

Larch Hills Nordic News

October 2004

A publication of the Larch Hills Nordic Society

PRESIDENT'S MESSAGE

Greetings Fellow Skiers!

The cooler, shorter days are telling us that it is time to start preparing for another season on the cross-country ski trails. Two noticeable changes in the administrative department this year are our new official name, the Larch Hills Nordic Society, and the fact that George Zorn has stepped aside as president.

Two years ago when I agreed to act as vice president, I was secure with the knowledge that George was doing such a great job he would likely be in the president's position for life and I could continue in a support role. However, at the March 2004 AGM, George officially stepped aside leaving me with the difficult task of trying to match his level of competency and efficiency. I know that my transition to the role of president will be easier due to the fact that George has left the organizational structure of our club in superb shape and I am assured that he will take an active role as past president...such that, as little as possible, I may foul up all the work that he has done!!! We all owe George Zorn a very sincere thank-you for his countless hours dedicated to the Larch hills Ski Club as president over the past three years.

At the AGM, as well as the name change to our club, our constitution was updated from the original document put in place in 1980. The incentive to make these changes is to more accurately reflect where the organization is today and how it has evolved and changed since its inception 24 years ago. It is also hoped that these updates may aid us in our efforts to obtain help from various government fund raising options---mainly in support of our track setter replacement efforts. Our web address remains the same at www.larchhillsskiclub.bc.ca.

Please help us by getting your membership renewal forms in as quickly as possible...you may even win one of our early bird prizes!

Feel free to contact me with any issues, concerns, questions, or offers to volunteer any talents that may make our club (oops, I mean society!) stronger. My home phone number is 832-8676. See you at our first Larch Hills Nordic Society meeting on October 19th, 7 PM; room #1 in the Salmon Arm Community Center.

Sincerely,

Chris Letham

Larch Hills Nordic Society's

Down Hill, Cross Country, and Snowboard

SKI SWAP

Saturday, November 6, 2004

The Gathering Place: 350-30th St. NE

Equipment sign-in 8:00 to 10:30

Sales 11:00 to 2:00

Pick-up 2:00 to 4:00

Early drop-off at Skookum Cycle and Ski Nov.2 thru Nov.5

For further info: Dave Wallenstein 832-7740 or

Dave Maxwell 832-4565 or Roger Houle 832-2702

"Take Back The Hills"

Trail Work Party

Saturday, October 23, 2004 - 9:00 AM

Larch Hills Parking Lot

Bring your rakes, gloves, and pruning shears.
Enjoy preparing trails for the upcoming ski season
with other Larch Hills Nordic Society members.

Larch Hills Nordic Society's

POTLUCK SOCIAL

Saturday, November 6, 2004 - 5:00PM

Scout Hall on Auto Rd. at 25th St.

Acquaint with new and old friends;

bring food to share,

and your own cup, plate, & cutlery.

Be present for the **Early Bird Membership Draw!**

JACKRABBIT PROGRAM

The Jackrabbit Program will commence as soon as there is snow on the hills. The program offers cross country ski lessons in a friendly, non competitive, environment.

JACKBUNNIES:- for 4 and 5 year olds

JACKRABBITS:- FOR 6-12 YEAR OLDS

The CHALLENGE PROGRAM is a back country ski program for more advanced skiers 12 years and older.

VOLUNTEERS ARE NEEDED to run this program,
please contact Anne for more information, 832-8625.

Larch Hills Nordic Society Calendar of Events: 2004-2005

October:

- ❖ Society Meeting: Oct. 19 – 7:00 p.m. Room #1 S/A Community Centre
- ❖ “Take Back the Hills” Trail Work Party: Sat. Oct. 23 – 9 a.m. until noon. Bring tools and work gloves.

November:

- ❖ Ski & Sports Swap: Sat., Nov. 6 – 11:00 a.m. to 2:00 p.m. at “The Gathering Place” (Dave Wallensteen, Dave Maxwell, Roger Houle).
- ❖ Pot Luck Social: Sat. Nov 6 - 5PM at the Scout Hall on Auto Rd. and 25th St.
- ❖ Society Meeting: Tuesday, Nov. 16 – 7:00 p.m. Room #1 S/A Community Centre
- ❖ Early Season Newsletter: last week of November

December:

- ❖ NCCP course; Intro to Community Coach: Dec. 3 & 4 (Eileen MacDonald)
- ❖ “Ski for All”: Sat. Dec. 11 (Chris and Tina Letham)
- ❖ “Turkey Glide” Family Fun Race – Win a Turkey! : Sun. Dec. 12 (Gullan Hansen)
- ❖ Society Meeting: Tuesday, Dec. 14 – 7:00 p.m. Room #1 S/A Community Centre
- ❖ “Santa Cruise” Family Fun Race and Food Bank Fun Raiser: Sunday, Dec. 19, 1:00 p.m. (Blaine Carson)
- ❖ Jack Rabbits Start Date:TBA 10 AM at Larch Hills Parking Lot. Seven Sat. sessions: (no session on Jan. 15 as this is Reino Keski-Salmi Loppet Day), (Anne Nakagawa)

