



La Niña says Lots of Snow!

From the President

Mike Campbell

Hello fellow xc ski enthusiasts, now that winter is in the air, It's time to get excited about the upcoming ski season.

First the good news, the Kiwanis Club have reopened their property to skiing this year and it looks like we will have more trails to ski on as a result of the fence construction around their property. Our trail Captain Fred Scheel is organizing two trail clean up days. The first on Saturday October 15th from 10 am to 2 p.m. to clean up all the tree debris on the Kiwanis trails as a result of logging. The second will be on Saturday November 5th at 10:00 am to do a general trail clean up.

The bad news is the Rankin Trail System will be closed this season. The major land owner in the system has withdrawn permission for the club to operate ski trails on their property. Its really sad to see these trails closed after almost 30 years of operation by the club. I want to thank Trail Captain Richard Bonert and all the volunteers, groomers and landowners who contributed to the opera-



tion of this trail over the last 30 years. It just stresses to me how important it is to let our landowner's know how much we appreciate them letting the club operate trails on their property.

Also our grant application to Trillium Foundation for a new groomer was turned down. They have encouraged us to reapply in the future. However, all Trillium Grants in 2017 have to relate to Canada's 150th birthday and grants for equipment will not be eligible. Therefore we have to wait until 2018 to apply again. In the interim we will continue to set funds aside in our capital reserve fund which is currently over \$100,000 and keep an eye out for other funding opportunities or a good used groomer.

Membership fees will remain unchanged from last year. Single Member \$80.00 (early bird \$65) Family Membership \$180 (early bird \$150). Day use fees will be \$8.00 for an adult and \$2.00 for a child under 13. We are encouraging all members to renew their memberships through Zone4.ca, it only takes a minute to do and you will save the cost of a stamp, envelope and trip to the post office. Please make sure you register before the early bird deadline November 14th, 2016.

The Bruce Ski Club operate the most affordable, accessible and best maintained trails in Ontario. We accomplish this because of the strength of our volunteers. Thanks to everyone who helps out, regardless of how small or large your contribution, you make the club happen.

Special thank you to our many Sponsors and Friends who contribute to make this club affordable for everyone. Thank you to our patron Suntrail Source for Adventure. In addition to supporting the club as a Patron, Suntrail sponsors many of our events, including the Ski Swap, Men & Women on Skis and Suntrail Special. Lastly, I remind you that Bruce Ski Club does not own any of the trails on which we ski. We owe a great deal to the landowners who generously allow us to ski on their property. Dogs are not allowed on our trails. Pack out your snacks and trash. If you find trash on the trail, pack that out too. If you meet any of the thirteen landowners, please thank them personally for sharing their property.

COMING EVENTS

Ski Swap/Sawmill Work Party/Love Your Skis - Nov. 5

Colpoy's Work Party - Nov. 6

Early Bird Deadline - Nov. 14

Jackrabbit 1st Session - Jan. 7

Moonlight Ski - Feb. 11

Enduro - TBA

High School Invitational - TBA

BAA - TBA

CWOSSA - TBA

Suntrail Special - TBA

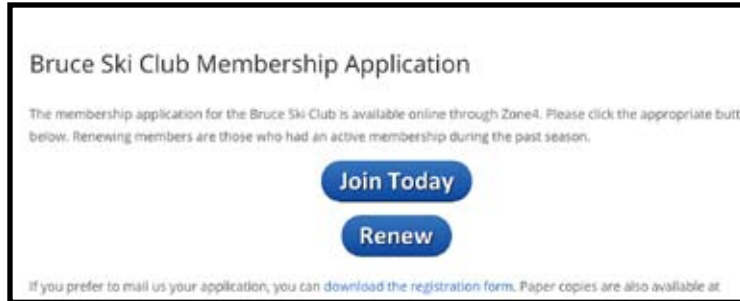
Apr. 20 - Bruce Ski Club AGM



Registration

Phil Johnston

Again this year we will be using "Zone 4" for registration. To register online go to our club website membership page (<http://bruceskiclub.ca/membership/>), scroll down to "JOIN TODAY" and "RENEW". If you are a new member pick *Join Today* and of course if you are a returning member pick *Renew*. Once in the Zone 4 site you will be prompted to submit the information required to ensure that your membership is valid. It is easy to do it online.



