

# Whiteshell Ski Club



ex-cetera



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2005 May

## President's Message

Elaine Greenfield

Can anyone remember when we last had such a perfect ski season? We were fortunate in receiving an early snowfall so that we had a chance to ski in December. The snowy view over the Channel from the Golf Course Trail was magical. Then the snow kept coming so that we had a base the equivalent of which has not been seen for many years. Both the Orange and the English River Trail were in superb condition. We are all thankful to our hard working track setters.

The Doreen Dick Fortitude Tour held on February 12 went well and we had a beautiful sunny day for it. However most of the Starlight Express Tours did not pan out due to bad timing on the part of the full moon and other events which involved many of our potential participants (the coaching clinic left many wanting dinner and their beds at the end of the day!). The Moveable Feast Tour which has been promised for the past few years did not go ahead either, although this year should have been the one as we skied well into March. I think we just ran out of steam.

School Ski at Gilbert School for Grade 3 was also held in February and was a hit with the kids, who sent us some fabulous letters and drawings. Some of the teachers were worried about the weather being too cold and windy and wondered if we should cancel on those days. The kids, however, had no problem with the weather and their smiles warmed us all up. Earlier in February we had 60 kids visit from Whitemouth School for a day's skiing and tobogganing with their teachers and parents. Former resident and teacher,

Sue Reynolds had been getting these kids out on borrowed skis every recess for several weeks in preparation for the event. They had asked for help from our club in guiding them around the trails and we were very pleased to do that. Although the least proficient of the kids started out on the Golf Course, by the end of the day every one of them had done at the very least, part of the Red Trail and especially the Big Hill! They all said that had had a great time skiing and having lunch at the Pinawa Club and they too wrote us wonderful letters and drew beautiful pictures. Some of these will be on display at the Spring Meeting. Many other organizations and clubs visited us, including students and teachers from College Pierre Elliot Trudeau, and the Charleswood Ski Club who were out in force on the Sunday after the Loppet. Charleswood was extremely complimentary of the trails and snow conditions even though one of their members broke a leg on the Orange Trail. They were also very happy with our new signs.

The 29<sup>th</sup> Manitoba Loppet was a great success with decent weather, a good crowd and lots of prizes. Kenora sent a large contingent and many Jackrabbits participated. The most exciting part of the ceremony was watching the younger crowd waiting in anticipation for the awarding of

## WΛΛΛΛ Spring General Meeting

Thursday, May 19  
7 pm

WΛ Lewis Centre "Gym"

Come see a  
10 min video of a Jackrabbit session,  
made by Joel Taylor and Dana Reed,  
as well as a display of letters received from  
kids participating in the school ski.

the Sponge Bob Squarepants Telephone Talker prize! We are looking forward to hosting the cross country ski portion of the 2006 Winter games where Pinawa will be on display to the rest of the province.

Have a great summer and enjoy walking or biking portions of our ski trails.



Jackrabbits and Friends: February Tour to the Red Cabin Tour in February.

## Peter Chernis - Loppet Chair Extraordinaire

Peter Chernis has been involved with WCCSC since he moved to Pinawa in the late 80's. He came to the Jackrabbit program first as a parent with two kids, later as a coach and finally as the Jackrabbit Coordinator. He was also the Coach of the Whiteshell Ski Team for many years but this article is really a celebration of his many years as Chair of the Manitoba Loppet.

Peter first took on the job of Loppet Chair in 1996 and has continued to do so ever since — a total of 10 years! While he was at it, he also designed, developed and then field-tested his own race software called 'Race Wizard'. Race Wizard interfaces with CCSAM's database of registered skiers, creates a register of all entrants in an event, serves as a timing system and manages the

tabulation of results. He has used this program for all Whiteshell's races, provincial races and he has graciously used it to help at other events such as Ski Swap and Sport Expo. This has not only given WCCSC prestige but also donations for the services Peter has rendered.

This year, our club nominated Peter for a CCSAM award. The award titled 'Loppet Chair Extraordinaire' was given to him in absentia at the CCSAM Annual Awards Banquet held on March 18, 2005.

## Don Ewing – Double Duty During the Coming Year

In 2005, Don Ewing volunteered to coordinate the Loppet with Peter Chernis. In 2006, Don will become the Chair of the event. Don played a big part in the event this year, assisting with trail grooming and signage, organizing volunteers and obtaining the prizes from the ski shops in Winnipeg. Don has a great deal of experience running the Free Spirit Triathlon as well as many ski races and will continue to provide a

well organized, fun event for Manitoba's skiers in the future.

