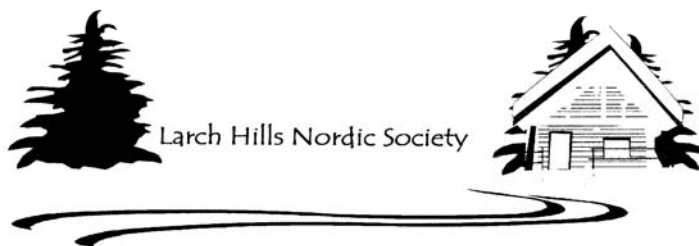


October 2006



October 2006 President's Message

October has arrived and preparations are under way for another Larch Hills cross-country ski season. Direction was given by the Society membership at the AGM in March to move our chalet to a more user-friendly location above the parking lot. Arrangements are currently being made for the relocation, and if all goes as planned, should occur this fall – a noticeable change for skiers to start our season.

A reminder that prompt membership renewal helps with the organization of our planned activities and preparations. Memberships received before the November 14th general meeting will qualify you for the 'early bird' prizes to be drawn that evening.

Please mark November 4th on the calendar as the date for the annual Take Back the Hills Trail Preparation work party. Meet at the parking lot at 9:00 AM.

I look forward to seeing everyone at the Ski Swap, on October 21...a good place to drop off your membership forms. Location and details are in this newsletter.

I am happy to entertain any questions, ideas, or concerns you might have pertaining to the Larch Hills Nordic Society. You can contact me at 832-8676.

Sincerely,

Chris Letham

Larch Hills Nordic Society's

SKI SWAP

(Down Hill, Cross Country, and Snowboard)

Saturday, October 21, 2006

The Gathering Place (350-30th St. NE)

| | |
|-------------------|------------------|
| Equipment sign-in | 8:00 to 10:00 am |
| Sales | 11:00 to 2:00 pm |
| Pick-up | 2:00 to 3:00 pm |

Early drop-off at Skookum Cycle and Ski
Oct.16 thru Oct.20

For further info: Dave Wallenstein 832-7740

**Membership Renewal
and sign-up for Jackrabbits
and Challenge Program
available at the Ski Swap.**

Attention Parents of Jackrabbits!

We hope to have another great Jackrabbit season this year. Thank you to Anne Nakagawa for all time spent coordinating the program in years past. Her daughter is now well beyond the bunny stage, and Anne is taking a well-deserved break!

There are a few changes afoot that the LHNS executive and your Jackrabbit coordinators would like to pass on. New CCBC regulations regarding coaching have made it more difficult to recruit coaches, putting some strain on the program. Additionally, the club executive feel that in order to maintain a quality program, the groups must be kept small.

This year, there will be a maximum of 10 children per group. **We are a volunteer organization** so parents; please step forward as a coach or helper if you are able. Volunteer coaches will be supported by the LHNS in obtaining the skills required.

Registration will take place at our Ski Swap on Oct 21/06 and at Skookum Cycle and Ski and John's Ski Shack. You can also download the form from the Society website and forward it, with fees, to the club. Because we may receive more registrations than spots available, we will accept registrants according to the order 'first come (with full payment), first served'. The **firm** deadline for all registrations will be Nov. 30/06. We hope enough people will volunteer to coach to enable all children to participate. However, *the maximum number of 10 per group will not be exceeded* . / 2

Jackrabbits from Page 1 We hope to start on Dec 9 if conditions allow. Coaches will contact Jackrabbits by email or phone during the first week of December with details for the season.

Jackrabbit Coordinators this year are Abbi May and Joan Bratty. **Please let Joan or Abbi know if you can help either as a leader or coordinator.**

(Joan 833-1950 Abbi 832-7846)

Teens: *Join the Challenge!*

The Challenge group is one of the best-kept secrets of the Larch Hills Nordic Society. Over the past years, this adventurous group of teenagers has had a great time skiing the trails of Larch Hills. Whether its finding the steepest down hill runs or enjoying the beauty and quiet of the untracked trails, these kids make Saturday mornings of the winter months something to really anticipate each week.

I would like to share this secret so that more of our young members have a chance to enjoy the excitement and fun of x-country skiing.

Typically, we have a pre-season get-together with group members and their parents to plan our Saturday morning outings. Each member can suggest a route or experience that we will attempt to make happen. We also plan a 'field' trip to an out-of town ski area, for example, Sovereign Lake or Silver Star where we can ride a lift to the top of the mountain and ski through the alpine, or to Mt. McPherson to experience different terrain.

We have camped over night in the Chalet and gone for a night ski by the winter moonlight. We have skied from the Larch Hills area down Medford Road all the way into South canoe---10 km of downhill skiing on untracked snow! We've gone the other way and skied down Mara Connection thru the clear cut below Willow Switch and followed the wide logging roads all the way to Larch Hills Road. Wherever we go, there always seems to be a snowball fight happening with me on the receiving end!

There are 5 or 6 members who have been with the challenge group for the past 3 years (ages running from 12 to 18) and they would *love* to have some new faces to join the fun and camaraderie. Parents are very much welcome to join our outings.

For more information please call Lorne Hunter 546-6158 (Armstrong).

LARCH HILLS NORDIC SOCIETY 2006-2007 CALENDAR OF EVENTS

October

- Society meeting - Oct.17
- Ski and sports swap - Oct.21

November

- Take back The Hills trail clearing
9 A.M. - Nov. 4
- Society meeting - Nov.14
- Newsletter - last week in November

December

- Turkey Glide - Dec.09
- Society meeting - Dec.12
- Santa Cruise - Dec.17
- Ski League start date - T.B.A.
- Moonlight Lantern Ski - Dec.30

January 2007

- Larch Hills Fun Race - Jan. 6
- Reino Keski-Salmi Loppet - Jan.20
- Society meeting - Jan.23
- Elementary School Loppet - Jan.26

February

- Newsletter - first week of February
- Dynamic Duo Race - Feb 11

March

- Larch Hills Wind-up Fun Day - T.B.A.
- Society AGM - Mar. 6

Larch Hills Updates. If you are not receiving Larch Hills Updates, e-mail news about Larch Hills activities, and would like to, write to info@skilarchhills.ca to be added to the mailing list.