



# Kanata Nordic News

KANATA NORDIC

Issue 8: September 2010



President and Racing Coach Mike Duivenvoorden cheers on Shelby Howard at the 2010 Kanata Nordic Sprint Race.

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## Kanata Nordic

### Register now!

XC ski programs for all ages

[www.kanatanordic.ca](http://www.kanatanordic.ca)



**REGISTRATION OPENS SEPTEMBER 1st.** Sign up now and ensure yourself a spot. Most of our programs filled up last season! See page 7 for full details.



*Receive a free Kanata Nordic tote bag when you register!*

# EVENTS HAPPENING AT KANATA NORDIC



## Annual Ski Swap & Sale

**Reserve Sunday September 26th, 2010 for our annual Ski Swap and Sale**

This year's Annual Ski Swap and Sale takes place on Saturday September 25 for equipment drop off and Sunday September 26 for the sale itself in Hall C at the Mlacak Centre, 2500 Campeau Drive, Kanata. Bring any adult or children's cross country skis, boots or poles on Saturday from 11:30 a.m. - 3:30 p.m. and experienced Club members will help you price your gear. Non-members are welcome to sell their equipment through the Kanata Nordic event too. A reminder to all that the Swap is for cross country gear only (no downhill equipment). We charge \$2 for each item you register to sell, and will retain 20% of the sale price to cover the hall rental costs.

The Swap and Sale is open for purchases to members and the general public on Sunday from 12:30 until 3:30 p.m. (no drop offs on Sunday, please). Purchases can be made by cash or cheque. Proceeds from your sales or your unsold equipment must be picked up between 3:00 and 4:00 p.m. on Sunday.

You can self-register your items for sale in advance, to save time at the Swap & Sale. Simply read this [instruction sheet](#) and then print this [registration form](#). For those considering new equipment this season, we have invited several local sports retailers, including Bustukah and Fresh Air Experience, on Sunday. They will have some deals for you and can also help determine what equipment best suits you.

At any of the Saturday or Sunday hours you can also register in person with Kanata Nordic for the upcoming season. Everyone who registers, either at the Swap or online, will receive a free Kanata Nordic tote bag, new this year! Register before October 1st to take advantage of early bird discounts. On both Swap and Sale days we will also have a barbeque and some special surprises for all. For any updates closer to the event date please visit [our web site](#).



## Trails Maintenance & BBQ Day



Join us on **Sunday October 17, 2010** to help prepare the trails for winter and enjoy a free barbeque afterwards. We need muscles big and small so bring the kids! Come prepared for a couple hours outdoors (layers of clothing, rain gear as needed, water to drink, etc.) This is a great chance to get some fresh air, let the kids run around, explore the trails and meet some ski mates before the snow arrives. Location: Y Bonnenfant Outdoor Centre. Time to be confirmed (check the [web site](#) for updates). For more information contact [trails@kanatanordic.ca](mailto:trails@kanatanordic.ca)

**OFF-SEASON NOTICE:** *Kanata Nordic has an agreement with the YM-YWCA for use of the Bonnenfant Centre during ski season but not the non-ski season. Consequently our members do not have access to the Y property during that time, nor does the public in general. The Club Executive makes special arrangements with the Y to hold off-season events there, such as the Trails Maintenance Day.*

## Mark your calendar

**September 1st, 2010**  
Registration opens

**September 18th & 19th**  
Club dryland training and  
social event

**September 25th & 26th**  
Annual Ski Swap & Sale

**October 1st**  
Early-bird pricing for  
registration ends

**Sunday October 17th**  
Trail Maintenance &  
BBQ Day

**Sunday November 7th**  
Jackrabbit Games Day

**Sunday November 21**  
Dryland Orienteering Event

**December 4th or 5th**  
Kickoff social event at  
Boston Pizza

**Saturday January 8th**  
Bunnyrabbit, Jackrabbit and  
Adult lessons begin

**January 16th**  
Ski orienteering event

**Sunday February 6th**  
Annual Kanata Nordic Sprint  
Race (The Pretzel)

**Saturday March 12th**  
Final ski session for  
Bunnyrabbits, Jackrabbits  
and Adults

**March 26th or 27th**  
Kanata Nordic AGM and  
End-of-Season Banquet

**Early April**  
Trail Clean Up Day



Artist's concept of the new Vail building

## Redevelopment of the Y Camp Well Underway

by **Marlene Alt**

*Editor*

...