Don will play a second key role in the coming year as CCSAM has nominated him to be the Technical Advisor and Head Official for the cross-country ski competitions of the 2006 Manitoba Winter Games. He has been busy in recent months helping to develop the sport plan for the regional qualifier to be held in conjunction with

the 30<sup>th</sup> Manitoba Loppet next January and the Provincial finals to be held in Pinawa in March. He will be one of our busier volunteers during the next ski season.

Hats off to both Peter and Don! Their dedication, enthusiasm, skill, knowledge and commitment to cross-country skiing are tremendous assets not only to our Club but also to the entire ski community of Manitoba.

## Doreen Dick Fortitude Tour 2005

### Elaine Greenfield

On Saturday, February 12 at approximately 10:00 am, eight people met at the end of Hwy 211 to ski the same route that we had in Feb. 2000 when Doreen and Robert Dick were part of the group. It was later that year when Doreen was finally diagnosed as having ALS and the following year we named this tour in her honour. It starts on the Blue, continues onto the English River where we have our lunch, then onto the Jones-Graham-Gauthier Freeway (isn't that a mouthful) and finally follows the Orange Trail for about 16 kms of great skiing. The day was to be warm, so the 10 o'clock start was judicious. It was about -4C when we set out and beautifully sunny. Two visitors from Winnipeg joined us to try the tour but decided that they would ski the English River Trail only. The group consisted of Larry Gauthier, Ron Brehm, Don Ewing, Steinar Cramer (visiting from his home in Singapore), and Elaine and Oliver Greenfield. The trail was fast and we were soon at the ER cabin for lunch. After a little re-waxing by some to try to

accommodate the rising temperature, we set off on the JGG Freeway to attempt to negotiate the rather tricky downhill. Some of us managed, but some soon were rather snowy! There was a brief stop at the Orange Cabin for some re-waxing again as the temperature was then above 0C. It was at this point that a solitary skier caught up to us and ended up joining the party because he was caught in the middle. At the end of the tour, this man wondered if

he could join our ski club and did. He was born and raised in Norway and now lives in Winnipeg with his wife and son. We are hoping to see him often on our trails. When we came off the trails there were ten cars in the parking area and we met skiers just starting out. What a great sight!



*Steinar Cramer, Oliver and Elaine Greenfield, Don Ewing and Ron Brehm at the English River cabin (Larry Gauthier is behind the camera!).*

# School Ski Program

Bruce Goodwin

Once again our Club brought cross-country skiing to the entire Grade 3 Class at Gilbert School with full support from their favourite teacher and principal (Carmen Jakiwchuk and Darcia Light). This is the third annual Gilbert School Great Ski Challenge and it was made extra special by Cross Country Canada who donated prizes and posters for all of the children.

Coaches Don Ewing, Joel Taylor, Elaine Greenfield, Keith Olson, and Bryn and Bruce Goodwin (who did I forget?) worked for four days to pass on basic skills, from downhill survival to double poling and skate skiing. The finale, held on Friday, February 18, is called The Gilbert School Great Ski Challenge. This is a race of sorts and was seeded with some special visitors from Grade 2. Twenty new skiers were divided into two teams: the Yams and the Rutabagas. All were turned loose, 30 seconds apart, onto a 0.5-kilometer track in the Gilbert schoolyard. The course included numerous checkpoints where the students were obliged to display their newly mastered skills. One favourite was the ski jump with optional face plant. The race duration was about 45 minutes, with most children doing multiple loops around the course.

The ultimate goal of the Gilbert School Great Ski Challenge is to win the World's Ugliest Trophy™. This eyesore is constructed from recycled Styrofoam cups and (exactly like Lord Stanley's Cup) has the names of all contestants penned on the side. Actually, the goal is not so much winning the trophy, but winning the right to demolish the trophy. Unfortunately, the event organizers could not decide a winner.

Even the tie-breaking vote came in as a tie, and consequently both the Yams and Rutabagas took part in the obliteration. Both teams knew exactly what their responsibilities were and the demolition was total with 15 seconds.



School Ski post-race photo -- is there a future Olympic medal winner here?

