



Larch Hills Ski Club

October 2003

Larch Hills Ski Club - Box 218, Salmon Arm, BC - V1E 4N3
WWW.LARCHHILLSSKI CLUB.BC.CA

TRAIL IMPROVEMENTS TO HAPPEN EARLY OCTOBER by Tammy Thielman LHSC Newsletter Contributor

Thanks to a \$8600 Forest Investment Account grant, some popular Larch Hills trails will be improved for the 2003-2004 ski season.

Work will begin in early October and last for about two weeks. Most work will be done by local contractors, with a bulldozer and an excavator. Some landscaping -- like raking and pruning -- will be done by hand, by volunteers, after the machine work is completed. The point of the upgrades is to increase trail safety and allow better track-setter access.

"This is trail maintenance that's due," says project coordinator John Thielman. "There's more work that needs to be done, but we've prioritized the jobs that need to get done first and this is what we have funding for."

Some of the improvements are: Brushing will be done on Treebeard's Trail. Marathon Loop and Reino's Run widened and levelled; the intersection of Ermine Frolic and Hot Shot will be widened, levelled, and sloped. Panarama will get levelled. The intersection of Sky Trail, by Pentti's Shelter will be widened, sloped and proper water drainage will be installed. Larch Hills Road will be widened and culverts will be installed.

Work is slated to begin the first week of October, and will last about two weeks.

Thanks to Jeff Lipsett of Federated Co-Op for his help with the project and to all trail improvement committee members.

MEMBERSHIPS

The new ski season is almost here. Is it already time to start preparing for snow and wonderful winter?

As a club, we are grateful for the support of each and every member. You'll find a Membership Form for the 2003-04 season included with this newsletter. Take some time now to fill it out.

Check off any of the programs or committees that you'd like to volunteer for and your name will be passed along to the coordinator of that event or program.

If you wish to comment on something about the club please do so. Your comments are passed along to the club president who listens to what you have to say.

When your form is complete, attach your payment then:
- Mail it to Larch Hills Ski Club, Box 218 Salmon Arm BC V1E 4N3
Or - Drop it off at 'Skookum Cycle and Ski'

We accept memberships throughout the ski season but if you **get it in before the Potluck Supper on November 1st - you'll be included in the Early Bird Draw.**

Larch Hills Ski Club is happy to accept donations but at this time we are not authorized to issue receipts for income tax purposes. A receipt for your fees will be included with the next issue of the newsletter (if you read the newsletter on the website and would like a receipt please contact Christine).

Any questions? Contact Christine Hutchins at 832-7242 or email to: pnhutch@jetstream.net

Ski Club Social

Sat. Nov.1, 2003, 5:00 PM
Scout Hall on Auto Road at 25th St. NE

Enjoy the first event of the season: our annual Larch Hills Ski Club Pot Luck Social. Invite friends or prospective new club members to introduce to our cross-country skiing family. There will be a brief club update as well as the Early Bird paid membership draw. Please bring Pot Luck food to share plus your own plate, cup, and cutlery.

Great Early Bird Prizes!!!

Return your paid club membership registration prior to the Nov.1st Pot Luck Social to be eligible to win this year's fantastic early bird prize. Club members, Allan Bates and Debbie Phillips, have offered the use of their 'Snow Drift Inn' at Silver Star for two nights accommodation. There are 3 bedrooms—room for 12 people—and a hot tub for après ski relaxation! Don't miss out on this opportunity. Return your paid membership registration as soon as possible.

In addition, several prizes are being offered by both **Skookum Cycle and Ski and John's Ski Shop** for those who register early. It pays to be an earlybird! **See Page 2 for other prizes.....**

Evening Training Sessions Restart

In October we will be starting up a weekly interval session which will happen on a weekday evening in town. The interval sessions are intended for both the racing team and adults in the club who are interested in improving their Loppet times. So if you want to have a good workout and be motivated by a group of enthusiastic people, please come out and give these workouts a shot. If you are interested call Lizzy at 832-8705.

Skookum Cycle and Ski has donated the following prizes for the Early Bird Draw for early club registrants to be drawn for at the Club Social Saturday November 1, 2003

\$50.00 gift certificate for nordic clothing

A pair of composite poles (\$90.00 value.)

Other news from Skookum:

- ❑ There will be 3 Skate-ski demos this season: Sunday Dec.7, Sunday Jan.11, and Sunday Feb.8
- ❑ Hot wax clinics will take place Saturday mornings @ 9am starting Nov.15
- ❑ Skookum will donate 2 junior ski packages to be given to a boy and girl drawn randomly from Jack Rabbits who participate in the Loppett.

Challenge Program

The Challenge Program is offered by LHSC for its young members between the ages of 10 to 18 who have completed the Rabbit Program and wish to continue to ski Saturday mornings with other members their age. The program is designed for fun and leisure with the routes and destinations determined by the members. The past few years the routes have mostly been on non-track set trails, i.e. Tree Beards Trail, Medford Road to South Canoe (7km downhill!), and the circular route out to Tom Jordan's Shelter and back. We have also skied Silver Star trails into the Sovereign Lakes network and Mt McPherson in Revelstoke.

If this sounds like an enjoyable pastime for the winter season, register for the Challenge Program or contact Lorne Hunter at 546-6158 for further information.

Joint Executive and Budget Committee Meeting

Tues. Oct.14, 2003, 7:00 PM

The Budget Committee and club Executive will meet at John Pagdin's house: 1631-2nd Ave. NE, Salmon Arm. **Program leaders or event co-coordinators** who wish to have input to the 2003-2004 budget are invited to attend the first part of the meeting. Please contact John at 832-2946 if you have issues you would like discussed.

