

# BSC's Earliest Start Ever!!!

## FROM THE PRESIDENT

*Mike Campbell*

Greetings from the president's office. Well didn't that little taste of winter we had only add to the anticipation of the start of the ski season? Our volunteers have been hard at it getting everything ready. It starts with the ski swap and trail work crews and continues with all the work that happens behind the scenes that many club members may not be aware of. This includes, but is not limited



to, trails being cleared of debris, bulldozer work, weeds mowed down, signs put up, lights for the night loop tested, equipment serviced and maintained, volunteers tasks organized, ski races scheduled, events planned, membership registrations are compiled and funds are col-

lected, jackrabbit coaches lined up, trained and lessons planned, newsletters put together and distributed and

website and facebook pages updated. That's a lot of work!!!

We could not do it without all the great volunteers that help out with every aspect of running our great club. I would like to thank all our volunteers and trail captains for all the work they do for the club. If you meet a volunteer out on the trail thank them for all their work. If you wish to help out please let us know. We are always looking for help. No contribution is too small.

By now most of our club members has purchased their memberships through Zone4.ca. If you have not yet registered, I would encourage you to do so. Once you have purchased your membership you can pick up your sticker or your membership key-fob at Suntrail Source for Adventure in Hepworth, at Bikeface Cycling and at Runner's Den, both in Owen Sound. Please support these three great businesses that help our club out with registration. I would like to remind club members to wear their membership tags when on the trails.



I would like to thank Suntrail Source for Adventure for again, hosting our club run ski exchange. This is a great event that enables people to get into the sport of skiing in an affordable way, it is also a fund-raiser for the club.

Please keep in mind that much of the land our ski trails are situated on are privately owned, and we are guests of the land owners. Without the generosity of these owners we would not have the great trail systems we enjoy today. Please stay on the trails and leave no trace

## COMING EVENTS

- Jan. 4 - Jackrabbits start**
- Jan. 10 - Potluck & Moonlight Ski**
- Jan. 11 to 18 - Exchange with Sauble Ski Club**
- Jan. 13 - Great Wolf Invitational Race**
- Jan. 19 - World Snow Day**
- Jan. 26 to Feb. 1 - Exchange with O. S. XC Ski Club**
- Feb. 2 to 8 - Exchange with Beaver Valley XC Ski Club**
- Feb. 8 - Awesome Adult Afternoon Ski Lesson**
- Feb. 9 - Suntrail Special Race**
- Feb. 9 to 16 - Exchange with Glenelg Nordic**
- Feb. 11 - CWOSSA Cross-Country Ski Race for Secondary Students**

# REGISTRATION

Heidi Tones

Registration is well underway and we thank you for using zone4.ca. So far we have 716 members signed up and I imagine that will grow as the snow is still to come!

If you still need to register and can not access zone4, paper copies are now available at Suntrail, Runner's Den and Bikeface. You can take your printed receipt from [www.zone4.ca](http://www.zone4.ca) to any of these three stores to pick up your seasonal yellow sticker, or get a ski fob.

There are many opportunities for you to volunteer when signing up. If there is an area you'd like to help with, and it is not on the registration form, you can send me your ideas! If you have any questions about registration feel free to email me at [smith.tones@gmail.com](mailto:smith.tones@gmail.com) or call at 519-534-3222.

See you on the trails, Heidi 

## ED.

Tom Hakala

We have been working on a few ideas that we think will help BSC members connect this season. There are also events that we hope will reach out to the community beyond our club.

First of all, we have set up a Facebook Group called 'Bruce Ski Club Friends'. You can find the group by going to Facebook and type in Bruce Ski Club Friends. A Facebook group is different from a Facebook page in that everyone who has joined the group can make comments, contribute photos or stories to the main page. The idea being that if you would like to go skiing, but would also like to meet up with other skiers at a particular time, you can post it on Bruce Ski Club Friends and hopefully other people will see it and meet you.



It is also a place to post ideas or ski conditions or just post your photos of your day on the trails. To take part in this group, all you need to do is go to Facebook (You need to be a member or join), then type in Bruce Ski Club Friends and under the photo on the left you will see 'JOIN'. Just click on JOIN and you will get a notification that you are now a member.

As I mentioned last issue I am compiling a database of adults that wish to improve their skiing and members that are willing to give a few lessons. Since then I have had a few more members come forward to offer their expertise on skiing technique.



