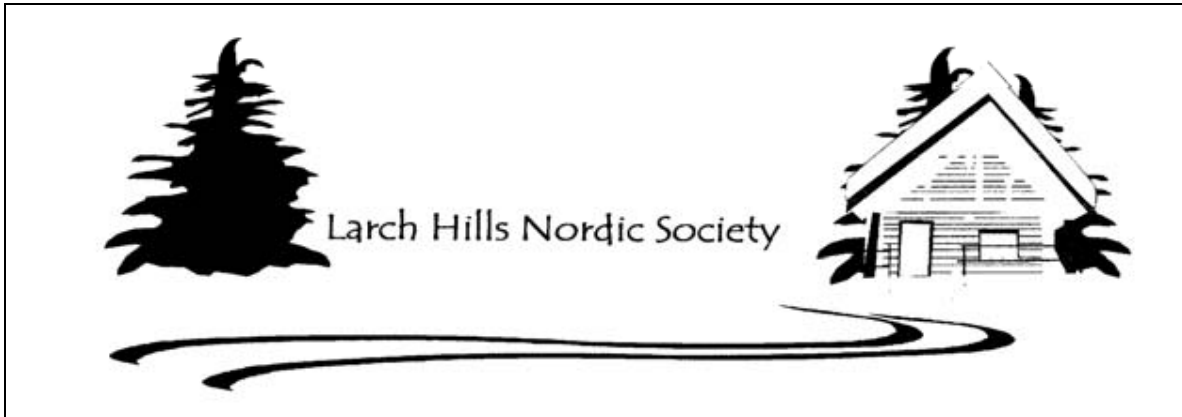


# October 2007



## President's Message

As the days get shorter and we see snow on Hunter's Range, I'm looking forward to skiing again.

In the 6 months that I've been your president, I've become even more aware of how much work past President, Chris Lethem and his executive have done over the last 3 years. I'm also much more aware how much work volunteers do for our club.

Last season, our registrar, Tom Marshall, registered 919 members: an all time high.

Last year our Reino Keski Salmi loppet was the event with the most participants out of all of the loppets in BC!

Alysson Marshall and Jesse Heckrodt both made us proud many times last season with their racing results. I'm looking forward to them doing well this year.

Phil McIntyre -Paul, with funding from the Ministry of Parks and Tourism, L.H.N.S., and the Shuswap Trail Alliance, has been conducting a study of the summer use of the Larch Hills. When this is completed, we will have a better idea of how to co-operate with summer users to use and protect the Larch Hills trails. Phil is still accepting comments through [luminous@jetstream.net](mailto:luminous@jetstream.net). He will be holding a public input meeting at Okanagan College in Salmon Arm on Nov. 19 before he makes his final report.

Sally Fisher lived at the chalet all summer, protecting it from vandalism and helping with the summer use survey.

Pauline Hickson, our caretaker, now has her modular home on the mobile home pad in the parking lot. I know Pauline's presence will provide more security for the chalet, the track setter shed and the trails. Thanks to Don

Huntington, Jim Beckner and all their helpers for moving the chalet and setting up the caretaker's pad.

The chalet exterior was sandblasted recently so the logs look like new . They will have been painted by the time you read this.

Prompt membership renewal helps with the organisation of our activities. Memberships renewed before the Nov.13 society meeting will be eligible for early bird prizes to be drawn at that meeting. Our fees are unchanged from last year. Your cheques and membership forms may be turned in at the ski Swap on Oct.20th may be left at Skookum Sport or John's Ski Shack or mailed to LHNS, Box 218. Salmon Arm V1E 4N3.

Several volunteers are needed for many programs and committees if we want the ski club to keep giving us a great cross-country skiing experience.

We need -

- 1) A coaching co-ordinator
- 2) A Santa Cruise race co-ordinator
- 3) A Lantern ski co-ordinator
- 4) A Web site co-ordinator
- 5) volunteers for a safety committee
- 6) A Vice President

And helpers for most events and programs. Please indicate on your membership form what you can do for the Larch Hills Ski Club LHNS.

*John Henderson, President.*

**Larch Hills Nordic Society  
Ski Swap  
(Cross Country, Downhill & boarding)  
Saturday, October 20, 2007  
The Gathering place 350 30<sup>th</sup> ST NE**

<b>Equipment sign-in</b>	<b>8 to 10 am</b>
<b>Sales</b>	<b>11 am to 2 pm</b>
<b>Pick-up</b>	<b>2 to 3 pm</b>

**Early drop-off at skookum cycle and ski  
Only on Friday, Oct. 19<sup>th</sup>**

**For further info: Randy Cleveland 832 0157**  
Membership Renewal and sign up for Jackrabbits  
and Challenge Program at  
the Ski Swap

NCCP Coaching Workshops

LHNS is hosting a Community Coaching workshop on the Nov. 30-Dec. 2 weekend. CCBC will pay the costs of running this course through Sportsfunder Lottery Funds, but only if we are able to fill it with 10 people. This is the second step in the NCCP, and provides training for leaders who wish to work with children aged 6-9 years. The workshop includes on snow sessions during which participants will receive individual instruction for their technique. Don't miss this opportunity to improve your own skiing, and give back to the community! The minimum age for the course is 16. Contact Joan or Abbi as above.

## Jackrabbits 2007/2008

The Larch Hills jackrabbit program enjoyed a very successful season last year with 120 youngsters participating in Cross Country Canada's brand new skill development program.

