



Caledonia Nordics Newsletter

Volume 8, Issue 2

Newsletter of the Caledonia Nordic Ski Club (CNSC)

October 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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Important Notice!!

Membership Fees & the \$5 CCBC Fee

Due to a misunderstanding with regard to the \$5 CCBC fee, it has been determined that the CCBC fee is already included in the Club Membership Fee. If you have already submitted your membership and you paid the CCBC fee on top of your membership fee, the club will be refunding you. You will be contacted shortly.

If you have not yet submitted your membership form, please send the payment for Club Membership as indicated on the back of the form, but **DO NOT** add the \$5 CCBC fee to your payment.

Any confusion or questions please contact Karen Smith at 964-8450.

NEWS BITES

Bidding for Nationals 2005

Cal Benson, Chris Hawkins, and Steve Wagar have put together a bid for the club to hold the 2005 Canadian National Cross Country Ski Championships. CCBC is stating that of the three British Columbia clubs who are interested in holding these championships they support our Club!

The proposal has been submitted to Cross Country Canada (CCC), and CCC has stated that they will announce which club is successful by early November.*

New Coordinator Needed for Jackrabbit Program!

This will be Leisbet's last year organizing the Jackrabbit Program as her kids have now reached the last level of the Jackrabbit Program, the Purple level. The following year she is planning on helping with the Challenge Program.

A Coordinator is needed to take on the organization of the entire Jackrabbit Program or at least the Tuesday night program. The upcoming season would be a good year to get some practice before Leisbet leaves. You don't need to be a great skier, just an organized person.

If you're interested or would like more information contact Leisbet Beaudry at 964-3936.*

Report on 2003 AGM

There were some changes made to the executive. The Secretary role will now be filled by Chris and Peter Jackson. Taking over as Treasurer while retaining his role as Club Historian will be Jeff Bennett. We're still looking for a Vice President though so if you're interested talk to Tim Roots (see back page for contact info). Welcome to the new executives!

In addition, reports were heard from the officers and the 2003/2004 budget was approved. Presentations were heard from Tuppy Hoehn regarding the proposed Northern Sports Centre, and from Laurie Cook regarding the Nechako Ridge Society's efforts to preserve and expand the Pidherny trail system.*

Ski Patrol Update

The Ski Patrol is up and running and training has already begun. They're still actively looking for members though, so if you're still interested in joining talk to Gord Horning or Lanita Young at 962-5634 or at gnlplus3@telus.net.

The Ski Patrol is also looking for anyone with First Aid training to help out at events, both in the winter and for summer PG Roadrunner events. Contact Gord or Lanita at 962-5634.*

New Fees & SIGN-UP-A-FRIEND!

Many of you will have noticed that the fees for the memberships and the day passes went up this year. This was to accommodate the GST which we now have to charge!! But some members have expressed concerns that the increased rates will discourage new and potential skiers from coming out to the club to ski. The executive is aware of the concerns and is working on ways to encourage new skiers. Stay tuned for more details.

But first, to announce the **SIGN-UP-A-FRIEND Program!** With this program if a member (referred to as the "finder") signs up a new member (defined as someone who has not been a member of the Caledonia Nordic Ski Club for at least the past three years), the finder will receive a **\$15 DISCOUNT COUPON** towards their membership in the following year! There is a form which must be submitted along with the new member's membership form and payment. For more details check out the form, available at the Otway cabin, and on the website, or contact Karen Smith at 964-8450.*

Announcing the 2003 Outstanding Contribution Award Winner!!

LANITA YOUNG

This award may be granted to CNSC members who have contributed more time and effort than would normally be expected from a volunteer or who has taken and excelled in performing a special project on behalf of the Club.

Lanita Young is the winner of the Outstanding Contribution Award this year for her ongoing involvement with the Ski Patrol at Otway. In her first years with the patrol, she was always on hand to help at races, on Jack Rabbit nights, and any other time a patroller was required. In the past couple of years, Lanita has had the added task of Assistant Patrol Leader. In this capacity, she helps Gord Horning, the Patrol Leader, meet the patrol obligations to the Club. Lanita went above and beyond when Gord was out of town for most of the ski season a couple of years ago while at school in Vancouver. For a period from February through April, she coordinated all patrol activities for races, special events, and Jackrabbits. Lanita's involvement continues to help ensure the safety of the recreational and competitive skiers at Otway.

Thanks for all your hard work Lanita!!

