



SOVEREIGN LAKE NORDIC NEWS

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JANUARY 2010

Message from the Chair January, 2010

2010 has finally arrived! We've heard so much about this year and we've witnessed a lot of preparation for the Olympics and now the event is only days away. I can't help getting caught up in the Olympic excitement, especially as a supporter of Canadian cross country skiers. Our athletes have been training with their Olympic goals in mind for at least four years and probably longer. Just pondering the whole Olympic spirit and the sport of Cross Country Skiing led me to do a little research.

□ Skiing is thought to have been around for at least 6,000 years. Cross country skiing was used in Sweden and Norway as a practical method of transportation and was seen in competitions as early as 1700's.

□ Canadians entered Olympic ski events for the first time in 1928 in St. Moritz Switzerland.

□ The Grenoble Olympics in 1972 marked the end of the completely wooden ski used for Olympic competition because of the introduction of synthetic materials that made skies glide faster.

□ Four years later in the winter Olympics in Sapporo Japan, North American women entered the ski

competition along with their male counterparts.

□ The last time the Winter Olympics came to Canada was in Calgary in 1988 and that Olympics included skate skiing events for the first time. The relays and long distance were classified as 'free technique'.

□ After the '88 Olympics, the technique used for competition in the Olympics has cycled back and forth between the two techniques, and this year, in Vancouver, the skiers will use the classic technique for most of the races.

Canadians, like many of us, took up cross country skiing as a recreational pursuit. The numbers of skiers enjoying our Sovereign Lake facility over the Christmas holidays was testament to the fact that the sport is growing in popularity. Maybe it's the Olympic fever that's influencing people to get more active this winter or maybe it's just a sign of the times. Whatever the reason, Sovereign Lake Nordics has much to offer the cross country ski enthusiast. I hope all of you are viewing the web site for event and program information and taking full advantage of the fun and community connections to be had through cross country skiing.

CAN YOU BELIEVE IT?

Prince Albert, Smithers, Maine, Ottawa, Toronto, Kelowna, Regina, Saskatoon, Vancouver, Merritt, Winfield, Wisconsin are where the people came from. CAN YOU BELIEVE that we were not at the Vancouver Airport Arrivals but at the Sovereign Lakes Opening Social held Dec 6 2009?

What a surprise, as we thought it would be a great way to meet more local SLNC members, but instead it was yet another international event at Sovereign! A toast to the Sovereign Lake X-country trails!

For the event we had cinnamon buns from Freisens Bakery in

Coldstream, which were fabulous! CAN YOU BELIEVE that Donna Smedly (our hard working board member) knew to order 10 dozen buns which was neither too many nor too few as at the end of the day we had only 1 ½ buns left over out of the 120 we started with! Many buns were portioned so in fact we must have had 200+ guests!

Come and enjoy, or volunteer to help out, next year!

2009 Opening Social hosts--Marnie and Ted Melnyk together with Linda Kennedy

VOLUNTEER SKI PATROL NEEDS YOU

Ski patrol at Sovereign was founded in 2008 and we currently have 7 volunteer patrollers trained for the 2009/10 season.

Our commitment to the Sovereign Lake Nordic Ski Club is to provide first aid services on weekends, special holidays and at all competitive events. A typical day has us giving directions and TLC far more than giving first aid, as the most common question is "How do I get to the parking lot from here?"

We need more patrollers for the 2010/2011 season. We are looking for people willing to be trained in first aid and patrol skills, with an ability to work in a team and a desire to help fellow skiers.

New patrollers must take training provided by the



Canadian Ski Patrol System. The training is conducted two nights a week for approximately eight weeks, starting in September. The training includes an all-encompassing first aid course plus a Level C CPR with AED as well as some skiing and toboggan skills. If you have a current OFA Level III certificate or equivalent, you may be eligible to challenge the CSPS first aid certification requirements without taking the course.

