

Castlegar Nordic Ski Club 2022 Fall Newsletter



Castlegar Nordic Ski Club
P.O. Box 3213
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www.castlegarnordic.ca

President's Message

Fall greetings to all our new and returning ski club members from your Club Executive, as ski season rapidly approaches. We have been busy, but there is still much to do to prepare for what we hope will be another fantastic snow year at the Paulson Cross Country Ski Trails.

Although we continue to mourn the recent loss of our dear friend and leader of many years, Winston Fayant, we are a strong Club because of him and remain dedicated to providing an excellent skiing experience to all our members and visitors, which he would have appreciated. The Executive has also been considering ways we might honour Winston's legacy, which we will discuss at our upcoming AGM, possibly including the naming of a future new trail expansion after him.

We are extremely lucky this year to have a seasoned returning crew, including our groomers led by Chris Anderson, as well as our Club Administrator, Fred Anderson, and the youth skier development program leaders Rolf Hartman, Simon Cretien, and Mary Lusty. Enhancing and growing our youth program will be a high priority for the Club starting this year and into the future.

Unless we are mandated by the Interior Health Authority to once again implement Covid restrictions, we will hopefully not be constrained to the same extent around our facilities this year, although individuals may wish to follow their own precautions which the Club will respect and try to accommodate.

Recruiting volunteers seems to be a challenge for all non-profit organizations these days, and our Club is no exception. Without volunteers stepping forward we risk burnout, not delivering improvements, or having to raise fees to pay for needed work. I hope you'll consider volunteering for the volunteer workday on October 1st or for other volunteer roles in the Club.

Should have any suggestions, input, or concerns you wish to share with me or the rest of the Club Executive at any time, please do not hesitate to reach out through our email at castlegarnordicski@gmail.com or by contacting me at my cell phone number below.

I wish you all a great ski season, with excellent tracks, in perfect snow, on our amazing trails. I hope to see you at the AGM on October 20th and, of course, see you on the trails!

Al Skakun, President
Ph: 250-608-3015

Tribute to a Leader

It was with deep sadness that we learned of the passing of Winston Fayant on August 14th, 2022, at the age of 78.

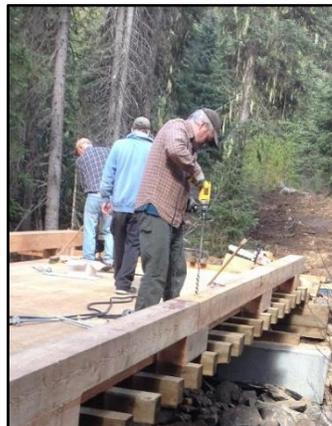
Winston was the face (and heart) of the Castlegar Nordic Ski Club, serving as the Club president for 27 years. He loved the outdoors, skiing the Paulson trails and connecting with people along the way. His dedication to the Club, with a vision of excellent trails, accessible to everyone to enjoy the wonderful sport of cross-country skiing was well known and he strongly supported youth in the sport. Winston worked many untold hours over the years to help build the Club from its humble beginnings and was a patient supporter, coach, and leader to the Club's Executive members, employees, and volunteers. His kind heartedness, humour, common sense approach (and tenacious welding skills) will be greatly missed.



"See you on the trails", Winston!

Volunteer Workday – October 1st

Volunteers are needed to assist with several tasks as outlined below. Please consider attending for a couple of hours or more to keep our trails and facilities in excellent shape and our fees affordable for all!



The volunteer work party is planned as follows:

Date: Saturday, **October 1st, 2022**

Meeting Time and Place: **9:00 a.m.** at **Viking Centre** (Mud Lake Trailhead)

Volunteers should bring work gloves, clothing appropriate for the weather, lunch and drinking water. The following is a list of work projects and tasks to be completed. If you wish more information or to volunteer for a specific work crew, please send an email to castlegarnordicski@gmail.com or message the crew leader noted below:

