lead a hike, clear trails, help maintain our huts, and outdoor biffies, create the winter wood supply.... It's thanks to our volunteers that we are able to enjoy all these amazing amenities!

All members are welcome on the hikes! We usually hike for about 12 km, with water breaks, and a lunch break. Some hikes are followed by a fall supper, wiener roast.... Please bring lots of water, a lunch, a sit-upon, hat and clothing layers, sturdy shoes, sunscreen, money for a supper (if

attending), \$10.00 per person, for the driver, for gas, if carpooling....

*Please connect to the Google Group, via the new website, under the drop-down menu:

Lessons & Activities. Click on "Hiking" and click on the blue high-lighted website "SNSC Touring Group, Groups.io message board. This will take you to the message board that members use for up-to-date hiking/skiing information. You are also welcome to post any trip possibilities.

See you on the trails!



HIKING SCHEDULE

Sunday, September 24 – Dana "Heartbreak Hotel" Hike/ Possible Supper in Saskatoon

Meet: 9:45 a.m. at the Saskatoon Field House parking lot, corner of College Drive and Preston Avenue

Leader: Cliff Speer 306-653-5693

-hiking about 13 km through varied terrain, east of Saskatoon, with gentle hills and a "unique" lunch spot

– followed by a possible supper together, in Saskatoon

Sunday, October 1 – Miner's Creek Hike/ Duck Lake Fall Supper

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

Leader: Hardy Menke 306-281-7666

– a lovely hike, of about 12 km, through the forest, with some open areas, and vistas

-followed by the Duck Lake Fall Supper

Sunday, October 8 – Thanksgiving – No Hike Planned

*People are always welcome to organize their own walk/hike. Please let others know via the Google Group.io.

Sunday, October 15 – Eb's Trails Hike

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

Leader: Sheryl Riis 306-382-9462

– hiking about 12 km of our 52 km of ski trails, in the Nisbet Forest, north of Duck Lake

Sunday, October 22 – Borden Hike/Langham Fall Supper

Meet: 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Height’s Mall parking lot, by the park

Leader: Sheryl Riis 306-382-9462

– hiking about 12 km through grassland, over sand dunes, and through wooded areas, near the North Saskatchewan River, with lunch beside the river.

– followed by the Langham Fall Supper

Sunday, October 29 – Redberry Lake Hike/Wiener Roast Supper

Meet: 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Height’s Mall parking lot, by the park

Leader: Jeff Thorpe 306-250-9266

–meandering around Redberry Lake and area

– wiener roast, after hike (wieners, buns, condiments, marshmallows, oranges, are provided)

*Please feel free to bring “extras” to supplement our meal.

Sunday, November 5 – Eb’s Trails

Meet: 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Height’s Mall parking lot, by the park

Leader: Sheryl Riis 306-382-9462

– hiking about 12 km of our 52 km of ski trails,
in the Nisbet Forest, north of Duck Lake.



YOUTH PROGRAMMES by Dan Fuller

Lessons will start in early December 3rd, 2023 and end in mid-March (depending on snow). Lessons are on Wednesday evenings and Sunday afternoons. Wednesday lessons will start between 6:00-6:30 p.m. depending on the age group of the athlete. Sunday lessons will start between 2:45-3:30 p.m. depending on the age group of the athlete. Registration fills up quickly every year. Registration will close by mid-November. Don't delay in getting signed up for youth lessons.

BUNNIES AND JACKRABBITS by Dan Fuller

Join the Adventure with Saskatoon Nordic Ski Club's Bunnies and Jackrabbits Youth Lessons!

Calling all young snow enthusiasts and their families!

The Saskatoon Nordic Ski Club is thrilled to announce the return of our Bunnies and Jackrabbits youth ski lessons for the 2023-2024 season. Registration will open in early October.

Our program is designed to introduce children to the joys of cross-country skiing in a fun and supportive environment. With expert coaching and carefully tailored lesson plans, we foster a love for winter sports while enhancing skills and fitness. But here's the exciting part: We need your help! To ensure another successful season, we're inviting parents to step up and become volunteer coaches. You

don't need to be a skiing pro; enthusiasm and a love for teaching kids is what matters most. It's a fantastic opportunity to bond with your child, make new friends, and contribute to our vibrant winter community.

By volunteering, you'll play a crucial role in shaping the next generation of Nordic skiers. Join us in creating unforgettable memories on the snowy trails of Saskatoon!

Ready to embark on this snowy adventure together? Email youth@saskatoonnordicski.ca to be part of something truly special. Let's make winter 2023-2024 unforgettable for our young skiers!

BLIND SKIERS NEWS by Stan Windels

Happy Trails from the Saskatoon Blind Skiers. We are planning on having our opening hike and Wiener roast on September 30th at George Kuntz's acreage. Our membership is dropping a little with 2 couples moving away.

We are in desperate need of new guides, spare guides and volunteers, for both hiking and skiing, even if you cannot come on all Saturdays.

Hiking will start on October 14, from 10 to 11 a.m., starting and finishing at the Roastery on Broadway and 12th Street. Optional coffee will follow at the Roastery. When the snow comes, Skiing will be at the Wildwood Golf Course from 10 to 11 a.m. on Saturdays.

More information please email:
Joanne.Ferguson@Sasktel.net.

All the best to you.