

2 Major BSC Announcements

1. New PistenBully • 2. New Defibrillator

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. This fall we have great news to report! The Executive and Board of Directors have approved the purchase of a good quality used PistenBully Trail groomer. The groomer is a 2003 PistenBully Edge with a brand new tiller/track setter.



The purchase of the new groomer will allow us to retire our 35 year old PistenBully 150. The new unit will have more power than the previous model and much better grooming equipment options.

The cost of the unit with the new tiller/track setter is approximately \$155,000.00. Plus, the existing PistenBully shed will have to be expanded to accommodate the larger unit at a cost of approximately \$3,000. We currently have \$133,000 in the bank, so we will have to



fundraise for the remaining funds. If you have ever considered donating money to improve grooming at our trails this would be a good year to do it. More details on fund raising will follow in future newsletters.

I would like to recognize the retirement of three of our Executive who served the club well. Richard Bonnert served as the Rankin Trail captain for over nine years. During that time Richard was instrumental in expanding the trail network, improving grooming and organizing volunteers to maintain the trail. Ella Lund-Thomsen was our dedicated secretary who we could count on to record every motion, edict or idea at or executive meetings. Phil Johnson served as the club's membership coordinator for two years. On behalf of the club I would like to extend my sincere thanks to Richard, Ella and Phil for their years of service to the club.



Our 2017/18 BSC Executive and Board of Directors. New to the executive are: Suzanne Rutherford - Secretary and Ken Clarke - Race Coordinator. Ruth Scheel is now our Registrar. New to the Board is Jennifer Wardell.

Other news to report, we have received a generous donation from Laura Howlett of a portable defibrillator, which will be housed in Gerry's Place. Please see Tom's editorial for more details. Thank-you Laura for your generous donation.

I should also mention we had a great ending to last years ski season with a volunteer recognition night at the Heartwood Hall. Volunteers were recognized for their contribution to the club. Fred and Ruth Scheel received special recognition for their many years of service to the club. Keep an eye out on the trails for Fred and Ruth and their new Bruce Ski Club Team Jackets.

Coming Events

Oct. 20 to Nov. 2 - Swap Items to Suntrail
Nov. 4 - 8:00am, BSC Ski Swap + Love Your Skis
Nov. 4 - 10:00am, Sawmill Trail Clean-up
Nov. 12 - 9:00am, Colpoys Trail Clean-up
Nov. 20 - Early-Bird Registration Cut -Off
Jan. 6 - Jackrabbits 1st session
Jan. 15 - Great Wolf invitational
Feb. 11 - Suntrail Special
Apr. 26 - BSC Volunteer Night & AGM

The membership fees will be the same as last year, Bruce Ski Club operates 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 Patrons Suntrail Source For Adventure, Mersich Family, and Midwestern Communications. 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 fourteen landowners, please thank them personally for sharing their property. =

Registrars Report

Ruth Scheel

The weather is cooling and our thoughts turn to another season change. Winter is just around the corner and it is time to register your family with the Bruce Ski Club.

We encourage you to register online - It is quick and easy. However if you prefer to do the paper form and mail it in that is still an option. You can access the registration process online at: <http://bruceskiclub.ca/membership/> or if you prefer to fill out a paper form, go to either Suntrail or Bikeface to pick up the form.

Join Today

Renew

Early bird Registration will be active from Oct. 1, 2017 to Nov. 20. So don't delay, act NOW!

If you plan to register your child for Jackrabbits please be aware that it is a popular program and they will have to limit their numbers to 100; any more than this would compromise the quality of the program.

So once again I encourage you to register early. If you are renewing a membership please check that all your contact information is accurate.

After you have registered online you will receive a confirmation email. Please remember to print this off or have it on your phone and take it with you Suntrail Outfitters in Hepworth or Bikeface in Owen Sound to pick up your stickers and tags.

If you go the paper route I will endeavour to keep an updated list of your names at both locations so you can get your stickers.

New members will be given a tag as well as a sticker, return-

ing members will get only stickers and if they need a replacement tag it will cost one dollar.