Work Task	Crew and Equipment Needed	Crew Contact
Shelter Clean-up	6-12 workers. Sweep and clean Viking Centre, 4 shelters, collector hut, and outhouses. Cleaning tools, supplies, and masks will be provided.	Kathy Sykes Cell: 250 365-9805
Firewood Stocking of Shelters	6-10 workers. Wood to be hauled from Viking Centre to shelters. Clean-out & restack existing wood and restock Glenmerry collector hut, Ben Shaw, Nordic, & Glenmerry Shelters. 2-3 volunteer pickup trucks or trailers would be appreciated.	Chris Sykes Cell: 250 365-9801
Trail Brushing	4-5 workers. Various locations, starting around Mud Lake loop. Competency with brush saws or chainsaw certification is required. Safety gear, (face screens/glasses) supplied. Brush saws provided. Volunteer pickup trucks would be appreciated.	Jim Guido Cell: 250-304-9860
Bridge Decking	6-8 workers. Install decking, ramps & railings on new Mud Lake bridge. Move decking & heavy timbers, drilling and spiking decking. Tools and generator will be provided. Extra heavy-duty hammers and drills would be useful.	Al Skakun Cell: 250-608-3015

2022 Annual General Meeting



The Castlegar Nordic Ski Club's 2022 Annual General Meeting will take place:

Thursday, October 20th
Kinnaird Hall

2320 - Columbia Avenue, Castlegar
Start Time: **7:00 p.m.**

Agenda topics will include:

- Election of all Club Executive Table Officers & Directors
- Treasurer's Report
- Registrar's Report
- Approval of 2022 Membership and Day Use Fees
- Fee Collections & Cabin Wardens
- Trails and Infrastructure Projects
- Equipment & Trail-Grooming Update
- Youth Skier Development Program
- 2023 Troll Loppet
- New Business and Topics from the Floor

A **Door Prize** of one Adult Membership will be awarded at the meeting.

We hope to see you there!

2022/2023 Membership and Day-Use Fees

Our Club depends on fees to cover trail grooming and track-setting costs and to support the maintenance of our incredible trail network and user facilities.

The 2022/2023 Annual Membership Fees and Day-Use Fees (payable by non-Club members) will be follows:

Annual Membership Fees		
Membership Type	Regular Fee	Until Oct. 31
Adult (19-79)	\$85	\$80
Family ¹	\$170	\$160
Junior (7 to 18 yrs.)	\$30	\$25
Student ²	\$50	\$45
Child (6 yrs. & under)	Free	Free
Senior (80 yrs. & over)	Free	Free

CNSC Day-Use Fees (Non-Club Members)	
Category	Fee
Adult	\$15
Family ¹	\$30
Junior (7 to 18 yrs.)	\$5
Student ²	\$5
Child (6 yrs. & under)	Free
Senior (80 yrs. & over)	Free

¹ 'Family' is defined as immediate family members living within the same household.

² 'Student' is defined as enrolled in full-time academic studies.

Visit our website *Membership & Fees* page at <https://www.castlegarnordic.ca/membership-fees/> for information on ways to renew your membership. Online membership registration and payment is available now. The deadline for early bird reduced membership rates is October 31st.

Registrar's Report

Our past season saw an unprecedented continuation of strong membership numbers with many renewals. Thanks to all who signed up again for 2021/22, and to all the new members who joined. Total membership was 1130, certainly a healthy strength for the Club.

Thanks to our local partners that collect registrations and distribute badges: Mallard's Source for Sports in Castlegar, Gerick Sports in Trail and Gerick Cycle & Ski, Nelson. A special thanks to Powderhound for their participation over the years, Happy Retirement!

We are always looking for feedback on the registration process so if you have any comments or suggestions, please send them along.

Online membership registration is available now. Check out our Membership & Fees website at: <https://www.castlegarnordic.ca/membership-fees/>

All the best for the 2022/23 ski season! Stay safe!

Greg Richards, Registrar

Youth Skier Development Program

This is a big year for our Skier Development Program! To improve what our club can offer for youth in the Castlegar and area Nordic community we're introducing 2 new programs into our SDP.

Here are the new programs launching for the 2022/2023 season:

Fall Training Youth Program

This 12-week program started up on September 17th and will focus on preparing kids aged 8-16 for the ski season through endurance, agility, technique and of course team building exercises. This includes trail running, hiking, stair-climbing agility games and by next season, roller skiing! Sessions are taking place every Saturday morning in Kinnaird Park, and it's not too late to join in!

Competitive Skills Development Program

This program will introduce kids to more advanced ski techniques to excel in the sport and get an introduction to competing, building endurance and pacing for longer skis, learning the techniques to power up hills, manoeuvre around corners and glide longer on the flat stretches. Starting in December for youth aged 8-16, this program will run twice a week through the winter, covering both skate and classic technique.



