



The Inside Track

A Newsletter for Members of Porcupine Ski Runners

Winter Issue

December, 2006

President's Message

Who would have thought that we would be skiing in October? Yes there some avid skiers who did just that - an indication of the winter ahead? Who knows. The ski trails are all ready for this year, thank you all volunteers who assisted in getting them ready this fall. Athletes vying for positions on the Ontario Biathlon Team used our trails in mid November to train on, since there was no snow in Ottawa - Hull area..

You will notice a few changes in the stadium area, at Starts 1 and 2. This was done to accommodate mass start races for the upcoming Ontario Cup Race #1, to be hosted by our Club on December 16, 17, and 18th. There will a period of time during these races that parts of the trail system will temporarily closed for the safety of the athletes as well as our members who may be on the trails. Keep an eye and ear to the media and our PSR website for results on the performance of our local athletes who will be racing in these races, as well as throughout the winter.

Fundraising is ongoing for the Nordic Center Project. We are slowly getting funds but more has to be raised. (See the report on the Nordic Centre project on Page - 6 - for more details.)

Congratulations and thank you to the Fund Raising Committee, as well as all the volunteers who have been involved in this money raising campaign. If anyone out there has ideas, or better yet would like to

assist or join this committee, please contact us. The Club needs your assistance.

We thank Stan Kaczmarek and Tory Kullas who have stepped down as directors. Their contribution to the club, as directors and in many other ways, is much appreciated. Welcome to Trish Gibson who is a new director. Finally, thanks all volunteers who make this club and our trails one of the best in Ontario.

Last year the PSR membership reached an all time high. Lets hope this trend continues and that we have a snowy winter with not too cold temperatures. Keep your skis on the snow, and a smile on your face. See you on the trails.

Denis Brûlé

Membership

By: Gerry McNair

The October newsletter was distributed two weeks earlier than has been customary in recent years. This happened because we had to get the announcements for the AGM out to our members at that time. We have been receiving membership applications since that time and we received a good number of them at our Open House on November 26. That brought our membership count to 599.

All members who have a locker should have renewed that rental by now if they wish to keep it. November 30 was the deadline for renewal. We have a waiting list of

members who will be happy to rent your locker if you no longer need it so please let me know if you do not intend to renew your locker rental.

We especially welcome members that have joined the club for the first time or who have renewed their membership after some years away from it. The skiing has not been ideal in November because of a lack of snow but we are assured that it is coming. Remember that a membership for skiing also gives you access to the snowshoe trails. Perhaps you might like to give it a try - if you haven't already. And members may join to do snowshoeing only if that is their choice.

Please pick up your membership button at the chalet and please make a point of wearing it somewhere on your ski clothing. It helps everyone identify members.

If you need to contact me, you may call or 264-9093 or email gmcnair@ntl.sympatico.ca

Jackrabbits Sessions start

Sunday, January 7, 2007

at 1:00 PM

NO REGISTRATIONS
will be accepted on this first day

To have your child enrolled in the Jackrabbits program contact Ruth Roy at 268-8762

Annual General Meeting
Volunteer Appreciation

By: Diane Luhta

The Annual General Meeting (AGM) and Volunteer Appreciation Party were held on Friday October 27 at the South Porcupine Legion. There were 149 volunteers invited to attend and 40 accepted the invitation. Several members came after the spaghetti dinner for the AGM. This year we had a higher than normal number of volunteers who deserve to be honoured because so many members volunteered to assist with the fund-raising *Get On Track* Auction that we held last April. That was a major effort. To all the volunteers who didn't make it to the party - please accept our thanks along with those who did attend the party. The club survives on the backs of folks like you.