Another date to mark on your calendar is Nov 4 - the BSC Ski Swap Day at Suntrail Outfitters. This is an opportunity to resell used equipment that your family has outgrown as well as find replacement gear for the upcoming season.

Looking forward to seeing your family on our registration list.

Ed.

Tom Hakala

De-fib-ril-la-tor... What is it and why do we need one?

You may or may not know what a defibrillator is, but in case you don't know it is an electronic device that applies an electric shock to restore the rhythm of a fibrillating heart. That is the Merriam-Webster definition. In other words, if someone is having a heart attack this device can help save their life.



Thanks to the generosity of Bruce Ski Club member, Dr. Laura Howlett, the club now has a defibrillator in Gerry's Place at Sawmill. I asked Laura why she decided to do this and this is what she said...

In mid February 2017, I was shocked and saddened to learn of the sudden and unexpected passing of a radiologist colleague Dr. Cheeman Lum, Interventional Neuroradiologist at the Ottawa Hospital. Not only was Cheeman a fellow radiologist, but also younger brother to my friend and former professor Dr. Andrea Lum. I knew him from occasional visits to see his sister at the Civic hospital. He was a very affable, genuine fellow. We swapped old exam questions and study notes in our final year. When he suffered a cardiac arrest at a nordic ski race last year, the medical community lost a skilled specialist, friend and colleague. The loss to his family I cannot begin to guess.

The fact that such a young man could die at a nordic ski race hit me doubly hard, as a physician and nordic ski coach. I felt that it was high time that our club took action to decrease the risk of a death at one of our races. Over the years, defibrillators have become more and more automated, to the point that they can in theory be used without any specialized training. I contacted Bruce County Ambulance for advice, and with their guidance, have purchased a fully automated external defibrillator (AED) to donate to the club. The AED talks the first aider through setting up the electrodes, shocking if needed, and even critiques CPR

technique. I sincerely hope that we never have to use it. If anyone feels like honing their first aid skills, CPR courses are available regularly through the St. John Ambulance chapter on the east side of Owen Sound. *Laura Howlett*



Laura Howlett presenting Mike Campbell with the new defibrillator.

The defibrillator will stay inside the hut unless there is an emergency. If you happen to be the person involved with helping someone that is having an issue, just follow the verbal instructions that the defibrillator gives. You may be saving a life.

Thanks so much Laura! _____ 


Volunteer Night & AGM

Every year we try different schemes to attract BSC members to come out to the club's Annual General Meeting and every year we have had the same results... The only people that show up are the executive, the Board of Directors and if we are lucky one or two actual members. That all changed



when we moved the meeting from our own little warming hut way out in Hepworth to Heartwood Hall downtown!

It also helped that we secretly requested that everyone come to say thanks to two of our long time dedicated volunteers, Fred and Ruth Scheel. On top of that we made it a "Thank-you Volunteer Night" for all our members that have taken the time to help at races, coach kids at Jackrabbits, fill the bird feeders, clear the trails or more than a hundred different jobs that would not get done without all of us pulling together to make this club the going concern it is today.

Last April 26th was Fred & Ruth's night and they received a standing ovation for their years of work with BSC. A number of testimonials from old friends gave the two of them many laughs and a few tears and proved to do the same for those assembled. Thanks to all who attended and thanks to el presidente for a great idea. Now that we are on a roll, I think we should follow up with something like this every spring. It was a great way to end the season. _____ 

Treasurer's Report


Andrew Howlett

I happened to write this on September 28, 2017. According to my records, on this day ten years ago a former treasurer wrote a cheque to Temiskiming Nordic Ski Club for \$21,672. This cheque represented a major milestone for us - the purchase of a used PistenBully 150.

Immediately after acquiring the PB150 your club executives recognized that replacing it would be a huge financial burden. A replacement would cost far more than the bargain we received from Temiskiming. We polled the membership and you clearly told us that you preferred fund raising from membership dues and donations as opposed to bake sales, car washes, etc. So we created the current Friends, Sponsors and Patrons program and slightly increased membership fees.


But we do run some traditional fund raisers. Over the past ten years club volunteers with the help of Suntrail Source for Adventure have raised about \$2,500 at our annual ski swap; and our courageous race volunteers (and skiers!) have braved weather foul and fair to host many successful races, raising over \$10,000 for Bruce Ski Club.

