

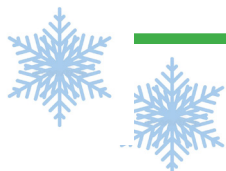


Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

November 2023



FALL FUN AND WORK OUT



Photos courtesy of Tom Wolf & Kate Germin

Photos courtesy of Alison Meinert

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

Tom Wolf

Youth Programs

Dan Fuller

Eb's Trails

Jelmer Wiersma

Communications

Dan Fuller

Touring & Hiking

Sheryl Riis

Instruction

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

Geoff Meinert



Geoff Meinert

Welcome to a new year with the Saskatoon Nordic Ski Club. We are a full-service club that offers lessons and programs to four-year olds to 80+, whether you are a recreational or competitive skier. The Club has its registration open for all its programs at:

Youth Lessons (Jackrabbits) <https://zone4.ca/register.asp?id=32944>

Adult Lessons <https://zone4.ca/register.asp?id=33585>

Grapefruit Cup <https://zone4.ca/register.asp?id=33343>

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

Our programming is open to ski club members only, so ensure you register to become a member (<https://zone4.ca/register.asp?id=32829>). Even if you don't want to partake in any of our programming, your membership allows the Club to continue to provide the highest level grooming of ski trails in the city and at Eb's Trails. There is a constant need for new grooming equipment as we replace our older fleet as well as the need for fuel and maintenance on our existing equipment. If you still don't want to become a member but like the trails that we groom, consider sending a donation via e-transfer to donations@saskatoonnordicski.ca

This is the first Kivilski as the newly elected President of the Ski Club. I'm looking forward to a great ski season. If you want to chat, you can find me skiing at Holiday Park coaching the Club's race team.

Thanks,

Geoff Meinert

Temporary Equipment Manager

The Saskatoon Nordic Ski Club is looking for a temporary equipment manager to cover a one or two months absence, dates to be determined. The volunteer should have experience repairing equipment. He/she should also have a truck capable of pulling a 12-foot trailer that is used to haul grooming equipment as required. Please contact Brian Anderson brian_anderso4@hotmail.com if interested.

EB'S TRAILS NEWS By Kate Germin

The ski trails are cleared of dead fall and mowed. We wait for snow that will stay. Due to high winds this fall there was a lot of big dead trees to clear! A lot of the water bodies are drying up so we were able to get the mower to most areas this year.

Thank you very much to Glen and Sandra Grismer for their development and dedication to the snowshoe trails around the north hut. Sadly, Glen passed away this past summer. He will be greatly missed! We appreciate Sandra Grismer, Ralph Bock and Jeff Thorpe for carrying on Glen's dream of snowshoe trails at Eb's Trail winter

wonderland. Woodcutting Day was a great success. There is lots of wood to keep us warm in the shacks. There is now a fine wood crib built behind the south hut.

Eb's Day will be planned, as usual, for the Sunday of Family Day in February.

Thank you to everyone that helped in getting the ski and snowshoe trails ready for another fine season of skiing.

Remember that hunting season is still open in the general area until the first weeks in December so it is best to wear bright colours.

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

Fall was full of a variety of excellent hikes! We started off observing picture-perfect fall leaves, during Cliff Speer's "Heartbreak Hotel" hike in the Dana area. With a +23°C day, it was hard even to complain about spraining my ankle. Hardy Menke revived Heather Bernhard's "Miner's Creek" hike. We have been missing this hike (and Heather). He did a great job of keeping us on track, and getting us to the very scrumptious Duck Lake Fall Supper – on time!

The Lobstick Lake hike was often led by Keith Pahl during my first years in the Club. Earlier, Gerhardt Freund, Jeff Whiting, and Ron Sereda had found the "cabin" and when the Club formed hikes, in 1985, it became a destination. The area was flooded for a number of years. It was great to be able to add this hike back into our repertoire!

We were surprised by the return of Bob Katarynych for the Borden hike. It was great to have him lead all 22 of us and took a lot of pressure off me. ☺ We had a delightful lunch by the North Saskatchewan River and an incredible fall supper in Langham!

The season ended with a hike on a dusting of snow, at Eb's Trails. Then, we roasted hot dogs, devoured Hallowe'en leftovers, and shared lots of tales of member adventures. Now it's time for a thick layer of snow and cross-country skiing!!!

*Please feel free to meet on Sundays, 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 for skiing. Also, connect to members on Google.io, via the website hiking/skiing pages.

