



# Caledonia Nordics Newsletter

Volume 8, Issue 1

Newsletter of the Caledonia Nordic Ski Club (CNSC)

September 2003

*People. Meeting people. Making friends with people. Watching little people become big people. Watching big people become little people. This is what cross country skiing and the Caledonia Nordic Ski Club are all about.*

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## President's Message

*Tim Roots*

Welcome to the 2003/04 CNSC season, I hope everyone has enjoyed their summer. Many of you will notice the new newsletter format. This is the work of our new newsletter editor, Monica Henriques whom I would like to welcome to the executive and state that she is already doing a great job. If anyone has any news or articles for the newsletter please send it to Monica (see pg. 8 for contact info).

As I write this in late August snow and skiing is still hopefully a couple of months off but we have to start preparing for the coming season. I would like to encourage all members to attend the AGM coming up on 24 September 7:00 pm. This is your opportunity to hear the highlights of last

year from the executives' perspective and hear firsthand the plans for the coming year. This is your opportunity to make your views known, vote for those you agree with and elect the executive for the next year.

I want to remind everyone that the CNSC is run by volunteers. First I would like to thank everyone who volunteered their time last year and second request more members

to volunteer to help in the coming year. We need people to fill executive positions (see pg. 3 "CNSC Executive Retirements") and generally get involved in the running of the club (see pg. 4 "Volunteers Needed").

More hands make lighter work for everyone. Please think about how you can contribute, give a member of the executive a call and show up at the AGM.\*

## 2003 CNSC Annual General Meeting

**Who: All Members.** This is your chance to have an impact on how your club is run!!

**When: Wednesday September 24th, 7:00PM**

**Where: Otway - Main Cabin (upstairs)**

*For more information please contact a member of the executive (see pg. 8 for contact info).*

## BC Championships 2003 Volunteers – Thanks!

The BC Championships were held at Otway on February 15 & 16, 2003. The weather and trail conditions were excellent. Thank you to Jim Weed and Sean Fraser for preparing the trails. The race was an unqualified success for both participants and organizers. The race report from Cross Country Canada's Technical Delegate reconfirmed this and further complemented the Caledonia Nordic Ski Club on their trail network and hospitality. Our performance at this race will go a long way to making our bid for the 2005 Nationals a reality.

The following race sponsors contributed to the success of the event: Spee-Dee Printers and NR Sport & Ski. Please show your appreciation by patronizing these establishments.

Without doubt, the success of the event is also due to the enthusiasm and competence of the

race volunteers. Over 90 volunteers helped out during the two race days. They are:

Carolyn Thorp, Beryl Nesbitt, Liesbet Beaudry, Pierre Beaudry, Don Cadden, Mike Smith, Janet Ames, Karen Peterson, Charlie Freeman, Brian Hatcher, Ludmilla Schnieder, Mary Bigec, Dan Brown, Carol Lamb, Connie Ireland, Norm Noel, John Ireland, Pierre Elliot, Gillian Recknell, Brenda McDougall, Mary Bigec, Erin Carlson, Allan Lamb, Heather McIntosh, Sylvain Martel, Dave Moleschi, Wendy Giesbrecht, Steve Lamble, Brian Kelly, Larry Rowe, Matt deNys, PGRCC (Prince George Regional Correctional Centre), PGYCC (Prince George Youth Containment Centre), Mel Dery, Erin Bates, Collette Beaulieu, Bruce Bennett, Sue Bond, Diana Bramble, Theresa Bramble, Ralph Bramble, Jim Card, Barb Conway,

Becky Easton, Kathie Eyles, Joan Finn, Pat Grove, Charlie Grove, Dane Hansford, Ruth Hansford, Ranjit Holat, Bill Hudyma, Wendy Hudyma, John Huybers, Sam Lau, Ian MacDonald, Cindy Manson, Heather Neumann, John Neumann, Linda Piovesan, Diana Thomson, Corinna Van Caseele, Cathy Whalen, Donna Witala, Chris Hawkins, Keith King, Sheena McCubbin, Tom McCubbin, Bruce Walkey, Jan Walkey, Larry Joneson, Lorne Hughes, Chuck Attwater, Ross Pearce, Chris Jackson, Peter Jackson, Brenda Benson, Mary Duck, Sherry Pooley, Sandra Hooge, Audrey Wood, Tom Kurhinen, Larry Cosman, Steve Wagar, Gayle Wannop, and The Canadian Ski Patrol—led by Gord Horning, Tim Roots. If we have left anyone out, please let us know so that we can give the recognition that you deserve. ❄

## Molsons Canada Local Heroes Program – Results!!

You may have noticed gravel trucks hauling to the stadium during September of 2001 and 2002. Molsons Canada provided the funding for the upgrading of the stadium trails through its Local Heroes program, a program which provides funding for individuals willing to take on projects to im-

prove their communities. The work will make portions of the stadium accessible throughout the year as well as allow earlier grooming and longer skiing!! Funding was also provided for creating a new cut-off trail for biathlon.

