

President's Message

The chalet is now a really cosy, welcoming place beside the parking lot. Thanks to the chalet committee and all the volunteers who have worked to make it so great.

There is even some snow in the Larch Hills so I hope we'll be skiing by the time you receive this newsletter.

Some of our executive were wondering why we have a general meeting almost every month during the ski season. Marcia Beckner explained that we meet so all our members can get to know each other and so members can volunteer to help run the club. I certainly did not know every one at our last general meeting on Nov. 13. From now on, I'll ask anyone who speaks to identify himself/herself and I'll ask a few members to introduce themselves to us. This will help us get to know each other and it will certainly help me, your new president. We also meet to hear what is happening in the club.

At the Nov. meeting, we heard from the Junior Racing team – off to a good start, from the Loppet committee who are already hard at work planning the next Loppet for Jan. 19.

The Ski Swap was a big success. (and a lot of work). A lot of winter sports equipment was redistributed and we started the ski season with over \$1200 profit. Thanks to Randy Clevland and all his volunteers. It was a good place for people to register with our registrar, Tom Marshall and it was a good place for the Jack Rabbits to register too. We wonder if it would be better to hold the Ski Swap a little later next year.

Several hotels/ motels now are offering cross country ski packages and Adelheid Bender of Tourism at the CSRD has put together a great brochure which I'll have at the next general meeting.

Eileen MacDonald is resigning as Coaching Coordinator so if we want this service, we need someone to volunteer.

There is an Okanagan Nordic Racing Society to which we have been invited to send a representative. Anyone interested?

The lantern Ski has been postponed until some time in February. Is anyone available to co-ordinate it?

Thanks to Skookum and John's Ski Shack for \$25 gift certificates for early bird draw on Nov. 13th. Also, thanks to Vivian Morris for assembling the October newsletter in Rod Charlebois' absence.

How can our members get more involved in the club?

If you are interested in track setting, phone Blaine Carson (833 4008). Blaine or Peter Molnar (833 0325) would like to hear from you if you could help with the Santa Cruise Race.

Contact Frank Bristow (546 2983) if you want to help with the Fun Race on Sunday, Jan.6.

Do you want to go out with the Wednesday Wenches? Phone Marcia (832 3534), Tina (832 8676) or Joyce (832 4127) and they will welcome you.

John Pagdin (832 2946) or Clint Smith (832 7921) could tell you all about the Geezers. When they are not skiing or biking on Thursdays, they are often making repairs to our buildings.

Pauline Waelti (833 0325) would welcome anyone who wants to ski the loppet or who wants to help put it on

If you are new to the Larch Hills, Phil Wright (832 9517) will gladly link you up with someone to show you around the hill. He'd also like to hear from veteran members who would be willing to show newcomers around.

Mavis Jackson (804 4353) can help you get information on our web site. She can also put you in touch with the Junior Racing Team.

Call me (832 4127) if you want to be a trail host during the holidays or on a weekend. Let me know if you can help in other ways.

We have been working on developing Club Bylaws for at least a year. The 6th draft has been on our web site for over a month. We will be holding a vote to accept these bylaws at our next General meeting on Tuesday, Dec. 11.

I'm looking forward to receiving Phil MacIntyre-Paul's report on summer use of the Larch Hills. I know this report will contain recommendations for the LHNS on how to manage the Larch Hills, both in summer and in winter.

Thanks for your support. See you at the next general meeting on Dec.11.

John Henderson

Calendar of Events 2007 - 2008

December 2007

Friday, Dec. 7, 6:30 P.M. Parents' Evening Wax Clinic, "READY FOR RABBITS." For parents of

Jackrabbit children, how to prep and maintain your kids' waxless skis. No previous

waxing experience necessary. Please register for this free clinic at 832-3457.

Complimentary Coffee.

