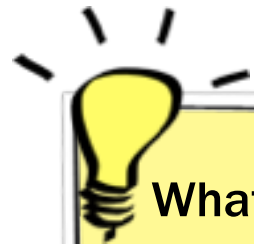




KANATA NORDIC

Issue 10: March 2011

## In This Issue



### What is on your wish list?

Do you have an idea, 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? The Kanata Nordic Executive will be holding a strategic planning session later this year and would love to have your input! Don't worry about cost or implementation -- if you have an idea simply email it to [info@kanatanordic.ca](mailto:info@kanatanordic.ca) anytime. Thanks!

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## New Kanata location now open!

# The Joys of Living in Ottawa

**Dev Paul**

*Track Attack Coordinator*

...



I've done my fair share of training and racing around the world. Perhaps it is familiarity with your own surroundings, but of all the places I have been I would not want to live anywhere but Ottawa (well, maybe I'd take the Chamonix area, but I'd have to find a job there...) Seriously, a lot of the places billed as training havens might be great for training, but employment possibilities are limited, or it takes a 30-minute car drive (or 60 minutes in traffic) to get to somewhere rideable. A couple months ago I was speed skating with Rick Hellard (a well-known local triathlon coach and operator of [Zone3 Sports](#)) on the canal and talking about this. Where else can you get 7.5 km of speed skating, 200 km of xc skiing and countless kilometres of running within a few kilometres of the seat of government?

One cold Saturday a group of us were running up on Parliament Hill near the West Block, doing some hill work and looping around the Centre Block with the full winter balaclava kit covering our faces. In any other country we'd likely be rounded up on account of being suspected of launching an attack on Parliament. Here the RCMP wave to us and give us a thumbs up. (We really should have brought them some Tim Hortons as there is one across the street on Metcalfe.) The next Sunday we had a cold, but beautiful, ski in Gatineau Park. There is no shortage of xc ski options in town with the Gats, Nakkertok, Mooney's Bay and Kanata Nordic. Yes, the snow has been light this season, but just enough to make skiing possible. I have to say, it has rarely stopped my son Brandon and me from skiing since early December.

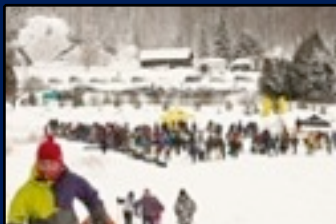
I know it is not Gatineau Park but with around 5 km of trails at Kanata Nordic, all groomed for skating and classic, we have a great local venue, close to work and home. And for those of you who think 5 km is too short, keep in mind that at the recent FIS World Championships on the famed Holmenkollen course outside Oslo, the 50 km race took place on a 6 x 8.33 km loop. We might not have Holmenkollen, where Pierre Harvey won Canada's first ever xc ski world cup, but for both adults and kids we can do in Kanata what Pierre and son Alex Harvey have done at Holmenkollen: ski as fast as we can.

Best of all you can do all this primo outdoor activity around pretty decent employment options without having to deal with a ton of traffic. You can ride to work to almost any part of the city without traffic that is too gnarly, including the downtown core. You can't say that of most cities, and I've ridden in downtown New York, Seoul and Tokyo (to date I have not had the nerve to ride around Beijing, but it's probably better than it looks given the millions of Chinese who use the bike as the primary form of transport). Of course when the snow melts the riding and triathlon community is terrific.

Finally, there is pretty well a 10 km race or half marathon every weekend in the spring and fall. Almost every summer weekend we have a triathlon going on, ranging from a sprint to the full Ironman distance. And let's not forget [Ottawa Race Weekend](#) in May, the biggest running event in all of Canada. Thanks to everyone who makes this possible, and yes, that even includes the NCC who we love to hate. Did I say the canal was awesome? Well if I missed it, thanks NCC for making it what it is. Go out and enjoy our great Ottawa training options and never let the cold scare you -- or the heat that will soon be here.