Today we have \$133,090 invested in GICs. The original target was \$250,000 but the actual cost of a new PB100 in 2017 is more like \$300,000 including HST. So it was with more than a little relief when this treasurer heard that a used replacement may be available for half that amount. In fact, if membership responds to fund raising with the same enthusiasm as last year, we should be able to pay for the used machine this December.

I think our club is unique in its commitment to keep membership costs low while still providing top quality trails. I am very proud of the spirit at our club that encourages everyone to contribute as skiers, volunteers, friends, sponsors and patrons. Thank you to everyone and I look forward to seeing you on the trails this winter. _____ 

Race Report

Ken Clarke

We are hoping to run two races this season: The Great Wolf Invitational high school race will be on January 15 and The Suntrail Special will follow on February 11, 2018. It takes a great group of volunteers to run great races. To build on our strength of volunteers from past years I hope you will choose 'race volunteer' in the volunteering section of your club membership application. 




Sawmill Nordic Centre

Fred Scheel

Welcome to the 2017-2018 Nordic season at the Sawmill Nordic Centre.

Exciting news: Our club has found a used PistenBully worthy of purchasing and have put a down payment on it. So now: (1) We will be selling the old one, let us know who is interested. (2) We will need to build a 10 by 24 foot addition to the PB shed, so get ready for a work bee.

Gerry's Place has a new Defibrillator donated by Laura Howlett. Thanks Laura on behalf of everyone.


Our annual BSC Ski Swap at Suntrail Source for Adventure will take place Saturday Nov. 4th, followed by our annual "get the trail ready" work party to start at the Sawmill parking lot at 10:00 a.m. Bring pruners and gloves. Are you Excited???? later, Fred 



Colpoys Ski Trail

Martin Kerr

Mark your calendar as Colpoys trail clearing day for Sunday November 12. We will meet at the trailhead parking lot at Colpoys at 9:00 and should be finished around noon. Bring long handled clippers if you have them.

If you enjoy skiing at this trail please take a few hours to come out and help get it ready for winter. There are no planned changes to the trail for this year, but if you have a comment, concern, or just an idea to make things better feel free to let me know by contacting me at: ma247kerr@gmail.com 

Jackrabbits

Mark Avery and Jason McDonald

Hello Jackrabbit families! Mark and I are happy to be returning as your 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 great way to get outdoors in the winter with your family and stay fit! Registration will close on Saturday, December 16th. Please note that this year, all Jackrabbit registrations must

be completed online. The regular fee for each Jackrabbit skier is \$60 (early bird fee of \$50 until Nov. 20th), plus the B.S.C. membership fee. Jackrabbit lessons begin on Saturday, January 6th and will run for nine Saturdays in total, with the final lesson and pot luck lunch taking place on Saturday, March 3rd. Lessons begin promptly at 10am, so please have your skiers on their skis and ready to go 5 minutes before this. Warm ups for all skiers are on the wide section of trail just behind the cabin, around the bend.

Last season, our program reached a level of popularity not seen in many years. We reached a grand total of 99 children signed up as Jackrabbits. To maintain our high standards of coaching, the number of Jackrabbits has been limited this year to a firm cap of 100. Sign up early to avoid disappointment!

Jackrabbits is only able to work because of volunteers. We are always looking for a variety of skills to help run a great season. If you would like to contribute, please let us know using the email given below. We can always use help, both 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 before the start of the Jackrabbits season about their group placement and other 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

Marilyn Suke

Georgian Bay Nordic is up and running for the 2017/18 season. Our members stayed active through the summer and we got together for a few water based camps (if you can't ski on it – might as well paddle) through the summer.

Numbering 13 this year we are adopting a team coaching model with Tim Smith, Matt Nelson, Fred Schlenker, Ken Clarke and Marilyn Suke sharing coaching duties. The goal is to provide a high quality program to all our athletes ages 10 to 18 without burning out the coaches.

Currently we meet Tuesdays after school but will soon add Thursday practices. Sometimes you can find us on weekends as well as running around Harrison Park.