Simon Cretien, Head Coach

Of course, our Monashee Adventures Program will be running again this year at the usual time on Saturdays as a fun learning experience for younger skiers.

All of our Skier Development programs can be found and registered for on our website at:

<https://www.castlegarnordic.ca/youth-program/>

Fee Collections and Cabin Wardens

Ski season is fast approaching and by all accounts it looks like it is going to be another epic year! We will be continuing to build on our successful volunteer Cabin Warden and Fee Collecting program. The good news is, it looks like we can relax a lot of our protocols for Covid which simplifies the workload for these two key activities.

Our Club Administrator, Fred Anderson, will be returning in his role and will be organizing our Fee collector teams again this year. Fee Collectors who complete 4 volunteer days will again qualify for a free season's pass for the following ski year.



Our Cabin Warden program involves adopting a cabin for the season or half season and once a week giving it and the outhouse a good clean, keeping the snow clear and the wood stocked. Each Warden is given their kit to attend to their duties.

As with Fee Collectors, you will qualify for a season's pass for the following ski year.

Please contact me at castlegarnordicski@gmail.com if you wish to participate in the Cabin Warden program.

Kathy Sykes - Vice President

Trails and Infrastructure Report

Beyond our required communications with Rec Sites and Trails BC (Partnership Agreement), Ministry of Forests, BC Timber Sales, Atco Lumber, YRB, and Ministry of Transportation, we have been able to work on and complete several trails and infrastructure projects during the off season.

The Sentinel Unit Crew (BC Wildfire Service) helped us out in the early spring, by removing dead standing trees within a tree length of our trails, and either bucking and splitting the wood for cabin firewood supplies or leaving the felled trees as a source of coarse woody debris for biodiversity purposes. A big thank you to the Crew for their hard work in keeping our trails safe!

The old bridge on Mud Lake was removed and replaced with a steel bridge this fall. Thanks to Custom Dozing and Jason McNeil for his excellent work. The decking, railing, and ramps will need to be added and it is hoped that many hands on our Volunteer Day, will make light work!



We will be adding a skate ski option around Mud Lake this season. This will require some brushing and culvert replacement to create a wide enough track. The goal is to have this work done in the next few weeks so that our track setters can start compacting the track as soon as the snow starts flying.

East and West parking lot entrances from the highway require some work, but this may not happen before the season starts, although we are keeping our fingers crossed!

Carol Andrews, Director / Trails Manager

Fun Troll Loppet -2023

Our Loppet this year will be in recognition of the 61st year anniversary of the Sons Of Norway Lodge #76 in Castlegar. It will be held on January 22nd, 2023.

We would like to make this a spectacular event! I am looking for sponsors and volunteers to help with setting up the course, for food venues, and for general helping out. More information will be coming out later as the season progresses. If you would like more information or to contribute as a sponsor or a Loppet volunteer please contact me, Ida Price, via my email, at idadprice@gmail.com.

Thank you!

Ida Price, Director / 2023 Loppet Coordinator



Reminder: Free Ski Trails App for your Smart Phone

By downloading the free *Avenza Maps* application and the georeferenced Paulson Ski Trails map to your smart phone, you can track your location at any time while out on the trails! This app does not require cellular service or internet access to function.



The *Avenza Maps* app is available for both [iPhone](#) and [Android](#) phones and uses your phone's built-in GPS to precisely track your location with a moving dot in real time! The app also provides a number of other features including the ability to zoom in or out on the map, drop and label placemarks, attach photos, and record your track, distance and speed information.

For more information on our trails, maps, and installing the trails app, visit the Club's website *Trails& Maps* page at:

<https://www.castlegarnordic.ca/trails-and-maps>



Thank You to all our Partners, Sponsors and Supporters!

A big thank you to all our local sponsors & supporters for their continued commitment to our Club!



Club Contact Information:

Executive Officers:

Al Skakun, President
Kathy Sykes, Vice President
Jim Guido, Treasurer
Greg Richards, Registrar

Executive Directors:

Jon Underwood, Carol Andrews, Mike Lynn,
Kere MacGregor, Ida Price

Skier Development Coordinator & Coaches:

Rolf Hartman, Simon Cretien, Mary Lusty

Historian: Conrad Brattebo

Mailing Address:

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