## Nakkertok North Needs Your Help!



For those of you who have skied at Nakkertok North, and even for those who haven't, please have a look at this web site for information regarding the municipality of Val-des-Monts' attempt to expropriate property owned by the Weber and Holloway families and leased in perpetuity to Nakkertok.

<http://www.sauvonsnakkertoknord.ca/welcome.html>

# KANATA NORDIC PROFILE:

## The Batty Family

*In each issue we feature a Kanata Nordic member. In this one we profile Richard, Kate, Claire and Megan Batty who have been in the club for 15 years!*



*“In our early days we didn't have the range of adult programs, or joint programs with other clubs as we do now with the Ottawa River Canoe Club, or the Pretzel Race. Now there are so many more ways to enjoy being part of Kanata Nordic.”*

### Four family members cover all the club bases

The Batty family: father Richard, mother Kate and daughters Claire and Megan, joined the club in 1996 so the girls could learn to ski. Living close to the Mlacak Centre, where lessons were based at the time, the location was convenient and the kids enjoyed the program. Richard's 'career' as an instructor started right away by helping Claire's instructor at her very first class. He is still instructing 15 years later, now with the Adult Novice program. Along the way Richard led various levels of Jackrabbit lessons and gained certification through the Cross Country Ontario 'Community Coaching' courses.

Both Megan and Claire have gone on to xc ski race for the Earl of March High School and Megan went to the OFSAA (Ontario Federation of School Athletic Associations) races last year. For the last three years Megan has taught in the Bunnyrabbit program and for the past two years mother Kate has joined in on the fun. Claire also pitches in to help when she is home from Queens University on winter weekends. As Richard says proudly, "You would not believe how much time and effort they spend on lesson plans and props to keep the young ones interested!"

Like many families, the Batty's first impression of Kanata Nordic was that it offered a great local opportunity for kids to learn to ski. But they didn't see it as more than that to start. However, as the years progressed and the family became more involved, with both daughters working up through all the Jackrabbit levels and into youth programs, their commitment to the organization deepened, with Richard having served on the Executive in various roles, and continuing to do so.

The Battys are also active in other ways. Richard coaches with Kanata Soccer, and instructs paddling and fly-fishing. The whole family also downhill skis, Richard plays hockey twice weekly and, along with Kate, enjoys golf, canoeing and kayaking. Richard also skis in Gatineau Park on Saturday mornings with the Adult Touring group, acting as an assistant to their leader Dena Schanzer.

Kate sums up the family's benefits from the club, "Over the years we have made many friends and acquaintances through Kanata Nordic and our paths cross in many other venues, such as Kanata Soccer, our church and the girls' school activities. It makes Kanata seem like a smaller and more friendly community when you get to know more of your neighbours."



# Summer Ski Storage

## Why it's worth doing right!

Craig Storey

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

...

So you've finished skiing for the year. Have you cleaned and put your skis away yet? Not everyone does, or is convinced that it needs to be done. It's not a hard job but it is one of those little chores at the end of the ski season that we all wonder about. Is it worth it? Does it make any difference?

Well if you skied in any sort of spring-like snow, those ski bases are dirty. Don't believe me? Have a look at the bases under a bright light. See any streaks or shiny patches? Probably someone else's klistler. Try running the back of your fingernail down your ski base. Did a bunch of black gunk peel off?

If you don't do something to your skis now, will you remember to do it next fall when you are rushing out for the first ski of the year? Unlikely. If not you will be skiing with that dirt in your bases next season. That dirt will really hurt your glide in new and dry snow, the type of snow you will likely ski on at the beginning of next season.

By now you should be convinced you have to do something, but what? You have a few options. You can take your skis to a ski shop and for a few bucks have them clean them up and storage wax them. If you have a setup at home to apply glide wax then you can just as easily do-it-yourself. Either way, here's what you need to know.