Glen Simmons showed a preview of his DVD due out in January 2007. Jack Yard read his entertaining speech recognizing all of the volunteers as recipients of the outstanding volunteer award. The speech will be included on the website and a portion of it is the following:

The Porcupine Ski Runners and Snowshoe Club has grown and strengthened because throughout the entire membership there is a genuine feeling of belonging. Membership is not a cost but rather an asset to be valued every day on our trails. Membership is

growing in leaps and bounds, not only because of our trails and facilities, both present and future, but also because of our quiet network of volunteers. People who visit our club often ask to speak to the Club Manager or the "Person In Charge" whereupon they are quickly directed to anyone in the Chalet, or "just over there is the person who can answer that question". Something as simple as a plain old rotary dial phone out for anyone to use without having to insert a credit card or fumble for a quarter under 3 layers of sweaty clothes.

What happens is that the simplicity of our club system is impossible to duplicate and therefore we are unique in our success and strong for the future. These same people that might ask for directions on how to pay day fees to a tin box are astonished by the one constant throughout their initial visit. Everyone is willing to help. Why, because the PSR has the best group of VOLUNTEERS that has graced any organization of our magnitude, bar none.

Trish Gibson presented a slide show of her Italy ski trip and Diane Luhta presented the year in review slide show.

Noëlla and Gerry McNair were presented with a gift for their continuing work on the Nordic Centre Project in addition to all of the many other duties they perform so diligently.

Snowshoe Trails

By: Larry Labelle

The snowshoe trails received a lot of use last year, from members and the school program. This keeps the trails very well packed, so much so the hills became a bit of a challenge for those with traditional snowshoes. Those using modern style snowshoes with cleats on the harness had an easier time of it.

The trails are now ready for snow. We have done a little rerouting in a couple of locations and maybe we'll place some more rope on a couple of hills.

A fourth trail has been added to the system. It will be called Moose and it is 1 km long. It runs off the Owl trail so in effect it adds 1 km to the Owl trail. Maps will be posted.

Canada WinterGamesTrial
Ontario Cup#1 Races

By: Mary-Anne Martin

Whitehorse, Yukon is hosting the 2007 Canada Winter Games and Ontario will be sending their best cross-country skiers with TEAM ONTARIO. Athletes under the age of 23 from across Ontario will converge on PSR on December 16, 17 & 18 to compete and qualify for this prestigious team.

Altogether, **200 of Ontario's elite cross country ski racers** will be competing in the 2006/7 Ontario Cup Race #1/CWG Trials here at PSR!

Event Schedule and Trail Closure		Ontario Cup#1 Race and Canada Winter Games Trials	
Saturday, Dec. 16	Race begins: 10 AM	Green, Red, Blue and Junior Olympic Trails will be closed all day until 4 PM	Free Style Race Mass Start
Sunday, Dec. 17	Race begins: 10 AM	Green, Red, Blue and Junior Olympic Trails will be closed all day until 4 PM	Classic Race Interval Start
Monday, Dec. 18	Race begins: 9 AM	Trails will be open except for the Sprint & Green	Free Style SPRINTS Sprint Qualifier Sprint Heats

There will be 200 racers, coaches and parents, lots of action and exciting skiing during this combined three day event. Come on out and support the event and the athletes.

The trails will be closed for periods of time during the weekend, as indicated on Page - 2 -, and we apologize for the inconvenience.

If you can volunteer a few hours to help with this race, please email Trish Gibson: trishgibson@vianet.ca We need lots of help!

The Skill’s Development Program “Jackrabbit”:

A Family Affair

By : Helen LaBine

The Skills Development Program (SDP) is a national program under the guidance of Cross Country Canada. The overall objective is to assist children and their families in the development of a love of the outdoors and a healthy lifestyle and to improve their level of physical fitness and technical skiing skills. The SDP is comprised of three levels or stages:

- Bunnyrabbit, ages five and under
 - ACTIVE START
- Jackrabbit, aged 6-9
 - FUNDAMENTALS
- Track Attack, ages 10-13
 - LEARNING TO TRAIN

The SDP allows children to move through the stages according to their ability, skill and desire. For more information about the program, visit the Porcupine Ski Runners or the Cross Country Canada websites.