Thank you, Molsons Canada! Thanks also to Cal Benson and Jeremy Campbell for taking the initiative to improve our trails.

*For more information regarding the Local Heroes program please visit the website at [www.molsons.com](http://www.molsons.com) ❄*

## 2002 Spirit of Dedication Award Winner

The Spirit of Dedication Award was created in memory of Mike Reid, a member of the CNSC who was involved in all aspects of the club, and who died in August 1995.

The 2002 Spirit of Dedication Award was presented to **Bruce Bennett**. Bruce has been volunteering for races for years, been the chief organizer for a number of Skifests, served on the CNSC executive, is an active ski instructor, in addition to promoting the annual Beach Party. Here is what people wrote about this year's winner:

*"He deserves this award because I always see him out at Otway, helping out, coaching, encouraging skiers of all ages and abilities, running wax clinics... He has encouraged me a great deal personally, and is always full of expertise, advice, and encouragement..."*

*"He deserves this award because of his amazing enthusiasm and love for the sport of cross country skiing and the Caledonia Nordic Ski Club. Whatever is going on, he seems to be involved... He always has a smile on his face and is great with kids and adults..."*

Thanks Bruce!!

## CNSC Executive Retirements

Three of the present executive have announced plans to retire.

**Fiona Coy** has been Vice President for a couple of years as well as being a major part of the club coaching program. She plans to stay involved with the executive but would like to concentrate her efforts on coaching. Last year she was one of the BC Biathlon coaches at the Canada Winter Games and also coached at a training camp for biathletes in Vancouver in June.

**Joan Lasure** has filled the posts of Membership Director and then Treasurer over the last few years. She has put a tremendous amount of effort into setting up a fully

computerized accounting system. Although she is ready to back away from the entire treasurer role she can't quite give it up and has offered to keep tabs on the new accounting system by acting as bookkeeper.

**Mary Duck** has carried out the role of secretary for several years. During this time she has done an excellent job of keeping track of what goes on at executive meetings. Not always an easy task when things go well, she has coped well with power failures, recalcitrant computers and dreaded viruses. Mary is taking a break from the CNSC executive so that she can pursue

higher education while still teaching fulltime.

From Tim Roots: I would like to thank Fiona, Joan and Mary for the time and energy they have put into the club. It has been great working with you.

**Anyone who is interested in filling any of these positions please call any one of the executive** (see pg.8 for a list of the executive) **and come to the AGM.** A description of the positions can be found on pg. 45 of the Policies & Procedures Manual which can be accessed through the new website at [www.caledonianordic.com/manual](http://www.caledonianordic.com/manual).\*

## Choosing Skis for the Jackrabbit Program

Are your kids going to be in the Jackrabbit Program this year? Here are some useful tips to start thinking about ski equipment.

The Jackrabbit program teaches both classic and skating techniques. In order to pass the badge levels above yellow a Jackrabbit has to improve their skills in both techniques.

For the green and yellow levels buy classic skis that are either no wax (fish scales) or waxable skis (if you are comfortable waxing).

Above the yellow level the best type of skis to buy is either classic skis or combi skis, **not skate skis**. Classic skis work well for skating

but skate skis are hard to wax for classic and the binding is attached in a different place (more forward on the skis) at a different balance point. This makes it very difficult to ski classic technique on skate skis. For reference, all of the coordinators' children just have classic skis (we are trying to keep our costs down). This allows us the option of waxing for the technique being taught.

In the higher levels, the Jackrabbit leader lets the Jackrabbits know how to wax their skis (classic or skating) for the following week. It is tough on a volunteer Jackrabbit leader to have kids who are unprepared for class.

If you have a little more money the next most important thing to buy is skating poles. This allows the Jackrabbit to have the correct posture for skating, and if they keep skiing they will likely become classic poles in the future.

You can trade in at the CNSC Ski Swap (i.e. sell your used gear & buy larger stuff for your growing kids). The Ski Swap will be happening in October - date TBA in the next newsletter.