If you are still not comfortable with on-line registration, you can download and print a PDF registration form and mail it with a cheque to: Bruce Ski Club Inc., Box 2, Owen Sound, ON N4K 5P1. If you do not have email and would like a paper registration form you can pick one up at Suntrail Outfitters or Bikeface or give me a call at 519-389-3622. _____

Ed.

Tom Hakala

That was one hot summer! I did swim every day I could but I for one welcome the change of seasons... And according to the Old Farmer's Almanac this winter will fulfill my wish of colder temps and lots of snow.

Unlike last winter's el Niño, what we are seeing this winter is la Niña! This is the polar opposite of the warm Pacific waters which bring mild temperatures to the Great Lakes region. Instead the Old Farmer's Almanac predicts, "Winter will be colder than normal, on average, with slightly above-normal precipitation and near-normal snowfall. The coldest periods will be in mid- and late December, mid- and late January, mid-February, and early



March. The snowiest periods will be in mid-November, late January, mid- and late February, and early to mid-March." I might add the Old Farmer's Almanac has like a 98% batting average when it comes to predicting weather.



Just to be sure, I checked other sources and they all give a similar forecast... Accuweather says, "El Niño officially came to an end in early June, and experts are calling for a La Niña to develop in its footsteps. La Niña is the cool counterpart to El Niño, characterized by unusually low ocean temperatures in the central and eastern equatorial Pacific."

I heard a spokesperson for Environment Canada on the radio warn that there could be heavier than normal snowfall to the lee of the Great Lakes because of the combination of colder temperatures and warmer than normal lake waters, thanks to the hot summer.

So here is my recommendation... Buy that extra cord of firewood, get those snow tires on your ride, wax your skis and definitely go to Zone 4 and get your Early Bird Registration in before the deadline! _____

Race Coordinator's Report

Ruth Scheel

The dates for our race events have not been set yet. Keep an eye on our club website (<http://bruceskiclub.ca/>) or our Facebook page for race date postings. _____

Sawmill Nordic Centre

Fred Scheel

This season will see some new developments at our Nordic Centre. A fence now divides the Conservation property and the Whispering Pines property. Our Club still has access to the Trails on the Whispering Pines through 2 gates that will allow our equipment to continue grooming. This new fence has however changed Freefall. (the old freefall is gone and a newer and more exciting freefall will greet you this winter but you'll have to come and ski it to find out)

The entrance to the parking lot will be widened this season to allow two cars to pass one another when leaving the parking lot.

New signage at the entrance of the trail will be installed before the snow flies.



Our members know that last season much of the trails on the Whispering Pines property were closed due to logging. To prepare the trails that were logged, some extra work parties will be needed. The first work party will be on Saturday October 15th from 10 am to 2 p.m.

The annual ski-swap will be hosted by Suntrail Source for Adventure on Saturday November 5th. Viewing of swap gear usually starts at 8 a.m. After the Ski-Swap our **Annual get the Sawmill Trail Ready for Skiing Work Party** will commence at 10 am. Please come out and help with this. We usually get all the work done in 2 hours. Remember: many hands make small work.

Enjoy our lovely fall, later, Fred Scheel. 



Rankin Ski Trail

Richard Bonert

Have a great summer and see you again at Rankin in fall and winter 2016-17.


This was my last sentence in the spring newsletter. I hope you had a great summer, but there will be no skiing on groomed trails at the Rankin Trails at Red Bay. The BSC Rankin Trails at Red Bay are closed for the fall and winter season 2016 -2017.

Shortly after the season ended in spring, several land owners withdrew permissions to operate the BSC Rankin trail system and other trail systems on their properties, and posted "trails closed" signs.

Despite the effort of the executive of the BSC writing and talking to some of the land owners we learned on the 30th September that the largest land holder group will not give the BSC permission to operate the Rankin trails at Red Bay for the next season.

This is sad news, but we will stay in contact with the land owners and hope that their statement "for the next season" may offer a chance to revive the Rankin ski trails 3

for the 2017-2018 season.

A big thank you to the Rankin volunteers for great work but there will be no work party this fall at the Rankin Trails. With sadness, Richard Bonert, Trail Captain since 2009 for the Rankin Trails at Red Bay 




Colpoys Ski Trail

Martin Kerr

Do you remember that branch that kept knocking your hat off on Deer Run? Well it's still there except now it's even bigger!