Early Bird Membership Prizes and LHSC Social Draw

Prizes have been donated by **JOHN'S Ski Shack**

Store Opening for the 2003/04 season November 1, 10:00 to 3:00

Weekends or call for an appointment: 832-3457

Early Bird Membership Prizes --

1 pr. MADSHUS Lillhammer 185 cm. Waxable Recreation Skis
Value.....\$199.99

1 pr. MASTERS Racing Poles 170 cm. Aluminum Shafts, Cork
Handles Value.....\$55.00

LHSC Social Draw Prizes --

5 Free Gourmet Canterbury Coffee and "Free Hot Ski Wax
Certificates Value \$12 each.

2 Free "Canterbury Hot Chocolate For the Family"

(Parents and children) Value.....About \$1 per person

1 Monogrammed Kelly Sport "Fleecy & Cuddly" Child's Vest,
Size 6 Value.....\$20

2 Ski Tops Ski Toques Value.....\$14 each

Downhill, Cross-Country and Snowboard

---Ski Swap---

Saturday November 1, 2003

Gathering Place (30th Street NE)

Equipment Sign-in 8:00 to 10:30

Sales 11:00 to 2:00

Pickup 2:00 to 4:00

Early Drop-off at Skookum Cycle and Ski Oct 27 to 31

Racers Report

The Larch Hills Junior Racers have started up again for another season of dryland training. The racers are enthusiastic this year and looking forward to an exciting racing season.

Over the last few years the number of coaches for the team has been slowly growing and we now have 7 coaches helping out with the racers. It's wonderful to see. If there are any kids in the ski club who are interested in having lots of fun, improving their skiing technique, and doing some races, they are more than welcome to try out the racing team and see if it's for them. Our racers range from grade 3 to 12.

If you are interested please call Lizzy at 832-8705 or Phil at 832-5125.

Larch Hills Ski Club Calendar of Events: 2003-2004

October

1. Pre-Season Newsletter and Membership mail out – 1st week of October
2. "Take Back the Hills" Trail Work Party -Follow-up to Trail improvements - Oct 18 - 9 AM-Noon - Bring rakes, shovels, work gloves, & pruners to finish dozer work
3. Club Meeting: Oct. 21 – 7:00 p.m. Room #2 S/A Community Centre

November:

1. Ski & Sports Swap: Sat., Nov. 1 – 11:00 a.m. to 2:00 p.m. at "The Gathering Place" (Dave Wallensteen, Dave Maxwell, Roger Houle).
2. Pot Luck Social: Sat. Nov.1 - 5:00 p.m. Scout Hall, Auto Rd.
3. Club Meeting: Monday, Nov. 18 – 7:00 p.m. Room #1 S/A Community Centre
4. Early Season Newsletter: last week of November (articles due Nov. 28)

December:

1. NCCP Level 1 Technical course: Fri., Sat., & Sun. Dec. 5, 6, & 7 in Salmon Arm and at Larch Hills. This course is required for all Jack Rabbit leaders. Contact: Eileen McDonald, club coaching coordinator or Anne Nakagawa, BC Rabbit coordinator.
2. "Ski for All" Saturday December 13 - Chris and Tina Lathem
3. "Turkey Glide" Family Fun Race – Win a Turkey! : Sun. Dec. 14 - (Gullan Hansen)
4. Club Meeting: Tuesday, Dec. 16 – 7:00 p.m. Room #1 S/A Community Centre
5. "Santa Cruise" Family Fun Race and Food Bank Charity Fun Raiser: Sunday, Dec. 21, 1:00 p.m. (Blaine Carson)

January 2004:

1. "Moonlight Lantern Ski": Saturday, Jan. 3 – 5:30 to 9:30 p.m. (George Zorn / Patrick Shea)
2. Jack Rabbits Start Date: Sat., Jan. 3 – 10:00 a.m. at Larch Hills Parking Lot. Seven Sat. sessions: Jan. 3, Jan.10, (no session on Jan. 17 as this is Reino Keski-Salmi Loppet Day), Jan. 24, Jan. 31, Feb. 7, Feb.14, & Feb. 21, (Anne Nakagawa)
3. Larch Hills Fun Race: Sunday, Jan. 4 -- 1:00 p.m. start (Jim Maybee)
4. Chalet Coffee House & Musical Entertainment -Youth Challenge Program fund raiser-: Jan. 9 - 7 p.m. (Lorne Hunter and Trish Wallensteen)
5. Reino Keski-Salmi Loppet: Saturday, Jan 17 (Pauline Waelti)
6. Club Meeting: Tuesday, January 27th – 7:00 p.m. Room #1 S/A Community Centre
7. Mid- Season Newsletter: last week of Jan./first week of Feb. (articles due Jan. 30)

February:

1. Valentine's Lantern Ski: Saturday, February 14 – 6:00 p.m.

March:

1. Club AGM: Tuesday, March 2 – 7:00 p.m. Room #1 S/A Community Centre
2. Larch Hills Race Day: March 6 - 10 a.m. (Phil Wallensteen)

Watch for updates to this Calendar of Club Events on the Larch Hills Ski Club's Website:

www.larchhillsskiclub.bc.ca

and in upcoming Club Newsletters

Club Executive Contacts

George: 832-9335, Dave: 832-7740, Chris: 832-8676, Val: 832-2928,
John: 832-2946, Marcia: 832-3534, Patrick & Christine: 832-7242