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Subject: News from Kanata Nordic Ski Club
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Kanata Nordic News

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<p>Mark Your Calendar: Upcoming Events</p> <p>Mon. Oct. 3, 2011 Last day for earlybird program discounts</p> <p>Sun. Oct. 16, 2011* Trails Day</p> <p>Sun. Oct. 30, 2011* Dryland Orienteering</p>	<p>Good news at the YM-YWCA Bonnenfant Centre</p>	

Nov. 19-20, 2011*
Ski Swap & Sale

Sat. Jan. 7, 2012
**Learn-to-ski lessons
begin**

*dates to be confirmed

Visit

www.kanatanordic.ca



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While some construction continues through the fall and coming winter, there has also been much completed at the Y camp, site of our Saturday afternoon programs. It's definitely had a first-class makeover. In particular the brand new Vail building is about to open and Kanata Nordic will have the use of its spacious ground floor during our programs. Access is from the river side, with heating, washrooms, showers and plenty of natural light. So no more trailers or port-a-potties this season!



The river side of the Vail.

A \$500 'Thank You' from OFSAA

In May 2011 Kanata Nordic was delighted to receive a \$500 donation from the Ontario Federation of School Athletic Associations (OFSAA). The donation was made in recognition of Kanata Nordic's support of the OFSAA Nordic Skiing championships held in March and hosted locally.



Kanata Nordic contributed by purchasing an ad in the event program, loaning our walkie-talkies, and providing a number of volunteers and Committee Members, including Harris Kirby, the Kirkham family, Ari Niemi, and the event's Co-Convenor Cam Jones.

There were also a number of Kanata Nordic skiers at the championship, racing for their schools, including Alex Bergstrom, Holly Brown, Brendon Howard, Heather Kirby, Jonathon MacAskill, Cavan McCue, Brandon Paul, Jonathan Roscoe, and Jaden Tout.

The cheque was awarded to the club by event Co-Convenor Robert d'Arras, who is also a guide for Kanata Nordic paranordic racer Margarita Gorbounova. The money is earmarked for our skier development program for youth. As Robert stated, "It was our pleasure to provide a small return to Kanata Nordic in recognition of all Kanata Nordic did for us. The cheque was our way of saying thank you."

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Working Year-Round Behind the Scenes: Your Club Executive

Each spring at the club's Annual General Meeting our members elect the Executive for the coming year. At Kanata Nordic we are fortunate to have many Executive members returning year after year, contributing their accumulated experience and wisdom to the club's operations. Plus we always look for new recruits to bring fresh perspectives and keep us tuned to our evolving membership.

Meet the New Recruits on your Executive for 2011-2012



Secretary: Lorraine Harris

Lorraine is a longtime member of the Club and has worked behind the scenes for many years. She and Harris moved to Kanata in 1995 and their two children, now young adults, both grew up through the club's Jackrabbit and Racing programs. Lorraine currently spends far too much time behind a desk during the day, and looks fondly back at her university years and early days of cross country skiing. With experience on other

community boards, Lorraine now joins hubby Harris on the Kanata Nordic Executive as Secretary.

Jackrabbit Coordinator: Elizabeth Brown

Elizabeth started to ski as an adult, when her move from the UK to Canada brought regular snow and the opportunity. Turns out she loves the sport, and happily so does her daughter. They joined the club two years ago. "It was a big decision for me to sign up as Jackrabbit Coordinator," explains Elizabeth, "but feel supported and welcomed. I am looking forward to being a bigger part of this wonderful club and meeting all the old and new members." When not skiing Elizabeth works as a family doctor.



Masters Coordinator: Ian Maclaren

After about ten years in the Jackrabbit program (with his two daughters) its about time Ian 'graduated' to Masters. This isn't his first appearance on the Executive as he previously served as club treasurer for six years. And after a three year 'retirement' he is back. While winter brings skiing his summer passion is sailing, where you see his more competitive edge come out. When he's not spending time with his family he is a Product Manager at Avaya.

For the lowdown on returning Executive members visit [Contacts / Club Executive](#).

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Our Plan is Your Plan

Whether it's planning for your child's education, your own retirement or the future of your business, it pays to have a plan. Like any sound organization, Kanata Nordic has a plan, a five-year one. It's reviewed by the Executive periodically to determine if we're on target with our priorities or need to reconsider those priorities based on changing circumstances.