Show you care about the Colpoys trail by coming out for our annual "Walk in the woods" (it's not really work!) work party. Bring clippers and appropriate clothing and meet at the trail head parking lot at the Colpoys trail on Sunday November 6 at 9:00 am for about a three hour walk. I may also organize a morning or afternoon session mid-week sometime in November for people like me who are now retired (hoo-wah!). You can e-mail me at ma247kerr@gmail.com if the mid-week version appeals to you and I'll let you know when it's on.

See you on the trails, Martin. 

Jackrabbits

Mark Avery and Jason McDonald

Hello Jackrabbit families! We are your new Jackrabbit coordinators for this season! We have both been involved in skiing for many years and have kids of our own in the program. Skiing is a fantastic way to get outdoors in the winter with your family and stay fit! If you haven't already done so, please consider using the online registration for Jackrabbits this year. Registration will close on December 18 and after that please contact us using the Jackrabbit email (jackrabbits@bruceskiclub.ca). Fees for all Jackrabbits are \$60.00 plus the BSC membership. JR season begins Saturday January 7th and will run for 9 Saturdays in total with the final lesson and pot luck taking place on Saturday March 4th. Lessons begin promptly at

**Sawmill
Groomer
Fund
Donations**



\$103,090.00

10am so please have your skiers ready to go 5min before this. Warm ups for all skiers are on the wide section of trail just behind the cabin around the bend.

Jackrabbits is only able to work because of the volunteers. We are always looking for a variety of skills to help run a great season. If you feel you would like to contribute please let us know (we can use help on the snow or behind the scenes). Someone will be in touch soon to confirm your volunteer commitment if you choose to help. If you have or know a high school student looking to fill volunteer hours this may be a great opportunity for them as well.



Your child's coach will be in touch with you soon about their group placement and any other further details.

Thanks for supporting Jackrabbits and developing skiing skills with our youth!

If you have any further questions please contact us at jackrabbits@bruceskiclub.ca.

See you on the trails! _____ 

Georgian Bay Nordic

Bryan Dubeau and Marilyn Suke

It's Fall! Perpetually wet rollerski boots and shorter days make putting in the training hours more and more difficult. GBN spends a lot of time cruising up and down area roadways. This past week on a particularly damp rollerski session, I watched yet another car drifting down the road with a mattress strapped precariously to its roof. Predictably the occupants struggle valiantly to control the lopsided load, swerving to the shoulder of the road, exiting in haste and then gathering around the car to collectively glare at the lump as if it could be somehow shrunk to a manageable size by their collective stares.

It was at this very moment that it occurred to me that this situation was very much analogous to my first year of coaching with GBN. Experiential learning is the nicer way of saying "being thrown to the wolves". Regardless, it has led to a profound respect and appreciation for the prior efforts of Timothy Smith and Marilyn Suke in their long tenure with GBN. Fortunately, Marilyn and Timothy




continue to inject their enthusiasm as coaches of our Development Team. The Development Team meets once a week and play games, do some technique, work on strength and generally have a great time together. The older team is coached by Bryan Dubeau and Dave White. Right now their time together is mainly spent roller skiing.

There is much to celebrate at GBN for the upcoming season! David White will be assisting me with the Ontario Cup Team as we make our way around the province. He brings incredibly positive energy to our training sessions and he is always up for Big Bay ice cream following a long rollerski.

Athletes to watch for this year include Wesley Schlenker and Lila Yuhasz-Bell who are part of this year's Southern Ontario Ski Team and Spencer Vreugdenhil-Beauclerc who is skiing his first year on the Ontario Ski Team. He will be on-snow in a matter of weeks in Foret-Montmorency, North of Quebec City. From the Development Team we have the trio of Sarah Groh, Anna Zandvliet, and Genevieve Dubeau. Friends and powerful training partners, they are definitely a threat for Midget Championships.

Meanwhile, the GBN executive is planning a busy season of racing and fundraising. Pure Grit, our trail running event in June was a great success with the largest number of participants ever. In January we will present another Awesome Adult Afternoon Ski lesson - details to follow but be sure to put it on your Christmas wish list!

GBN is fortunate to have a number of local businesses sponsor our team, as it is expensive to race at Provincials and Nationals. If you would like to help please feel free to contact any member of our team. _____ 

Owen Sound YMCA invests in a SkiErg Machine!

