†† Nordic News † †

THE KAWARTHAS BEST CROSS COUNTRY SKIING

October 2001

PRESIDENT'S MESSAGE

Greetings to all, I hope you've had a great summer and it is our fondest hope that we duplicate some of last year's great snow & skiing this upcoming winter.

Your Executive Committee has already been hard at work in anticipation of the Season's activities. Our social program has been defined for the year, starting with our Annual Ski Swap scheduled for Saturday, November 10th at 1015 Fairbairn Street. We will also hold our ever popular "Director's Brunch" in early January, a Moonlight Ski in late January and later in the Winter we've scheduled a "Chili Fest" and our "Spring Cookout". Please try to join us, it's a great opportunity to socialize with other club members.

Trail work is already underway. We've had crews working with a backhoe removing rocks, filling hollows and smoothing the trail bed on the Adam Scott trail running north from the Beaver Trail to the Red Fox Trail. This should greatly improve your skiing enjoyment and it also facilitates our brush clearing and grooming of the trail during the snow season. In addition, our regular trail maintenance is underway, clearing deadfalls (trees), summer growth of brush and cutting back trail edges.

Two new (used) windows have been installed on the back wall of the Cossar Cabin to provide more internal lighting and, as the windows can be opened, we can now have improved ventilation. A window has been installed in the "standup" toilet at the Cossar to improve lighting. We also plan installing a new roof on the Tanney Cabin as well as a new chimney . All we need is a rain free day or two.

Our entire trail system has been surveyed to establish GPS location readings for all of the major intersections and direction changes on our trails. We will now have a very exact trail map (although it is very heartening to see how close our manual guesstimates for trail shape and locale were) and this will help greatly in planning trail changes, and in establishing trail locations for safety purposes. This years map will be based on the new GPS readings.

I'm pleased to announce that last Spring your club, KNSC, was awarded the Southern Ontario Division of Cross Country Canada's "Outstanding Club Award" at their final conference of the year 2000/2001. This award was made in recognition of the 25 years of contribution to and fostering of Cross Country Skiing in the Kawarthas . Walter Shephard, Jim Elliot and Dave Kirk were pleased to accept the award on behalf of all the club members, past and present, who have been and are responsible for this worthy recognition. Congratulations to all. The plaque hangs in the Cossar Cabin.

As I'm sure you are aware, your club is totally dependant upon volunteer help. Without volunteers, KNSC would not exist. Will you consider helping out? Call any member of our Executive to volunteer.

Think snow!

Dave Kirk KNSC President



For information on trails or events call

TRAILS REPORT

A note from your trails committee at the Kawartha Nordic Ski Club: Each year we attempt to improve a section of the trail our aim is to cut down on the wear and tear on our trail grooming and maintenance equipment and improve the quality of the skiing. This year we employed Todd Church, who did a great job handling their equipment working on the Adam Scott between the Beaver and the Kenner. We were out for a total of three days (42 man hours).

The logging company under the watchful eye of the MNR has planted red pine in all the open areas. Even with the unusually hot and dry summer most have survived and grown. In another 3 - 4 years they will be obvious through the snow. A good job well done.

We are at a loss as to how to handle the yearly task of walking the trails with an ATV and equipment to keep them brushed out and have the task completed by the 2nd week of November. These are your trails and we need some serious discussion from our membership on how this task can best be accomplished.

Walter Shepard

Kawartha Nordic Ski Patrol

Welcome to another season of great skiing. I am sure that all of you are doing a snow dance so that we will be skiing on our trails over the Christmas holidays and well into spring. We certainly are looking forward to joining you on the trails this season as well.

As in the past, the ski patrollers will be based in the Cossar Cabin and skiing as many trails as possible each weekend of the season. We have already started our first aid training this fall and will be continuing on into January with our annual On Trail day on January 12.

This year there will be fewer of us on the trails and this will decrease our coverage of the trails. When you receive your renewal application for joining the Kawartha Nordic Ski Club, there is a box for joining the Ski Patrol within our club. The Ski Patrol course consists of two parts, first aid an don snow accident site management and transportation. While it will be too late this year to take the first aid course to become a Ski Patroller for our trails, let us know of your interest so that we can invite you to join us while we ski around the trails or practice skills used in rescuing stranded skiers or in practising search and rescue on our trails. As members of the Kawartha Nordic Ski Club, you are certainly welcome to ski with us.

