



NORDIC TRACKS

Nelson Nordic Ski Club Newsletter

Fall 2014

NELSON NORDIC SKI CLUB

FALL WORK BEE

When: Sunday September 21

Where: meet at Apex Warming Hut

Time: 9:00 and 9:30 am

As you can see there will be 2 starting times 9:00 or 9:30 depending on the # of volunteers. Please email Lisab05@shaw.ca to let her know which project you are able to help with. Once the lists are compiled you will be notified of the start time.

Need some volunteer hours to qualify for a discount on the upcoming ski season? Plenty of projects to complete before the snow flies. Listed below are the projects that need attention.

Also, please bring tools you might need such as paint brushes, post hole diggers, gloves, etc.

Clearwater A-Frame - Inspect, clean wood stove, firewood

Clearwater outhouse – interior painted, roof cleared off

Spread mulch on nite loop

Sliding window at Collection Hut – old window removed, new one installed
Brushing – Clearwater extension

Euphrates Trail jtc – cedar tree removal complete – limbs to be burned

Enchanted Forest Trail - inspect wiring - remove/replace painted figures - flag trees to open up canopy.

Clean exterior of warming hut windows

Firewood – at Apex, moved into woodshed

Painting – complete warming hut – fuel shed – fascia on Busk Collection Hut

Programming Shed extension – insulate and plywood walls – electrical for additional light

Fencing between Programming Shed and Warming Hut – holes to be dug and posts re-enforced with cement

Most materials needed for these projects will be on site. Fuel and oil available for chainsaw work.

List of needed tools/equipment:

Chainsaws - wheel barrow – ladder(s) - cordless drill(s) - skill saw(s) – hammer(s) - measuring tape(s) - pick up truck(s)

Please RSVP to lisab05@shaw.ca

[Thank you....see you there!!!](#)

SKI SWAP

ANNUAL GENERAL MEETING

& PRE- SEASON MEMBERSHIP DRIVE

**Sunday November 9
Nelson Rod & Gun Club
701 Railway St. Nelson**

Drop off items for sale: 9:00am - 10:00am

AGM : 10:00 am – 11:00 am

Anyone attending the **AGM will be the first into the Ski Swap.**

SKI SWAP: 11:00am - 12:30 pm

Pay out to sellers: 12:45 pm - 2:00 pm

Equipment left at the swap will be donated to a local charity

- ❖ 15% of sold merchandise goes to the club.
- ❖ \$5.00 charge for unsold items.
- ❖ Sell cross-country, telemark and touring equipment.
- ❖ Sell ski clothing.

PRE-SEASON (discounted) MEMBERSHIP DRIVE

New Location! CHAHKO MIKA MALL

Thursday Nov 6 : 9:30 am - 5:30 pm

Friday Nov 7 : 9:30 am - 5:30 pm

Saturday Nov 8 : 9:30 am - 5:30 pm

and at the Ski Swap

Sunday Nov 9 : 11:00 am – 2:00 pm

Registration for Bunnies / BC Rabbits & Track Attack Programs.

If you would like to help out at either of these events call 354-4299

Or email ajpop@netidea.com
lisab05@shaw.ca



Ann's Info...

Yes, it's getting close to that time of year again.

FYI

The \$18 Association Fee that every member pays when registering with our Club is submitted to CCBC (Cross Country BC) per member. This fee covers our insurance liabilities and association fees within the province.

IMPORTANT REMINDERS FOR PURCHASING MEMBERSHIPS

Payment for memberships and program registration are by **CASH or CHEQUE**.

ALL Members are required to sign a waiver eg: Family of 6= 6 waivers. This is a mandatory CCBC requirement.

RENEWING Members are **not** required to fill out a membership application. Your info is recorded in the NNSC Database but you **are** required to sign and submit a waiver. Any changes in mailing addresses or email addresses can be included on this form.

NEW Members **are** required to fill out a membership application along with a waiver.

Any past member who will be purchasing a membership this year is required to submit their photo ID ski pass from the previous year in order to have this season's year sticker attached.

If at the time of membership purchase you do not have your ski pass ID with you will have two options:

a) Return with your ski pass ID during the pre-season membership drive. **OR**

b) Pay \$5.00 and have your photo retaken for a new ID.