Most of our skiers will have noticed the construction activity at the Bonnenfant Y Outdoor Centre last winter. As part of the federal government's \$6 million infrastructure funding to the National Capital Region Y, the facility is undergoing a major redevelopment, with the aim of ensuring that future generations benefit from the leadership training, outdoor education, environmental appreciation and outdoor activities that take place on the property.

The abandoned Health Centre, on the road/trail between the training field and the Chalet, is coming down, as is one cabin in the woods. But the exciting story is what is going up and getting fixed up:

- Renovations to the Chalet, including new, larger washrooms, and a new kitchen and meeting rooms, making the Chalet into a well-equipped meeting hall
- Vail replacement: the old Vail building (site of our hot chocolate breaks before the building came down in March 2008) was located on the northeast edge of the training field; the new building will be a large, two-storey structure on the same spot and will serve as a multi-purpose recreational space (see illustration above)
- Adventure courses at various locations: these include high ropes course, climbing walls and the like and are intended for team-oriented programs, such as management training; tempting though they are these facilities are off-limits to anyone not participating in a related program
- Kinder playground: a kid-sized outdoor adventure area geared towards the 5-7 year old set, located across from the old Health Centre; also out of bounds during our ski programs
- Dining hall: a brand new facility, able to accommodate 300 people for food service and conference meetings, going up in the field beside the Chalet, where a climbing wall and high rope course are now located
- Also: waterfront development, new washrooms and showers, improved roads and signage and more: visit the [Y web site](#) for details.

Construction is ongoing, and will be during the ski season. Although this work is not expected to disrupt our ski programs, in the event that construction activities create an unacceptable level of risk, we are making some contingency plans to temporarily relocate programs.

Although we feel like the Y is Kanata Nordic's 'home', it is a private facility and our agreement for use of the site is limited to the snowy months and to specific facilities. If you are eager to come out and see the progress of the facility's impressive redevelopment be sure to attend one of our pre-season activities, listed elsewhere in this newsletter.

## Making the Best of the Fall with Dryland Training



by Dev Paul

Track Attack Coordinator & Coach

The great thing about cross country skiing is that it is one of the few sports that actually happen outdoors in the winter. Surprisingly, the ice sports that were historically done outdoors such as hockey, speed skating and figure skating, now happen largely indoors.

Luckily for us the snow sports all need to happen outdoors, and to get ourselves ready for those long brilliant sunny afternoons when the rest of Canada is trapped indoors, we skiers get ourselves in the swing of things starting in the early fall. There is no snow on the ground yet, but the smell of the fall leaves and a bit of crisp colder air means actual skiing is not that far away.

Don't worry, we're not doing any snow dances when fall rolls around. Like the rest of Canadians, we really don't like shoveling snow and truthfully are quite happy to wait for the snow to land when it is supposed to in December. But that does not mean we sit on the couch all fall, eating nachos, watching football and hoping that we'll magically be fit for the first snowfall. Instead, we're outdoors, burning calories, getting fit and then we get to come home, relax and sit on the couch and watch football.

Every fall, the kids in the Kanata Nordic Track Attack program make the best of the fall season doing some fitness activities in a group setting. We usually meet every Saturday or Sunday afternoon and spend two hours hiking, running, doing various body weight exercises and playing games. It is rare that kids really want to go for a run out of their own initiative. But they come out for Track Attack dryland training for the group atmosphere and social structure. They get most of their fitness done while just hiking and chatting with the other kids. Nordic skiing is an aerobic weight-bearing sport and nothing better than low intensity hiking to get the bulk of our base fitness in.

But that's just the start. Skiing involves long sections of moderate intensity aerobic effort (example: a long afternoon of ski touring, that is clearly much harder than walking pace), so we hike to a local football field in Kanata Lakes where we hit the track for some running, typically only 3-5 minutes at a time. Those run segments are separated by body weight exercises like sit-ups, push-ups, lunges etc. Then back to more running. We might do this 5-10 times so over the course of things there is some good running done. We progress gradually week over week as fitness levels rise.