November 26 was the first registration opportunity for SDP in conjunction with membership application and the annual ski swap. We encourage those interested in signing up to do so before the start

date of January 7, 2007; there is no registration accepted on start day. If you have not registered you may download the Porcupine Ski Runners (PSR) membership and SDP registration forms from the PSR website:

www.porcupineskirunners.com
or call Ruth Roy at 268-8762

To help your child enjoy his or her skiing experience ensure that your child is dressed for skiing success. This means functional and comfortable clothing. Cross-country skiing follows the same principles as other outdoor exercise. The key is to dress in layers for warmth and to regulate temperature more easily. Choose warm gloves (or mitts) large and loose for better heat retention. Wear a hat because most of our heat escapes out of the top of our head. A thin balaclava underneath the toque will protect your face and ears from the wind. Sunglasses (with UVA and UVB) are a good idea. Not only do they look cool but they thwart snow blindness and keep the eyes from watering in the cold wind.

If you have not purchased equipment yet and think you may need a little information, the Cross Country Canada website: www.ccski.com has a helpful document called “Parent’s Guide to Cross Country Ski Equipment for Children.” Briefly,

- Classic skis should reach just below the wrist of the skier’s outstretched arm
- Skating skis should be 3-4 cm above the head of the skier
- Poles must have an adjustable strap
- Classic poles should reach under the arm when the skier is standing on the floor
- Skating poles should be the same height as the chin

Ski Lessons

Beginners interested in classic or skate ski lessons with Rhys and Karen Lucas may register at Northern Sports. If you buy a ski package at Northern Sports, you will receive one free lesson. Otherwise, one lesson will cost \$20 with the money going towards the Nordic Centre Project. A club membership is required.

Call Lino at Northern Sports for information.

Schools and Groups

Schools and groups wishing to use the club facilities should contact Diane Luhta at 235-8048. or luhta@ntl.sympatico.ca

Baby Sled

Northern Sports has donated a baby sled that can be used by any club member for free. It is kept under the table in the chalet or in the wax shack.

Pop Cans Generate Cash

Recycling your pop cans at the PSR chalet will mean cash for the Nordic Centre Project. Pop cans left in the recycle container beside the kitchen counter at the chalet or any bags of pop cans (crushed or not) that skiers or snowshoers wish to bring to the chalet will be cashed in for the new chalet.

December 16, 17 & 18

Canada Winter Games Trials and Ontario Cup#1 Races at Porcupine Ski Runners. (See article on Page - 2 -)

PSR Events 2006-07

<i>EVENT</i>	<i>DATE</i>	<i>TIME</i>
Board Meeting (every second Tuesday)	Tuesday, September 12	7:00 PM
Welcome to Timmins Night	Wednesday, September 27	6:30 to 9:00
DSB1 Elementary Cross Country Running Races	Thursday, October 5	10:00 AM
Board Meeting	Tuesday, October 10	7:00 PM
O'Gorman Cross Country Running Races	Friday, October 13	10:00 AM
AGM & VAP at the S.P.LEGION	Friday, October 27	5:30 & 7 PM
Board Meeting	Nov-14	7:00 PM
Open House, Ski Swap, Ski Waxing	Sat & Sun, November 25,26	
Board Meeting	Tuesday, December 12	7:00 PM
Ontario Cup & Canada Winter Games Selection Races	December 16, 17, 18	
Lessons Start	December (Date to be announced)	
Ontario Special Olympics	Saturdays, December to March	1:00 PM
Jackrabbits Start Date	Sunday, January 7, 2007	1:00 PM to 2:45 PM
Special Olympics Regional Games	March 4, 2007	
PSR Loppet - starts from the S.Porcupine Legion	Sunday, February 25	Starts at 11:00 AM
12 Hour Challenge	Saturday, March 31	7:00 AM
Rookies vets Relay	Date to be set	