January 2005:

- ❖ “Moonlight Lantern Ski”: Saturday, Jan. 1 – 5:30 to 9:30 p.m. (George Zorn / Patrick Shea)
- ❖ Larch Hills Fun Race: Sunday, Jan. 2 -- 1:00 p.m. start (Jim Maybee)
- ❖ Reino Keski-Salmi Loppet: Saturday, Jan.15 (Pauline Waelti)
- ❖ Elementary School Loppet: Friday, Jan.21 (Brian Smith)
- ❖ Society Meeting: Tuesday, January 25 – 7:00 p.m. Room #1 S/A Community Centre
- ❖ Mid- Season Newsletter: last week of Jan./first week of Feb.

February:

- ❖ Dynamic Duo 10 K Saturday, Feb. 5 (Jim Maybee)
- ❖ XC Fun Weekend, LH Nordic Society ski trip
- ❖ Valentine’s Lantern Ski: Saturday, February 12 – 6:00 p.m.
- ❖ Facilitated Club Workshop to discuss philosophy and future direction of our Society: Time and place TBA

March:

- ❖ Larch Hills Nordic Championships: March 5 - 10 a.m.
- ❖ Larch Hills Nordic Society Dinner and Auction: March 5
- ❖ Larch Hills Nordic Society AGM: Tuesday, March 8 – 7:00 p.m. Room #1 S/A Community Centre

Watch for updates to this Calendar of Events on the Larch Hills Nordic Society’s

Website: www.larchhillsskiclub.bc.ca and in upcoming Society Newsletters

Society Executive Contacts Chris: 832-8676, George: 832-9335, Clint: 832-7921,
John: 832-2946, Marcia: 832-3534, Patrick & Christine: 832-7242

TRESURER’S REPORT

Yes, the cash barrel needs refilling. Get your memberships in early, help out the club; and make yourselves eligible for the Early Bird Draws.

We had an enormously successful year, not only in terms of snow conditions and programs, but financially as well.

We had an unprecedented amount of income last year, thanks largely to your support; and from that, we were able to set aside \$35,000 for the purchase of a new tracksetter (our target had been \$13,000). We were also able to send our present tracksetter down to Kelowna for a complete overhaul this summer, investing over \$10,000 in the hopes that it might be more reliable this coming winter.

Thanks to all program and event organizers for staying pretty much within their allotted budgets. Their efforts were also critical for the financial success of the club last year, and helped put us well ahead of last year's Tracksetter Replacement target.

John Pagdin
Treasurer

SIGN UP EARLY.....and WIN

We encourage all skiers to get their 2004-2005 memberships in early. The cash barrel is in need of refilling for some very good reasons (see treasurer's report). As a way to show our gratitude for your role as early birds, the executive is offering the following incentives for getting your memberships in early:

First Prize: a \$300 gift certificate redeemable in merchandise at **Skookum Cycle and Ski.**

Second Prize: a professionally framed 11 x 17 inch CCBC poster, value of \$70.00

Third Prize: a CCC navy toque with logo, value \$20.

The draws for these prizes will be made at the Nov 6 LHNS Pot luck.

Please get your memberships in early to help out the club, and to become eligible for the draws.

"HELP WANTED"

Larch Hills Lantern Ski Coordinators

Coordinators are needed for the Saturday, January 1, 2005 "Moonlight Lantern Ski" and for the Saturday, February 12, 2005 "Valentine's Lantern Ski" for:

- * Chalet
- * Lanterns & Trails
- * Parking Lot Registration/Orientation

If you would like to work with a great group of Volunteers and have some fun Coordinating these areas of the Club's Lantern Ski Events please call George at 832-9335.

CROSS COUNTRY SKI COACHING PROGRAM

Cross Country BC has changed the schedule and format of the mandatory coaching certification courses for BC Rabbit leaders.

Formerly, all leaders required the minimum of the Level 1 technical course to coach BC Rabbits and recommended that all leaders complete the Rabbit Leaders course. These two courses will no longer be offered. They are being replaced with two new courses as follows:

- The Intro to Community Coach Course is a one day classroom course designed for coaches working with children under 6 years of age. As of this fall, Cross Country BC states that it will be mandatory that all coaches involved with this age group (under 6) either have the *old Level 1 technical certification* or the new *Intro to Community Coach Certification*. Since we will not be able to meet the minimum requirement of participants to run this course in Salmon Arm, all Larch Hills Ski Club coaches who need this course are advised to attend in Vernon on October 30th, or in Kamloops on Oct 23. The cost of \$45.00 will be paid by the Club for any Rabbit coaches.

Minimum age is 16 years old.

Contact Phil Graham in Vernon to register 250-503-2060, or Andrew Petersen in Kamloops to register 250-851-9816.

