



SHARING THE MAGIC OF CROSS COUNTRY SKIING SINCE 1927

Omineca Spirit

November 2018

In This Issue

- 2018/19 membership
- Social events and race calendar
- Hands Up Challenge
- Skills Development Program (SDP)
- Fat bikes, snowshoes and the ski trails
- Special Olympics
- Join Biathlon!

Put Your Hand Up!



The OSC is entirely supported by volunteers. This means building and trail maintenance, grooming, coaching, organizing events, keeping members informed, providing governance and more. Each year, volunteers contribute over 3000 hours of their time to provide our members and visitors with amazing skiing.

You can volunteer too! When you volunteer you make the choice to make a difference. Even better, by donating your time, energy, and skills you not only improve the lives of others and contribute to your community, you also improve yourself.

Rise up to the OSC volunteer challenge. Here are a few ways to put your hand up:

- Help mowing, pruning or brushing the trails
- Bake cookies or make soup to support an event

- Spend a few hours timing a race or spotting athletes along the trails
- Groom trails
- Participate in at least one event organized for you!
- Learn to be a coach or a race official
- Become a member of the executive and help shape the direction of the club

Benefits of Cross-Country Skiing

Cross Country skiing is an incredible sport that can be enjoyed by everyone, from little preschoolers to young nonagenarians.

It promotes balance, endurance, coordination and it is a fun way to spend a winter day. Cross country skiing can be a high adrenalin / fast paced event, or a meandering ski through the beautiful trails with friends.

You can spend a ½ an hour doing a shorter route or be out all day and explore the 'expanded' trails, or try to track down the 3 GeoCaches that are hidden here and there.

Adventures await!



Membership 2018/19

Zone4 went live in early October so now is the time to sign up your new membership and get out on the trails as soon as the snow hits! Here is the link to our page:

<https://zone4.ca/register.asp?id=19013&lan=1&cartlevel=1>

We consolidated our membership form so that you sign up for everything at once – membership, ski lessons and biathlon.

Sign up before the early deadline of midnight December 1st so you not only save on your membership but you may win some great prizes – and the club may be eligible for some too!

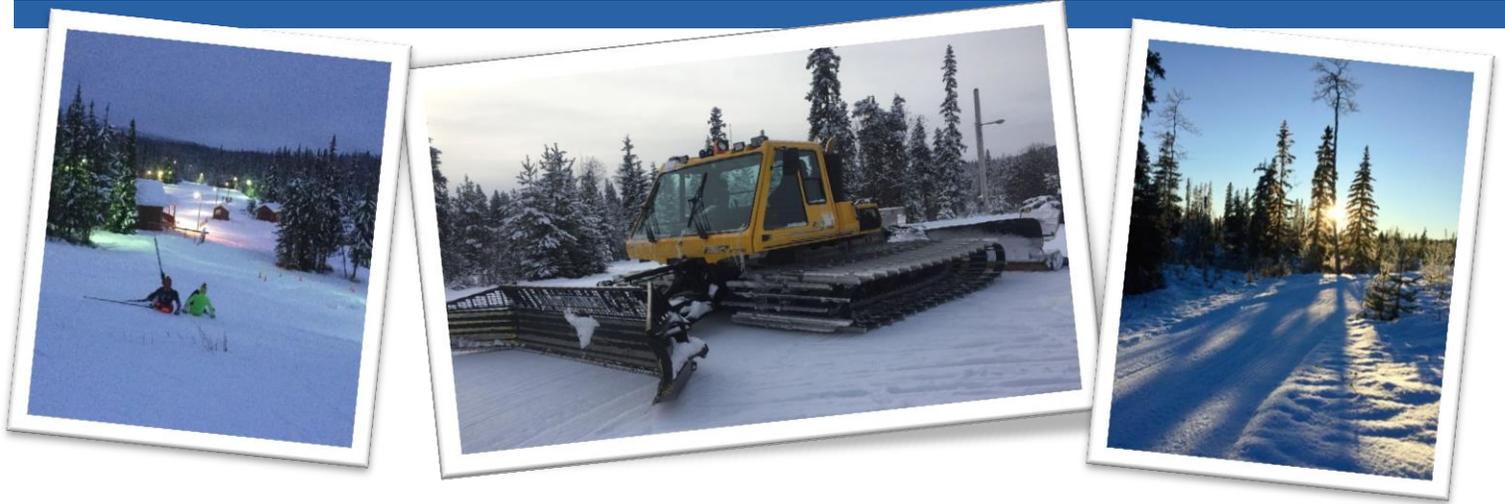
Early Deadline Fees: Family: \$195 + \$19 per person CCBC/CCC fees