RACING SCHEDULE

Ontario Cup#1, Timmins	Dec. 16,17,18
World Junior Trials, Rossland, BC	Jan. 4-7
Ontario Cup#2, Thunder Bay, ON	Jan 13-14
World & Under 23 Juniors, Taravasio, Italy	Jan 29 to Feb 2
Ontario Cup#3, Eastern Canadians, Gatineau QC	Feb 3-4
OU Championships Gatineau QC	Feb 10 - 11
OFSSA, North Bay	Feb 22 - 23
Ontario Cup#4, Duntroon, ON	March 3-4
Canada Winter Games Whitehorse YK	March 5 - 9
Ontario Midget Championships, Walden	March 10 - 12
Canadian Nationals Mont Ste Ann QC	March 18- 25

NOD EVENTS

Coaching Course Soo Finnish Club	Fri Dec 1
Possible date for Training Camp	Sat Dec 2
North Bay Nordic Invitational & pre-OFSAA Races	Sat Jan 20
OUA Qualifier - Sudbury	Jan 20 - 21
Ontario Masters Championships & Blue Sky Loppet	March 9, 10 , 11
- North Bay Nordic	

- Boots must be comfortable. If boots are too large, they will be awkward to ski in and if they are too constrictive, feet will not stay warm.

“Poor equipment that doesn’t fit, or skis that are poorly prepared for the snow conditions may lead to a negative ski experience that can have a lasting impression on a child.” - BCR Ski Leader Manual.

Cross-country skiing has a lot of exercise value because it involves using your legs, arms, heart and lungs. After a ski, you feel mentally refreshed. The SDP is an opportunity to combine fitness, fun, friendship and families. Parents interested in improving their skiing skills are welcomed to ski along with their children’s groups. In addition to improving your skills, skiing along with the group is helpful to the group leaders, especially when working with the younger children.

I hope you wish for lots of snow for Christmas, then get out and enjoy the ski trails. Merry Christmas, see you in the New Year.

Trails & Equipment

By: Gerry Perreault

Summer 2006 - how soon we forget. It was one with lots of moisture and humidity which means the new growth on the trails was more that we would ask for. Fortunately, groups of volunteers pitched in from the third weekend in September to the end of October to get all of the trail clearing and brush cutting done. Once again the seniors certainly did their share during the week. Thanks to all those that were able to help.

We were very fortunate to have use of a *Brush Hog*. Yes - imagine a machine that you tow with an ATV to cut the twigs and branches. This did

help considerably with thanks to Rick Demers and his ATV. This unit definitely speeds getting the job done and several hours were saved when compared to using the manual brush cutters. We found that we were restricted to using it on fairly flat ground because it wasn't effective on rough ground.

As everyone now knows the Club is hosting some major races in December. This has caused us to give the Stadium a new look and also the Sprint trail sections. Major work was done at widening then excavating and leveling the ground for this. Several culverts were installed and new ditching done. This major undertaking was headed by Yvan Massicotte and Greg Deyne. Unfortunately, I did not keep track of all the man hours on that project alone.

Here is the list of those that helped out with the Brushcutting.

Allard, Rick
 Brûlé, Denis
 Coderre, Robert
 Dasovich, George
 Delaplante, Ghislain
 Ghislain's Girl Friend
 Demers, Richard
 Demers, Jessica
 Demers, Samantha
 Demers, Janet
 Denis, Ray
 Lucas Rhys
 Deyne, Greg
 Emblin, Brian
 Columbus, Dale
 Columbus, Mike
 Luhta, Erik
 Luhta, Diane
 McNair, Gerry
 Gibson, Trish
 Greenaway, Peter
 Kleinhuis Paul
 Kullus, Tori
 Kullus, Natasha
 Lacasse Rene

Lauzier, Germain
 Martin, Mary Ann
 Massicotte, Yvan
 Nycz Jozef
 Peltoneimi, Raimo
 Perreault, Gerry
 Perreault, Paul
 Stewart, Larry
 Yard Brigitte
 Zgud Ron
 Wagner Kim.

