

# Larch Hills NORDICS

October 2009



## A Message from the President

We've seen snow on the Fly Hills so I hope this has started you thinking about the coming X-country Ski season. This is going to be an exciting winter for our sport with the 2010 Olympic Games and the best of the World coming to B.C. racing at the Callaghan Valley X-Country Ski Centre. I hope many of you will be able to see the best in the world compete at the Games right here in our home province.

The 08/09 Ski season in the Larch Hills was excellent in every respect with good snow conditions, grooming, events, programs, and activities. Thanks to all who were instrumental in such a banner year. Particularly, thank you to John Henderson our now past president who stepped down after 2 years of very good leadership and many accomplishments during his time as President. Also, a big thank you to Tom Marshall who served as registrar for many years. This past year was a record membership at 963 so we are still the 3rd largest club of 52 in the province. Our membership fees are still among the lowest in the province. The reason we are able to maintain facilities with such low fees is our large membership, donations and an army of willing volunteers, keeping our costs at a minimum.

Another source of revenue we have received is lottery grant monies. This year we did get a grant of \$24,500 before the freeze was placed on further granting by the Provincial Government. This grant source is uncertain for the future with the cut backs. The grant was very timely as we were faced with a large expense which had not been budgeted for this year, that of drilling a water well. Our caretaker Pauline Hickson's water supply has been from a surface seepage well which ran dry during our long, hot summer. Drilling a well was something we didn't intend to do this year but with this water challenge situation we decided to go ahead. This was a \$28,000 dollar expense which solved our water problem and was necessary for future indoor washrooms in our Chalet basement. For this reason we are starting the year with lower reserves in the bank than in past years so we are counting a healthy membership again this year. Your early registration is especially encouraged as costs start to accrue as the season begins.

We have decided to use Zone 4 on-line registration starting this season which will greatly reduce the time and effort required for our registrar to enter data. We are one of the few clubs in the province which has not gone to Zone 4 for registration so it is certainly the trend. You will be emailed or sent the instructions for the new method of registration. (or see box above)

**Cont'd Page 2 See:President**

## NEW THIS YEAR Online Membership Purchase

We are very excited to announce that online membership purchase is now available at [www.zone4.ca](http://www.zone4.ca) or by following links on [www.skilarchhills.ca](http://www.skilarchhills.ca)

This is the preferred method of membership purchase. Please register and pay online with credit card. Cheque payment option is available but online payment is preferred. For those without internet access at home, the local library offers free high speed internet. Please note the minimal fee with online payment to cover zone 4 costs (\$4 - \$10 depending on membership category)

New users: Log on to [www.zone4.ca](http://www.zone4.ca) select the [online registration](#) tab, scroll down to find and select Larch Hills Nordic Society under [Club Registrations](#) heading, complete step by step registration process - it's just that easy folks.

There will be **early bird registration** prizes again this season. Anyone registered by the Nov. 24th general meeting will have a chance to win:  
A free membership from LHNS  
Gift certificate from Skookum  
Gift certificate from John's

## The Ski & Board Swap

Saturday October 24, 2009

11 A.M. to 1:30 P.M.

Gathering Place - Kings Christian School

Early Equipment Drop-off at Skookum Cycle & Ski  
Monday October 19 until 5 P.M. Friday October 23

Sign-in 8-10:30 am

Sales 11 am -1:30 pm

Pickup 1:30-3pm

Downhill & XC equipment will be coming from both Skookum & Stussi Sport of Vernon.

**We are in need of volunteers. To help or questions call Allan Bahen 250-832-8484 or email [abahen@telus.net](mailto:abahen@telus.net)**

## Schedule of Events 2009 – 2010 (suitable for framing or sticking to fridge...)

OCTOBER	Tuesday, October 20	LHNS meeting 7pm Community Centre
	Saturday, October 24	Ski Swap and Jackrabbit Registration The Gathering Place
NOVEMBER	Tuesday, November 24	LHNS meeting 7pm Community Centre
	Saturday, November 7	Take Back The Hill
DECEMBER	Saturday, December 12	Jackrabbit sessions start
	Sunday, December 13	Santa Cruise
	Wednesday, December 30	Lantern Ski
JANUARY	Sunday, January 3	Fun Race/BC Games Qualifying races
	Saturday, January 16	Reino Kesi- Salmi Loppet
	Friday, January 22	Pirate Loppet (School Loppet)
FEBRUARY	Tuesday, February 2	LHNS meeting 7pm Community Centre
MARCH	Tuesday, March 2	LHNS Annual General Meeting 7pm Community Centre
	Saturday/Sunday Mar. 6-7	Midget Championships
	TBA	Windup, Fun Day and Pot Luck