Registration will take place in October so if you know of anyone who would like to try us out please contact Marilyn

Suke. mpsuke@gmail.com Once again we are offering an enhanced Track Attack program through the month of December. This entails about 4 extra practices with the GBN team to more completely fulfill the CCC Track Attack requirements. Again, contact Marilyn if you are interested.

LOVE YOUR SKIS returns. If you have missed having your skis conditioned for the season by our experienced racers we will be back on the Ski Swap / Sawmill Trail clearing day. 9am to noon at Suntrail's Parking lot. Drop your skis off and we will endeavor to make them into performance machines! Money raised helps us with our costs for athletes traveling to National competitions.

I will be running a Community Coach course this fall - If interested please email me at: mpsuke@gmail.com or call me at 519-374-4227. This is the course required by CCC to coach at the Jackrabbit level.

Looking forward to seeing everyone on our trails.

Update on Julian

Heidi Tones

Julian Smith started skiing with the Bruce Ski Club in their Jack Rabbits program back in 2002 and has never looked back! He then skied for Hepworth Public School, West Hill Secondary School and with Georgian Bay Nordic, under head coach Marilyn Suke. He is now a second year senior man, and in his fourth year with the Development Centre in Thunder Bay under the head coach Timo Purias. He also attends Lakehead University part time studying biology.

Julian has been hard at work doing dryland training to get ready for the upcoming racing season. Since the end of last racing season, Julian has been to the Canadian Sport Institute of Ontario in Toronto twice for testing, and has been running and roller skiing in Thunder Bay, Owen Sound, and Canmore, AB. He has already been on snow getting altitude training on the Haig Glacier, AB, and on the Dachstein Glacier in Austria. On July 1st he raced in the "Canada 150" roller ski 1.8 km sprint, in Thunder Bay, and qualified 2nd!




*In the "Canada Day 150" sprint
Julian qualified 2nd.*



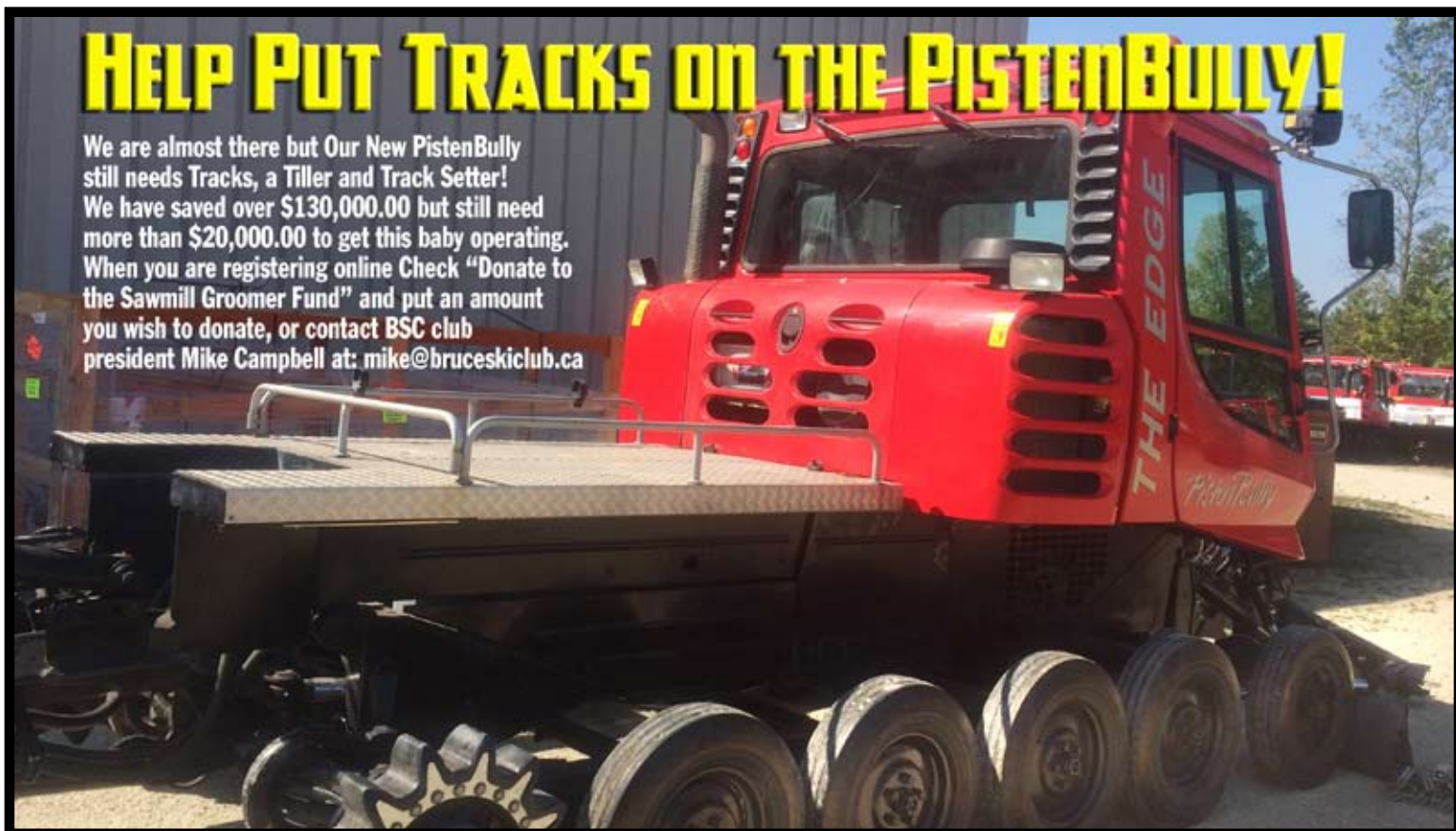
*Julian skiing on the
Dachstein, Austria*