Saturday, Dec. 8 Jack rabbit start Tuesday, Dec. 11 Society meeting

Saturday, Dec. 22 Trail Host Program start Sunday, Dec. 23 Santa Cruise Race Saturday, Dec. 29 Lantern Ski Postponed

January 2008

Sunday, Jan. 6 Fun Race

Saturday, Jan. 12, 2 P.M. PRE-LOPPET WAX CLINIC! Please register for this free clinic: call 832-3457.

Bring your skis, questions & wax box up to JOHN'S Ski Shack and prep your skis for

the RKS Loppet.

Saturday, Jan. 19 Reino Keski Salmi Loppet

Tuesday, Jan. 22 Society meeting Friday, Jan. 25 School Loppet

February 2008

First week Newsletter

Sunday, Feb. 24th Ski orienteering race at Larch Hills. All are welcome, no experience required!

March 2008

Saturday, Mar. 1 LHNS windup - fun day – Sponsored by John's Ski Shack. John Thielman at 832-

3409 (home) or 832-3457 (shop).

Tuesday, Mar. 4 Society AGM

TBA JOHN'S Ski Shack, Demo Days. Try Salomon Skate gear, Alpina & Peltonen

products; at Larch Hills Chalet area.

Donate to Heart and Stroke Foundation on - line

For the past 23 years the Reino Keski-Salmi Loppet has been affiliated with the Heart and Stroke Foundation of B.C. and the Yukon. Over those years the loppet has raised thousands of dollars for the Foundation's valuable work in research and education. In this 24th year, fundraising for the Heart Fund has gone online. Fundraising participants are encouraged to register with our event online through **fitforheart.ca** and get their sponsors to donate online.

Here's the scoop: Go to the website **fitforheart.ca** There's a bar on the left in red and grey. Under "Registered Participants" click on "Find and event/register". That takes you to a list of events in B.C. Click on "Reino Keski-Salmi Loppet". That takes you to "Welcome to Fit For Heart - Reino Keski-Salmi Loppet". On the right you will see the list of Top Fundraisers. I am the only one listed since I am the only person who has

registered! On the left, under "Welcome Visitors", click on "Register Now". You may choose to: 1. Start a team; 2. Join a team; or, 3. Join as an individual. Or you may click on "Sponsor a Participant" - once there are more participants registered! To encourage younger folk to take part in this fundraising venture, both Individual and Team categories have been broken down into 17 & under, and 18 & over. Check out the "Thank you prizes for Fundraising" - lots of great incentives! If you raise \$50 online, you have a chance to win a bike!

However, fundraising the good old hard copy route is still an option with the Reino Keski-Salmi Loppet registration form available at Skookum's and John's Ski Shack. Either way, let's get out and make this a banner year for the Heart and Stroke Foundation and the Reino Keski-Salmi Loppet!

YOUTH CHALLENGE GROUP

A new year of skiing is very close and once again I am looking for new members to join the current Challenge group skiers. We have four, possibly five young skiers, ranging in age from thirteen to sixteen currently enrolled and would like to add four or five more to the group.

What or who is the challenge Group? Ten years ago, Nancy Bepple and Trish Wallensteen had a bunch of adventuresome skiers who were willing to take on the challenge of learning how to telemark skiing and how to stay safe in the back-country by learning how to camp out in the winter, how to dress, how to read the snow layers and build snow caves. As the years and the members of this group have changed so has the direction of the group. Some years the group have spent most of their time exploring the tracked trails of the upper levels of Larch Hills, the following year they wanted to chase the snow on the untracked trails, or travel to other ski areas such as Revelstoke or Vernon. At the beginning of each season the members decide where they would like to ski and what challenges they would like to take on. This year it would be a great challenge for the current members to show some new younger members their favourite ski trails.

So if you are twelve years or older, have taken all the ski lessons that you want to and would like to spend your winter Saturdays skiing the trails of Larch Hills with friends, please give me a call. Lorne Hunter at 250 546 6158 (Armstrong).