Bryan Dubeau

Yes it's true! In cooperation with GBN, the Owen Sound YMCA has purchased the areas first SkiErg machine. Not only is this a huge asset to helping develop high performance skiers, it also promotes the benefits of Nordic Skiing and increases the overall awareness of our sport within the community.


Not sure what a SkiErg is? Check this out: <http://www.concept2.com/skierg/training/technique-video>

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"often copied but never duplicated"

I highly encourage you all to build some time into your pre-season preparation. We asked for this and the YMCA listened! Drop in and check it out. Double pole your way to bliss! 



Georgian Bay Nordic Ski Team Adult Skier Program 2016-17

Questions or to register please contact Bryan Dubeau at gbncoach@hotmail.com or home phone 226.664.0732

GBN is pleased to offer adult skiers of all abilities the opportunity to develop and improve their skiing technique through a series of instructional sessions designed to address the following:

- Improved understanding of dryland training
- Address specific strength needs for masters skiers
- Enhanced skiing enjoyment through improved technique
- Promote skiing opportunities for master skiers

Instructor: Bryan Dubeau, Head Coach of GBN

Cost: \$100, payable to Georgian Bay Nordic

Money raised will support the purchase of a much needed team wax bench

Minimum Enrollment is 5 skiers



Session 1	Fitness Basics and Dryland Techniques Sawmill Nordic Center	Sunday October 23 rd 9am-11am
Session 2	Ski Specific Strength Training for Master skiers YMCA Owen Sound	Monday November 7 th 7pm-8pm
Session 3	Waxing/ Equipment Clinic Suntrail Outfitters	Date TBD
Session 4	Technique Development (On-snow) Sawmill Nordic Center	Date TBD (2hrs)
Session 5	Technique Development (On-snow) Sawmill Nordic Center	Date TBD (2hrs)

Additional Opportunities:

- AAA Ski Lessons held at Sawmill Nordic Centre: Date TBD
- Race Support at the Ontario Masters Championships in Parry Sound February 3-5th

Thank you to the following



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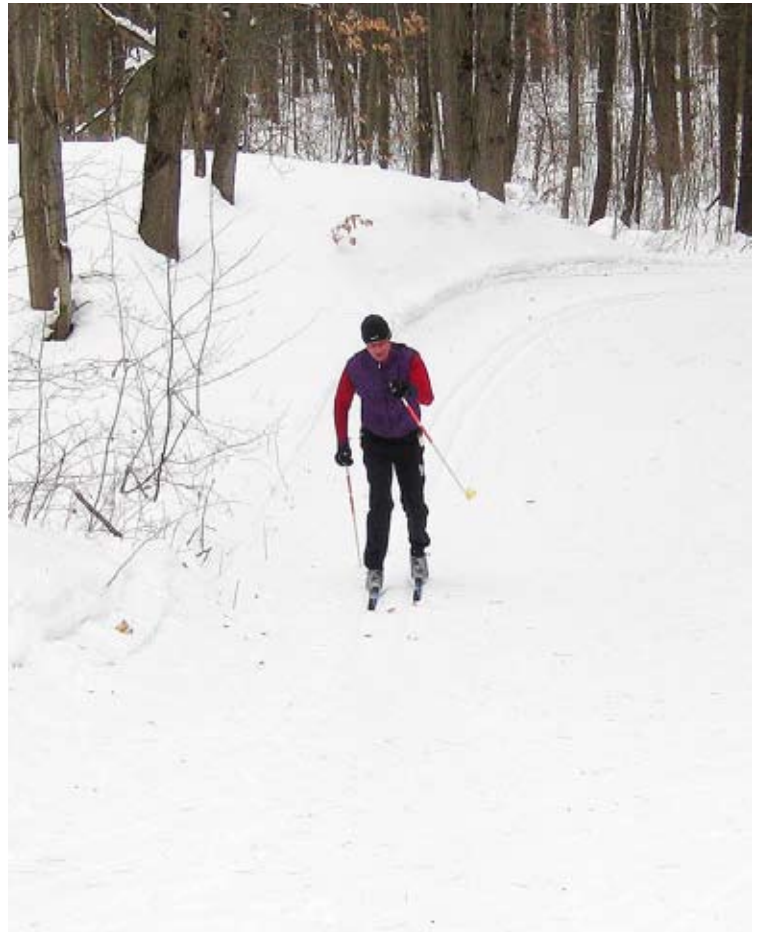
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The Bruce Ski Club would like to thank

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for printing of this newsletter.