

Changes to Larch Hills Trails for 2004 – 2005

There are some changes to our trails for this winter. After lengthy discussion last winter and this fall and a Membership Survey, the November General Meeting passed motions implementing some changes. (Survey results are available in the minutes posted on our website.)

The significant changes – designating (a) **Sky Trail and Alder Lane**, and (b) **Panorama and Baby Moonwalk**, as combined skating and classic trails will not be noticeable from last year. Following the machine widening of these trails prior to last season, they were groomed to a wider standard that allowed for both skating and classic skiing. This made the hills safer for all as the center of the trail was now wide enough for snowplowing without wiping out the classic tracks (or having to dodge uphill skiers).

New for this year – **Panorama from Larch Lake Loop to Grand Vista** will be **one way**, as will **Ermine Frolic Hill from Jack Rabbit Lane to Short Cut**. **Baby Moonwalk and Heart Brake Hill** **continue to be one way trails**. In all instances these are safety considerations, on potentially high speed down hills.

Also new for this year, in keeping with a commitment to continuing “side by side” classic skiing where possible, and when there is sufficient snow, the track setters will try to set parallel classic tracks on the uphill (right) side of the **Main Road as far as Stig’s Loop**. We know that in some places the narrowness of the road will cause the inside track to be wiped out. They will also try to set side by side on the 1 K loop through Shortcut.

Please keep in mind that our Tracksetters are volunteers. Each operator will make track setting decisions in accordance with their best judgment according to the circumstances (weather, snow conditions, time, fuel, planned events, etc.) at that time.

The Trails Committee will be considering other possibilities for “side by side” Classic loops to possibly implement or experiment with this winter. In addition they will be seeking feedback from skiers over the winter, so planning can get underway for next season’s trails.

President’s Message

The LHNS is potentially on the brink of some changes. With Vancouver’s acquisition of the 2010 Olympics, the possible opportunity for some government funding exists—if we choose to seek it. Ideas being bandied about, for which such funds could be used, include electricity to the hill and acquiring land on site to build a track setter storage shed and a caretaker’s residence (to combat vandalism). Such developments could change the nature of the ski experience at Larch Hills.

The LHNS executive is seeking guidance from the membership. Over the next year or so, we would like to develop a long-range plan and vision for our society. To begin the process, round table discussions on selected topics will be initiated after the business portion of our club meetings. The intent is for club members to exchange ideas in a friendly, open, forum...a little brainstorming, so to speak.

It was decided at the October 19, 2004 meeting that we should organize a facilitated workshop for some time in February. Eventually a committee will be formed to investigate ideas further and to determine our priorities. You may wish to consider being a part of the process, as any decisions made will impact the future of our society. We hope to see some new faces and hear some fresh ideas at our next meeting: Dec.14, 2004, 7 pm in room #1 at the Salmon Arm Community Center.

Chris Letham

Be a Rabbit Coach and the Society will sponsor you to take the Coach Development Courses

The Larch Hills Nordic Society has a very active Rabbit program as evidenced by the full parking lot on Saturday mornings. This year, with the abundance of snow, the program got off to an early start December 11th. On Friday the 10th jackrabbits and their parents were invited to meet their fellow participants and leaders at the community centre. We have been fortunate that this fun program has historically attracted volunteer coaches easily. We provide tuition for our coaches to attend NCCP coach certification so that our children will benefit from consistent instruction from competent coaches. If you are interested in joining the coaching team as a helper or coach, please give Anne a call at 832-8625.

Tickets Selling Well For The Hipas Raffle

Be sure to buy yours in order not to miss out on the fantastic prizes:

1. Nordic season pass at Silver Star (\$160),
2. Guided tour of Larch Hills - includes rentals from Skookum's for 6 (\$120),
3. Family ski rental package from John's Ski Shack (\$66),
4. Eleanor Marshall stained glass original (\$200), 5. Eleanor Marshall stained glass original (\$100),
6. Ski Waxing Form designed by Luke Heckrodt (\$75)

Tickets are \$2 each or 3 for \$5, available at Skookum's, John's Ski Shack, at the LHNS meeting Tuesday night, and from HiPAS committee members. Let's show our support for our two current high performance athletes - Alysson Marshall and Jesse Heckrodt - who have already this season proven their hard work and dedication with terrific results in the Canada Cup at Sovereign Lake two weeks ago. We want to continue to build this fund to help out any LHNS athlete who reaches BC Team status and/or national team status as have Alysson and Jesse. Even if racing isn't your thing you've got to admit the prizes are fantastic and worthy of buying a ticket!