But the new xc skiing also has sprinting. Kanata Nordic has its annual sprint event (The Pretzel), so as part of the dryland session we do several 50 meter sprints. Usually 6-12 of these are spread over an hour. In between the runs, sprints, and body weight exercises, the kids chat and catch up on the week's news with their buddies.

Before we know it, we're down to the final third of the day at which point it is time for the weekly "Kanata Nordic Touch Football Championships", where kids and adults all jump in for some spirited action with lots more sprinting and high intensity bursts, followed by a final 20 minute hike back to the start point.

Eight weeks of this later, it is usually time for snow. Over the eight weeks, we do more and more running, more sprinting and the kids get fitter and fitter and they don't really notice because it just seems like one big social club that happens outdoors in crisp fall air. Okay, maybe they do notice, but after the odd initial complaint in the first week that "I never knew" it would be that tough, they are usually motivated to get fitter for the snow season, and best of all, the distance they cover is credited to their progress in the Track Attack 500 kilometer club. More news on that in the next newsletter. If we don't get snow by December we work with nature and keep doing this till we do get snow. Ottawa might be turning into a tropical paradise from global warming but we still do get enough snow to have a solid ski season.

# The Truth about Kanata Racers

by **Mike Duivenvoorden**

Club President

...

***Kanata Racers: An elite group of highly trained super athletes who have what it takes and will do anything they need to do to win, correct? Well, yes and no.***

Although the Club has had athletes competing at the national and international level, elitism and an emphasis on winning alone could not be further from the truth.

Unfortunately, just mentioning the word 'race' conjures up negative impressions about competition. Too many of us look at racing as a stage on which we are judged and that to finish last or even in the bottom half is a failure, right? Wrong.

The Kanata Nordic Racing program for youth is simply a continuation of the Jackrabbit program and runs in parallel with the Track Attack program. The main difference between the two is that the Racing program places slightly more emphasis on the team environment and the use of races as a tool to measure personal abilities and the results of a training program. Of course we are proud of those athletes that make it to the podium and win medals, and they deserve our praise. We are also proud of the rest of the athletes for their own personal achievements and many contributions to the team.

Some of the things that the Racing program is about:

1. Developing an independent work ethic in a fun and supportive team environment,
2. Improving technique to enhance speed and efficiency of effort,
3. Setting realistic personal goals,
4. Training to achieve goals, and self assessment along the way to determine if the goals are achievable relative to the level of effort invested in training,
5. Recognizing the rewards of effort and dedication,
6. Building confidence and the ability to be oneself despite being in the spotlight,
7. Time management and planning (when to train, when to do homework, what equipment to use for practice or racing, etc.).

Many of the things that the Racing program is about are really what life is about. As in life, we believe that effort, attitude, and commitment are rewarded. Winning is a reward, not a priority. For more information about Kanata Racers contact coaches Mike Duivenvoorden ([president@kanatanordic.ca](mailto:president@kanatanordic.ca)) or Harris Kirby ([racing@kanatanordic.ca](mailto:racing@kanatanordic.ca)).



# Snow Photography

When it's Bright, Let in More Light!



by **Jo-Ann Holden**  
Guest Contributor  
...

*Author Jo-Ann is an avid cross country skier, a year-round outdoor enthusiast, a professional musician and an exceptional photographer. She generously shares her exquisite and inspiring images of skiers, wildlife and the natural beauty of our region through daily postings on her web site, [www.musicianonskis.ca](http://www.musicianonskis.ca).*

When I first began to photograph skiers and snowy scenes I was frequently disappointed with images featuring grey snow and dark, shadowy skiers. Where were the dazzling colours and the bright snow I remembered? Of course, the dull lighting can be improved with Photoshop, but how much more exciting it is to start out with brilliant colours.



*An example of the snow appearing dull and grey.*

The solution is very easy, but somewhat counter-intuitive. It seemed obvious to me that a snowy image should be bright. Not so, however! Here's why.

The camera's light meter is very clever. Its mission is to read the brightness of the scene and to adjust the amount or speed of the light entering the camera so that each image contains, on average, 18% grey. This 18 % grey is a level of brightness, not a specific colour. Examples of this brightness are blue sky, tree bark, or the colour of the palm of your hand (for all races of people). It is neither very bright nor very dark.