For the up coming season, Fred Stiles, Germain Lauzier, Ray Denis, Chris Cantwell, Ivan Massicotte, Gerry McNair, Lorne Luhta, Denis Brûlé, Jack Yard, Dale Columbus and myself will be part of the equipment and trail grooming and tracking group. I also hope to be able to add more names. However, setting up a schedule always depends on old man winter.

Please thank these people when things look good and appreciate the fact that these chores are done outside any skiing time and are all on as-needed basis with no schedule or start time. They all respond to the weather conditions and they all have homes and driveways to clear as well. Let’s hope for a good safe season, happy skiing to all.

Ski Swap

By: Mary-Anne Martin

The ski swap was another success! It is no wonder with all the volunteers who committed their weekend to pricing, selling and waxing. This year we also sold PSR greeting cards, and waxes. Both were well received. In addition, Northern Sports boasted our stock for the sale, as did Lorne Luhta. Thanks.

The Ski Team profits this year are \$3578. This sum came from:

- Ski Swap: \$1725

- Ski wax sales (Thanks Diane): \$123
- Ski Waxing (85 pairs Unofficial record): \$1730

Thanks to everyone who helped. I am handing over the leadership of the Ski Swap to Janet Riopel for 2007. She did a lot of training this weekend and the Ski Swap will be successful next year too.

It has been a pleasure to contribute to the tradition and success of ski racing at PSR.

Nordic Centre Project

By: Noëlla McNair

Yes! We've made a start.

At their November meeting the directors passed a motion to take the first step in moving forward with the Nordic Centre Project. We will be signing a contract with ANO Architects who will be responsible for the engineering and design work on the project. ANO Architects, in partnership with Sutcliffe, Rody, Quesnel were the successful respondent to our *Request For Proposal*.

All the monies we have to raise are not yet secured and fundraising is still ongoing. In October, we were notified that FedNor is providing a grant of \$43,100 which will cover a portion of the cost of the engineering and design work. We have not yet received a final response from Northern Ontario Heritage Foundation Corporation (NOHFC) nor from Rural Economic Development (RED) fund. By starting the project now, we hope to be ready for construction by the spring of 2007 and we also hope to receive positive replies from the potential funding sources mentioned above.

A second reason for proceeding now is to facilitate the corporate fundraising we plan to initiate in January. A preliminary sketch of the final product will enhance the proposal we will be putting forward to various businesses and corporations. Any of you interested in fundraising or with ideas regarding funding approaches, please get in touch with me at 264-9093.

Canada



Get On Track Auction

Fundraising is never easy as we are learning in our effort to finance the Nordic Centre Project. In February of this year J.P. Aubé and Dave McGirr came to our assistance by initiating a community silent auction.

The participation of *The Daily Press* was an absolute necessity to the success of this auction. To make it all come together we needed a large number of volunteers from our membership and a generous attitude of local merchants. Over 60 volunteers responded to our call and under the leadership of the Auction Captains: John Hardy, Trish Gibson, Jim Bielek, Sarah Luhta and Paul Kleinhuis they were successful in getting contributions from some 213 businesses and individuals. This number of contributors is far from accurate because all the PSR members who made cash donations in response to this auction are listed as a group and counted as only one contributor.

Diane Luhta volunteered to be the auction coordinator and over \$100,000 was raised during the campaign. To express our thanks

once again to our many contributors we are naming them in this publication. Thank you - we appreciate your community spirit.