Our Community Is Growing

As the snow is accumulating on the trails and the trees don their winter skirts, Larch Hills Nordic Society memberships keep the postman busy. By mid-November we had already received over 60 % of the total number of membership received last year. We thank all of you for your early membership registration which helped to replenish our coffers in time to pay for the seasonal expenses. Congratulations to the winners of the early bird membership draw: First prize Bob Goodison (Skookum gift certificate), second prize was Ken Kolkind (a framed CCBC poster), and 3rd prize went to Joan Fiala (CCBC toque and CCC calendar).

Trail Hosts Program To Go Again This Season

We will be doing trail hosting between Christmas and New Year's and on weekends in January except the Loppet weekend. There will be two 1 ½ hour "shifts" - from 10am to 11.30 and from 11.30 to 1.00 pm. Anyone who is willing to do 1 or more shifts please phone John Henderson to volunteer - 832 4127.

Tracksetter Replacement

The club has been fund raising for a new Tracksetter and we would like to thank all of the donors who sent Tracksetter donations with their registration. Because the old Tracksetter has cost us over \$10,000 annually to repair and maintain over the last three years, we are hoping not only for a bumper crop of snow this season, but also for a bumper crop of donations to bring us closer to the purchase of a machine that can push, till and set beautiful white stuff.

As well as canvassing for donations, the Tracksetter replacement fund raising committee has been busy organizing other fun fund raising initiatives that can help you with your Christmas shopping.

Larch Hills Nordics logo embroidered garments FOR SALE:

Quality Canadian made Larch Hills Nordics logo embroidered Fleece Vests, Micro Fleece Half Zip tops, Long Sleeved Cotton T-Shirts and Youth's Hooded Sweatshirts in a variety of styles and colours are now available for purchase. Orders may be placed at Smart Imprinting & Promotions, 285-5th St. SW Salmon Arm, 832-3377. Profits go to the Tracksetter Replacement Fund. Sample tops will be on display and to try on at the December 14 Ski Club Meeting. See the Larch Hills Nordics website for details and an Order Form. Logo Design by Kari Toliver - Toliver Advertising & Design - Salmon Arm)



School Loppet Returns

As an active contribution to the lifestyle and fitness levels of the youth in our community the Larch Hills Nordic Society has decided to resurrect the SCHOOL LOPPET. Our main focus is FUN on Snow. There will be many draw prizes and lunch will be provided at the hill. This event is planned for Jan 21, 2005, the Friday after the Reino Keski Salmi Loppet and is open to all youth in Grades 4 to 7. Some of the area schools will be supporting this event by providing the bus transportation and teacher supervisors. Skookum Cycle & Ski will provide discount prices on ski rentals for the day. If you would like to participate as a volunteer, or if you would like more information please call Brian Smith at 832-2934, or speak to your school principal or teacher.