When the light meter reads snow, it finds the scene overly bright and automatically underexposes the image to give a more neutral colour. Hence, dark snow. Interestingly, a black squirrel filling the frame would have the opposite effect, causing the camera to overexpose, lightening the colour of the squirrel.



*An example of bright white snow (with Kanata Nordic's Elyse Charrier)*

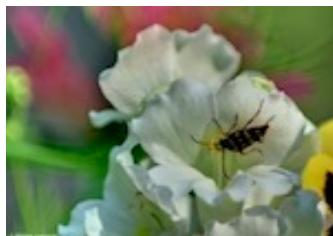
To create white snow, simply overexpose your images by adding more light. On many cameras the Exposure Value (EV) button is easy to spot, on the back or top of the camera. Look for EV or +/- . Some cameras will require you to poke around in the menus. You will need to increase from between 1/3 to 2 full stops, depending on your camera, the type of metering, the brightness of the day and how much of the scene is snow.

A sunlit, snowy scene without skiers may require 2 full stops of extra light. If the day is dull, perhaps 1 stop will suffice. If colourful skiers fill the frame, perhaps you will not need any extra exposure at all! Experiment: Pixels are cheap. You will see how your camera reacts.

Most modern light meters default to 'matrix' metering. This means that the light of the entire scene is averaged. Usually this works quite well for most situations. If you are photographing ski races, however, you may wish to experiment with 'centre-weighted' metering. Here, the ski racer will be more important to you than snow detail. Try it out ahead of time to see if you like it. Good luck, and have fun in the snow!

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Enjoy Jo-Ann's  
incredible photos at  
[www.musicianonskis.ca](http://www.musicianonskis.ca)



# REGISTRATION

## IS NOW OPEN

### Registration Information

Online registration for the 2010 - 2011 season opens September 1st. Register before October 1st and take advantage of the early-bird program discounts, pre-snow club events and to secure a spot -- our programs fill up!

Payment online can be made by credit card or cheque. You will receive a confirmation e-mail with a membership card attached from the [membership coordinators](#). If you have any questions please [e-mail](#) or leave a message at 613.592.1038.

[Click here to Register Now](#)

[Click here for Registration Info](#)

### September 1st

Registration Opens

### September 25th and 26th

Register in person at the [Ski Swap](#) (cash or cheque only), or drop off cheques from online registration.

### October 1st

Early registration savings end at midnight

### October 2nd and later

Regular pricing until programs are full.

## Programs [at] Kanata Nordic

### BUNNYRABBIT: "Active Start"

Welcoming all new skiers ages 4-5 to have so much fun on the snow they won't even realize they are learning ski basics. Saturdays 1:30 to 3:30 p.m. starting January 8th at the Y's Bonnenfant Centre. [Click here for more details.](#)

### JACKRABBIT: "FUNDamentals"

Develops skiing fundamentals for children ages 5+ in a relaxed and fun environment. The program covers classic and skate techniques as skiers progress through the four levels. The Dynarabbit group is perfect for beginning skiers ages 9-12 years. Saturday 1:30 to 3:30 p.m. starting on January 8th at the Y's Bonnenfant Centre. [Click here for more details.](#)

### TRACK ATTACK

For youth who have completed the Jackrabbit program (or have equivalent skills) ages 10-15. The program includes technique work, touring, fitness work and a few races. Sessions start in the fall with dryland

activities. Saturdays 1:30 p.m. to 3:30 p.m. and Thursdays 6:30 to 7:30 p.m. [Click here for more details.](#)

### RACERS: "Learning to Train"

Provides an opportunity for skiers ages 10-12 to be introduced to training, setting realistic personal goals, and to competition as a means of reaching their full potential. Sessions start late September 2010 with dryland activities and continue into March 2011. [Click here for more details.](#)

### RACERS: "Training to Train"

A more advanced racing program for skiers ages 12-16 tailored to their levels of development as athletes. Sessions start late September 2010 with dryland activities and continue into March 2011. [Click here for more details.](#)

### ADULT NOVICE

A program for beginners as well as those who want to improve their technique, their knowledge about waxing, and their efficiency on the trails. Saturdays 1:30 to 3:30 p.m. starting January 8th at the Y's Bonnenfant Centre. [Click here for more details.](#)