### Step #1 - Cleaning off old grip wax

This only applies to classic skis. Remove any old hard wax or klistler. First remove the bulk of the wax with a paint scraper or putty knife. Next scrub the remaining wax residue off with a wax remover or citrus solvent. Make sure you clean the sidewalls and edges too!

For skis with fishscales, you should think about cleaning the fishscale section with wax remover too. You've probably collected a lot of gunk in the crevasses and it will effect how well the skis glide next year.

### Step #2 - Cleaning the glide zones

This applies to the entire skate ski base and the tips and tails (non-grip wax zones) of classic skis. Start by gently scraping off the dirt with a plastic scraper. Next apply a layer of soft paraffin wax, and scrape it off while it's still warm. Repeat this until the wax you scrape off is clean. Let the ski cool. Brush it with a brass brush, then a nylon brush.

Then you can apply a medium hard wax, like Vauhti Shop Blue. You might want to add a second layer of blue, just to get that soft wax out. The wax you add at this step is likely what you will scrape off in a hurry at the first hint of snow next fall and end up skiing on for your first ski. Another benefit of a medium hard wax is that it will protect your bases all summer.

### Step #3 - Storage

At this point your skis are ready to be put away for the winter. I suggest a cool dry place like a basement. Attics can get really hot and humid. The danger here is melting the glue that holds the skis together and gives them their camber. I also recommend removing or loosening the ski ties so that the skis aren't being squeezed together, but rather just gently held.

Well, I hope that helps clear up the mysteries of summer storage waxing. Hopefully come late fall your skis will be as ready to ski as you are!

The logo for XcottaWa.ca is displayed in a large, stylized, blue and white font with a 3D effect. The letters are bold and outlined, giving it a dynamic and energetic appearance.

# Club News Bulletin



## The Trail Team Drafts a Fast New Member!

**Gene Vigneron**  
Trails Coordinator



As some of our skiers may have noticed, the big and beefy CanAm Outlander 650 ATV groomer now has a little brother on the trail grooming team, a SkiDoo Skandic SWT 800 snowmobile. The Skandic fills a need for the club, replacing our old grooming machine, affectionately known as 'The Pig', that was on loan to us and is no longer available.

The Special General Club meeting in January 2011 was held to authorize the purchase of this new equipment.

The combination of these two machines helps us maintain and groom in all sorts of conditions and on all sorts of trail types, and gives us additional back-up and reliability. The Skandic has lots of towing power and can get through tighter spaces. It is a two-seater which allows two people to ride it for added convenience and safety.

**Mark the date:** Saturday April 9th is tentatively scheduled for the spring Trails Day at Riverfront Park and the Y Bonnenfant Centre. Details to follow by email or check the [club web site](#).



## Photo Contest: And the award goes to...

**It's a tie!** We've chosen two winners, **Jo-Ann Holden** and **Rob Smith**. Not only for their beautiful photos but for their generosity, as they freely shared their images without 'officially' entering the contest.

**Jo-Ann** has allowed us to use her photos in various Kanata Nordic publications whenever asked, and spent the entire day of the Pretzel Race perched on a little plastic stool capturing shot after shot of the action. Jo-Ann's own web site, updated daily with inspiring images, [can be found here](#).

**Rob**, a member of Nakkertok, also took many photos at the Pretzel and offered them to us for use on our own web site. All of Rob's Pretzel photos [can be seen here](#).



Photo by Jo-Ann Holden

We'll be sending Rob and Jo-Ann some Kanata Nordic swag plus a \$25 Bushtukah gift certificate each.

Thanks to all who participated! Keep those photos coming: [info@kanatanordic.ca](mailto:info@kanatanordic.ca) is always ready to receive them.