A Challenge From The Challenge Group

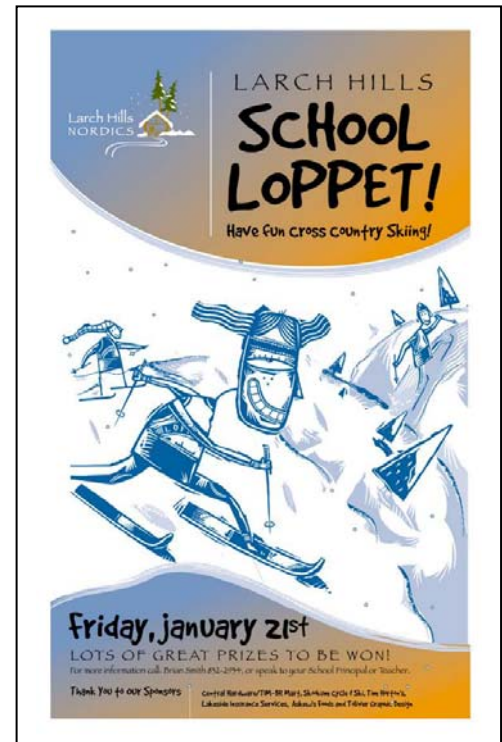
The Challenge Group is an extension of the BC Rabbit lesson program for LHNS members aged 12-16 (we have had members as young as 9 and as old as 19 with great success), who have completed the ski lessons and want to ski their Saturdays with other members the same age.

During the past few years, this exciting group has skied many of the ungroomed trails at Larch Hills: Tree Beard's Trail, Ravens Ridge to Tom Jordan's Shelter, and Medford down to South Canoe. They've chased the major down hill sections of the Larch Hills ski area (Panorama, Sky Trail, Roller Coaster, Hot Shot, and Camels Hump) over and over again. They've camped over-night in the main chalet doing a moon light ski, and they have made off mountain trips to Silver Star, Sovereign Lake, and Mt. McPherson in Revelstoke.

So, what challenges would you like to try this season; a local loppet, build a snow cave, learn to telmark ski, or do an exchange with another cross-country ski club? The choice is yours, and so is the destination.

If you are interested, please call Lorne Hunter at 546-6158 (Armstrong) or Brian Samson at 832-7916. We would like to get started as early as snow permits...hopefully early December. We will call a group meeting to decide on the ski priorities for this season.

Register using the BC Rabbit form, check off the Challenge box, and dream of lots of early snow!



Help Needed for Lantern Skis

Volunteers are required to help with set up on Dec. 31 or on Jan. 1 evening for 1.5 hours in the Chalet or with Registration or with the Lanterns. Call Pat: 832-3492 or George: 832-9335 for details.

A Coordinator is needed for the planned Saturday, February 12/05 Valentine's Lantern Ski. Without a Coordinator this event will not happen. You will have an opportunity to see what's involved as the Coordinator by Volunteering for the January 1/05 Moonlight Lantern Ski. If you are interested in Coordinating the Valentine's Lantern Ski please contact Pat: 832-3492 or George: 832-9335.

New Maps Available

An updated Larch Hills Ski Trails Map (11" X 17"), showing all ski trails current to December 2004, will be available starting mid-December at Wickett Business Services, Skookum Cycle and Ski in Salmon Arm, and John's Ski Shack on Larch Hills Road. Cost is expected to be \$2.00 - \$3.00. This map is laser colour printed so ink won't run. Contours. GPS referenced. If you want the map laminated, to last longer, the cost is an additional \$3.00 at Wickett's or Mail Boxes Etc. in Salmon Arm. A "read-only" version of this map will be posted on the Larch Hills website.

A "print your own" (8.5" X 11") updated Larch Hills Ski Trails Map with no colours and no contours (ink may run when wet) will be posted on the LHNS website starting mid-December. Ski Trail descriptions and Ski Trail difficulty ratings will soon be posted on LHNS website.

Tracksetter **Replacement Fund**

So far this ski season (to the end of November) member donations have totaled **\$6,405.00** boosting the total funds earmarked for a new tracksetter to close to the \$50,000 mark.

On March 5, 2005 we will once again host our very popular season finale **Pot Luck Dinner, Auction and Family Dance**. So mark your calendars now. Please consider your skills and talents and what you might be willing to contribute to the auction table.

Thank you, to all of the members who have donated to the Tracksetter Replacement Fund.