Adult (19-59): \$91 + \$19 CCBC/CCC fee

Youth (9-18): \$61 + \$19 CCBC/CCC fee

Child (under 9): \$41 + \$19 CCBC/CCC fee

Senior (60+): \$81 + \$19 CCBC/CCC fee



Trails

To keep our trails in shape, we mainly use 3 machines:

1. **Snowmobile with G2 or roller.** The new snowmobile is used extensively in the early season to prepare the trail for the winter. It is also used for quick 'touch ups' during the season and to transport signs and equipment for special events.
2. **Piston Bulli.** This machine has done its weight worth of work on the trails and is the 'training machine' for the bigger one. Its smaller size makes it perfect for some of the

narrower trails (e.g. family marathon)

3. **Bombardier.** With its powerful capacity, this is our main grooming machine once a good base is set

Weather has always been the final deciding factor in grooming decisions and we all know how challenging the recent winters have been.

There is approximately 26 kilometres of core trails at the Omineca Ski Club with an additional 24 km that is groomed when conditions or time allows. It takes about 8-10 hours to do the full circuit including all the trails in our recreational area (6 hrs) plus the Cedar-Spud-dog trail loop (3 hrs).

This fall, new signs have been installed

throughout the recreation area to replace the wooden signs and posts that were starting to degrade. The new signs include strategically placed "you are here" maps and new 5 km and 10 km circuits.

If you are available to help with grooming, please contact our trail director.

TRAIL DIRECTOR

Sean Broadworth heads up the trail directorship and his main chore during the winter is to schedule groomers and provide training for new machine operators. He can be reached at 250-692-6746 (cell) or at work 250-692-3443 (days)



We run the Skills Development Program sponsored by Cross Country BC (CCBC) for children aged 4-12. The program is broken down into three separate groups – Bunnyrabbits (aged 4-5), Jackrabbits (aged 6-9) and Track Attack (aged 10-12). SDP is held most every Sunday afternoons from 2-4 pm starting on January 6th, 2019. Track Attack will also meet Tuesday afternoons for additional training sessions.

We have certified coaches working with each age group. These coaches go through special training and they can progress at their own speed. OSC pays for the coaches to go to training sessions if they are

held out of town or we organize to have a training session on site if we have enough people to warrant it. The number of qualified coaches limits the number of children we can accommodate in our program – so if you are willing to help we are willing to train you!! Currently we have 4 coaches in training for the L2T (Learning to Train) level, one coach has completed the FUNdamentals level and one coach has completed the Active Start level.

We can always use your help! Share the joy and discovery and take happy children on a campfire ski, glow stick ski and scavenger hunt!

Sign up your kids for their lessons when you sign up for your club membership – it's all on the same form. Need skis? If you want to buy, consider the ski swap that will be held at the Open House on November 25th. Or you can rent skis for the season from our rental room.

SDP DIRECTOR

Nellie Davis is at the helm of the SDP program. If you need more information on enrolling your children or if you are interested in coaching she can be reached at 250-692-5717 (evenings).

Skills Development Program (SDP)

Fat Biking Update



At the May 2018 AGM, two resolutions were carried regarding fat biking. The first resolution asked the OSC to consider sharing the dog trails and Spud network with fat bikers. The second asked OSC to develop and implement strategies for fat bike use on trails maintained by the Omineca Ski Club once the Executive is confident that outstanding concerns are successfully resolved. Those outstanding concerns relate to insurance and membership support.