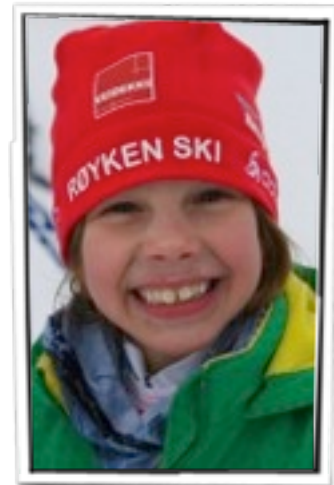


Photo by Rob Smith

# Kanata Racers - A Milestone Year



## Mike Duivenvoorden

*Kanata Racers Coach*

...

In writing this article, I pondered how best to summarize a year that started in June with a few dedicated athletes getting together once a week, and culminated with a cohesive team and some remarkable personal achievements. Someone once said something to the effect of “how do you know how to get there if you don’t know where you are going.” With this thought, ultimately the goal of the racing program is to provide an environment that both encourages the athletes to be active for life through cross country skiing or other sports, but also assists the athletes to become better people.

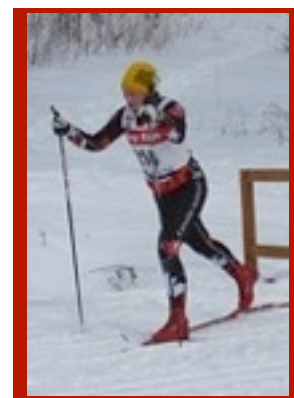
Racing is not necessarily just about skiing fast and winning. (Technically there is only one winner out of thousands in the Boston Marathon! Does that make everyone else losers? Not a chance.) The racing program is also about developing life skills such as setting realistic but challenging goals, creating and following a plan to achieve those goals, reassessing the plan and making adjustments as needed, managing time to make sure that other commitments such as homework are completed, and most of all to have some fun along the way. Racing, like life, is about facing personal challenges and overcoming obstacles.

Our ParaNordic athletes set the stage for overcoming obstacles and personal challenges early in 2010 with Margarita Gorbounova and Alexi Novikov both competing in the Paralympics. This success continued into the 2010/2011 season with Alexi and Margarita medaling in several races, and Margarita bringing home three gold medals from the Canada Winter Games.

As a team, the year was a success with 25 racers, including an enthusiastic group from the Ottawa River Canoe Club who joined the program not only to ski, but to improve conditioning for the summer kayaking season. The ORCC’s paddling coach, Steve Tuttle, was a welcome resource to help with regular training activities. In addition to the racers, other ORCC and Carleton Place Canoe Club athletes trained with us periodically and several Track Attackers joined us for race events.

### Personal achievements included but were not limited to:

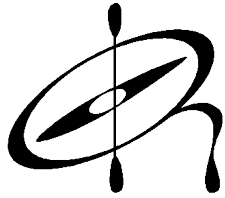
- Several skiers who had never skied before made remarkable improvements in technique and fitness level. Some of these skiers accepted the challenge and entered races, competing against skiers that have been training and racing at a high level for five years or more.
- At least a dozen skiers competed with their high school teams; eight qualified for the Ontario High School Championships. Of these, three finished in the top 20 of 160 skiers in their respective categories and almost everyone finished in the top 50.
- A very successful Kanata Pretzel Sprints with a large Kanata Nordic racer contingent competing with clubs from across the region.
- Medalists in numerous races including the Tay Valley Loppet, Pembroke PAXC Race, Gatineau Loppet, Silver Spoon, and Nakkertok Juniors.
- Brendon Howard racing ‘up’ an age class as a Juvenile throughout the season, recording two top 10 finishes in Ontario Cup races, winning several local National Capital District races and finishing as first overall Juvenile in the NCD Race Series.



*Top photo: Kanata Racers at Nakkertok Juniors (aka The Cookie Race) by Steve Howard.*

*Above photo: Margarita Gorbounova, courtesy of [her own blog](#).*

What is most remarkable about the athletes is that they have accepted the challenge of a regular training session and gone outside their comfort zone to compete on a public stage. The Kanata Racers program will continue to offer skiers the chance to put it on the line to see what they are capable of. The rewards last well beyond a ski season.