Here is what we have so far:  
*Heidi Tones - is the mother of National Ski Team member, Julian Smith, and she is willing to help you improve your skiing if you donate to Julian's travel fund. You can reach Heidi at: 519-534-3222 or email: [smith.tones@gmail.com](mailto:smith.tones@gmail.com)*

*Marlyn Suke - is the Coaching Coordinator for Georgian Bay Nordic Ski Team and Marlyn will give you a lesson if you make a contribution to GBN. You can set up a lesson with Marlyn at 519-374-4227 or email her at: [mpsuke@gmail.com](mailto:mpsuke@gmail.com).*

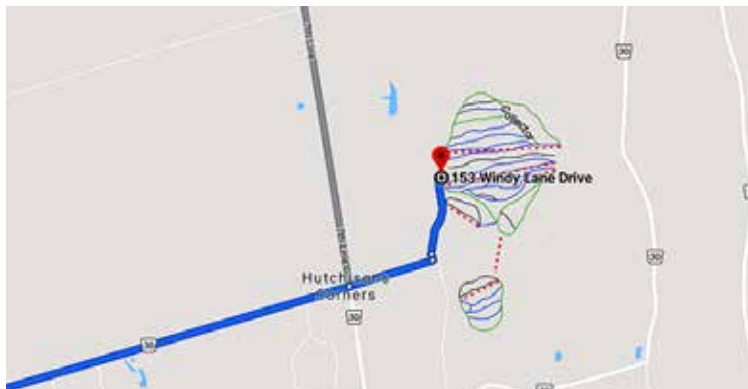
*Dr. Don Eby - I would be happy to provide free advice and or mentoring to anyone interested in pursuing a passion for long course loppets. I have completed the Canadian Ski Marathon 4 times, the long course Gatineau loppet about 12 times and last year was recognized as a 'master' (completing 10 long course loppets in 10 different countries) by the World Loppet association. I think having a list to match people is a great idea. 519 371-2720 (H) or 519 373-2535 (C) or email: [d.eby@sympatico.ca](mailto:d.eby@sympatico.ca).*


*Barbara Gray - My qualifications: Level 2 NCCP, Level 2 Officials course, St Mary's Nordic ski team coach x 5 yrs, and Jackrabbit coordinator and instructor (many yrs). I'm not interested in compensation as I just like spreading the fun of Nordic skiing. email: [bmulroy@sympatico.ca](mailto:bmulroy@sympatico.ca).*



This information will be posted on our Facebook page and website later. If you wish to add your name to the list, email me at: [hakalathomas@gmail.com](mailto:hakalathomas@gmail.com).

Next we have added another local X-C ski area to our roster of "Ski Exchange Clubs" This one is The Beaver Valley Nordic Ski Club. The exchange will go from Feb. 2 to 8. The Nordic club is located above Beaver Valley Downhill Ski Club at 153 Windy Lane Drive (Next to the Keg). For more info, go to: [www.beavervalleyenordicskiclub.ca](http://www.beavervalleyenordicskiclub.ca)



Lastly, World Snow Day is on Sunday, January 19th this year. Again we plan on opening the trails at Sawmill to the general public... That is if the weather co-operates! If you recall, last winter we had to cancel twice because of terrible storms. Keep your fingers crossed. 

**Sawmill Nordic Centre**  
**SAWMILL NORDIC CENTRE**

**Fred Scheel**

For the first time in the History of the Bruce Ski Club we had snow on Nov. 6th. Since then we have had at least 10 days of skiing, however a mild spell the last week of Nov. has wiped out most of our snow.

Since the last newsletter the following has happened at the Trail:

1. The ceiling of the PistenBully shed has been foamed to help insulate and act as a barrier to rodents in the shed.
2. Our Work party on Nov 9th was well attended, thanks to all who helped.



3. On Nov 18th we picked up our new Yamaha Grizzly Quad to replace our skidoo. The Grizz is ready to go!



4. Our Skidoo, a Skandic v800 4 tech is for sale. If you have anyone interested, get them to call Fred.
5. New electrical and security wiring has been placed between the Shelter and PB shed. Hook-up to follow soon.
6. Ralph Suke bush-hogged the trail on Nov 20th, now we just need more snow.
7. We are still planning on doing some bull dozing, just waiting for the dozer to become available, (probably the last week in November).
8. All scheduling for the upcoming season is in place, let the games begin.
9. John Cameron has headed a group to expand the Lit Loop. Plans and Permission are in place, this project will probably commence prior to next season.

Best wishes in the upcoming season from Fred Scheel and the Sawmill Groomers. 

**Colpoys Ski Trail**  
**COLPOYS SKI TRAIL**

**Richard Bonert**

A big thank you to all of you who helped with the fall work on Saturday 16th November. The turn out of about 20 persons despite of snow of up to 10 inches, allowed to work over all trail sections. The trails are in good shape, sadly the snow was a teaser and is gone again.



We are ready and waiting for snow so we can start grooming. As soon as there is enough snow to ski safely, the signs will be posted at the street (route 9) and the website will have a report, ploughing for the parking is arranged.


See you on the Colpoys Trails, your trail captain, Richard. 

## RACE REPORT

*Ken Clarke*

We have race dates! This season the BSC will be hosting 3 races at Sawmill Nordic Centre: The Great Wolf Invitational - Monday, January 13th; The Suntrail Special Paraffin Series - Sunday, February 9th; and CWOSSA - Tuesday, February 11th. Our club has had great success hosting these races in the past because of our great volunteers!



I look forward to contacting our volunteers over the coming weeks. If you haven't yet registered as a member with the BSC this year please consider choosing 'Race Volunteer' as your volunteer activity. No experience or expertise required, training and fun provided. If you have any questions please contact Ken Clarke [kcclarke@gmail.com](mailto:kcclarke@gmail.com) Happy holidays! 

