

BLACK JACK CROSS COUNTRY SKI CLUB
Newsletter March 2008

Important information to remember:

Black Jack website: www.skiblackjack.ca Snow Phone 364-5445

Information for this newsletter svanasselt@telus.net Listen to KBS in the mornings for snow and grooming reports

TRAILS AT BLACK JACK

Thanks to Big Red Cats for providing great grooming throughout the ski season. While we used much of our grooming budget during the winter months, we are still grooming 3-4hours per day, 4 days per week. We need lower temperatures to be able to groom. Many apologies about the grooming during the Easter weekend as our grooming people were away for this weekend. Great grooming costs money and we endeavor to provide as much grooming as possible within our grooming budget. .

FAREWELL FROM KATHY MOORE

Hello Skiers! Hard to believe the season is starting to wind down. We had a fun Short Track Relay and an excellent AGM with food prepared by Richard Soltice, Diana Wilkes and the Jr. Racer parents. Garbed in their club t-shirts, our Jr. Racers made handsome waiters & waitresses! Rebecca Reid presented an entertaining slide show of her BC Development Squad trip to Norway and I gave my final "State of the Club" wrap up. I reviewed our progress on our 5 Year Strategy plan as we are half way through it. (The Strategy and the AGM minutes are available on our website). I am pleased to say we are on track and have accomplished a lot of our goals over the last few years: We've bought new grooming equipment, hired BRC to groom, improved and expanded our skier development program, widened and improved trails throughout the network and in the biathlon area, expanded the trail lighting system, hosted a couple of lucrative and prestigious competitions, continued to promote adult ski clinics with our independent coaches, improved communications with the membership, networked with Red and Tourism Rossland to expand our visitor base, worked towards opening up our trails for year-round use with a Frisbee golf course and cooperation with the KCTS. We've done all this and still retained our friendly, volunteer driven club atmosphere; another of the goals set forth in our 5 year strategy. I am very excited about the new Executive Board who is taking over - they will bring lots of new ideas, energy and enthusiasm to the club. (Check out the list of who's who on the website). It has been my pleasure to serve on the board and, with the other retiring members; I wish to thank you all for making this as great a club as it is. Happy trails! Kathy Moore

A huge thank you to Kathy Moore who poured her heart and soul into Black Jack and moved us along in a timely and professional manner. We accomplished a lot while you were president. We will miss you. See you on the trails!

A big thank you to the entire exiting Black Jack Executive. Your commitment to improving cross country skiing at Black Jack has been appreciated. All the best and happy trails!

NEXT YEAR'S EXECUTIVE BOARD

Welcome to the 2008-2009 Cross Country Ski Club Executive. We are committed to working hard to provide quality cross country skiing all season long. See you on the trails!

BLACK JACK CROSS COUNTRY SKI CLUB EXECUTIVE BOARD 2008-2009

Name	Position	Tele	Email
Wannes Luppens	President	362-7245	wannes.luppens@gmail.com
Iain Reid	VP	362-7326	isjrareid@telus.net
Adam Brooks	treasurer	362-2154	adamwbrooks@hotmail.com
Maureen Brown	secretary	362-5593	Maureen.Peter@telus.net
Al Fisher	Skier development	362-5349	afisher@netidea.com
Diana Wilkes	Social chair	362-7717 365-7197/ 362-7231	Soltice-Wilkes@shaw.ca
Fiona Mackay	at large	7231	fmmackay@shaw.ca
Laara Banner	at large	362-5723	laarab@hotmail.com
Peter Laycock	Buildings/Facilities	362-5593	Maureen.Peter@telus.net
Susan Van Asselt	Communications	362-5161	svanasselt@telus.net
Tom Gomez	grooming & equip.	362-0062	tgomez@telus.net
Chris Manhard	New trails	250) 231-2844	ski-life@hotmail.com
Jonas Sandstrom	race chair Membership/kiosk trail maintenance	362-0068	sandstrom@telus.net

Duly elected at the AGM - March 8, 2008
Supplement to AGM minutes

JACKRABBIT WRAP-UP

Jackrabbits had a great season this year. Over 35 children participated in the program, from the Bunny level up to Level 4. Many of the children participated in the Kootenay Cup races and 22 children were in the Black Jack loppet!

Hearty congratulations to Level 4 Jackrabbits: Tia Hutteman, James Klemmenson, Sierra Matheson, Daniel Merlo and Sage Robine. These athletes have been with the program for many years and were all successful this year in obtaining their Level 4 and will be moving onto either Junior Racers or Track Attack next season.

And big, big thanks to Nellie Fisher for coordinating and coaching the program again this year, and to Rob Klemmenson, Mark Merlo, Denise Hutteman and Ann Quarterman for coaching and inspiring the children. Thanks to Glenn Fisher for waxing and taking care of Black Jack's skate skis that the Level 3 and 4 classes use, and all the parent helpers who came out and picked up the little ones and brought yummy snacks for all to enjoy at the end of class each Sunday. Also thanks to Chris Manhard, the head coach, for training parents and coaches Monday nights and for building and maintaining the awesome terrain park.

Tell a friend or two what an awesome program Jackrabbits is (and if they still need persuading tell them it will also improve the child's downhill skiing!) and let's get an even larger number of kids enjoying cross-country skiing, a sport for life!

We are in need of additional coaches for next year. If you are interested please contact Nellie Fisher (glennandnellie@shaw.ca 362-5807) to have your name added to the list for next season. It is a really fun and rewarding volunteer opportunity.

NEW GIBBARDS CABIN UPDATE

Tim Peacock is preparing for building the new Gibbards cabin at the end of Gibbards in the summer. Check out the flagging tape where the cabin will be built.

LOPPETT NEWS

Loppet results are posted on the website

KATIMAVIK

Thanks to Vero who has manned the kiosk all winter. Vero is doing her volunteer hours at Black Jack and is on her first rotation with Katimavik.

NORAM 2009

Black Jack has bid on hosting a NorAm for January or February of 2009. We will keep you posted if we are the successful bidder for this event. The NorAm's and Masters last year brought in \$20,000 revenue for the Club. We are hoping to do that again next year.

BIATHLON

The Biathlon range will probably be receiving around \$5000 from Forestry towards funding work on the Biathlon stadium. Some of the work scheduled to be done is to lower the shooting range by a few meters and realign the stadium so that it's wider. The 44th Field Engineers will also be helping out. George Apel is the contact at biathlon and the goal is that the trail work plan for the biathlon course will be beneficial for both cross country and biathlon.

DR. JANE GREY

Dr. Jane Grey has just received shipment of the highest quality supplements from TRUESTAR, a Canadian company which markets nutritional supplements as good as Usana. Dr. Grey thinks they are better, because there is more potential for customization for athletes and medical conditions. She says the proof is in *The Comparative Guide to Nutritional supplements*, www.comparativeguide.com

She has special protocols for athletes of all ages. She and Dr. Cameron have had training in this field and will personally supervise the program, keeping in mind the client's health history and goals. They can measure body fat to muscle ratio and can offer special rates to those who wish to use the sauna. Phone 362-7009 to book an appointment to try TRUESTAR.