We are a small ski club and must operate responsibly within our modest resources, but probably our most important resource is our volunteer base. Within this context, our Executive met in May 2011 to review the plan and as a result, here's a snapshot of our current priorities, ordered roughly from higher to lower ones:

- find a dedicated club facility which we can call 'home'
- continue with a strong core Jackrabbit program and despite our shorter winters try to offer more opportunities for this age group to be on the snow
- improve on the level of volunteerism, including on-snow leaders, coaches, event volunteers, Executive positions, etc.

- build the racing program to sustain a critical mass of racers at junior and senior levels
- encourage all leaders to pursue certified xc ski training and also offer our leaders less formal on-snow tips by qualified instructors
- build a program attractive to older youth (teens) who may be new to xc skiing and might think themselves too old for Track Attack or not interested in Racing
- offer more 'club' activities, both social ones, to retain members and keep older children engaged, plus off-season training opportunities, to improve member athleticism and offer more of a year-round slate of activities
- continue to expand our popular adult programs as resources and class space allow
- consider engaging a paid part-time coach for the fall and winter
- consider looking for additional resources for our Parandic program in order to expand it and potentially be able to include younger skiers
- consider more outreach programs to other community groups, as we started last year with the co-op program with the Ottawa River Canoe Club

Although the Club Executive is responsible for this 5-year plan it is your club too and thus your plan. Your ideas and input will help build a stronger plan and better ski club. Do you have ideas, big or small, for how to improve the ski club? Perhaps a lit field for evening outings, loaner skis to try, a different parking arrangement, a page on Facebook? Don't worry about cost or implementation - you never know what kind of partnership or funding program we might find, and at this stage we are simply looking for ideas. If you have an idea or comments please email info@kanatanordic.ca anytime.

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Did you see us this summer?

This summer Kanata Nordic did a little promotional work at running events in Kanata, including the Beaver Chase Running Series (monthly races in May, June, July and August) and the Bushtukah Canada Day Road Races. With west-end locations and an ready-made audience of already active folks these were great opportunities to attract new club members.

Club members Marlene Alt, Brandon Paul, Dev Paul, Nic and Eli Taylor at the Kanata Nordic display, Bushtukah Canada Day Road Races.



Ski Buddies

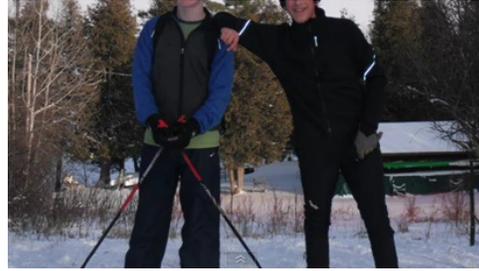
by **Ardeth Kirkham** | Contributor

There are many benefits to belonging to a ski club while encouraging your family to develop a love of skiing. Lessons allow parents a chance to shine as leaders or helpers, and their kids get to meet other kids, sometimes forming strong friendships that develop past the ski season, as well as having special ski buddies that they look forward to seeing each winter.

This has happened to me with several families with Kanata Nordic. The Paul family, the Vignerons, the



Poulsens and the Pollexes - all of our families have interwoven skiing and friendship. And it is the Kanata Nordic Ski Club that has brought us together.



My son Aidan has developed several friendships, but two have been quite special. Brandon, Aidan and Jeffrey have skied together for several years now - and they have shared many common interests outside of skiing - Star Wars, biking, and some very imaginative cartoon characterizations! Sometimes there is biking, swimming, movies and Wii, trails day and burgers galore. My daughter has also enjoyed friendships with ski buddies - Marta, Anna, Emily and Katrina, Kaylyn - all friends that she will call upon on the weekend to have some active and imaginative fun.



I know of at least one other dynamic duo of ski buddies in the club - Nic and Callum. These boys have a mutual love of testing the laws of physics - some may call them daredevils - but they are peas in a pod, hanging out on the weekends, even though one lives in Kanata Lakes, one lives in Almonte.

The development of ski buddies (adult and child) has to be the best benefit that anyone can hope for - skiing can be and should be a social sport, where there can be the opportunity to push each other where it is desired, but also to have some friends to call upon and get out and enjoy the trails our area has to offer. I look

forward to the day when I hand over the keys to the car so that Aidan, Lena and some ski buddies can head out on a ski adventure!

Our family has been enriched by the friendships that have formed while being part of Kanata Nordic, and this web of ski friendship extends past the mandate of lessons - driving extra passengers whenever and wherever it's needed, a friendly face at a race event, sleepovers, fun ski adventures, bbqs and more ... that's what can make Kanata Nordic more than just a place to learn how to ski!