Keeping Busy in the Off-Season – Skiers Fighting Fires!

If you like fighting forest fires and that's your job, then it was a very exciting summer! That's what several Caledonia Nordic members were doing this past summer. Biathletes Ian Jackson and Stephen Duck, as well as ski racer Sean Palumbo were all part of the fire crews working out of Prince George. Sean Fraser and Dave Moleschi also worked as crew bosses.

In talking with Ian Jackson, Stephen Duck, and Sean Palumbo, all were enthusiastic in describing their summer jobs. Ian, back for his second year, was part of a 3-man Initial Attack Crew, while Stephen and Sean, both working as Juniors, each went out to fires assigned to

work with various 3-man crews. These crews were responsible for getting to small fires quickly and getting them under control. All three made it out to about 25-30 fires, as compared to ~2 that Ian saw in last year's rainy summer. Working in small crews, each person gets to do a bit of pretty much everything, from working the pumps, hosing, digging guards, to using chain saws falling trees and creating firebreaks. They were all stationed out of the NIFAC base (jokingly said to stand for "now I've found a career") in Prince George fighting fires in the area, although Ian did get out to Manitoba and Golden a bit. Sean

and Stephen didn't get a chance to do any "base changes" (i.e. getting transferred to another area), which they said was a bit disappointing but understandable given that the fires down south were rated as "Rank 6", i.e. too big to put juniors on.

The word fun seemed to come up a lot when talking with these three, and all of them mentioned the people they worked with as a major contributor to the positive experience. Another perk was getting to fly around in a helicopter, and Ian mentioned the free "scenic tours" when flying out to fires, particularly around

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Golden and the MacGregor Mountains. When asked what he liked about the experience, Sean mentioned "the intensity, it's intense when you get on a fire". The job was also described as good paying and as Stephen said "it's an enviable job, a lot better than working at McDonald's". In general, they seemed to enjoy being able to spend the summer outdoors being active and getting paid for it!

Getting the job involves a process of applying to the Ministry of Forests, going through an interview, and then if selected going to a boot camp

where the applicants are required to pass a fitness test, including a timed 6 km walk with a heavy pack on and a fire-fighting specific pump test. In speaking with the three skiers, all of them felt that their fitness level from skiing, in particular having good endurance, definitely helped them out in a pretty competitive field. In fact they mentioned that quite a few of the fire-fighters they worked with had a background in cross-country skiing.

They're all definitely looking forward to coming back again next year. As Stephen commented, even if he doesn't get on to a crew next year, it's

still a very worthwhile experience. He commented that he can now relate his summer's work experience to concepts discussed in his business courses at UNBC, such as how satisfaction with a job well done can be a major motivator, and the positive dynamics of being part of team. Basically it seems like all of them have had a chance to see the positive side of work and gain some lifelong skills.*



Coming soon! THE CALEDONIA NORDIC SKI SWAP!!

Keep your old gear in action!!

Get the best deals on cross country and back country skis, boots, poles, ski clothing and gear accessories.

It's all happening at **NR Motors** (805 First Avenue).

WHEN: Saturday Oct 25th, 9:00 AM - 1:00 PM

- **Drop off your stuff** Friday Oct. 24th between 5 and 8 pm
- **Pick-up your cheques and/or any unsold gear** Saturday between 1 and 3pm (*Note that the Club keeps 20% of the sales price as a fundraiser). **Any items not picked up by 3 pm Saturday Oct. 25th become the property of the Caledonia Nordic Ski Club.**

For more event information call Chris or Peter Jackson @ 562-7181

Consider being a Ski Swap Volunteer!

Volunteers -- did you know that you can **attend the advance sales** which happen between 9 and 9:30pm on Friday evening? Please note advance sales are only open to those who arrange to volunteer in advance. So call Gillian @ 562-5500 early if you're interested.

Jackrabbits Info

What is Jackrabbits?

Jackrabbits is a program to introduce children **ages 6-12** to cross-country skiing. The emphasis is on having fun while learning basic ski techniques.

There are Tuesday evening lessons beginning January 6th (6:30 to 8:00 PM), and on Saturday beginning January 10th (1:00 to 2:30 PM). All lessons are held at the ski trails out at Otway, meeting at the cabin on Otway Road (North of Foothills). Lessons run for 8 weeks, in addition to other ski events which happen throughout the season, all for a cost of \$25 plus club membership.

Registration happens at the Open House on Tuesday Nov 4th.