### ADULT INTERMEDIATE

The Intermediate level requires a season or two of experience and covers both classic and skate techniques. Saturdays 1:30 to 3:30 p.m. at the Y's Bonnenfant Centre starting January 8th. [Click here for more details.](#)

### ADULT TOURING

Based in Gatineau Park, this Saturday morning program is for skiers interested in a pleasant two-hour classic or skate ski outing with some instructions and tips on technique. [Click here for more details.](#)



**Receive a free Kanata Nordic tote bag when you register!**

# 2009-2010 Season Wrapped Up with a Sold-Out Celebration

by **Shelagh Ryan**  
Special Events Coordinator  
...

Held at Boston Pizza on Sunday March 27, the year-end banquet was well attended by members from all our programs. Skiers ranging from novice adults, to Bunnyrabbit children, coaches, Track Attackers, Jackrabbits, youth racers and Paralympians gathered together to share what truly unites us all: a passion for cross country skiing.

Successes were celebrated, awards presented, numerous door prizes given out, stories shared, challenges made for next season and all enjoyed the casual, friendly atmosphere to mark the end of a great season on snow.

Boston Pizza took all the hard work out of the banquet by providing a tasty buffet selection of salad, pizzas and pastas. Numerous members donated homemade cakes to create a beautiful and delicious quilt cake for dessert made even more decadent by the liberal addition of whipped cream!

A slide show commemorated the programs, events and activities of the 2009-10 season with shots of skiers, coaches and volunteers all enjoying the regular sessions at the Y camp. Images of special events such as the Jackrabbit Fun Day, Ontario Midget Championships, numerous local races, and President Mike Duivenvoorden's forerunner activities at the Paralympic Games in Whistler gave viewers a taste of the range of skiing that happens outside of our Y camp home base and outside of our learn-to-ski programs.

Our appreciation goes out to the businesses who generously supplied the door prizes: [Fresh Air Experience](#), [Bushtukah](#), [Trailhead](#), and [Ottawa Re/Max Realtors Geoff and Bobbie McGowan](#). Special thanks to all who contributed to the success of the evening, including Marlene Alt (communications), Laurel Davidge (ticket sales), Kathryn Adeney (quilt cake), Shari and Andrew Canham (slide show), Boston Pizza, and of course all the members who came out to have a great time!



Katie D, Katie F and Sabrina pose for the camera with Paralympians Margarita Gorbounova and Alexei Novikov



Happy customers in front of the scrumptious quilt cake



Victor Turcanu with mom Daniella and Andrew Canham work on the 'friendship bingo' card

## Our Sponsors



**BUSHTUKAH**



When my family first joined Kanata Nordic I volunteered to coach in the Jackrabbit program. I was at my first leaders' meeting when someone mentioned an upcoming Executive meeting. "There's an Executive for the Club?" I asked, thinking to myself, "What could there possibly be for them to do? All the club does is teach kids to ski, and the leaders take care of that." Turns out that the Executive does A LOT!

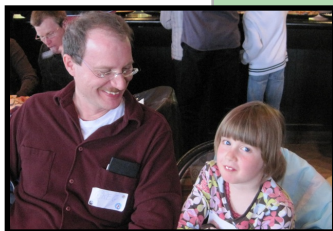
One of the goals of this newsletter is to give our members the big picture at Kanata Nordic, so providing some insights into what the Executive deals with should further that goal.

The Executive meets once a month and the three-hour meetings are jam-packed with topics to discuss and actions to be considered. Add some levity into the mix and a level of enthusiasm that often leads to sidebars about personal skiing/coaching hits and misses and you have a good idea of the atmosphere. Here's a snapshot of items recently on the Executive's plate.