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### President (Cont'd from Page one)

Also installed this summer was an alarm system in the Chalet and an alert as to any vehicles or persons entering the parking lot. This has been very effective in preventing any abuse or vandalism to our property. As well we have installed a sign at the entrance to the parking lot to inform people that the parking lot is closed between the hours of 10:00 PM and 7:00 AM unless authorized by the caretaker.

There was much summertime use of the area. Temporary summertime horse corals were put up by the back country horsemen so there was an increase in the number of horse people on the trails.

Our outstanding female competitive skier from our club, Alysson Marshall, continues to excel and was once again awarded the CCBC Female Athlete of the year. Also, Alysson was honoured by having been named by the Salmar Association here in our community as co-recipient of the annual Salmar Association Award.

Our outstanding local male skier, Jesse Heckrodt, was just recently named by CCC to the 5 member B.C. team of

forerunners at the 2010 Winter Olympics. The forerunners ski the race course prior to all the race events during the Olympics.

Our Junior Racing team continues to do very well with many dedicated leaders and young skiers. This season the Club will be staging two major events, the B.C. games trials on Jan. 3, 2010 and the B.C. Midget Championships March 6<sup>th</sup> & 7<sup>th</sup>.

Those who have adopted trails to clear, now's the time. If you haven't adopted one and need direction as to which to clear, contact Gullan Hansen 250-832-3534 The better prepared the trails are before the snow arrives, the better and sooner the track setting.

The ski season is just around the corner and I am looking forward to another banner year up in Winter Wonderland in the Larch Hills. See you on the trails.

*Jim Beckner*

## Reino Keski Salmi Loppet

Our 26th Reino Keski Salmi Loppet, and annual Heart and Stroke Foundation fundraiser, will take place **January 16<sup>th</sup>, 2010**. Make plans now to fund raise, participate, and/or volunteer to help with the organization of the LHNS' premier, mega event.

Preliminary planning for the Loppet begins in early November. Please consider joining our friendly and dedicated committee. We are in need of two or more persons to take over as:

**Chief of Awards:** Responsible for the Wine and Cheese and Awards Ceremony

**Chief of Advertising and Promotions:** Responsible for media advertising and getting the race results to the media

Brian and Pat Kassa have done great work for the past 12 years. They have stepped down but have left very clear instructions about the duties in the form of time lines, resources, responsibilities, etc. Pat and Brian also say they will be happy to answer questions about either position and be available to mentor if you think you might be interested.

Please contact Pauline for more info. 250 833-0325 email: [pdwaelti@sunwave.net](mailto:pdwaelti@sunwave.net)

### WANTED: CO-ORDINATOR for February Lantern Ski

Larch Hills Nordics' "Moonlight Lantern Ski" is planned for Wednesday evening, December 30 – the night before the full moon. Thanks to all LHNS members who have volunteered to host this Club and Community event over the past 15 years!

Would someone from our Club be willing to COORDINATE a Valentines Lantern Ski at Larch Hills possibly on Saturday, February 13, 2010? There are lots of willing volunteers if a Co-ordinator steps forward. You could work with the crew that will host the Dec. 30<sup>th</sup> Lantern Ski to learn what's involved.

If you are interested please contact LHNS President, Jim Beckner at 832-3534 for more details **by November 11**. Lanterns are cleaned and fuelled with kerosene in mid-November. A full lantern will remain lit for two lanterns ski evenings. We need to know how full to fuel the lanterns so we don't waste kerosene. Thanks.

## Trails and Tracksetting

The trackset trails look in great shape thanks to the placement of concrete barriers and logs across the trails that are often abused. Two new gates were constructed by Dave Brubaker and are now on Gullan's Gulley and Frodo's Bog. Thanks, Dave, for doing that as well as the summer preparation on our various machines!

The new snowmobile and Ginzugroomer proved their worth last year in the capable hands of Tracksetter Wayne Buchanan. As the machines are heavy and not that easy to control it is a learning experience for the rest of us, but more practice this year. Pauline has also had a couple of lessons on the old snowmobile so she will be able to help out in an emergency.

