



October 2005

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### **PRESIDENT'S MESSAGE**

This past spring and summer has been very different from previous years for your LHNS executive. We have not been able to put ski business on the back burner while awaiting the renewal of the new ski season.

At the last Society Annual General Meeting, direction was given from the membership to construct an on-the-hill track setter storage shed and to purchase a single pass track setter---wider than our current PB130. As a result, there will be a 2002 PB200 setting our tracks this winter and stored in a new, vandal-proof (we hope!) shed located on an access road just below the parking lot.

Also new on the hill is the completion of the upper end of the Ski Out road by-pass trail, approved in the fall of 2004. Skiers can now sail down behind the track setter shed, finding some delightful curves and corners as the trail crosses the creek and connects to the existing Thielman Ski Out. All this without having to remove skis and watch out for vehicles on Larch Hills Road!

Accomplishing these objectives has been made easier thanks to successful grant applications to the OPLS and the Gaming Commission. With these initiatives (totaling \$213,758), added to our well-supported Track Setter Replacement Fund, we will have a reliable track setter that is more accessible to the ski trails!

Acquisition of the grant funds enabled the LHNS executive to consider bringing power to the new storage shed, a big advantage for security and track setter maintenance. An application to BC Hydro's Uneconomic Extension Program was successful, and plans are proceeding to run a power line to the shed.

The purchase of a wider machine required that some trail work be carried out. All the trails that were previously designated as skating/classic are now ready for the 18-foot wide track setter. Concerning the classic-only trails: the executive felt that we would like input from the membership regarding any plans and alternatives for track setting patterns to these trails. In this regard, we invite anyone who has any thoughts or ideas about track setting patterns to partake in discussion scheduled for our first Society meeting of the season. As it stands now, the new machine will not fit on all the trails that were set last year. The meeting will be held Tuesday, Oct. 18<sup>th</sup> at 7pm in room #1 in the Salmon Arm Community Centre.

Another date to mark on your calendar is Saturday, Oct. 22<sup>nd</sup> for our annual Ski Swap held at the King's Christian School on 30<sup>th</sup> St. NE. We are hoping that this will be our biggest and best ever!

There will be "Early Bird" prizes again, for membership renewal, to be drawn at our "Pot Luck Social" on November 5<sup>th</sup>. It does help our planning and 'cash flow' to have those forms in as early as possible.

Sincerely Chris Letham

## Larch Hills Nordic Society Calendar of Events: 2005-2006

### **October:**

- ❖ Society Meeting: Oct. 18 – 7:00 p.m. Room # 1 S/A Community Centre
- ❖ Ski & Sports Swap: Sat., Oct. 22 – 11:00 a.m. to 2:00 p.m. at “The Gathering Place”
- ❖ Introduction to Community Coach course: Oct.28 and 29. Mandatory for Jackrabbit leaders. Contact Eileen at 832-7167
- ❖ “Take Back the Hills” trail work party: Sat. Oct. 29 – 9 a.m. until noon. Bring rakes, shovels, work gloves and pruning shears if you have.

### **November:**

- ❖ Pot Luck Social: Sat. Nov 5 - 5PM at the Scout Hall on Auto Rd. and 25<sup>th</sup> St.
- ❖ Society Meeting: Tuesday, Nov. 15 – 7:00 p.m. Room # 1 S/A Community Centre
- ❖ Early Season Newsletter: last week of November

### **December:**

- ❖ “Turkey Glide” Family Fun Race – Win a Turkey! : Sun. Dec. 4 (snow permitting)
- ❖ “Ski for All”: Sat. Dec. 10 -- Introducing new skiers to our trails
- ❖ Society Meeting: Tuesday, Dec. 13 – 7:00 p.m. Room # 2 S/A Community Centre
- ❖ “Santa Cruise” Family Fun Race and Food Bank Charity Fun Raiser: Sunday, Dec. 18, 1:00 p.m.
- ❖ Jack Rabbits Start: Date TBA, 10:00 a.m. at Larch Hills Parking Lot. Seven Saturday sessions --no session on Jan. 14 as this is Reino Keski-Salmi Loppet Day
- ❖ “Moonlight Lantern Ski”: Friday, Dec. 30 – 5:30 to 9:30 p.m