- define and approve an annual club budget
- set ski program limits (how many people we can accommodate) and pricing for the 2011 season
- select event dates for the coming season (Trails Day, Ski Swap & Sale, start of lessons, Pretzel Race, etc.)
- complete reports to the Ontario Trillium Foundation (which provided the funding for our new grooming equipment)
- revise our contract with the Y for use of the Bonnenfant Outdoor Centre through 2011
- propose and approve a membership giveaway item for next season
- approve ads and flyers to promote our programs in the fall
- approve new club banners
- determine the maintenance, tools and storage required for our grooming equipment
- consider options for acquiring a backup to our new grooming machine
- continue long term planning for a permanent home for the club, including a club house
- consider options for installing lights at the Y camp, to facilitate night ski activities
- discuss alternative racer clothing designs and suppliers
- discuss how to recruit more volunteers, including on-snow leaders and assistant leaders
- ensure we meet the various reporting and other requirements of Cross Country Ontario, of which Kanata Nordic is a member
- consider funding and development opportunities for our para-nordic racers



The Executive responsibilities are obviously wide-ranging, and there's plenty of room for new ideas and projects to complement the Club's mandate of promoting life long activity, fitness and enjoyment of the outdoors through cross country ski programs. If you would like to become more involved in the Club and contribute to its success through an Executive role or other volunteer capacity, please contact [President Mike Duivenvoorden](#) or any other Executive member, all listed [on our web site](#).



### Thanks to Greg Watt, Outgoing Club Treasurer

On behalf of the Club and the rest of the Executive, our sincere thanks go out to Greg for his dedication during two terms as Treasurer at Kanata Nordic. Happily Greg will continue to be an active club member, leading a Jackrabbit group that includes his daughter Sophie.

### Welcome to Mike Downey, New Club Treasurer

Mike is the newest kid on the block, but a very experienced one as he spends his weekdays working at Zarlink Semiconductor capably counting the beans. Mike, Emily, and their young family are loving being back in Canada after spending six years in New Zealand. The Downeys enjoyed lots of time in the kiwi sun and surf, but are happy to be able to strap the cross country skis on again.



# Meet Your Club Executive for 2010 - 2011

by **Marlene Alt**  
Editor  
...



## **President: Mike Duivenvoorden**

In his second year as Club President, Mike is also Racing Coach and a 'ski nerd' (according to at least one of his children) occasionally competing in local races, including the Canadian Ski Marathon, whether or not he has had time to train. During the day Mike works for J.L. Richards & Associates as an engineering and architectural consultant. Read about Mike's experience as a forerunner at the 2010 Vancouver Paralympics [in his blog](#) on the club web site.



## **Vice-President: Richard Batty**

Like most Executive members, Richard also wears another Club hat, that of leader for the Adult Novice lessons, which he has capably led for many years. Prior to that he instructed Jackrabbits as both his daughters progressed through the ranks. Starting in 2005 Richard persevered as Club Secretary and finally took over the vacant VP position this year in order in part to not battle with the evil MS Word and Vista so much. By day Richard works in health administration with the medical staff at the Ottawa Heart Institute.



## **Past President: Steve Howard**

After a considerable stint as President, during which time the Club moved to the Y camp and won a significant Ontario Trillium Foundation grant, Steve now sits on the Executive as an ex-officio member. His ideas and enthusiasm for Kanata Nordic have not diminished. Plus he has just begun a term as President of the National Capital Division of Cross Country Ontario. When he isn't running or skiing himself, or supporting his children's athletic endeavours, Steve works for General Dynamics Canada.



## **Secretary: Laurel Davidge**

We are delighted to have Laurel as new blood on the Executive. A very active individual, with marathons, triathlons and other big-commitment sports under her belt, Laurel joined Kanata Nordic this year in order to take Adult lessons. By the time she registered that program was full, so she was convinced in the meantime to join the Executive. Some of Laurel's non-sports hours are devoted to her work as an office manager for Construction Cost Consultants.



## **Treasurer: Mike Downey**

Read about Mike on the previous page.



## **Promotions Coordinator: Marlene Alt**

(written by Richard Batty)

Some would say Marlene has been a 'breath of fresh' air since assuming the position of Promotions three years ago. More accurately, she has been a 'white tornado' with boundless energy, drive and initiative, all reflected in her successes raising the club's profile throughout the Kanata area. She has achieved this with a variety of promotional items plus media and internal communications like the newsletter she helped to launch and last but not least, a major revamping of the Club website. Marlene also coaches in the Jackrabbit program, works part-time as a writer and web site developer, and sits on the Board of TDH Ontario.