*For more information please contact Leisbet Beaudry at 964-3936.\**

## Volunteers Needed!

People are needed to make things happen. Please review the items below and contact a member of the executive to volunteer.

### Jackrabbit Tournament:

One of the activities we are planning for this year is a Jackrabbit Tournament possibly to be held in early January. The intention is to invite skiers up to 12 yrs old from the surrounding area for a day of fun races and games. Anyone interested in helping to organize?

### Gaming Funds:

Joan Lasure has put great effort into setting up books and computerized accounting. The intention of this is to meet the

requirements to allow us to apply for gaming funds. The program is now fully in place and we have a year's experience with it. The next step is to consider making an application for gaming funds. Anyone interested?

### Legacy Proposals:

With the 2010 Olympics coming to Vancouver/Whistler there may be Legacy money available to improve the club's facilities. Possible ideas include enlarging the cabin, providing a dedicated timing hut for races, replacing grooming equipment, building new trails or improving old trails. Anyone who is interested in working on any of these

proposals, has other ideas for improvements, or thinks they can help in the process of obtaining funding let us know.\*

## News Bite

Warren Burkinshaw has coordinated the development of a new lease agreement between the City and the club. The agreement, which should be in place shortly, covers the land occupied by our Biathlon Range, Race Trails and the upper part of our trail system. This lease should give us secure tenure and better control of this area.\*

## Officials Needed!! Certification Courses Coming to Prince George

Prepare for Nationals & Possibly the Olympics!!

A CCBC Level 1 officials course is being offered this fall in Prince George on October 25, with the Level 2 course being offered in Prince George on November 21-23. **Note that the club will cover the cost of these courses.**

The 8 hour Level 1 course provides an overview of what a cross country ski competition is all about, the support structure that is required to carry out an event of this kind, and a basic understanding of what "line officials" are and the kinds of duties they perform. This course

focuses on the duties of the minor officials and administrative officials for both Olympic Style (individual start, mass start, pursuit start, relay start and sprints) and Loppet Style (mass participation) events. The course also provides a general background in cross country rules & regulations and race committee structure. It is a prerequisite to the Level 2 course.

The 16 hour Level 2 course provides technical training for major and secondary officiating roles. This training is a must for the Chief of Competition, Chief of Course, Chief of Timekeeping,

Competition Secretary and Chief of Security at provincially sanctioned races and Loppets. The course focus is on the role of the Competition Committee. This includes all official race formats, both Olympic Style and Loppet Style events; rules and regulations; rule interpretation; electronic timing and all aspects of the results system, and volunteer management.

*Please contact Cal Benson at 564-2580 or Chris Hawkins at 960-5614 to register and for more information. ✨*



### Announcing the **NEW Caledonia Nordic Website:** <http://www.caledonianordic.com/>

A special thank-you to **Greg Prosser and Sticky Wicket Designs** for the new site design, layout and hosting!

Sticky Wicket Designs offers premium web site design, hosting and domain registration at competitive prices. Contact SWD first for all of your Internet advertising needs.

<http://www.stickywicketdesigns.com>  
[greg@stickywicketdesigns.com](mailto:greg@stickywicketdesigns.com)  
 250-613-6777

**STICKY WICKET  
DESIGNS**

## Challenge Group - New Name & Fall Training Schedule

To create a better social atmosphere for our younger skiers and competitive skiers of all ages we are merging the Junior Racers and the Biathlon programs in the upcoming season under the new name "**Challenge Group**"! This will create opportunities for skiers to participate in a range of events rather than segregating the different groups.

The Challenge Group is open to club members of all abilities and ages who are interested in challenging themselves towards personal bests through organized group training sessions in a fun, social setting. Upper level **Jackrabbits** and **Teen Skiers** who want more training are particularly encouraged to attend

the Tuesday evening fun strength sessions, but are also welcome at the other sessions.

Training sessions will include intervals, roller-skiing, on-snow skiing, technique improvement, psychological training, nutrition, as well as social events. There will also be the opportunity to prepare for and attend competitions if that is your goal. Anyone interested specifically in **Biathlon** should attend the shooting practices beginning in September. Note that shooting practices are open to club members 11 years and older.

The Challenge Group will also be working closely with the **Masters Skiers**. Despite the name, the

Masters Skiers are a group for people of any age and ability who want to train in a group at their own pace in a less competitive environment. Dryland training sessions for both the Challenge Group and the Master Skiers are starting now. See weekly schedule below for details.