If you have particular interests in helping Ski Patrol, I can be contacted by phone or email as follows:

Keith Buchanan (patrol leader)

705-639-2177

k m.buchanan@sympatico.ca

See you on the trails

Keith Buchanan Kawartha Nordic Ski Patrol



For information on trails or events call **749-5605**

Family Fun Ski: Learn to Ski Program

In an attempt to encourage our own children to ski and to take advantage of the bonus motivation that other children can provide, we are planning to introduce a series of Saturday morning activities for children. Beginning in January, 2002 we are planning for some fun, skill based activities for the learn-to-ski crowd (typically between 5 and 10 years however younger children are welcome provided one parent stays close to assist as needed). We are proposing that activities start at 10:30 and run until 12:00 noon for the month of January. During this time we hope to break down some of the skills and learning into:

- 10:30 meet at the Cossar Cabin and get organized, discuss skiing topics such as how to get up when you fall, how to dress for skiing etc.
- 10:40 go outside, put skis on (now you may understand WHY we need parents nearby!) and warm up as a large group
- 10:50 break off into groups, according to ability/skill and play games
- 11:15 if cold, the younger children may need to go into the cabin and return outside for another short ski before lunch
- 12:00 lunch in the cabin and finish for the day

We are seeking feedback from members (current and potential) as to the ages and stages of your skiers to attempt to set up interesting and fun activities appropriate for the children. This is NOT a child-free ski opportunity for parents. All family members are encouraged to participate, regardless of skill level.

If you children can ski a longer distance or loop (e.g. to the Laderach Cabin) but could benefit from other companions, informal arrangements can be made to ski with families of comparably skilled children. We would encourage you to participate in the educational and warm-up sections of the program.

We will run only if the temperature is warmer that -10E Celsius. Depending on the snow conditions and the popularity of the program we may consider extending the sessions into February, 2002. The ski line (tel. # 749-5605) can be accessed for up-to-date ski conditions. We will use the blackboard inside the Cossar Cabin to post additional information, as needed.

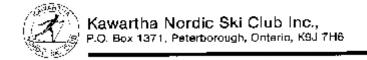
We also hope to have a basket of "ski props" available, with cue cards for the adults to enhance family skiing outside of the above times. For example, a plastic bowling ball fits will in the tracks and provides motivation for tired or frustrated young skiers. Donations to the ski props will be welcome.

There seem to be a large number of families who have frequented the trails over the past few years and have voiced a desire that something like this be in place. We are willing to put time and energy into the program, provided there are adequate numbers to warrant such work. Please contact us prior to December, 2001 to indicate interest. We welcome all ideas, suggestions and extra helpers.

Lynn Sansom 743-5686

Trudi Ruch 745-6925

Ann Way Nee 743-4078



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CLASSIFIEDS

HELP WANTED: Love the outdoors? Enjoy physical labour? The comradery of group projects? Come out and help maintain **your** trails. If you are interested and can spare a day or two we would love to have some help. Please contact a member of the executive as soon as possible.

ITEMS FOR SALE:

KNSC logo sweatshirts! If you missed out last year we will be selling more. They are navy blue with a gold embroidered KNSC logo for only \$30.00 (Sizes S-XL)

New this year! Jersey knit 100% acrylic tuques in navy blue with gold embroidered *Kawartha Nordic* on the cuff **\$15.00** (one size fits most)

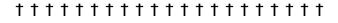
KNSC SKI SWAP 2001: Wanted good quality cross country ski equipment to sell at our 4th annual ski swap. We are especially interested in children's equipment as kids seem to grow out of equipment so quickly!

The sale will be held at **1015 Fairburn St**. Peterborough ON. For information call David Kirk @ 745-2371

Ski drop off: Friday Nov. 9th from 5:00 to 8:00pm

Sale: Saturday Nov. 10th from 9:00am to 1:00pm

* Each item is subject to a small consignment fee which goes to KNSC.





KNSC EVENTS

SKI SWAP: Saturday Nov. 10th 2001

Directors Brunch: Jan. 13th 2001

Moonlight Ski: Jan. 26th 2001

Chili Fest: Feb 10th 2001

Spring Cook-out: March 3th 2001

Reminder:

Send your membership in before Dec 1st 2001 and save \$5.00

This year will we once again be sending out a complimentary KNSC day use pass which is included with your membership registration. Don't forget to give it to a friend or relative as this is a great way for people to get out and experience our trails!

WE ARE NOW ON THE WEB!!!

Surf on over to www.x-c.com/clubs/kawartha and check out the new club webpage with downloadable maps and membership forms.

Nordic News is edited by D.Woodfine and L. Kostuch