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Eat by Design

by **Dr. Michael Gibson | Chiropractor & Clinic Director of the Wellness Group**

Nutrition is a field littered with so many experts and opinions that it becomes difficult and ultimately frustrating for people to determine how they should be eating for optimal health. How do you choose between Atkins, South Beach, Eat Right for Your Blood Type, low carb, high carb, low fat, high fat, Vegetarianism, veganism, and hundreds of other approaches?

I think the answer may be much more simple. If we waded through all the hyperbole, the mass marketing done by organizations with billion-dollar budgets and the gurus, we find some universal principles governing the nature of food, its purpose and how to best integrate these healthy practices into our families' lives. In those who have been able to do so, the

results have been nothing short of miraculous. But the miracle is not in the food itself; instead it is the amazing potential it unlocks in our incredibly designed bodies.

Multiple authors have suggested and published supporting evidence that our paleolithic ancestors and surviving 'uncivilized' tribes were and are incredibly healthy. Heart disease, cancer, osteoporosis, degenerative diseases, depression, decreased fertility, acne, and obesity were almost non-existent in their cultures (even in those who lived past 60). By comparison, we are sick and progressively getting sicker. It is no coincidence we move less, drink polluted water, breath polluted air, eat less fruit and vegetables from soil with less nutrients, eat less protein (most of the protein we do consume comes from sick animals or dairy from sick animals), consume more total carbohydrate and a higher percentage from grains and highly processed food sources.

Simply, our sickness crisis can be highlighted by one irrefutable fact: Our genes have barely changed and we live a lifestyle that is now almost unrecognizable. Living incongruently with our design has pushed us away from our natural state of health.

The solution is matching up what we eat with what our genetics have developed on, and it's actually quite straightforward. Each species has an optimal diet that does not differ within the species. The same is true for humans. What is optimal for one is optimal for all. Of course, there may be subtle variations in amounts and sources, but the basic foundations are straightforward: Vegetables, meat from healthy animals, eggs, minimal to moderate seasonal fruits, minimal nuts and their fats, and minimal seeds. Missing are grains, whole or otherwise, most dairy, seed and vegetable oils, and obviously processed foods.

Can you survive eating foods most people do? Sure. Can you thrive? Absolutely not. If you're searching for a solution to a health crisis or just want to live optimally, you need to begin the process of 'Eating By Design'. You'll never look back.

To learn more about the principles of 'Eat By Design' or to attend and 'Eat By Design' seminar visit www.mykanatachiropractor.com or call (613) 271.8555.

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Hot off the Press: New Club Brochure

Join the Club
Kanata Nordic is a nonprofit, family-oriented organization run by volunteers. Anyone can purchase a low-cost annual membership to use our trails, participate in club activities and receive club benefits all year. Members have the option of registering in any of the club ski programs. Kanata Nordic is one of the best winter sports deals in town!

About Kanata Nordic
Kanata Nordic is dedicated to promoting the long activity, fitness and enjoyment of the outdoors through a variety of cross-country ski programs offered in a friendly club setting. The club is a member of Cross Country Ontario and our programs are based on Cross Country Canada's skills development model. Established in 1976, Kanata Nordic is based at the 194 FMCA Boardwalk Outdoor Centre and the neighbouring Shearwater Park on South Line in rural Kanata. Our trails run through areas of woodlands bordering the Ottawa River. We also arrange ski outings, including to the NCC Greenbelt trails, which we help to maintain, and to the world-class Gatineau Park facility. Cross-country skiing is a great way to get out and get active in the cold weather and it's a sport the whole family can enjoy together.

Volunteer
The club relies on volunteers for all of its operations. Many of our coaches first volunteered when their children began lessons and enjoyed their own ski adventures along the way. The club offers its coaches certified training courses. Adults not interested in coaching and teams looking to fulfill their community service hours will find ample occasion to contribute to the club's success in a way that matches their personal skills and interests.

Kanata Nordic offers:

- Children's ski/snow programs
- Youth recreational and racing programs
- Adult ski programs
- Annual Kanata Nordic Sport Day
- Annual Ski Sleep & Sals
- Coaching clinics, trail days, barbecues, member discounts and more!

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KANATA NORDIC
Come ski with us this winter!

We've updated and revised our brochure and will be using it to promote the club all around town. If you can drop off some copies at your local library, sports store, community centre, school, or any place potential skiers might be walking by, please email info@kanatanordic.ca.

End of Issue 11

September 2011

We are always interested in your ideas for the newsletter, and for volunteers to help with each issue, so if you have the inclination please [get in touch](#).

Sincerely,
Marlene Alt and Kaleigh Maclaren, Co-editors
Kanata Nordic Ski Club

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