PLATINUM DONORS

The Daily Press
CTV
John Hardy's School of Carpentry
Placer Dome (Goldcorp)
Porcupine Ski Runners Club Members
Schumacher Foundation
City of Timmins

GOLD

Claude J. Gagnon Professional Photography
Bercell Integrated Technologies
Brenda Vodusek Denture Clinic
Carpet Man/Carpet One
Clean Air Plus
College Boreal
Cousineau Fine Jewellery
Custom Concrete
Day's Inn Timmins
Doctors
Gale's Draperies
Grand & Toy
Kamiscotia Snow Resort
Leo Alarie & Sons Ltd.
Mascioli Construction
Mikey's General Sales and Repairs
Nighthawk Timber Company Ltd.
Nordic Bearings
Northern College
Northern Sports
Northerntel
O.K. Tire
Provost Roofing
Ross Pope
Scotia McLeod & Steve Sullivan
Spruce Needles Golf Club
Technosub Inc
The Brick
Timmins Building Supply
Tracks & Wheels Equipment

SILVER

101 Radiator
Acklands Grainger Supply
Adrienne Hart Aesthetics
Aesthetics By Line
Air Creebec

Airkem Disaster Kleenup	J.Kenneth Alexander Barrister & Solicitor	Truestar Fitness
Airport Hotel	Kentucky Fried Chicken - KFC	Uniglobe Travel Ltd
Arctic Home Furnishing	Kinecor LP Timmins	United Supply Swish
Athena's Maternity & Lingerie	L. T. WOODcrafters	Uptown Auto Parts
Big Moe's Small Engines	Lessard - Stephens Funeral Home	Vision Hair Design
BMT Insurance	Levis' Loeb 900261 ON Ltd	Weed Man
Body Evolution Fitness Club	Luhta Resources	Wendy Mairs
Bupont Motors Inc.	Luzenac	Whole Body Wellness Centre
Burger King Restaurant	M & M Meat Shops	Wyatt Image Solutions
Cain Safety Fire Protection	Margot Cormier Splane	Youltten Travel / Carlson Wagonlit
Canada Glass	Massage by Holly Boychuk	
Canadian Tire	McDonalds Restaurant	<u>BRONZE DONORS</u>
Carlesso Barazutti Barristers and Solicitors	Millenium Tattoos	A Night To Remember DJ Services
Casey's Bar & Grill	Nails Plus by Nicole	B & D Manufacturing
Cedar Meadows	Nancy Delmonte Academy of Dance	Bearskin Airlines
Chenier Motors	National Car Rental	Bermuda Tan
CAROL SWEEZEY Claimpost Realty Ltd.	NES Northern Environmental Services	Boston Pizza
Claire Cantwell Fine Arts	New Tin Shop	Budget Car & Truck Rentals
Classic Esthetics	Normand Verville Enterprises	Canine Pride Studio
Columbus Chiropractic Clinic	Northern College	Central House Tavern
Complete Foot Care	Northern Credit Union	Chisholm, Passmore, Beaulne
D'Eatery Restaurant & Catering	Northern Ontario Appraisals	Optometrists
Davidson deLaplante Ins	Northern Paralegal	Curves for Women
Daystar Stitching	Peter Doucet Barrister & Solicitor	Daren Laval
Delmonte Gravel	Pizza Hut, Firehall, Chickenman Web	Day Construction/ Howard Johnson Inn
Derma Solutions	Polar Bear Habitat & Heritage Village	Dr. Don Francis
Doreen Bragagnolo	Praxair Distribution	Dumoulin Fishing Tackle
Dr. Kim Danylchuk	Queen Elizabeth Public School	Fishbowl Restaurant
Dr. Lou Ann Visconti	R & S Vision Centre	ForPro Resources
Drs. Allan & Ross McIvor Optometrists	Rehab Plus	Frank P. Krznicar Whitney Public School
Dundee Private Investors	Rene Roy Construction	G. Arsenault / A-M Larivée (Berkshire Sec.)
East End Construction	Riopelle Griener Professional Corp	Go! Glass and Accessories
École Catholique St-Charles	Rona Cashway Building Centre	Golden Crust Specialty Bakery
Energy Mizers	Royal Bank of Canada	Guiho Saw Sales & Marine Ltd.
Esthetics by Lisa Chopp	Royal Tire	Home Interiors
Feldman Timber Company	Roztek Ltd.	James Toyoto
Flondra Jewellers Ltd.	Sauve's Lumber & Storage	KIA of Timmins
Fortier Beverages	Snowshoe Sales & Repair	Krown Rust Control
G. Verreault Fuels	Source For Sports	La Caisse Populaire
Golden Avenue Public school	Superior Propane	M.O.E. Commercial Accounting
Gorf Contracting	Sutcliffe Rody Quesnel	Melanie Brousseau Massage Therapy
Graeme Oxby Professional Photography	Suzanne Desrosiers	Midas Muffler
Grant Forests products Inc.	TD Bank Financial Group	Miron Wilson Funeral Home
Guy's Custom Cabinets	Teletech Community Fund	Morandin Cleaning
Hair by Paul Cousineau	The Mermaid Gallery	Nevada Plus
Healing Journey	Tim Hortons	One On One Winery
Hi-Pro Installations Duct Dusters	Timberland Ford	Pick of the Crop
Hollinger Golf Club	Timmins Furniture	Porcupine Advance Printers
House of Wellness with Fred Wong	Timmins Garage	R. Ross Beattie Public School
Howard Johnson Inn	Timmins International	Racicot, Maisonneuve, Labelle, Gosselin
Independent Grocer	Timmins Radio Group	Rivard Engineering
J & B Cycle & Marine	Tom's Lockshop	Schumacher Bus Lines
	Travelodge Timmins	Schumacher Public School