Questions? Contact Leisbet Beaudry, Jackrabbit Coordinator (964-3936) or Gillian Recknell, Jackrabbit Registration (562-5500)

Other Jackrabbit Events

Other events already scheduled during Jackrabbit season:

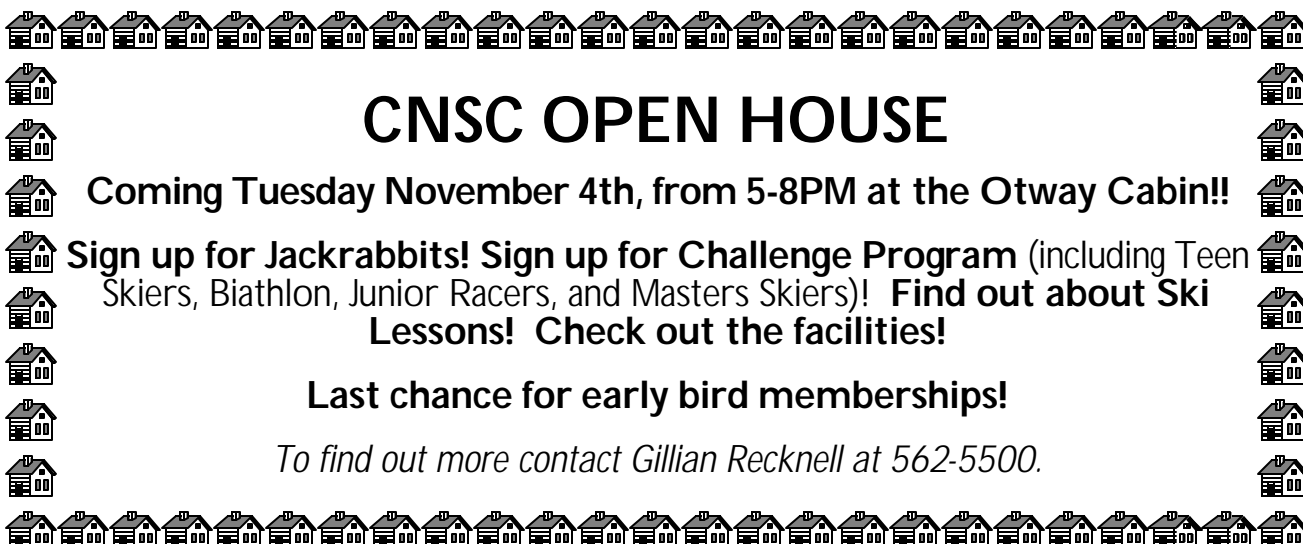
- **Jackrabbit Tournament** on January 4, including activities in the morning, and a Chocolate Race in the afternoon (see pg. 7 for details on the Sunday Chocolate Race Series). Other Chocolate Races on Jan 18 and Feb 1(?).
-contact Trevor Nelson
- **Annual Family Ski Day** on Feb 15 (see pg. 7 for details)
- contact Leisbet Beaudry

Also, the Jackrabbits will be encouraged to attend the **Nechako Open** in Vanderhoof on Feb 21. Leisbet will be organizing carpooling, registration, waxing etc. for the Nechako Open **for Jackrabbits and any club member that wants to go.**

Who Leads the Jackrabbits?

The Jackrabbits are coached by volunteers, and **volunteers are still needed for the upcoming season.** Funding is provided for you to take the **NCCP Level I Practical course** December 5-7th, with funding provided in successive years for additional training. For Jackrabbit coaches we also provide a ski bunny program for 3-5 year olds. There will also be a **Jackrabbit Leader training** course on Saturday Nov 15th (see pg. 7 for details).

For information about coaching or helping please call Leisbet Beaudry (964-3936) for Tuesdays or John Neumann (963-7330) for the Saturday program. ✨



CNSC OPEN HOUSE

Coming Tuesday November 4th, from 5-8PM at the Otway Cabin!!

Sign up for Jackrabbits! Sign up for Challenge Program (including Teen Skiers, Biathlon, Junior Racers, and Masters Skiers)! **Find out about Ski Lessons! Check out the facilities!**

Last chance for early bird memberships!

To find out more contact Gillian Recknell at 562-5500.

Notes from the Challenge Program

The Challenge Program Expands!!

To create a better social atmosphere for our younger skiers and competitive skiers of all ages we are adding the **Teen Ski and Masters groups** to the Junior Racers and Biathlon group already combined in the **Challenge Program**. All of the programs will be maintained and there will be opportunities for skiers to participate in a range of events rather than segregating the different groups.