The Executive has been informed by Cross-Country BC that fat biking cannot be offered as a service and that there cannot be any sharing of trails between skiers and fat bikers.

The only exception to the above would be where a ski trail and a bike trail cross each other. This potential scenario could only be realized if a fat biking club is created, obtains its own insurance, seek its own government approval, and works with OSC to build its own trails and/or agree on which trails would be permanently closed to skiers. Other conditions would also apply, including but not limited to, signage and grooming equipment rental fees.

Considering this new information, fat biking will continue to be prohibited on all ski trails. We ask all members and club users to respect this decision and help us ensuring that OSC and its members are properly insured. Please note OSC requires CCBC insurance to operate and must abide by all insurance conditions.

Snowshoe Update

The fat bike inquiry revealed that snowshoers could not share trails with cross-country skiers. Unfortunately, all existing snowshoe trails extensively overlap ski trails.

Regretfully, OSC will not be offering snowshoe membership for the 2018/2019 season and all snowshoe trails are closed.

We will be re-routing our snowshoe trails and looking at ways to provide rewarding snowshoe activities.



SPECIAL OLYMPICS

On January 12, 2019, the Jean Paulson Lodge and the stadium will be rented for a Special Olympics snowshoe competition. We encourage all members to help with the event and come out to the club to cheer the competitors.

Please note Special Olympics BC has its own insurance. To support SOBC and avoid conflict with our CCBC insurance, the stadium area will be closed to all skiers on January 12, 2019. All other trails will be open.

RENTAL EQUIPMENT

Thank to generous contributions from community donors, we are fortunate to have a good inventory of equipment available for skiers to rent by the day or the full winter season. Need skis, boots and/or poles? We can help!



If you want to rent for the season, the equipment must remain on club property but you will be assigned a numbered set that will be your priority to use. The cost is \$40 for children, \$60 for adults and \$150 for the family.

Day rentals are also available at \$5 for children, \$15 for adults and \$25 for a family. There is a discount for those participating in adult lessons.

Everything is kept in a locked room in the Wax Cabin. Please contact Chelle Finstad at 250-692-4090 for more information.

JOIN BIATHLON!



Ski fast, shoot clean! Biathlon is fun, fast and rewarding. And safe! Did you know the word biathlon is of Greek origin and means "two tests"? This of course refers to the combination of skiing and shooting which dates back over 4000 years through the tradition of hunting while travelling on skis in pursuit of game.

The biathlon team practices on Wednesday and Sunday morning and the more, the

merrier. Join us or watch for "give it a shot" events this winter.

A limited number of rifles are available for rent/use. Call Wes Bender at 250-698-7737 for more information.



OSC RECOGNITION PROGRAM

Recognition of Contribution to Omineca Ski Club

At the April 9th, 2018 Executive meeting, a new policy was approved that outlines how we will recognize volunteers and athletes at the Omineca Ski Club. The section on volunteers is new but the section on athletes makes formal what has already been happening. We have created four classes of volunteers: Founder, Pioneer, Builder and Contributor. People must be nominated to be considered for recognition. Athletes will be placed on the Roll of Honour as they achieve a specific level of excellence.

Please have a read of the policy, available on our web site: OSC Recognition Policy final 2018-04-09

If you wish to nominate a past or present member of the Omineca Ski Club for recognition, please submit our web form along with your signature and that of five (5) other members. Recognition Award Form 2018-04-09

The intake for consideration of a recognition of a volunteer is between March 1st and May 1st of any year. We would like to have the recognition made in time for the next Open House in 2019.

WANTED

Ski rental inventory manager.

Do you have a few hours to donate to keep track of the inventory, figure out what needs to be replaced and track rentals?

This is a critical position for the ski club and we need you! Please call Cherelle at 250-692-4090 to help and make sure we can continue to offer ski rentals.