Scotia Bank
 Shafik Al-Hamdani
 Shoppers Drug Mart
 Socks Third Avenue
 Speedy Lube Inc.
 Stefan Makuch
 Sunrise Rentals
 Super 8 Motel Timmins
 Taylor Chiropractic Clinic
 The UPS Store
 Timmins Flower Shop
 Toffanello's Fresh Pasta
 Topper's Pizza
 Unique Esthetics & Tanning
 W.E. Miller Public School
 Zenone's Lifestyle Emporium

the skier you choose to ski a significant distance. Then honour your pledge at the end of the season.

Let's make this ski-a-thon a big success. (See Page - 10 - for additional information.)

Volunteers Respond

By: Gerry McNair - Ed.

In the *Winter Issue* of this newsletter published last year - December, 2005 - we made a plea for assistance in a number of specific areas. The following is quoted from last year's *The Inside Track*:

"There is always a need for more volunteers. Even though we have a large number of members who volunteer for many tasks, it is still a fact that the great bulk of the work is done by a relatively small number of persons. Some of us are also beginning to think that perhaps the club members are becoming overly dependent on these few. We often comment that we should be training others to assume responsibilities for some of these important jobs before we are simply unable to continue. At the present time we are specifically looking for help with:

1. The Jackrabbit Program - Ruth Roy would love to have you give her a call to inquire about how you might help.
2. Trail Grooming & Tracking - There is a fairly large number of individuals who share this task but Gerry Perreault would like an assistant to learn to take the leadership role.

3. Many Other Tasks - Gerry McNair has a whole list of jobs that he would like to share. Everything from locking the chalet every night, producing a newsletter, maintaining the list of locker assignments (and tracking the waiting list), maintaining the membership data base, making bank deposits, organizing (sort of) many files of PSR information, registering with Cross Country Canada, and checking and responding to messages on the answering machine."

In this year's December Issue I'd like to give an update on the response we had to that appeal. We did not get an immediate rush of new workers but let's consider it on a case by case basis.