The "Challenge Program" will be open to any CNSC member that

would like to better their skiing skills. If you choose to compete, (you don't have to compete to be in Challenge Program), the coaches will work toward helping you achieve "personal bests" by developing technical, tactical, physical, and mental skills.

Check out the Weekly Schedule below for the sessions going on in the fall. Stay tuned for changes once the snow falls.

*For information on the Challenge Program contact Jeremy or Fiona 563-0052 or email them at cam-coy@shaw.ca**

Group Rollerski for anyone 12 years of age and older

Rollerski workouts at **5:30pm Wednesdays** (at least until the time change). We ski for 1 to 1 ½ hours starting at Rosia and North Nechako Road (mailboxes). Pavement is good, fall colours are great and traffic is exceptionally light. Technique help is available if you want it. Ask if you need equipment. Adults welcome!

*For more information call Lisa Patterson at 564-8422 or email her at lisapatterson@shaw.ca**

Weekly Schedule Beginning September 2003

	Day	Time	Event	Contact	Phone
Challenge Program - everyone welcome!!	MONDAY & THURSDAY	5:00 - 7:00PM	Ski-specific Intervals (Otway) - bring short poles & runners	Jeremy / Fiona	563-0052
	TUESDAY	5:30 - 7:00PM	Fun Strength Training etc. (Edgewood School)	Jeremy / Fiona	563-0052
	WEDNESDAY	5:30PM*	Rollerski (meet at Rosia & N. Nechako Rd. mailboxes) *Note: as darkness gets earlier check with Lisa re. time	Lisa Patterson	564-8422
	TUESDAY & THURSDAY	5:30PM	Run-at-your-own-pace (Otway)	Jim / Val Weed	564-8293
	SUNDAY	12:00PM	Biathlon Shooting Practice (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
- **Time Trials** (Wednesdays 7 PM): beginning Dec. 4
- **Challenge Program** (Tuesdays & Thursdays 5:15 PM): skate (Tuesday) and classic (Thursday) technique work once there's snow!

EVENT ANNOUNCEMENTS

X-C Running Race at Otway - Everyone welcome!

The Prince George Roadrunners are holding the last high school X-C running race of the year at Otway on **October 26th at 12:00 noon**. Despite it being a high school race, everyone is welcome with divisions for each age up to 16 years old, and various divisions for older runners. Race distance is 3.5 km and 7 km.

*For more information or to sign up contact Larry Rowe at 564-8141.**

NCCP Courses in PG

- **NCCP Level II Theory**

Oct 17-19

Cost: \$80**

Prerequisite is NCCP Level I Theory, and ideally Level I Practical & Technical.

For more information contact:

Meredith Bogle, PacificSport Regional Sport Centre - Northern BC, 563-5955

mbogle@pacificsport.com

- **NCCP Level I Practical**

Dec 5-7

Plan to take it if you're going to be coaching Jackrabbits.

For more information contact Leisbet Beaudry 964-3936

**Note that this winter's Jackrabbit leaders will be reimbursed the course fees.

Calling All Jackrabbit Leaders!

CNSC will be hosting a **Jackrabbit Leader Course November 15th** from 8AM till 5:40PM. This is a one day course intended primarily for those who have already led Jackrabbits for one year or more, although new leaders are also welcome. The course is intended to **improve coaching techniques for teaching skiing to 6-10 year olds**. Cost of the course is \$35, which will be covered by the club providing you lead a Jackrabbit group this year.

The 9-10 hour course includes an introduction the Ski League Program, the principle components of a successful program, explores early, middle and late childhood, the badge program, and planning and teaching lessons.

*For more information or to register please contact John Neumann at 963-7330.**

Family Ski Day

The Jackrabbit program will be having its annual Family Ski day on Sunday Feb 15th. This event is open to all skiers, and is a 5, 10, 15, or 20 km ski out at Otway with a lunch all for \$5.

*For information contact Leisbet Beaudry at 964-3936.**

Chocolate Race Series 2004

The Chocolate Race Series Returns for 2004!! These are **short, informal, and fun** events with distances usually a mere 1-2 kilometers., so don't worry if you've never raced before. These races are open to all skiers with age classes for the kids up to age 16, and **new for 2004 an Open Category** (for parents & older kids etc.)! And don't forget the best part...all participants enjoy a chocolate bar after the race!! Come out and enjoy these exciting events that are now open to all ages!