Ottawa River Canoe Club



**Gillian Burnside**  
Public Relations &  
Marketing Director, ORCC  
...

## The Birth of 'KNORCC'

In 2009/10 the Turcanu family (Adrian, Daniella and sons), avid paddlers at the Ottawa River Canoe Club (ORCC), decided that xc skiing would be ideal to maintain or improve their conditioning over the winter. The convenience of having the Kanata Nordic (KN) trail network next door to the ORCC was an added benefit.

This first season was such a success for the entire family that Adrian worked with the Board and members at ORCC, along with Kanata Nordic, to tailor xc ski programs to suit the specific needs of ORCC and their athletes.

Spearheaded by Adrian, 16 ORCC athletes (and their families) were introduced this winter to xc skiing, focusing primarily on skate-skiing as an initial step. Together with KN coaches Mike Duivenvoorden and Harris Kirby and ORCC's head coach, Stephen Tuttle, a 'KNORCC' group was born and became integrated into the Kanata Racers Program.

The ORCC athletes have very much enjoyed learning to ski, have benefitted from their cross training, and enjoyed the company of their peer skiers. Plus the KN coaches have been so welcoming and encouraging. The carry-over is a natural one, with both sports embodying the same 'sport for life' philosophy. Our paddlers have now embraced xc skiing as their new winter sport and look forward to participating again next year.

At ORCC, we'd like to invite Kanata Nordic to come try out our sport. From an athletic standpoint there is no doubt that the longstanding compliment between the sports is real; from a more social standpoint we invite KN to come down and give our club a try. We offer summer recreational summer camps, more competitive 'Regatta Ready' camps, advanced training in sprint kayak and canoe, and group training in our crew boats, from outriggers to war canoes to dragon boats, for youth and adults alike.

Please visit our site at [www.ottawarivercanoe.com](http://www.ottawarivercanoe.com). If you'd like to be on our mailing list, or would like more information please email us at [info@orcc.com](mailto:info@orcc.com). We will be at the KN banquet on April 3<sup>rd</sup> to answer any questions or come try us out at our open house in June. Details to come!

## Kanata Nordic Sponsors

visit [www.kanatanordic.ca](http://www.kanatanordic.ca) for more details



**BUSHTUKAH**



# Indoor Fitness Training Wrap Up



## **Andrea Nicholls**

*Personal Trainer*

•••

As the ski season is nearing its end, we also come to a close for our indoor Sports Conditioning Clinic. Our training started in early October with a keen group of approximately 35 participants ranging from 7 to 17 years old, and a good number of parents ranging somewhere in the 20's...!! At least they felt 20 when surrounded by their energetic children. The group trained both Tuesday and/or Thursday nights, and were committed to showing up weekly, working hard, playing hard and having fun while doing it!

As Lead Trainer, seeing the change in the athletes from last year to this one has been remarkable, testing results impressive, as every athlete showed improvement in all areas of fitness including balance, movement, strength and character. The combined group of Kanata Nordic skiers, Ottawa River Canoe Club paddlers, and some that participate in both worked extremely well. The movement mechanics that each sport requires allowed the group to build off each others' strengths and weaknesses.

The focus of the program was to address secondary fitness characteristics, as this can reap tremendous rewards for this age group. Stimulating the nervous system and building an awareness of how the body moves is the foundation for movement skills and coordination. This includes using agility, balance, coordination, power, and speed drills to develop overall athleticism. Another huge component is keeping it fun for the athletes and definitely age appropriate.

Our young athletes need to be able to deal with the demands of sport and developing levels of strength and control of their own bodies in space, which is essential to sport performance. Each session was designed with purposeful movements in mind, using tools such as agility hurdles, ladders, BOSU trainers, tubing and body weight. Often we would do bodyweight work in partners and offer challenges to build some competitive spirit. Amazing what we can do with a little space and a few lines on the floor!