If you are interested, talk to one of the patrollers the next time you're skiing at Sovereign Lake. For more information email Patrol Leader Rob Despault at

SovereignPL@inter-mountain.ca

News Release

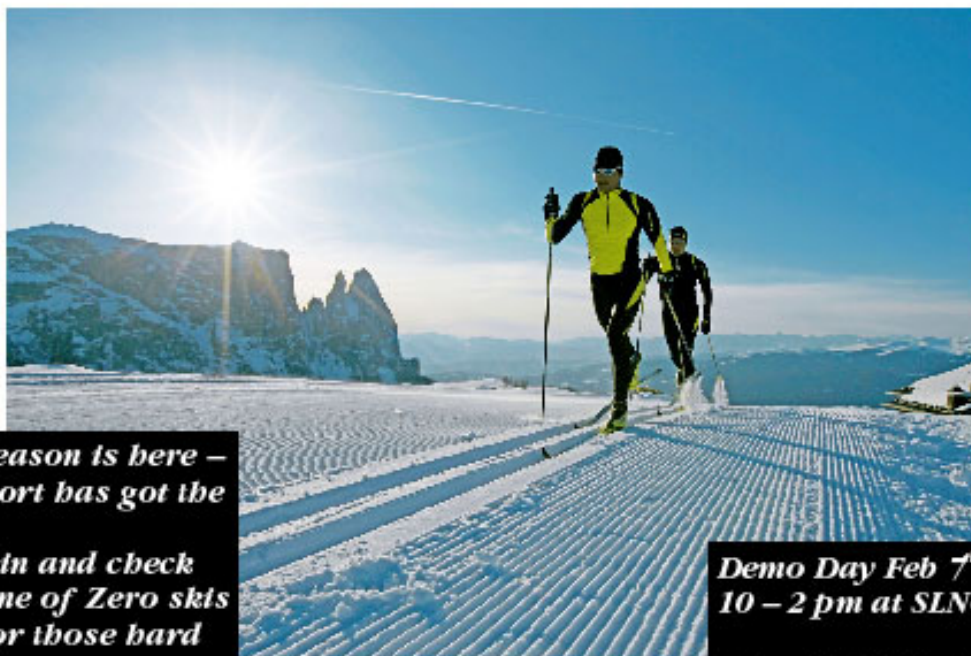
The Carl Wylie Trail has been recently added to the Sovereign Lake Nordic system.

This one-way, 2.8 km trail provides an easy return route from the Black Prince cabin and the bottom of the Mystery hill, to Sovereign. The timber has been cleared and a narrow temporary surface has been constructed and tracked for classic only. The trail gently climbs and descends while meandering along the contour giving occasional glimpses of the Okanagan Valley. Currently there are a few steeper pitches near the start of the trail that will challenge some skiers. Final construction in the summer of 2010 will create a full width surface suitable for skating and classic by all levels of skiers.

This trail will be part of the 2011 Masters World Cup Race Courses and is an important addition to the Sovereign Lake Nordic system.



Did You Know..... Shop at Nature's Fare, save your receipts, drop them off at the day lodge and a percentage of your purchase will be returned to our club! A fun and easy way to support local business and your club!



*Loppet Season is here –
Stussi Sport has got the
gear!
Come on in and check
out the line of Zero skis
–great for those hard
to wax days.*

*Demo Day Feb 7th
10 – 2 pm at SLNC
Wax clinic Feb 10th
7-8:30 pm at Stussi
Sport*



Mid winter sale on now to Feb 28th!

30% off all clothing *

20 to 40 % off all Ski equipment and snowshoes *

* excludes Fischer Carbonlite Skate Ski Hole , Salomon S-Lab Boots and Skins

www.stussisport.com
4823 Silver Star Road
Vernon, BC

Phone: 250-542-4141
Fax: 250-542-4156
email: info@stussisport.com

**Stussi Sport
We Know Nordic!**

CURRIED CARROT DATE SOUP

2/3 cup pitted California dates
1 medium onion, chopped
2 small stalks celery, chopped
2 cloves garlic, minced
1 tbsp minced fresh ginger root
 or 1 tsp ground ginger
2 tbsp olive oil
2 tbsp flour
2 cans (14 oz) low salt chicken broth
2 ½ cups chopped carrots
1 tsp ground cumin
1/2 tsp curry powder
pinch cayenne pepper
pinch black pepper
1 tbsp lemon juice
plain nonfat yogurt, to garnish

Chop dates, set aside.