When: **Sundays, 2:00PM**

sign-up at 1:30PM

Jan 4th, Jan 18th, & Feb 1?

Cost: \$1 to enter (includes chocolate bar)

*For information call Trevor Nelson at 564-4955.**

Note that this is not a complete racing schedule. Rather it's intended as a sampling of local races that other CNSC members may be going to. ***Anyone interested in these races, get in touch with the CNSC Contact*

listed to co-ordinate with other CNSC members who might be going!

Local Racing Calendar 2003 / 2004

DATE	RACE	LOCATION	CNSC CONTACT*
Cross-Country Ski Races (For complete list of races check out ccbc.junction.net/compsched)			
Jan 3	Omineca Open	Burns Lake, BC	
Jan 10-11	BC Cup #1 - mass start & sprints	100 Mile House, BC	Dan Palumbo 563-5909
Jan 18	Findlay Classic - classic technique	Mackenzie, BC	
Jan 24-25	BC Cup #2	Prince George, BC	Dan Palumbo 563-5909
Jan 31	Hallis Lake Loppet - classic technique	Quesnel, BC	
Feb 14-15	BC Championships - individual & relay	Vernon, BC	Dan Palumbo 563-5909
Feb 21	Nechako Open	Vanderhoof, BC	Leisbet Beaudry 964-3936
Feb 29	The Lakes Loppet - freestyle technique	Burns Lake, BC	
Mar 14	Mackenzie Nordique Open	Mackenzie, BC	
Biathlon Races (For complete list of races check out www.biathlonbc.ca/racecalendar)			
Dec 6-7	BC Cup #1 & #2	Vernon, BC (Silver Star / Sovereign Lakes)	Jeremy & Fiona 563-0052
Dec 13-14	Western World Jr. Selection Trials	Canmore, AB	Jeremy & Fiona
Jan 3 OR 4	BC Winter Games Trials <i>*Note: only for 13 & 14 year-olds</i>	Prince George, BC	Jeremy & Fiona
Feb 14-15	BC Cup #3 & #4	Quesnel, BC	Jeremy & Fiona
Mar 13-14	BC Cup #5 & #6	Vanderhoof, BC	Jeremy & Fiona
Mar 25-28	Canadian National Championships	Valcartier, PQ	Jeremy & Fiona

Also keep an eye on the Events Calendar on the website... www.caledonianordic.com/calendar

Upcoming Events Calendar

DATE	EVENT	CONTACT	PHONE
General Events			
Oct 18	Work Party - Biathlon Range (10AM)	Jeremy / Fiona	563-0052
Oct 25	Ski Swap - NR Motors (9AM - 1PM)	Chris / Peter Jackson	562-7181
Oct 26	X-C Running Race - Otway (12 noon)	Larry Rowe	564-8141
Nov 4	Open House / Jackrabbit & Program Registration - Otway Cabin (5 - 8PM)	Gillian Recknell	562-5500
Dec 7 OR 14	Santa Ski	TBA	
Jan 4	Jackrabbit Tournament & Chocolate Race - Otway	Trevor Nelson	564-4955
Jan 11	Ski Fest	TBA	
Jan 18 & Feb 1(?)	Chocolate Race - Otway (sign-up 1:30PM)	Trevor Nelson	564-4955
Feb 8	Iceman (ski, run, skate, swim)	Kathy Lewis	564-1552
Feb 15	Family Ski	Leisbet Beaudry	964-3936
Courses & Technical Updates			
Oct 17-19	NCCP Level 2 Theory	Meredith Bogle	563-5955
Oct 25	Level 1 Officials Course	Cal Benson	564-2580
Nov 8 (tentative)	Practical Introduction to Officiating for Biathlon	Peter Jackson	562-7181
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

To Be Scheduled...

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

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

Jackrabbit Events:

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

Check out the NEW website!
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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mocah@rhen.com
 (250) 906-0013

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 Monica Henriques
 Chris Jackson
 Gord Horning

Distribution by:
 Ivy & Brian Whitfield,
 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.

CNSC Executives & Program Contacts

<p>President Tim Roots (250) 561-7424 trag@mag-net.com</p>	<p>Trails Coordinator Jim Weed (250) 564-8293</p>	<p>Jackrabbits Leisbet Beaudry (250) 964-3936 pbaleisbet@telus.net</p>
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