## **Racing Coordinator: Harris Kirby**

Harris could be a one-man Executive, with all the experience, energy and enthusiasm he brings to Kanata Nordic. His current focus is the Club's para-nordic racers, two of whom competed for Canada at the 2010 Paralympic Games. Harris is himself a competitive skier and all-round active guy who spends some indoor time working at the Department of National Defence.

....continued on Page Eleven

## Meet Your Club Executive for 2010 - 2011 *continued*



### **Track Attack Coordinator: Dev Paul**

A longtime member of Kanata Nordic and formerly the Jackrabbit Coordinator, Dev is best known for two things: his athletic activities in both summer and winter sports and his tendency not to let his skiers take a hot chocolate break, so that they ski more ("It's not a hot chocolate club, it's a ski club..."). Dev coaches the Track Attack program and is grooming his son, a Track Attack skier, to become his assistant. Dev always tries to make the kids that he coaches believe in themselves and that anything is possible if they try and work for it. By day Dev is Senior Product Manager at Integrate Devices Technology. Read his profile in the [December 2008 newsletter](#).



### **Special Events: Shelagh Ryan**

A non-skier, Shelagh nonetheless has contributed countless hours behind the scenes as a ski parent and volunteer for at least 14 years. Shelagh expanded her Club commitment when she joined the Executive three years ago as Special Events Coordinator. The largest and best known special event thus far launched under Shelagh's mandate is the Kanata Nordic Sprint Race, a.k.a. The Pretzel. She has had a hand in other Club events including the Trails Day, Ski Swap & Sale, year-end banquet and Jackrabbit Fun Sprints. Shelagh can also frequently be found behind the lens of her camera or coaching on a soccer field in the 'other' season.



### **Trails Coordinator: Gene Vigneron**

More new blood! Rumour has it that driving our brand new ATV grooming beast was the key to securing Gene as our new Trails Coordinator this year. Gene takes the position over from the skillful hands of Pat Kirkham (whose hands will no doubt still be driving the ATV come winter). Gene's whole family is involved with the Club, with his three children in ski programs and his wife Cindy as a Jackrabbit leader and volunteer. When Gene isn't laying ski tracks he is a family medical doctor.



### **Jackrabbit Coordinator: Ardeth Kirkham**

(above, on the left)

Ardeth's is one of the most recognized faces on the Executive, with her ever-present smile and presence at the Y camp during our Saturday afternoon sessions. Ardeth took over the Jackrabbit Coordinator position three years ago. She has two children in our ski programs and has led various JR levels so can jump in to replace a missing leader at any time. When Ardeth is not coordinating kids and hot chocolate breaks she works as a physiotherapist's assistant and maintains a high school sports scores web site.



### **Membership Coordinators:**

#### **Tina Amicarelli and Renata Hamburg**

(Tina is in the photo at left, on the right; Renata is above)

Tina and Renata work as a team to oversee key activities related to member registration. This is the second year that this dynamic duo have tackled this Executive position. Both have children in the ski programs, as well as other sports (competitive soccer, hockey and whitewater kayaking, to name a few). By day Tina juggles a household with three active daughters while Renata focuses on various volunteer commitments, including at her children's school and with the Ottawa River Runners.

# Why **YOU** Should Be a Jackrabbit Leader

by **Mike Duivenvoorden**

Club President

...

2010 Jackrabbit 4A group



Winter is coming and you're looking for activities for your children. Maybe you have cross country skied yourself, or your children have friends in the Kanata Nordic Jackrabbit program. So you sign the kids up for lessons this season. While registering online you scroll through the volunteer options and pause at the checkbox for leaders, but keep scrolling because you think you don't have the skills to be 'teaching'. In the end your kids have a blast in the program and you spend the winter waiting around the periphery, mostly just watching and occasionally helping out with a game or two or hot chocolate duty.

Have you ever wondered how all those smiling, fit-looking leaders became leaders? Very likely they were in the same position as you, but took the plunge to become an assistant, which led to more confidence on skis, plus some Club-provided coach and technique training and -- voilà! -- they are now leaders. And are no longer hanging about on the edge of things, trying to stay warm and watching the kids have all the fun.