Many athletes not only benefited from the indoor training while participating in their sport, but also in everyday life, giving them more confidence, trying new sports at school, building new friendships within the group and looking forward to coming to training each week.

After just returning from 'Combine360' training at IMG academies in Sarasota, Florida, my brain is wired with ideas for the summer months and next year's program. This experience with top trainers and coaches from all over the world was absolutely amazing, and I am very excited to introduce this cutting edge training and testing protocol to the athletes. Until next time: stay fit, stay healthy and have fun!

# Protein & Related Sports Supplements

## A Nutrition Feature

Article adapted from [www.coach.ca](http://www.coach.ca)

Athletes need more protein than inactive individuals. While high quality food sources (milk, meat, eggs, cheese, soy) can easily meet their protein needs, athletes often turn to popular protein supplements as a quick fix. They may also be confused about the effectiveness and appropriate use of other amino acid supplements, such as L-glutamine, creatine, and possibly 'weight-gainers'.

Protein is an essential nutrient needed for growth and development, to maintain muscle, to produce hormones, enzymes, red blood cells and white blood cells/ immune system. Dietary protein is required on a daily basis, especially on days of physical training. Supplemental protein (in powders, bars and drinks) is not superior to protein-rich foods, especially since many protein supplements lack essential carbohydrates, vitamins (e.g. B-vitamins) and minerals (e.g. iron, calcium, zinc) found in natural foods, hence the use of supplemental protein as an "extra" rather than as a replacement in meals.

Individually, athletes should have their diet assessed by a Registered Dietitian who specializes in sports nutrition to determine if extra protein is warranted. A dietitian will design a customized meal plan that ensures optimal energy, protein, carbohydrate and fat are balanced to meet desired body composition and training goals.

Protein supplements, in the form as whey, casein and soy, offer a portable, convenient source of protein and calories for exercise recovery or a bedtime snack, especially when combined with a mixture of milk/soy drink, fruit, yogurt/ice cream and/or possibly juice. In comparison, 125 ml (1/2 cup) of dried skim milk powder provides the same amount of protein as 1 scoop of most whey powders; skim milk powder also contains both whey and casein proteins.

If building muscle is an athlete's personal goal, be aware that a high protein diet or protein supplements alone are not the answer. Instead, to gain muscle athletes require enough calories (energy) from fibre-rich carbohydrates, and healthy fats, in addition to adequate high quality protein, and regular strength training, i.e. 2-3 times a week. Excess protein from the diet and/or supplements will be either used for extra energy (if calories are too low), excreted as waste, or potentially stored as body fat; excess protein can also be dehydrating unless ample fluids are consumed.

Popular 'weight-gain' types of supplements usually provide 600-1200 calories (or more) per serving and while convenient, they are expensive and not recommended for young athletes. Most weight-gainers contain a combination of protein, carbohydrates, and fat with or without added vitamins and minerals.

Consider this less expensive, quick and easy recipe (at right) for a healthy, homemade dose of protein and carbohydrates.



### Protein Rich Foods:

- meat
- fish
- poultry
- eggs
- milk, yogurt and cheese
- tofu
- nuts and nut butters
- legumes (kidney beans, lentils, chickpeas, etc.)

### Homemade High-Protein Shake

#### INGREDIENTS

50 ml (1/4 cup) dried skim milk powder OR 1/2 scoop of whey /  
1.5 cups ice cream /  
1.5 cups 2% milk /  
1 banana /  
2 Tbsp chocolate syrup

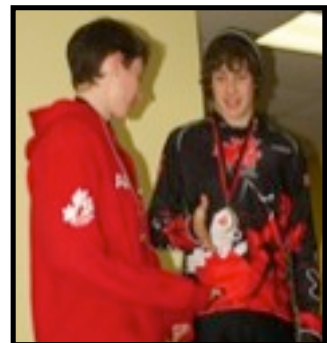
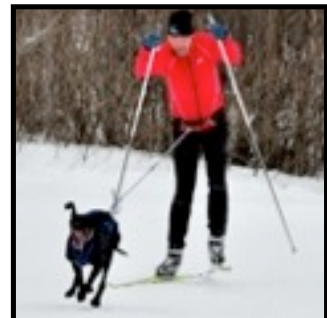
Blend for less than 1 minute