Leaders and skiers alike were positive about the change last year to limit group size to 10 children per group. Our program is completely run by volunteers, so parents, we once again need you to step forward as coaches or helpers this season in order to enable all interested children to participate. Volunteer coaches will be supported by the LHNS in obtaining the skills required to become a leader. Don't hesitate to volunteer just because you are not an experienced skier. We can find a job for you such as skiing along at the tail of your child's group, and you may even find your skills improving along with those of your kids!

Look for jackrabbits zipping around on skate skis this season, as the program has received funding from the LHNS to purchase a group set of skating skis. Those skiers who achieved their level 3 in the new jackrabbit program last season will be making use of these new skis in order to work on the level 4 skating techniques.

Also new this year, look for lots of youngsters participating in the Reino Keski-Salmi Loppet, as registration for jackrabbits will include free entry into that event. And, if you need more incentive to sign up this year, all jackrabbits will receive a sporty backpack as part of their enrolment kit this season.

Jackrabbit registration will take place at the ski swap on Oct 20<sup>th</sup>, and forms will be available at Skookum Cycle and John's Ski Shack. You can also download the form from the ski club website and forward it with fees to the club. Because we may receive more applicants than spots available, we will fill the teams according to the order of full payment and registration. The **firm** deadline for all registrations will be Nov 30. We hope enough people will volunteer to coach to enable all children to participate. However, the maximum number per team will not be exceeded.

We hope to start on Dec 8th if conditions allow. Children will be contacted by their coach by email the first week of December with details for the season.

Jackrabbit Coordinators this year are Abbi May and Joan Bratty. Please let Joan or Abbi know if you can help either as a leader or assistant. (Joan 833-1950 Abbi 832-7846)

## **LHNC Event Calendar 2007/2008**

### **October 2007**

**Trail Clearing - all of October - contact Gullen Hansen**

**832-**

**2988**

**7 PM Tues Oct 16: Society meeting Community Centre**

**Sat Oct 20: . Ski and Sport Swap Gathering Place**

### **November 2007.**

**Trail clearing continued**

**Nov. 13, 2007: Society meeting.**

**Nov. 19,2007:Summer Use Study**

**Public Input Session end of November:**

**Newsletter**

**Nov.30, Dec. 1 and 2: Community Coaching course**

### **December 2007.**

**Dec. 9: Jack rabbit Start**

**Dec.11: Society meeting**

**Dec.22: Santa Cruise race**

**Dec.22. Trail Host Program start**

**Dec. 29: Lantern Ski**

### **January 2008.**

**Jan.5<sup>th</sup>: Fun Race.**

**Jan.19: Reino Keski Salmi Loppet**

**Jan 22: Society meeting**

**Jan. 25<sup>th</sup>: School Loppet**

### **February 2008**

**First week: Newsletter**

**Feb. 10: Dynamic Duo Race**

### **March 2008.**

**March 4: Society AGM.**

**March 8: LHNS windup - fun day,**

## **Free Waxing and Ski Clinics**

**November 3<sup>rd</sup> 2 PM Saturday**

JOHN' S Ski Shack " Ready to Ski" Open to all. Come with questions, if you have them, and bring your skis and wax box! Please register for this free clinic by phoning 832-3457.

**November 10<sup>th</sup> 2 PM Saturday**

JOHN' S Ski Shack " Ladies Ski Waxing Clinic" . Let John answer your questions and show you basic ski waxing techniques. Please register for this free clinic by phoning 832-3457.

**Nov 17, 24, Dec 1 or 8**

**9 AM Saturdays**

**Dec. 2<sup>nd</sup> Sunday**

**9AM– 2PM**

**Two Dates TBA.**

Skookum Cycle and Ski

Skookum will be doing a skate ski & performance waxless ski demo. A free skate lesson is included, please sign up at 832-7368.

JOHN' S Ski Shack Skate Demo Days. Try Salomon skating gear; at Larch Hills Chalet area.

## *Junior Race Team News*

*Dryland training is already well underway for the Larch Hills Junior Race Team, and we are happy to have a few new young skiers joining us this season. Regular practices started in September, and include running, hill-bounding, roller-skiing and a variety of strength training routines. The team meets two to three times per week, depending on age, for dryland training throughout the fall and on snow as soon as we have some... which might not be long judging by the look of the surrounding mountains! At present we have about 25 racers registered, ranging in age from 7 to 15. We're fortunate to have a great team of coaches working with the kids, helping them to reach their individual goals and develop their skills and enthusiasm for the sport. There is a busy schedule of races lined up for the coming winter, along with opportunities for weekend dry-land and on-snow training camps.*

*The fun and friendships formed through the race team don't end with the ski season; this past summer we got together on several occasions for camping, hiking and canoeing. Pictured is part of the group which gathered for a hike up (followed by boot-skiing down!) Eagle Pass mountain on Canada Day.*



*If you would like more information about the race team, please*

contact Margaret Kitchen (852-6597) or Mavis Jackson (804-4353). If you would like to purchase Askews Vouchers in support of our young racers, please contact Ken Bakker (833-4347).

Larch Hills Updates. If you are not receiving Larch Hills Updates, which are e-mails about Larch Hills activities, and would like to, write to [info@skilarchhills.ca](mailto:info@skilarchhills.ca) to be added to the email list.