## WCCSC's New Trail Setting Equipment

Ron Brehm

Our two old work horses (Alpines) were getting pretty tired, so we thought we better get something to replace at least one of them. The new kid on the block for traction in snow is an ATV with tracks that replace the wheels in the winter time. We purchased a Bombardier Traxter . It proved its worth this winter in the extremely deep snow conditions that we had. Although it has some drawbacks, one of which is that it doesn't pack the snow very well in the center of the trail, the combination of the Alpine and the Traxter works

reasonably well. We still have to do some experimenting on what type of grooming equipment will be best to use with the new machine. It has the added advantage in that it can be used in the summer for cutting grass on the Trans Canada Trail, and in the fall for clearing and brushing our ski trails.



### Ski Club Executive

President:	Elaine Greenfield 753-2515
Vice-President:	Peter Chernis 753-2971
Secretary:	Kevin Dearing 753-8239
Treasurer:	Alf Wikjord 753-8844
Trails:	Derrek Owen 753-8842
Jackrabbits:	Bruce Goodwin 753-8393
Equipment:	Ron Brehm 753-8437
eXCetera:	Michelle Long 753-2073

### 2004-05 Membership Tally

In total, 194 people joined the Whiteshell Ski Club during the past ski season. About 80% of them reside in Pinawa. The other 20% live in Winnipeg and other locations in southeastern Manitoba. We offer a warm welcome to the following:

15 members from **Lac du Bonnet:** Sherilyn Adrian; Donna, Allison & Bradley Besel; Luc, Geoffrey, Stephane & Michelle Bordeleau; Rod, Myrna, Erick & Geordie Broadfoot; Keith & Edith Olson; and Kathy Picard

12 members from **Winnipeg:** Gerhard Bock; Martin, Connor, Meghan & Jereleen Entz; Zbigniew Gryz; Carol

Randall; Arild Sletvold; Allan Tarr and John, Lydia & Katie Webb

3 members from **Stead:** John, Drew & Jay Hawranik

3 members from **Seven Sisters:** Elise, Emilie & Marc Shewchuk

2 members from **Warren:** Nicole Armstrong and Bruce Webb

1 member from **Whitemouth:** Anita Geisel.

The tally includes another bumper crop of 28 Jackrabbits. Drew Hawranik of Stead sits on the Board of Directors of the Cross Country Ski Association of Manitoba. Larry Gauthier of Pinawa is an Honourary Lifetime Member of our Club.

# Jackrabbit Tracks

## Bruce Goodwin

For those who like numbers, this season we had 23 outings, 5 without skis and 7 exploration tours; about 25 children were officially registered but more than 35 showed up frequently; on average, each session had about 16 children and assorted parents, although between 12 and 21 (plus adults) arrived on any one day; we skied every Sunday except January 16 when the morning temperature was  $-43^{\circ}\text{C}$ ; at least 27 volunteers helped out with the fires and hot chocolate; 14 Jackrabbits entered our Loppet; and we have a bunch of new, enthusiastic coaches!

Here are the details since the previous issue of the Excetera last January.

January 22 – Tour of the Loppet race track on the golf course, with emphasis on racing tricks. It was a cold windy day ( $-18^{\circ}\text{C}$ ) in freshly groomed tracks, but everyone skied the 2.5 km loop or more. Tamara Tinant managed the fire and brought a few of her soon-to-be Jackrabbits.

January 30 – We skied out the golf course, some getting all the way around. The weather was decent and the children were enthusiastic and noisy (so what's new?). Former Jackrabbit David Bilsky managed the hot chocolate.

February 6 – Cool temperature, about  $-15^{\circ}\text{C}$ , and an ugly north wind today. We met at the Pinawa Club but then migrated to our old meeting place at the Transformer Station to find more sheltered trails. We could not use the fine skating tracks that Peter Chernis had set up for us but found that Pumphouse Hill remains a favourite haunt of our Jackrabbits. Susan Barnett managed to find us despite the changed venue and provided the marshmallows.

February 13 – Today we toured out to the cabin on the Red Trail. We got a first hand glimpse of the crazy spring weather, skiing in shirt sleeves in  $+4^{\circ}\text{C}$  conditions. Larry Gauthier came in by snowmobile and got a huge fire going. He also gave guided tours of the cabin and Elaine's retreat.



*Jackrabbits and friends: January tour to English River.  
No frowns allowed here!*

February 20 – Spring skiing is now here and we spent most of the day skate skiing in  $-8^{\circ}\text{C}$  weather. We also played the Sears Catalogue Relay, a game that you need to experience because its rules change too quickly. Elaine and Oliver Greenfield took shifts for the fire, hot chocolate and marshmallows.