Watch for announcements of more fall training sessions - check the bulletin board in the lower level of the cabin, and check the website.

*For information on the Challenge Group contact Jeremy or Fiona (563-0052). For information on the Masters Skiers please contact Jim or Val Weed (564-8293)\**

### Weekly Schedule Beginning September 2003

	Day	Time	Event	Contact	Phone
Masters Skiers	<b>TUESDAY &amp; THURSDAY</b> - starts Sept 4	5:30PM	<b>Run / Walk Training</b> (Otway)	Jim / Val Weed	564-8293
Challenge Group	<b>MONDAY &amp; THURSDAY</b> - starts Sept 8	5:00 - 7:00PM	<b>Ski-specific Intervals</b> (Otway) - bring short poles & runners	Jeremy / Fiona	563-0052
	<b>TUESDAY</b> - starts Sept 9	5:30 - 7:00PM	<b>Fun Strength Training etc.</b> (Edgewood School)	Jeremy / Fiona	563-0052
	<b>SUNDAY</b> - starts Sept 7	12:00PM	<b>Biathlon Shooting Practice</b> (Otway Biathlon Range)	Jeremy / Fiona	563-0052

#### Stay tuned for these other weekly events beginning later in the season:

- **Jackrabbits** (Tuesdays 6:30 PM & Saturdays 1:00 PM): tentatively running Jan 6 - Feb 24  
- contact Leisbet Beaudry (964-3936) or Gillian Recknell (562-5500) regarding registration
- **Time Trials** (Wednesdays 7 PM): beginning Dec. 4 - contact TBA
- **Chocolate Race Series** (TBA): contact Trevor Nelson (564-4955)

Also keep an eye on the Events Calendar on the website... [www.caledonianordic.com/calendar](http://www.caledonianordic.com/calendar)

## Upcoming Events Calendar

DATE	EVENT	CONTACT	PHONE
<b>General Events</b>			
Sept 24	<b>Annual General Meeting</b> (7PM)	Tim Roots	561-7424
Oct ? (TBA)	Work Bee	Jim Weed	564-8293
Oct ? late (TBA)	Ski Swap - get your gear!	Chris / Peter Jackson	562-7181
Nov 4	Open House / Jackrabbit & Program Registration (5 - 8PM)	Gillian Recknell	562-5500
Dec 7 OR 14 (TBA)	Santa Ski	TBA	
Jan 3-4 (Tentative)	Jackrabbit Tournament	TBA	
Jan 11	Ski Fest	TBA	
<b>Courses &amp; Technical Updates</b>			
Sept 20-21	NCCP Level 1 Theory	Meredith Bogle (Northern Sports Centre)	563-5955
Sept 26-28	NCCP Biathlon Level 1&2 Technical	Jeremy / Fiona	563-0052
Oct 17-19	NCCP Level 2 Theory	Meredith Bogle (Northern Sports Centre)	563-5955
Oct 25	Level 1 Officials Course	Cal Benson	564-2580
Nov 15-16	Jackrabbit Leader Course	John Neumann	963-7330
Nov 21-23	Level 2 Officials Course	Cal Benson	564-2580
Dec 5-7	NCCP Level 1 Practical	Leisbet Beaudry	964-3936
<b>Competitions</b>			
Jan ? (early)	BC Games Qualifier at Hallis Lake (Quesnel)		
Jan 24-25	BC Cup Race #3	Cal Benson	564-2580
Feb ?	Iceman	Kathy Lewis	564-1552

### To Be Scheduled...

Stay tuned for these and other events happening later in the season.

- Coach Meeting
- Lantern Ski
- Fun Races
- Beach Party (Mar / Apr)

### Jackrabbit Events:

- Christmas Camp (Dec)
- Leader Meeting
- Orientation for Coaches
- Family Ski
- Funday

Ski Swap is just around the corner!  
Start thinking about revitalizing your gear and exchanging outgrown equipment.

Check out the NEW website!  
[www.caledonianordic.com](http://www.caledonianordic.com)

Snow Phone:  
 (250) 564-3809

Note: the snow phone will be active once there's snow at Otway

**Got feedback on the newsletter? Something you'd like to see in an upcoming issue?**

Contact me:  
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 and friends

These are the volunteers working hard to run your club. Please feel free to contact them with your questions, suggestions, feedback, or just to say thank you.

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\*\*Challenge Group includes the former Junior Racers & Biathlon Programs.