- Community Coach (16 hours): Similarly, as of this fall, anyone coaching children 6 or older will require the *old Level 1 tech certification* or the *New Community Coach certification*. The Community Coach Course involves a weekend of on-snow activities and is scheduled for Dec 10-12 in Salmon Arm. The cost is \$65.00 and is paid by the club for each Rabbit coach volunteer.

Minimum age is 16 years.

Similar to the old level 1 tech course, this course concentrates on improvement of individual ski technique. Interested people who are not Rabbit coaches are welcome to register, but the cost will not be covered by the club.

Contact Eileen MacDonald for details and to register 832-7167.

For further information please refer the Ski Cross Country 2004-2005 Magazine, or the CCBC website:

<http://www.crosscountrybc.ca>

Thank you

Eileen MacDonald, Larch Hills Ski Club Coaching Coordinator

"LARCH HILLS NORDICS" Apparel For Sale

Welcome to a new Ski Season at Larch Hills! Did you know that the Larch Hills Ski Club has become the Larch Hills Nordics Society, "LARCH HILLS NORDICS" for short? The members of the Larch Hills Tracksetter Fundraising Committee thank you

for your generous support last season! Together we raised over \$35,000 for a new Tracksetter! This season the Tracksetter Fundraising Committee is offering for sale four quality apparel items, each reasonably priced and embroidered with an attractive new LARCH HILLS NORDICS logo designed by Club Member Kari Toliver (on which your input will be requested).

The following apparel items will be available to look at, to try on for size, and a limited number will be available for purchase on Saturday, November 6 at the Ski Swap and the Early Bird Pot Luck Social that evening. You may also place your Order (for Christmas?) on November 6 at those two Larch Hills Events. Following that, you may make your Order directly with Smart Imprinting & Promotions - 832-3377 (285-5th St. SW, Salmon Arm - across the street from the south entrance to Centenoka Mall). Samples will be available to view and to try on at the Store. All profits go toward the LARCH HILLS NORDICS Tracksetter Fund.

1. Ash City Micro Fleece Half Zip Tops - 8 colours, Adult sizes: S-XL, 100% polyester. Women's Style #121403, Men's Style #221446. See the Ash City Apparel website for details and a Size Chart at: <http://www.ashcity.com>

2. English Bay Fleece Vests - 5 colours, Adult sizes: S-XXL, 100% polyester. Women's Style #4401, Men's Style #4301.

See these two websites for details:

Woman's Vest: <http://www.cataloguepage.com/catalogue.asp?cat=5&sub=47&sku=4401&ShowPrices=False>

Man's Vest: <http://www.cataloguepage.com/catalogue.asp?cat=5&sub=41&sku=4301&ShowPrices=False>

3. Gildan Ultra Cotton Long Sleeved T-Shirts - 17 colours, Adult sizes: S-XL, 100% cotton - 10 oz. Adult Style #3500. Youth sizes: XS-XL, 9 colours. Youth Style #240B. See these two websites for details:

Adult Long Sleeved T-Shirt: <http://www.cataloguepage.com/catalogue.asp?cat=1&sub=19&sku=3500&ShowPrices=False>

Youth Long Sleeved T-Shirt: <http://www.cataloguepage.com/catalogue.asp?cat=6&sub=45&sku=240B&ShowPrices=False>

4. Youth's Hooded Sweatshirt ("Hoody") - 4 colours, Youth sizes: YS-YXL, 50/50 cotton/polyester.

ANNOUNCING HIPAS RAFFLE!

Currently, the LHNS has two athletes competing at national and international level, and the HiPAS committee will be doing fund-raising throughout the year to help with their elevated expenses. For those of you unfamiliar with LHNS's HiPAS athletes: Alysson Marshall was named to the BC Team last spring - one of only five females on the team. She had been a medallist at the Nationals 2004. Jesse Heckrodt was named to the National Junior Team in the spring. He also had medalled at the Nationals, and had been over to Norway competing, as well as in the States. With the increased expenses of travel, equipment, nutrition, coaching, athletes at this level can use our help! Let's get behind these promising athletes!

THE RAFFLE:

Silver Star - Nordic seasons pass for 2005-2006 season (\$160) **Eleanor Marshall stained glass original (\$200)**

Skookum - Guided tour of Larch Hills Includes rentals for 6 (\$120) **Eleanor Marshall stained glass original (\$100)**

John's Ski Shack -Family ski rental package (\$66) **Ski Waxing Form designed by Luke Heckrodt (\$75)**

What a great line-up!! Tickets will be \$2 each, or 3 for \$5. Draw will be held at the LHNS meeting Tuesday, January 25/05.

Raffle tickets will be available at the Ski Swap, Saturday, November 6th and at the Pot Luck Social to follow that evening, at LHNS meetings (first one Tuesday, October 19th), Skookum, John's Ski Shack, and all HiPAS group members. (Marcia and Jim Beckner, Eleanor and Tom Marshall, Barb and Val Heckrodt)

Look for future initiatives by the HiPAS group - including the popular ski lessons lead by Jesse and Alysson last year - this year likely during Christmas break then again end of January. And, of course, our "First of the Season" Garage Sale at Piccadilly Mall in March.