His first races, Frozen Thunder, start in early November when he flies out to the Canmore Nordic Centre to ski on snow that has been saved under sawdust.

Julian appreciates all the kinds words and support he gets throughout the season from members of the Bruce Ski Club, and from the Owen Sound and Wiarton communities. If you are interested in seeing what Julian, or any of his NDC team mates are up to, go to: [@ndctbay](https://twitter.com/ndctbay) on twitter. 

HELP PUT TRACKS ON THE PISTENBULLY!

We are almost there but Our New PistenBully still needs Tracks, a Tiller and Track Setter!
We have saved over \$130,000.00 but still need more than \$20,000.00 to get this baby operating.
When you are registering online Check "Donate to the Sawmill Groomer Fund" and put an amount you wish to donate, or contact BSC club president Mike Campbell at: mike@bruceskiclub.ca



Thank you to the following



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Bruce Ski Club Executive

President - Mike Campbell	519-477-1098	mike@bruceskiclub.ca
Vice-President - Shawn Radcliffe	519-935-9905	shawn.radcliffe@gmail.com
Secretary - Suzanne Rutherford	604-209-1836	szrutherford@telus.net
Treasurer - Andrew Howlett	519-376-2203	andrew@howlett.net
Registrar - Ruth Scheel	519-376-1484	fscheel@bmts.com

Trail captains

Colpoys - Martin Kerr	519-534-0799	Ma247kerr@gmail.com
Sawmill - Fred Scheel	519-376-1484	fscheel@bmts.com

Jackrabbit Coordinators

Mark Avery
Jason McDonald
jackrabbits@bruceskiclub.ca

GBN Liaison - Marilyn Suke	519-374-4227	mpsuke@gmail.com
Race Coordinator - Ken Clarke	519-371-5034	krcclarke@gmail.com
Newsletter Editor - Tom Hakala		hakalathomas@gmail.com

DUST THEM OFF AND MAKE MONEY

The BSC Ski Swap

is Nov. 4th
@ SUNTRAIL
SOURCE FOR
adventure

Numbers will go out at 8am. SALE STARTS @ 9am! Each number allows 2 sets of skis. Bring your old equipment to Suntrail between Oct. 20 and Nov. 2 for the swap.

Call for more details 519-935-2478

Bruce Ski Club



The Bruce Ski Club would like to thank

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for printing of this newsletter.