February 27 – Fresh from their clinic, our keen crop of coaches decided to test out a bunch of new games. Linda Tait, Tom Hilliard, John Trueman, Susan Barnett, Rebecca Bilsky and Joel Taylor ran through almost 10 high energy games but could only exhaust a few of the youngest children. One game involved synchronized downhill skiing by groups of 5 to 10 children. It was one of our more memorable sessions, on another fine day ( $-6^{\circ}\text{C}$ ) for skiing. Dwayne Hanson, with help from Sophie, took care of the fire.

March 6 – We had our second annual tour to English River. The turnout was huge again, and included 5 visiting Jackrabbits plus 4 adults from Winnipeg. The temperature cooperated - light snow,  $-3^{\circ}\text{C}$  and little wind. Tom Hilliard skied ahead to start the fire, while Peter Chernis and John Trueman ferried children with the club's snowmobiles and sleighs.

March 13 – Winter came at us again. The temperature was only  $-8^{\circ}\text{C}$  but the NW wind caused problems. Once again we moved to our old meeting place at the Transformer Station. We had a full day and worked in lots of warmup games, a time trial and some more games on Pumphouse Hill. Ralph and Carol Moyer worked extra hard setting up the fire, because they first needed to pound down 50 cm of snow! Fortunately they were rewarded by one of our largest groups of children.

March 20 – What a great day for skiing! The temperature hovered around  $-1^{\circ}\text{C}$ , the sun beamed down on us and the wind was somewhere else. We met at the Transformer Station and again had a huge turnout. We spent the day with games, a time trial and hill work. Kevin Dearing and Joel Taylor built a ski jump on Pumphouse Hill that worked like a magnet. Nat Fenton moved some firewood for us and Bellamy Bakosti was able to get a huge fire going.

March 27 – We met early this week – 10 AM at the Transformer Station because the weather forecast called for melting conditions in the afternoon. We had a great time with games and skate skiing on the Channel, but the main attraction was an exploration tour of the beaver terraces (located in the center of the Red Trail). It was another beautiful day for

skiing, capped off by hot chocolate and marshmallows organized by Tom Wallach.

March 31 – This was a special outing to test Rebecca for her Purple Technique badge. This is the highest technique badge in the Jackrabbit series and we had a multitude of testers, notably 6 very critical children who already had Green and Yellow badges. We met early on a Thursday, during spring break because of the dismal weather forecast. As it turned out, this was the last outing of this season. Our Jackrabbits were disappointed to see the snow disappear so quickly but most will be back next year.

We again tested and awarded badges at different sessions over this season. The Green Technique badges were awarded to our youngest and first-time skiers Courtney, Reanne, Emma, Kaelyn, Sophie, Brett, Emilie, Michaela, Brook and Kaeli. More advanced technique badges were earned by Ted, Liam, Grant and Maren (Yellow); Skye, Tessa, Katie, Justin and Steven (Orange); Ben and Austyn (Red); and Rebecca (Purple). Sherilyn joined Jackrabbits this year and quickly worked her way through the Green, Yellow and Orange Technique badges! Speed badges were also earned at three time trials. Just about every Jackrabbit has several of these badges. This year, we awarded speed badges ranging from 10% (of the speed of an Olympic skier) all the way up to 60%. For the record, Ben Dearing was the only one to get a 60% speed badge this year but five others were close behind with 50%. Eddy S. showed the greatest speed development over the season — his 1-km time in December was 14:15 but improved to 6:42 by March! (If he can keep improving at this rate, by next season he might be finishing before he starts.) Finally, there were quite a few distance badges given out, mostly involving our shortest skiers and for 25 or 50 km. We need more tours!

We started the season out with regular leaders Donna and Bradley Besel, Peter Chernis, Linda Tait, Rebecca Bilsky, and Bryn and Bruce Goodwin. We then got an injection of enthusiastic extras, following a coaching clinic courtesy of Ken Goodrich and CCSAM. Our new leaders, who know dozens of new games, are Kevin Dearing, John Trueman, Susan Barnett, John Webb, Tom Hilliard, Joel Taylor and Jeff Simpson. Our full coaching staff, plus help from keen parents, might just be enough to wear out some of the younger children.

As ever, all of the Jackrabbits and their leaders would like to thank the volunteers and parents who have helped in numerous ways. You make the program rock! Please join us again next year, when we promise to play more games and go on more tours. We also plan to organize a meeting for parents and coaches this fall to decide on a start time (Sunday at 1? Saturday at 10?), meeting place (Pinawa Club? Transformer Station?), lower age limit (6 or younger?), purchasing clothing (tee shirt? toque? uniform?) and more. Watch for our meeting announcement.