Anonymous

Arnold Anderson / Lorraine Prosser

Lois Angle

Des and Karen Angove

David and Susan Askew

Ron Aubert

Darryl Auten

Beverly Ayotte and Warren Welter

Mike and Nancy Baxter

Ken and Lauris Black

Jim Boersma

Jack and Gayle Bowers

Frank Bristol

Gary Brooke and Sunni Berger

Cam Brown

Marie Bruce and Bliss Innis

Louise and Hermann Bruns

Fred Busch

Jim and Diane Cadden

Janice Cannon and Gordon Milne

Blaine Carson and Judy Murray

Rod Chorneyko and Mariane

Armstrong

Al Christie

Ian and Wendy Clay

Joan and Randy Cleveland

John Coffey

Lynne Collins

Chuck and Yenny Connor

Jim and Kathi Cooperman

Barbara Cousins and Bill Smith

Roy Dagneau

Pat and Dave Danforth

Roy and Judy Decker

Anne Dixon

Celia Dyer

Christina and Abbas El Gazzar

Luke and Pam Engel

Ron Everest

Sharon and Steve Fabro

Joan and Russ Fiala

Sue and Mick Ford

Lloyd and Sue Gairns

Steve and Lynne Gordon

Hilary Graham and Marino Bordin

Terry Hammond

Ron Harder and Diane Gamble

Mona and Al Hardy

Val and Barb Heckrodt

John and Joyce Henderson

Keith and Laura Hepburn

Brian Hillson

Mary Hillson

Ed Hinman

Karen Hoover

Cathy Hopland and Jim McLellan

Alison Howatt and Steve Rodwell

Don and Betty Huntington

Pat and Christine Hutchins

Tammy and Robert Isaac

Chris and Kathy Jacobs

Joyce Johnson

Jackie Jones

Andre and Frederica Jotterand

Gary Kalloch

Adrian Kelly

Norah Kennett and Earl Holley

Erkki Keski-Salmi

David Kleer and Julie Bradley

Sue Kyle and Alan Bates

Garry Landers

Ron and Wendy Lawrence

Joanne and Doug Leatherdale

Chris and Tina Letham

Eldene Lindberg

Pam and Cedric Low

Keith and Rosalynn MacGregor

Doug and Hanne MacKay

Charles MacLennan

Kim and Susan MacMillan

Joan and Denis Marshall

Jim and Heather McConnell

Hugh and Marianne McCurrach

Ross McDonald and Joan Bratty

Lynn McKenzie

Ian and Fiona McLellan

Maureen McTavish

Betty Miede

Mitch Milgram and Pan Thomas

Joan and Bruce Mitchell

Kathy Moleschi

Peter Molnar and Pauline Waelti

Kurt and Adele Mueller

Elizabeth Murdoch

Anne and Jeff Nakagawa

Theresa and Michael Nielsen

Markku and Marianne Nikmo

Darlene Ogilvie

Megan Ollinger

Curt and Adri Otterstrom

John and Eileen Pagdin

Dave and Alle Palmer

Wilf and Pearl Pauls

Lee and Jos Penner

Manuela and Heino Peters

Debbie Phillips and Alan Bates

Colin Pike and Robin Wilmot

Loretta Prosser and Mervyn Krull

Stephen and Andrea Pyle

Isabel Reinertson and Phil Wright

Pam Rhine and Marc Simard

Helmut Rietzler

Dennis and Doreen Roberts

Theresa Robinson

Dave and Berniece Saunders

Alois and Estelle Schonenberger

George and Ilse Seiz

Roy Sharp

Earl Shipmaker and Irene Novak

Mary Sinhuber

Charles and Judy Smith

Dick Smith

Anna Stewart

Peter and Judy Stockdale

Jason Stupnikoff and Ariel McDowell

Gene and Cindy Tymkiw

Edna and Al Vinet

Raymond Wagner

Rudi Wendland

Martha Wickett and David Bischoff

Jan Wilkins

Lawrence and Mary Williams

Stephen and Christine Williams

Joe Wilson

Linda Wilson

Colby and Annette Woodhead

Derek and Wendy Woodhurst

Warren Wright

Lorraine and Richard Yntema

Chenghe Zhang and Xiuli Sun

John and Afke Zonderland

George and Jeanetta Zorn

**** Members making donations after December 1, 2004 will be listed in the January newsletter****