## JACKRABBITS

*Jason MacDonald*


Not long now! This year the Jackrabbits program once again filled up very quickly. We also have many new coaches joining us for the 2020 season. We can't wait for lessons to begin in January!

Your coach will contact you prior to the start day on January 4th. Just a reminder that lessons start at 10 a.m. sharp. It is important to have your child to lessons a few minutes early as groups hit the trails promptly and we don't want to see anyone get left behind.

If you signed up to help with snacks or another as-

pect of Jackrabbits, someone will be contacting you in the next month.




In preparation for lessons, please check to make sure your child has proper fitting skis, poles and boots. It is also important to have breathable layers of clothing as we do sweat out there! 

## SPECIAL OLYMPICS

*Laura Howlett*

The Centre Bruce Snow Gliders and the Owen Sound Waxwings Special Olympics Nordic Ski teams look forward to hitting the trails the first Saturday in January. Each club has one new skier. If you have any interest in joining our team as a volunteer or assistant coach, stop and talk to any of our coaches on the trail or email: [owensound.nordic@specialolympicsontario.ca](mailto:owensound.nordic@specialolympicsontario.ca)

Athletes Anne Howlett, Derek Morton, Jaqueline Gravel and Katie Lesperance have been training hard in the dry land season, in preparation for the National Winter Games in Thunder Bay at the end of February. If anyone is interested in providing financial support to these athletes as they raise funds for their trip to nationals, please click on this link for the Owen Sound Athletes: <https://give.specialolympicsontario.com/team/blog/campaigns/team-ontario-owen-sound/>, or this link for Port Elgin: <https://give.specialolympicsontario.com/team/blog/campaigns/team-ontario-central-bruce/>.

And FINALLY! Special Olympics Owen Sound is growing again, with the addition of SNOWSHOEING! If any BSC members have unused modern aluminum snowshoes they would like to part with, please email Barb King at: [owensound.sports@specialolympicsontario.ca](mailto:owensound.sports@specialolympicsontario.ca) . 



# BSC MOONLIGHT SKI AND POTLUCK AT SAWMILL

by Kelly Rogers

The club will kick off its Friday Ski nights with a Moonlight Ski and potluck at the Sawmill Ski trails on January 10, 2020. Bring your ski friends and family, some food to share, and your own crockery, cutlery and beverages. It will be a perfect night to ski by the light of the full moon. For those who prefer brighter light, our lit trail is always open. Just press the button on the outside of the hut to activate the lights if they are not on



The hut will be open on Friday nights until 9 pm, beginning with the Moonlight Ski on January 10th and ending on February 28th. Please remember to leave the hut as clean as tidy as you found it. 

## THE HEALTH BENEFITS OF CROSS-COUNTRY SKIING

by Shawn Radcliffe

Even if you've only been cross-country skiing a few times, you know how good you feel once you're done. But a couple of recent studies show that cross-country skiing also provides a number of health benefits.


In a study published September 2019 in the journal Diabetes/Metabolism Research and Reviews, researchers followed 2,483 middle-aged men for over 20 years. They found that cross-country skiing lowered men's risk of developing type 2 diabetes. But men didn't have to ski a lot to get a health boost. Even those who skied 60 minutes or less a week had a 27 percent lower risk of developing type 2 diabetes, compared to non-skiers.

Those who skied more saw an even bigger benefit – they were 36 percent less likely to develop type 2 diabetes than men who never hit the ski trails. Of course, exercise isn't the only thing that lowers your risk of type 2 diabetes. Diet is important, too. Cross-country skiers may also eat healthier than

non-skiers, although the researchers didn't look at this.

In the other study, which was published the same month in Progress in Cardiovascular Diseases, researchers reviewed several previous studies. They found that cross-country skiers have a lower risk of dying from heart attack, stroke and other cardiovascular events, compared to runners.


The authors say this may be because cross-country skiing involves the use of both the upper and lower body, with a mix of "pulling" and "pushing" actions. As a result, skiing increases exercise intensity more than running, and puts more demand on the heart, lungs and blood vessels.

So the next time you're hesitating about braving the cold and hitting the cross-country ski trails, remember all the health benefits you will gain. Not to mention how good you'll feel once you make it back to the cabin. 

## JULIAN SMITH

Heidi Tones

Julian Smith, both a BSC and GBN member, has been training hard for the upcoming racing season. He has had National Ski Team training camps in Mont Tremblant, Canmore and Thunder Bay. He is currently in Canmore preparing for the first set of Haywood NorAM races (which is also a US Super Tour) December 6, 7 and 8th. He then flies to Ottawa to race at Nakkertok in the second NorAm Dec 13,14 and 15.

If you are interested in following the race results, you can go to [www.zone4.ca](http://www.zone4.ca) and click on Haywood NorAm. Julian is very appreciative of the support he receives from this ski community and looks forward to seeing people on the trails when he is home at Christmas! 



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## Our Landowners

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The Spencer Family  
Laura McNamara & Bevan Ratcliffe



The Bruce Ski Club would like to thank



for printing of this newsletter.