If you will be away during the Pre-Season Membership Drive, you can mail in your membership application and waiver, **postmarked no later than Nov. 09/14**. These forms can be downloaded from the website www.nelsonnordicski.ca

or can be picked up at Gerick Cycle & Ski. You can mail it to the address on the top of the form, along with a cheque, adult signatures, waivers (one per registrant) and your ski pass ID's from last season. Once received you will be put on this season's membership list.

There will be another membership drive during the "regular" season in December at Gerick Cycle & Ski, if you require to pick up your ID after the pre-season or if there are members of your family that require photos etc. this would be your opportunity to do so.

There were a few members from last season that did not pick up their photo ID ski passes, these will be at the Pre-Season Membership Drive.

Please be sure to notify us of any changes in your emails or mailing addresses.

NEW FORMAT FOR THE SKI SWAP

The Nelson Nordic Ski Club AGM will be held one hour before the Ski Swap. Anyone attending the AGM will have first access to the Ski Swap.

VOLUNTEER HOURS

If any **parents** of the Bunnies, BC Rabbit Programs or Track Attack have volunteer hours, please submit them to Lisa Butterworth lisab05@shaw.ca prior to this pre season membership drive in order to be eligible for a discount for this upcoming season. There will be a list of the remaining volunteers and their hours at this membership drive, please be sure to mention you may have some hours eligible for a discount.

The volunteer hour discounts for the 2014/2015 season expire Nov. 09/14, after this date everyone starts with a clean slate. Any volunteer work done for the Club after this date will be applied to the 2015/16 ski season.

If you have any questions re: volunteer hours please contact Lisa Butterworth lisab05@shaw.ca. Or call 250 229 2116

If you are interested in helping out with any events please email ajpop@netidea.com or lisab05@shaw.ca or call (250) 354-4299.



[Visit us at www.nelsonnordicski.ca](http://www.nelsonnordicski.ca) or on [Facebook](#)

TRACK ATTACK!

Track Attack will be starting Dryland Training (just an excuse to have fun!) on October 12th.

We have a great coaching team this year, with Kaj Gyr, Roger Pratt, and Karen Redfern continuing on, joined by Jason Rusu, a former Olympic paddler with extensive experience in coaching both kayaking and cross country skiing.

With this coaching team, the club is

now able to offer a Jr. Race team which can train alongside our division one and division two track attackers. The Jr. Racers and beyond is a great opportunity for more advanced skiers to continue their skill development and to explore the world of competition.



Junior coaching opportunities are available with the track attack group so if you have older more advanced skiers that want to be involved we would love to hear from you. The club pays for coach training for those 16 years and older.

Please call Kaj Gyr at 250-352-4662 if you have questions.



And our Presidents get the last word...

Hi Nordic Skiers

It's snowing in Calgary... Will we have an early Winter Season? According to people who read Mountain Ash trees, a long winter (meaning LOTS of skiing) is in our forecast!

To facilitate as many children as possible becoming part of the Skills Development Program (SDP), we encourage parents to get involved in coaching.

Check out www.crosscountrybc.ca and click the link "coach development". You can read the course descriptions by choosing "National Coaching Certification Program (NCCP)".



The ICC is held November 15 - 16 and CC runs November 28 to 30. Both of these courses are hosted in

Castlegar and you can sign up with Ann Quarterman at 250-362-5956. The Nelson Nordic Ski Club will pay for your registration if you become one of our coaches. Please consider this wonderful opportunity to become involved.

Membership fees have been increased by \$8 to account for the increase in CCC and CCBC fees. Last year, these fees were \$10 per member but now are \$18. The benefits of being apart of CCBC will be explained at the AGM. We hope we will have a great turn out for the Ski Swap and the meeting.

Looking forward to the 2014-15 season!

Nancy Quackenbush and Louise Poole
Co-Presidents



**Nelson Nordic Ski Club
West Kootenay EcoSociety
partnership**

Special price for new members:

\$20 EcoSociety memberships!

You'll be kept up to date on the most important local environmental news. At the same time you'll be an important part of:

- Protecting vulnerable local ecosystems
- Building the local green economy
- Supporting local, organic food
- Educating the community
- Promoting energy conservation
- Providing low-carbon transportation options
- Developing local, renewable energy
- Supporting sustainable housing

Other benefits: Free, member-only events and discounts at local businesses

To sign up:

www.ecosociety.ca/nnsc

EcoSociety 250 354 1909