1 serving = 953 calories,  
35 g protein, 139 g carbohydrates, 28 g fat



## 2011 Kanata Nordic Sprint Race: The Pretzel

With this year's relocation to the Mlacak Centre for our annual club race we still maintained the twist in the course that originally gave the event its nickname. Plus awarded tasty pretzel medals for all who participated. Adding to the excitement of the multi-heat sprints, with more than 100 participants, was an obstacle course for the Bunnyrabbit set and a skijoring demonstration for dog lovers and speed demons alike. The event was captured beautifully by Jo-Ann Holden, whose photos appear here along with others courtesy of Nakkertok's Rob Smith. Visit [www.kanatanordic.ca](http://www.kanatanordic.ca) for results and more race pictures.



# Adult learn-to-ski programs

**Richard Batty**  
Adult Novice Coach  
...

Again this year we had plenty of interest in the Adult Ski programs. The Adult Novice group (a.k.a. the SuperBunnies) had over a dozen registrants of which we averaged 10- 12 at most of the classes. Instructors Amy Mark and Richard Batty lead the group through the basics of classic technique along with an introductory session on skate skiing. In addition to the sessions at the Y we presented one classroom session in December to review equipment and waxing basics and, towards the end of the season, as the SuperBunnies were getting a little more 'spring' in their weight-shift, we ran a session in the Gatineaus, to introduce them to world class ski tracks.

The Adult Intermediate group also had a dozen participants, many of whom had graduated from last year's SuperBunnies course. Mike Fletcher does an outstanding job of instructing this intrepid group who divide their time about equally between classic and skate skiing. This year Mike used the club video camera to give each skier a visual review to see just how much they have improved over the course of these lessons.

Our third grownup group is the Intermediate Touring one (formerly called the Challenge program). This group is the product of years of dedication by Dena Schanzer who leads it in the Gatineaus on Saturday mornings. It is open to teens and adults and is often a mix of some classic and some skaters. Somehow Dena manages to keep them all occupied with technique tips as they make their way up the hill to Pink Lake or begin the assault on the never-ending climb from P10. This year saw a resurgence in the program with a group of at least a dozen enthusiastic skiers attending on most Saturdays.

For anyone interested in the Adult programs next year, pay attention to that 'Registration is now open' email in the fall -- these programs fill up first and fast!

## Our version of "Singing in the Rain" inspired by our washed out end-of-season.

*Written by Richard Batty with grooming verses added by Ardeth Kirkham.*

Skiing in the rain, just skiing in the rain  
I am soaked to my undies  
But I'm skiing again.

My klister has rubbed off  
My grip is no more  
Sliding backwards down the hill  
Is becoming a bore.

I am so happy again  
Remind me I'm so &.%\$ # happy again  
Just skiing, skiing in the rain.

My groomer seat has burned off,  
But the flames are no more  
I'm developing a cough  
And I'm cleansing my pores.

The trails were still great  
Despite all that rain,  
I wish someone would skate  
Down Hydro Line again!

## The Newsletter Team

### EDITORS



[Kaleigh Maclaren](#)  
Layout & Editor



[Marlene Alt](#)  
Writer & Editor

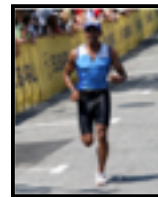
### CONTRIBUTORS



Craig Storey



Gillian Burnside



Dev Paul



Mike Duivenvoorden



Richard Batty



Andrea Nicholls



Gene Vigneron

**Have an idea?** Please contact us if you are interested in contributing, have an idea to pass along, or a comment to share.