

**YOUR BIOSKI CROSS-COUNTRY AND SNOW SHOE CLUB  
FALL 2016 NEWSLETTER**



**Hello BioSkiers!**

**Welcome to the 2016-2017 season! We're assured by Environment Canada that there will be lots of snow which should make for great skiing and snow-shoeing. We look forward to welcoming all members (new and not so new) at the Ski Cottage.**

**During the season regular opening hours will be between 10 am - 4 pm on Saturdays & Sundays and between 1pm - 4pm on Wednesdays.**

**Weather permitting, the Ski Cottage and trails will also be open between December 28th and January 2nd.**

# Register Online

Last year we introduced online registration for the first time and it was a tremendous success. It's easy for you and very helpful to the club to ensure we communicate effectively and easily with you.

You can register online [here](#)

For persons who are registered with another club that also uses the Cross Country Canada Insurance, the \$18 insurance fee will automatically be waived through the online registration, provided that the information is the same (i.e. name, address, d.o.b.).

The early bird deadline is January 9th, 2017. Those who register before then can benefit from a \$10 discount.

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## TRAIL GROOMING AND MAINTENANCE VOLUNTEERS NEEDED

Volunteer work parties will be assembled on the following dates (between 9am - 1pm) to start preparing the trails for the winter:

**October 15th and 16th**

**October 22nd and 23rd**

**October 29th and 30th**

**Activities will include branch lopping, trail brushing, gravel spreading, placing wooden pallets and miscellaneous other tasks. No experience necessary! Training will be provided. Bring your own work gloves and other appropriate personal protection gear. Safety glasses are recommended for those who will be brushing or pruning.**

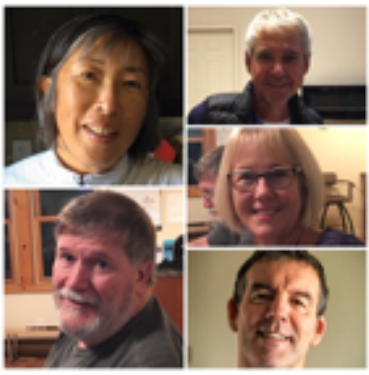
**Once skiing and snowshoeing begins, ongoing assistance with snow floating and grooming will also be needed.**

**For further information, please contact any of the Executive (using the directory on our website: [www.bioski.ca](http://www.bioski.ca) )**

**Graham Swan and Seymour Sears will be the party leaders this year and Robert Godwin joins the team once again as chief trail groomer.**

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# YOUR EXECUTIVE FOR 2016-2017



Executive members (Clockwise from top left): Pearl Duff (External Communications); Graham Swan (Club President); Anna Cheaney (Club Secretary); Damien Duff (Internal Communications); Evan Hoar (Club Treasurer).



Members At large (Clockwise from top left): Janet Gasparini; Peter Beckett (Advisor); Barbara Eles; Joan Barry (Ski Cottage Coordinator); Gerard Courtin (Advisor and Ski Pointers); Seymour Sears; Robert Godwin (Trail Groomers).

# **SAVE THE DATES!**

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## **Upcoming Events**

### **POTLUCK SUPPERS:**

The club will continue the popular tradition of hosting potluck suppers at the Ski Cottage on Full Moon Fridays.

The first potluck event will take place on Friday, December 2nd, 2016 to launch the season.

Other Potlucks will take place (unless otherwise notified) on:

January, 13th; February 10th; March 10th and April 7th , 2017.

### **FRIDAY STAR GAZING AND DARK MOVIE NIGHTS:**

These will also be held at the Ski Cottage on New Moon Friday evenings on: January 27th; February 24th and March 24th, 2017.

### **XMAS and NEW YEAR'S:**

In keeping with tradition there will be a New Year's Eve get-

together, with the Cottage clock adjusted to Newfoundland Time and the possibility of neighbourhood fireworks!

**FAMILY DAY:**

A Free Ski and Snowshoe day is planned for Family Day on February 20th, 2017.

**BANFF MOUNTAIN FILM FESTIVAL:**

BioSki will be represented on January 27th, 2017 at this popular local event.

Look for our new BioSki Banner to find us!



Thanks Pearl and Hilary Duff for the great new design!

# SKI POINTERS



**Back by popular demand, Ski Pointers sessions hosted by BioSki's own Gerard Courtin will be held every Saturday morning at 10am (weather permitting).**

**This a free service offered to BioSki members and is designed to assist beginners or experienced skiers in the basics of cross-country classic skiing and waxing.**

**It is held at the Physical Education facility at Laurentian University.**

**Stay tuned for more information about when sessions begin etc. in upcoming communicaes from BioSki.**

Gerard may be contacted directly by email at [gerard@courtin.ca](mailto:gerard@courtin.ca) or by phone at (705) 522-7967



## MISCELLANEOUS

### Things you may want to know about



**Great deals on new and used ski equipment and clothing!**

**Our experienced volunteers will ensure you get appropriate equipment that fits**

- ★ Bring your 'gently used' in-country ski equipment and clothing to the chalet on Friday 5-8pm, or Saturday 9-8am
- ★ Register for Summer/Backcountry Our JF Coordinator is on-site to answer questions.
- ★ Drop off your ski for a pre-season wax, cost is \$20
- ★ Our youth ski development programs range from age 4 to 18!
- ★ Discover our trails, tour our chalet, enjoy a hot drink and snacks while you shop

*All proceeds support our Youth Ski Development Programs*

contact Rusty at 703 882 3404 or rusty@waldenac.ca for more information

**Walden Annual Ski Swap and Open House: Takes place at the Walden Ski Chalet on Saturday, November 12th between 9am and 3pm**