In case you aren't convinced yet, here are even more reasons to become a leader or assistant leader:

1. You can start as an assistant, to gain experience and learn from someone that has done it before.
2. If you start out in Bunnyrabbit or Jackrabbit level 1 you are guaranteed to have the best time of all the leaders because mostly all you have to do is play and have fun on skis. Of course, we try to fit this in at all levels.
3. You get premium parking privileges with access to the interior parking lot. It's sort of like being a nordic ski VIP.
4. The Club subsidizes any theory and technique courses you take.
5. Senior coaches in the Club provide free technique sessions to leaders at special weekday evening sessions.
6. Your own skiing skills will improve, your fitness level will benefit and your child will have even more reason to look up to you.
7. You might still be able to keep up to your children when they reach Jackrabbit level 3 or 4.
8. You will get to know many other Club members, adults and children alike.
9. You can participate directly with the development of a great group of children and their enjoyment of the outdoors.
10. You NEVER have to volunteer for hot chocolate duty if you are a leader!
11. You can feel even more satisfaction when children you have worked with return year after year.
12. Frankly, the pay stinks, but the health and friendship rewards are priceless.

To find out more about becoming a leader or assistant this season, contact Mike Duivenvoorden ([president@kanatanordic.ca](mailto:president@kanatanordic.ca)) or Ardeth Kirkham ([jackrabbit@kanatanordic.ca](mailto:jackrabbit@kanatanordic.ca)).

# \$\$ What your fees pay for, and what they don't \$\$

by **Marlene Alt**

Editor

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As most members know, Kanata Nordic has a two-part registration fee, one for membership and another for programs. The membership is a flat annual fee, \$55 for a family or \$35 for an individual. For members who also want to enroll in a program (Jackrabbit, Racing, Adult lessons, etc.) there is an additional fee for each program. Program costs vary, depending on the costs of the program itself.

## So what do these fees pay for?

Kanata Nordic is a non-profit organization. All monies collected through registration help offset our grooming costs (buying and maintaining grooming equipment, fuel and storage expenses, etc.) as well as costs related to our trail network (tools, signage, materials, and the cost of the lease for use of the Bonnenfant Y Outdoor Centre).

We also have some administrative fees, like for our post office box, phone line, banking charges, photocopying and meeting room rentals. Despite what some have thought, we do not have an office of any sort. Important documents and other Club property are stored either at the Y (mostly grooming equipment and signage there) or at the homes of various Executive members.

To ensure fiscal responsibility we have built up a small cash reserve, to offset potential shortfalls in the future, unforeseen expenses, and eventual equipment replacement. We are also accumulating funds to purchase materials that will augment our programming. Possibilities include loaner ski equipment or night lighting for the training field.

A portion of the fees we receive are passed on to [Cross Country Ontario](#) (CCO), the provincial organization for cross country skiing in Ontario, which provides the guidelines for

running our club. This fee (\$10 per member for the 2011 season) helps to fund the many CCO administrative and educational activities that support community clubs like ours and also provides insurance coverage for our members.

Program fees include the costs of the program booklets and year-end giveaways (which have been backpacks, sunglasses and woolen caps in recent years) as well as some race registration fees for the Track Attack and Racer programs.

## What don't your fees pay for?

That list is much longer! All the administration, programs and activities offered by the Club are carried out by a small army of volunteers, from trail grooming to coaching to all the Executive positions.

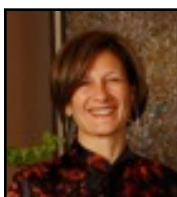
Many Club initiatives are intended as benefits to our members and as such are priced merely to break even. For example, the cost of a burger at a barbeque is the cost to us. The Club clothing as well is priced at our cost. Our annual Ski Swap & Sale is intended to provide an opportunity for members to sell and buy equipment; consignment fees cover the facility rental and any advertising or materials needed for that event. The entry fees for the annual Kanata Nordic Sprint Race cover the many costs of hosting that event and hopefully generate a small profit in order that we can make improvements to the race each year.

It takes careful planning and a little crystal-balling to establish fees for each season. Good planning has allowed us to remain affordable for most families while continually improving facilities and programs and maintaining financial stability. We certainly hope our members feel they receive good value for their registration dollars.

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**Feedback?** Please contact the editors if you have any comments, an idea to share or wish to contribute.