1. Jackrabbits - Ruth Roy is still the principal organizer of this very important program but she now has two very capable assistants. Helen Labine and Cheryl Allard have volunteered to help Ruth get the youngsters organized into the appropriate groups, find leaders and do the many other tasks that have to be done to get the little Jackrabbits on skis and on the trail each Sunday afternoon. Thanks Helen and Cheryl.
2. Trail Grooming & Tracking - Well, Gerry Perreault with his sidekick Germain Lauzier are still the two who do the planning and get the helpers out to keep those trails in good shape. (One thing they haven't learned to do is bring on the snow when we need it.) Rick Mahon has "turned in his keys" after many years of assisting with the trail grooming. Thanks for the help, Rick. But now we have Ray Denis who is

Ski-A-Thon

Fundraising is ongoing and one activity in which all members are invited to participate is the *Ski-A-Thon*. Mike Cousineau and Jim Bielek are partnered to coordinate this campaign and they are asking the membership to participate in one of two ways:

- ✓ Get a **Pledge Form** from Jim or Mike or yours truly (Gerry McNair), round up some sponsors and enjoy a winter of skiing. But keep a record of your distance skied. It's a good idea to set a distance goal for yourself and let your sponsors know what that goal is. It might be a rude awakening to a sponsor who expected to support a 100 km effort only to find that an ambitious member well exceeded 1000 km. Before March 31, 2007, collect the value of pledges and return the sum to Mike or Jim.
- ✓ Support a skier who is participating in the *Ski-A-Thon*. Mike and Jim plan to identify all the ski-a-thoners on the big 1000km board in the chalet. Select one (or more) of them and make a pledge - in fact, challenge

contributing a lot of time helping around those garages. As he learns more about the various jobs that have to be done, it's almost certain that he will take some of the pressure off Gerry and Germain. Thanks, Ray.

3. Many Other Tasks - Lets start with Ray Denis again. Ray has now assumed the responsibility for locking up the facilities every night. He is also doing a number of other maintenance jobs around the chalet and we appreciate all the help he is contributing.
- And then there's Trish. Yes, Trish Gibson volunteered last

February to be one of the captains to lead a group of volunteers who helped make the *Get On Track* Auction a success. She must have enjoyed that experience because she again responded to our request for more help with fundraising for the Nordic Centre Project. And that was last July so we know she understands fully how things work at PSR - it's often a year round job. She has now become a director of the club and then to cap it all off - she has volunteered to take on the job of editor for *The Inside Track*. Trish is now busy

learning the ins and outs of collecting stories and articles about PSR, fighting with stubborn software and meeting deadlines. We expect that the April issue of this newsletter will be put together by Trish Gibson. Thanks Trish.

P.S. If there are more (and we know there are) Helens, Cheryls, Rays and Trishs, we still have plenty of jobs available.

Count the Klicks

How about getting paid for all those kilometres you ski.

Count the kilometres to bring the Nordic Centre closer to a reality. Participate in our campaign to raise funds by using the kilometres you've skied as an incentive to attract pledges or donations for our new Centre.

If you are willing we will be sending out pledge forms at the start of the ski season where you can get friends, relatives, neighbours or just yourself to pledge what you/they feel they can contribute based on your effort for the year. (i.e. at 5 cents per kilometre for 100 kilometres you have raised \$5, for 1000 kilometres it's \$50, \$1/km could be ... WOW)

We encourage you to use the "Count the Kilometres" chart posted on the chalet wall to keep track of your "klicks" and compare to see how others are doing. If you are willing to participate, **fill in the form below** and **return it with your membership application** or get it to Mike Cousineau (266-1582) or Jim Bielek (235-8355). We will get a pledge form to you. The whole family can participate. Prizes in the works!

Tax deductible receipts (for the person contributing the money) available for contributions of \$50 or more.

✂-----✂

I _____ wish to participate in the "Count the Klicks" campaign with the understanding that once I've signed up I will raise a minimum of \$10 and must hand in the pledge form by March 31, 2007.

Email: _____

Phone: _____