### **January 2004:**

- ❖ Larch Hills Fun Race: Sunday, Jan. 1 -- 1:00 p.m. start
- ❖ Reino Keski-Salmi Loppet: Saturday, Jan.15
- ❖ Elementary School Loppet: Friday, Jan.20
- ❖ Society Meeting: Tuesday, January 24 – 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. 11

## **March:**

- ❖ Larch Hills Wind-up Fun Day: March 4 - 10 a.m.
- ❖ Larch Hills Nordic Society AGM: Tuesday, March 7 – 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](http://www.larchhillsskiclub.bc.ca)

and in upcoming Society Newsletters

## **Society Executive Contacts**

Chris: 832-8676, George: 832-9335, Clint: 832-7921,  
John: 832-2946, Eileen: 832-7167, Dave: 832-7740, Mark: 832-6460

## **"LARCH HILLS NORDICS" Embroidered Apparel**

Support your Larch Hills Ski Club. Enjoy "wearing the snout out of" a comfortable Canadian made "Ash City" Micro Fleece Half Zip! These were very popular last season. Great for skiing, hiking, cycling, walking - just add a layer or two when the temperature drops. A versatile piece of clothing. There are 5 new colours for women (a total of 13 colour choices) and 2 new colours for men (a total of 9 colour choices). They're reasonably priced at \$65, taxes included, and embroidered with an attractive LARCH HILLS NORDICS logo designed by Club Member Kari Toliver.

Also available with LHNS logo : "English Bay" Fleece Vests, 100% cotton crew neck Long Sleeve T-shirt's and Youth Hooded Sweatshirts.



Limited quantities are available to look at and try on to help you place an Order with Andy or Barb at Smart Imprinting & Promotions - 832-3377 (285-5th St. SW, Salmon Arm - across the street from the south entrance to Centenoka Mall). All profits go toward the LARCH HILLS NORDICS SOCIETY.

"Ash City" Micro Fleece Half Zip Tops - Adult sizes: S-XL, 100% spun polyester, 270 gm anti-pill micro fleece. Women's Style #121403 (13 colours), Men's Style #221446 (9 colours). See the Ash City Apparel website for details and a Size Chart at: <http://www.ashcity.com> (Click on Ladies' Styles or Men's Style, then "Fleece", then choose Style # shown above)

A printable Order Form with more product info. is available on the LHNS website:  
[www.larchhillsskiclub.bc.ca](http://www.larchhillsskiclub.bc.ca)

## **Larch Hills Nordic Society's**

Down Hill, Cross Country, and Snowboard

### **SKI SWAP**

**Saturday, October 22, 2005**

The Gathering Place (350-30<sup>th</sup> 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 Oct.18 thru Oct.21

For further info: Dave Wallensteen 832-7740

**We still require a person (or persons) to shadow the organizers  
and to take over this position for next year.**

**Memberships, Jackrabbits, and Challenge Program  
sign-up will take place at the Ski Swap.**

## **Larch Hills Nordic Society POTLUCK SOCIAL**

**Saturday, Nov.5, 2005, 5:00PM**

Scout Hall on Auto Rd. at 25<sup>th</sup> 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!**

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## **Larch Hills Junior Racers**

**Dry land training has begun. New members welcome.**

Twenty-seven skiers have registered for the Larch Hills Nordic Race Team which is up & running with dryland training 2x/week. The race team accepts competent skiers (usually with jack rabbit experience) starting at age 9 based on a coach's assessment. Training is aimed toward team participation in competition. Anyone interested may contact head coach Phil Wallensteen @ 832-5125 or registrar Ellen Underhill @ 832-6178 for more information.

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## **Friday, December 30, 2005 "Moonlight Lantern Ski" at Larch Hills** **"HELP WANTED"**

Three Coordinators are needed to organize and to make preparations for the Chalet, for Lanterns & Trails and for the Parking Lot Registration/Orientation. If you'd like to work with a great group of Volunteers and have some fun please call George at 832-9335.

Enjoy a winter's night skiing on the Larch Hills trails lit by 200 kerosene lanterns! Visit with your skiing friends at our decorated Chalet.