A new trail has come our way thanks to Curt Olson and Glen Ritchie who have clear cut a section off the new Sentinel Loop Trail. Curt has constructed a spur trail over to Lidstone Connection so hopefully if Shuswap Outdoors approves we can take the Ginzugroomer over to the New Town View that has become so popular over the last 2 years. Last winter we went over the deep snow of the Clearcut, but as it has been

replanted that option has disappeared. Thanks to Phil Wallenstein who scouted out the route with Curt!

A new Sprint Trail in the vicinity of the Chalet is also in the works, but not yet constructed, so watch for that! More excitement close in!

The Annual Take Back the Hills is scheduled for Saturday, Nov. 7, 9:00 AM from the Parking Lot. Bring various tools and help remove rocks, level ruts, and remove branches and small bushes from the trails. Bring some finger foods and meet back at the Chalet at Noon for the first social gathering of the new season.

Collect your Auction items for the annual Santa Cruise to be held Sunday, Dec. 13th, 1:00 PM to support the local Food Banks. Enjoy the new season!

Blaine Carson

## Jackrabbits 2009/2010

### **Registration:**

This year jackrabbit registration is part of the general LHNS membership registration online at [www.zone4.ca](http://www.zone4.ca). **Deadline for jackrabbit registration is Nov. 30<sup>th</sup>**. You must be a member of LHNS in order to participate in jackrabbits. Look for the jackrabbit program information, and check the fee box (\$20 again this season) after inputting each child's personal information. If you have already signed up as a member, but didn't sign up for jackrabbits, you will have to call Abbi at the number below.

### **Dates:**

We are hoping to have enough snow to start sessions on Dec. 12<sup>th</sup> this season. Lessons will begin at 10:30am and run each Saturday (except Dec. 26<sup>th</sup>) until Feb. 13<sup>th</sup>. We will add an extra session on Feb. 20<sup>th</sup> if any cancellations occur.

### **Groups:**

Skiers will be grouped as closely as possible by age, experience and according to reports from last season for returning jackrabbits. Group size is limited to 10 children. This year in celebration of the 2010 Olympics, we will be naming our groups by country. Your group leader will contact you prior to the first session to let you know your group. Look for your country's flag when you arrive at the hill.

### **Parental Involvement:**

The jackrabbit program is entirely dependent on volunteers and parental involvement is required. Expect to hear from your child's leader to find out where your help is needed. Parents must accompany children 6 years old and under during their lessons.

### **Loppet:**

The jackrabbit program fee again includes entry into the Reino Keski-Salmi loppet which the children will participate in on Jan. 16<sup>th</sup> 2010.

### **Note:**

We are currently short at least two leaders for the season and are also in need of a hot chocolate coordinator. Please let us know if you can help. Groups will be filled in order of registration and without additional leaders, some children will not be able to participate.

### **Further Information:**

Check the Jackrabbit page on the Larch Hills website at [www.skilarchhills.ca](http://www.skilarchhills.ca) under the Programs tab or contact:

Abbigail May 250 832-7846  
Skill Development Coordinator

## Larch Hills Race Team Up-Date

The Larch Hills Race Team has been very active so far this fall thanks to their eager coaches, Phil Wallensteen, Donna Flatman and Brian May. The team was well represented at the B.C. Regional Dryland Training Camp in Kamloops in September. Activities included rollerskiing, ski walking/hiking, core strength training, running and orienteering over the course of the weekend-long camp.

The regular fall training schedule involves at least two weekly practices for the younger members, while the older athletes have training activities almost every day. Regular group activities include roller skiing, hill bounding, ski walking, biking, running, strength and agility exercises. In September, many of the racers and their families participated in a day-long mountain bike adventure along the "Larch Hills Traverse" from Salmon Arm to Sicamous.

We are getting organized to host two provincial races at Larch Hills this 2010 season: The Zone 2 Trials (qualifier race) for BC Winter Games on January 3rd, and the BC Midget Championships on March 6-7th. If any club members are interested or able to assist us with either of these races it would be much appreciated! Please contact Carl Flatman (832-1362) or Louise Bruns (833-9552).

The team has had several new recruits this season, and to date we have approximately 30 racers registered. It's exciting to see such strong and growing interest in the sport, and with all this fall training under their belts the racers are looking forward to a great season on snow. They'll be up on the hills as soon as the first snow flies!

Louise Bruns