See you on the trails,

Sheryl Riis



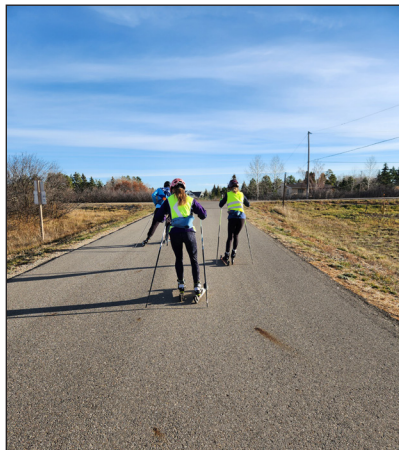
SASK LOTTERIES

HIGH PERFORMANCE UPDATE by Alison Meinert and Geoff Meinert



Saskatoon Nordic Race Team

The Saskatoon Nordic Race Team is our club's high performance pathway for young skiers working towards athletic success in cross country skiing. The race team consists of multiple training groups focused on developing physical conditioning, ski technique, and gaining racing experience. Athletes range in age from 9 to 23+ years of age. Our junior program is an introductory program designed for



9–14-year-old. As skiers progress they can graduate to the senior program which offers year-round training and racing opportunities. Fall training activities kicked off September 10th. This season we have 30 athletes training 3-6 days a week! Please visit the club website for more information about our programs.



Our on-snow training will kick off the week of November 13th with the team heading to Lake Louise for the annual CCS Lake Louise Training Camp. The trip is a favorite of the athletes (and parents!) who get to enjoy a week of early season skiing in the mountains.

This season our athletes are looking forward to a number of big events. Close to home Saskatoon Nordic will be hosting our annual Sask Cup February 3-4, 2024 at the Gordie Howe Sports Complex. Bigger out-of-province events include racing in Sovereign Lakes at the upcoming Western Canada Cup, Western Canadian Championships in Canmore and finally Canadian National Championships in Gatineau in March.

Best of luck to all our athletes at their races this season!

Alison Meinert

BUNNIES AND JACKRABBITS by Dan Fuller



Bunnies and Jackrabbits lesson registrations are now open. All the coaches are looking forward to a great season. If you know of any kids who would be interested in learning to ski we still have spaces available for Bunnies and Jackrabbits Level 1.

The new toque for the 2023-2024 season has been released. The toque was designed by 7 year old Rachel from Wostawea Cross Country Ski Club in Fredericton, New Brunswick. The design will be showcased on more than 10,000 Bunnyrabbit and Jackrabbit toques, including our athletes right here in Saskatoon, and across Canada this season.



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

Adult Ski Lessons 2023-24

- Course 1 Learn to Classic Ski Dec 11,13,17 7 pm Rob
Course 2 Learn to Skate Ski Dec 12,14, 19 7 pm Bruce
Course 3 Learn to Classic Ski Jan 12,17 & 24 7 pm Bruce
Course 4 Learn to Classic Ski Jan 9, 11 & 16 Afternoon classes. 1-3 pm Cliff
Course 5 Downhill Skills Jan 25, 30 7 pm & Feb 3 (Sat 1-3 pm) Bruce
Course 6 Skate Skills Improvement Feb 6, 8 & 14 7 pm Bruce
Course 7 Intermediate Classic Jan 11, 13 & 14 (Thurs evening, Sat & Sun daytime) Cliff

<https://zone4.ca/register.asp?id=33585> link to zon4.ca for course registration.

All classes max of 8 participants. \$90/course. Register early to avoid disappointment.

All courses at Gordie Howe Sportsplex ski facilities.

Participants supply their own equipment.

Class postponement and rescheduling do happen due to very cold weather or inadequate trail conditions.

Instructors want to make you a better skier!

Private lessons may be more suitable for some individuals and small groups. They are tailored to your needs and schedule. We can often accomplish a lot in these more focused lessons. Contact the instructors directly.

Bruce Simms 306-220-6967

Cliff Speers 306-653-5693

Rob Howse 306-370-3478

Here's to a snowy winter and happy skiers.

Questions and suggestions to...BruceSimms@sasktel.net

Adult Instruction

BLIND AND VISUALLY IMPAIRED SKIERS REPORT by Stanley Windels

The blind skiers fall hike and wiener roast saw eighteen people attend on September 30 at the George Kuntz acreage. Since then there have been four hikes along the Meewasin Trail. We meet at 9:45 a.m., starting and ending at the Broadway Roastery on 12th Street.

Our next hike from the same location is on November 18. We are pleased with the number of spare guides which are volunteering to help us, and hope that some of them will choose to become regular guides.

Again, we have access to Wildwood clubhouse this year, thanks to the Nordic Ski Club. We will meet there at 9:45 a.m. Saturday mornings, and ski from 10:00 a.m. to 11:00 a.m., likely followed by coffee in the clubhouse.

Our Christmas Ski and club-sponsored pizza Lunch will be December 9, at Wildwood Golf Course.

No Skiing December 23, or 30.

We are working on setting up a double teaching session in the new year, one for skiers (with help from guides) and one for guides.

New skiers and guides are always welcome. If anyone wants more information please email Joanne Ferguson at:

Joanne.Ferguson@sasktel.net

The Blind Skiers wish to thank **Saskatoon Co-op** for their financial support.
Happy and safe skiing!



The creation of the Wood Bin

Erected Fall 2023



finished!

Photos courtesy of Tom Wolf and Kate Germin