JACKRABBITS

It looks like all 120 jackrabbit spaces will be filled this season.

Remember we are planning to start on Dec. 8th at 10:30 am so think snow! Look for an e-mail from your leader a few days before the first session to find out what group you are in. The dates for this season are Dec. 8, 15 and 22, Jan. 5, 12 and 26, Feb. 2 and 9. Also, jackrabbits will have free entry into the loppet on Jan. 19. And don't forget your mugs for hot chocolate!

We will be running the *snow-goals* program again this season. This is to encourage kids to ski in addition to their jackrabbit sessions. Jackrabbits can earn stickers for their booklets by keeping track of the number of times they ski during the season. Also, there will be a tin in the chalet where rabbits can put a ballot for each day they ski (for a minimum of one hour for jackrabbits, half hour for bunnies, not including time in lessons). The more days you ski, the more chances you will have to win prizes. Only one entry per day is permitted. We will once again be giving out prizes from our local ski stores, Skookum and John's Ski Shack, and the most exciting of prizes, rides in the tracksetter!

One way to enjoy extra skiing will be to stay after jackrabbits to try out the new adventure trails behind the chalet. We have built a network of ungroomed trails on the hillside - the less adventurous should stick to the upper trails going across slope, more adventurous souls can try their luck through the trees down the fall line. Len Sept of *LA Sign* has made us no less than 26 fun signs showing all the jackrabbit group animals on skis. These will be placed around the adventure trails once the snow flies for the amusement of young and old skiers alike. We hope this 'terrain park' will provide a fun environment for the purpose of improving a skier's balance and agility. Keep your eyes open as there are many intersections, and once there is enough snow we might even throw in some jumps and bicycle bumps to up the ante!

Chalet gets a makeover

No doubt, Mike Holmes would approve. The chalet, after being moved to a position of prominence overlooking the start/finish area, has had a facelift. Over the past several months many volunteers have scoured the inside and outside of the chalet cleaning, adjusting, fixing, changing, adding, painting and in general improving in dozens of ways, large and small. The result looks like a brand new building ready to serve the needs of the club for some years to come. Thanks are due to the many volunteers who gave generously of their time and talents to make this happen. The picture was taken Nov. 23. Here's hoping there will be a lot more snow adorning the chalet very soon!





Larch Hills Junior Racing Team First day on snow, at cloud level atop Silver Star

We're finally on snow!! Saturday November 17th, the Larch Hills Junior Racers were out in full force at Sovereign Lake for their first practice of the season on skis. The snow was a bit skimpy in places, but as we gained altitude conditions got better and better. It was great to see the smiles on the faces of the kids and coaches, as everyone was obviously happy to back in their element again. The yellow jerseys seemed to be dominating the trails, and our numbers drew comments from some passers by. New recruits continue to come in, and we are now up to 32 registered racers! Fortunately, we have three dedicated coaches, Phil, Donna and Brian, with energy and enthusiasm to match the racers.

Practices will continue at Sovereign Lake until we have enough snow at Larch Hills, which hopefully isn't far off. A group of our juvenile aged skiers (14-15yrs) will compete in their first race of the season next week. Sovereign Lake is hosting a Nor Am Canada Cup event on December 1st and 2nd with a distance skate race on Saturday and classic sprints on Sunday. Skiers from across B.C. and Alberta will be competing. On the following weekend, many of our racers will be staying at the hostel at Silver Star and participating in a weekendlong Okanagan Regional Snow Camp together with young racers from other clubs around the region. So, there will be plenty of opportunities to get on the snow and get those ski legs back in the coming weeks.

Thanks to our sponsors

This is the design for the lycra bibs that are being prepared for the Loppet this year and years to come. Thanks to Askew's for a major contribution to this project.. (The remainder of the cost was paid by the race team, the loppet and the club.)

We also wish to thank the Salmar Movie theatres for their contribution which has made possible the purchase of portable canopies which will shelter the food service area at the loppet.