FIREWOOD

We are looking for volunteer(s) to split logs and fill in the firewood box in the lodge. Wood heat is the only source of heat for the main part of the lodge and we are in dire needs of kindling and split logs.

LOCKERS

Lockers are located in the Wax Cabin and available for rent. Using a locker is a great way to keep skis and poles in a handy place, right where you need them. No more forgetting pieces of equipment at home! Lockers are available for \$100 on a 'first come, first serve' basis through your membership registration on Zone 4.

ADULT SKI LESSONS

Keep an eye on our website and on your email for updates on ski adult lessons!

Also, think about the rewards of teaching adults how to ski! Interested volunteers, please contact Nellie Davis at 250-692-5717.

Your Executive At Work

- We are actively recruiting for at least two more for our executive – Vice President Public Relations. Don't be shy!
- We meet the first Monday of each month starting at 7 pm – please let us know of any issues we should be discussing.
- We have formed four committees and membership is not limited to those on the executive – please feel free to join any one of them – EVENTS, RACE, POLICY and GRANTS
- We will be publishing a list of all the decisions that have been made by the executive in the past three years on our website. We will keep the list up to date.
- Need to know who to contact? Find our current executive on the website at:
<http://ominecaskiclub.ca/our-club/club-executive-2014-2015/>

Omineca Spirit

Website:

www.ominecaskiclub.ca

email:

info@ominecaskiclub.ca

Box 1008
3242 Ski Club Road
Burns Lake, BC
VoJ 1E0

THE IDEA CARD

Got a suggestion? Want to applause something that happened at the club? A criticism?

Fill out "THE IDEA CARD" and drop it in the green bin in the Wax Cabin. All submissions will be kept confidential by the executive but we will answer every one of them. You can get a personal answer if you supply us with your name and email address. All submissions will be published on the website with our answers.

You can always contact us directly by using the 'Contact Us' form on the website (at the bottom of every page) or by using our email:
info@ominecaskiclub.ca

Social Events and Race Schedule

RACE DIRECTOR

Alison Patch is the Race Director. We are hosting two race events this year – the Teck Northern Cup on January 28th and the Biathlon BC Cup on the weekend of February 16-18th. We are always grateful to our volunteers in helping us host these events – if you can help in any way please either indicate it on your membership application or send us an email at: info@ominecaskiclub.ca

Social Calendar

November 24, 2018	Open House 11 am to 3 pm
December 23, 2018	Candy Cane Ski
January 6, 2019	SDP starts
January 20, 2019	World Snow Day
February 8-9, 2019	Ladies Weekend
February 14, 2019	Valentine Ski
March 2, 2019	Lakes Loppet and Family Marathon
March 9, 2019	Biathlon AMAZING Relay
March 17, 2019	St Patrick's Day Poker Ski
March 17, 2018	SDP Wrap Up

Race Calendar

December 2, 2019	Teck Snow Camp Smithers
December 29-30, 2018	TECK BC CUP #1 Prince George
January 4-6, 2019	Biathlon BC Cup #2 Prince George
January 5, 2019	Morice Mountain Challenge Houston
January 12, 2019	Special Olympics Snowshoe Trial – Burns Lake
January 18-20, 2019	Biathlon BC Cup #3 Quesnel
January 19, 2019	Teck Northern Cup #1 Vanderhoof
January 26, 2019	Snow Valley Open Kitimat
January 26-27, 2019	TECK BC CUP#2 Revelstoke
February 1-3, 2019	Biathlon BC Cup #4 Vanderhoof
February 3, 2019	Teck BC Cup #2 Omineca Ski Club
February 15-24, 2019	World Para Nordics Prince George
February 22-23, 2019	BC Special Olympics WG Vernon
February 15-March 3, 2019	Canada Winter Games Red Deer, Alberta
March 1-3, 2019	TECK BC Championships Salmon Arm
March 1-3, 2019	Biathlon BC Championships Telemark Ski Club (Kelowna)
March 26-April 1, 2019	Biathlon National Championship Whistler