

Temiskaming Nordic Ski Club

October 23, 2017

2017/18 TNSC EXECUTIVE MEMBERS

President: Russell Walker

Treasurer: Andre Lapierre

Secretary: Bev Foley

Special Events:

Membership: Joanne Beeson

Trails: Gerry Vachon

Chalet: Lesley Simms

Instruction: Bill Gabbani

Racing: Maria Story

Public Relations: Theo cull



President's Welcome

Welcome to the 2017-2018 ski season. Over the past year I have had the privilege to speak with a number of visitors to our club and all were impressed with our trails and facilities and rate them with the best in Ontario. The club is fortunate to have dedicated volunteers who maintain our trails and chalet. If you can spare just an hour a week, all help is welcome.

TSNC offers a variety of trails for all skiing abilities. As well, there are Jackrabbit lessons for the younger skiers and group lessons for adults. Moonlight skis are once again included in our social calendar. New this year, are a New Year's Eve party and an end of season banquet.

This past year, the TSNC was granted a 12 month usage permit on the lands we use. The 12 month LUP will allow TNSC, one of the province's best facilities, to better protect trails and permit off season use to cyclists, Nordic walkers, and hikers. We can keep active all year long now!

See you on the trails!

Russell Walker

Membership

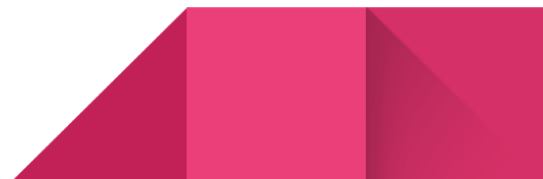
TNSC membership registration for 2017-2018 will **only** occur online using the system the national sport-governing body, Cross Country Canada, has provided to clubs. To reduce the chance of error, please read each field carefully before proceeding to the next step of the online process. Anyone who has difficulty can email the director at joannebeeson@msn.com or telephone 705 679 8614 for help.

Some changes to the 2017-2018 season include payment by credit card only. A 4% processing fee will be applied. Cross Country Canada (CCC) will no longer offer the \$1.00 discount per member. The Cross Country Canada / Cross Country Ontario/Northern Ontario District (CCC/CCO/NOD) levy is increased to \$19.00 per person and is to be paid by each member except children under 6 who are NOT in the Bunny Rabbit program. The TNSC portion of the membership fee remains unchanged as are day use and equipment rental fees. Charts indicating these can be found at www.temiskamingnordic.ca.

Parents can register their children online for the Bunny Rabbit, Jackrabbit, Extended Jackrabbit, and Track Attack programs along with their club membership. Equipment rental reservations and updates regarding these programs will be given on our opening day, Saturday, November 18th from 1 until 3 at the chalet. The TNSC membership director and the Jackrabbit coordinator will also be available to answer your questions during that time. Everyone is welcome.

Instruction

An information session on cross country skis for classic and skating will be held opening day. A short introduction on basic waxing will also take place. Individual ski lessons for classic and skating technique will be available for those wishing to improve technique. The club also will be offering group instruction for those who prefer working with a group. Lessons will not only include ski technique but will also include balance exercise; strength exercise; and stretching. The cost for a lesson is 10 dollars, new members will be allowed two free lessons. The contact person for individual and group lessons is Bill Gabbani.



Special Events

The TNSC executive is still looking for a person to fill the Special Events Director portfolio.

If you are interested in getting more involved with the club, here is a good starting point. The Special Events Director is in charge of planning (or having someone else plan) events such as the moonlight skis and the open house at the start of ski season.

If you would like to become the Special Events Director, or if you are interested in helping to organize even one of the events, please contact any member of the executive or our president, Russell Walker at haileybury.walkers@hotmail.com.

Get Active in Temiskaming

As you may already know, TNSC has been a main beneficiary of the Get Active in Temiskaming's fund-raising walk/runs for many years. In order to earn this privilege, the club must provide at least 3 volunteers at each race. We are very grateful for the faithful volunteers who donate their time year after year. They have been responsible for the club receiving over \$2000 each year. Please consider volunteering for these worthwhile events. If more people volunteer, then each one could do only one event per year. It is a commitment of about 3 hours on the morning of each event, and does not require much training. Volunteers hand out water, pick up bibs, help at registration and other tasks.

If you are interested in helping out the club this way, please check off the box on your TNSC registration form for "Get Active" or contact one of the executive. Thanks in advance!

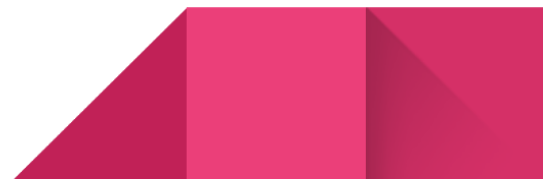
Racing

We are taking a break from a provincially sanctioned race event this year but we are hoping that the year won't be any less exciting since we are rolling out a couple of new initiatives this year.

The first one will involve earning participation points for taking part in the various activities at TNSC. The point system hasn't been finalized but it is envisioned that points will be earned by:

- skiing a certain number of times per week (to be tallied on a poster in the basement),
- taking part in the Sprint Relays held in conjunction with our Loppet,
- taking part in our Loppet, and
- challenging yourself to see how far you can ski in our Challenge Ski.

At the end of the season, awards will be given out at an end of season award celebration. Stay tuned for more details on the point system, so you can plan your year of skiing and earn as many points as possible!



Also, Bill Gabbani and Maria Story (and anyone else who would like to help) are offering a Learn to Ski 25 Kilometres Clinic. It will commence in January, and depending on interest, the group will meet 2 times per week to ski and build kilometres. The ultimate challenge will be participating in the Challenge Ski and skiing 25 kilometres. It will be a great way to get into shape this winter, socialize, and fulfill that goal of skiing 25 kilometres. If you are interested in participating in this clinic please contact Maria at maria.story@gmail.com or Bill at bill_gabb@hotmail.ca. Also, if you are interested in helping out with the clinic, we would like to hear from you, please contact us.

As always we are excited about the upcoming winter of skiing! Let it snow!

2017-2018 Calendar of Events

- Chalet Clean Up - Saturday November 4th, 10:00am
- Nov 18 – Open house, ski swap 11 to 3, JR ski fitting 1 to 3
- Nov 30 – Early Bird registration ends
- Dec 31 – New Year’s Eve party/moonlight ski
- Jan 13 – Start of Jack Rabbit
- Feb 3 – Moonlight ski
- Feb 24 – Family Sprint relays
- Feb 25 – Loppet
- Mar 3 – End of JR (Olympics)
- Mar 31 – Challenge Ski
- April 6 – Awards Banquet
- April 8 – Last day chalet is open
- May 16 - AGM