Saute onions, celery, garlic and ginger in oil in a heavy saucepan over medium heat for 3-4 minutes, or until translucent.

Remove from heat and stir in flour. Cook for 1-2 minutes,

Whisk in chicken broth. Stir in carrots, cumin, curry powder, cayenne and black pepper.

Bring to a boil, reduce heat, cover and simmer 10 minutes, stirring occasionally.

Stir in dates and simmer another 5-10 minutes, or until carrots are soft.

Remove from heat and puree (blender or food processor or bamix!) until smooth.

Stir in lemon juice and heat until hot.

To serve: Spoon into soup bowls and garnish with a spoonful of yogurt.

ATTENTION CLUB MEMBERS

2010 Loppet: Volunteers Needed

The 33rd Annual Sovereign Lake Loppet will be held on **Saturday March 6, 2010.**

As many of our race organizers are involved with Olympics and Paralympics this year a renewed crop of volunteers is needed to host this club event.

If you can find a few hours to help out on this day please add your name to the sign-up sheet on the bulletin board in the lodge and you will be contacted by one of the Chiefs who will provide full instructions and training.

We need approximately 40 volunteers to make this event a success.

Thanks a lot,

Bruce Sandilands, Chief of Race

Tel: 250-275-0890

sandilands@shaw.ca

BC PARKS SUBMISSION

Hi Everyone, I hope the New Year has been good to you so far, and you're getting in lots of skiing. Welcome to the inaugural BC Parks column! Throughout this and subsequent newsletters, I hope to provide you with information and interesting facts that you may not have known about the relationship between your club and your Park. As a start, this column will cover a bit of general information on the club's operation in Silver Star Provincial Park, funding for your club, as well as other winter activities you could be doing in other Parks around the Okanagan when you're not skiing at Sovereign.

As you are likely aware, Sovereign Lake Nordic Club is a not-for-profit organization which has a park-use permit to operate in Silver Star Provincial Park. This permit allows for the club to provide a wide range of winter activities and amenities to its members and the general public, while acting as stewards for the Park. Any expansion of the club's opportunities – for example the recent addition of snowshoe trails and backcountry routes – aren't just an arbitrary decision. They're the result of consultation between your club executive, management, and BC Parks. We also ensure that First Nations can provide comment on any projects planned in the Park, as this area has cultural importance and traditional use. All projects and activities undertaken the club are first presented in a yearly plan (the Annual Operating Plan), which is reviewed and approved by BC Parks prior to each operating season. Basically, the relationship between the club and BC Parks is symbiotic – the club gets to do the types of activities that you love to do, and BC Parks gets to be involved with a dedicated group who have many similar objectives to the goals of the Park's management plan. During my time in the North Okanagan I've found that club executive, management, as well as individual members involved in specific projects, have been extremely friendly, professional, and hard working. They've shown dedication and respect toward both the club and the Park...so thanks for making my job easier!

You probably have a good idea of how the club gets its money to run. Your season's pass fee, trail tickets, concession profits, donation and sponsorship money all go toward insuring your club can maintain and improve its operations - including programs and grooming - in the Park. It also goes toward maintaining and improving Park assets such as the day lodge, Black Prince cabin and all the trails. Basically, there's a lot of stuff that needs money in order to keep going, even with the huge amount of volunteer support that the club gets from you. As such, your executive are working with BC Parks to develop something called the "Park Enhancement Fund" in which businesses and individuals can donate or sponsor a specific club opportunity. We're creating a brochure outlining the fund and its opportunities which should be available in the day lodge and on the Sovereign Lake website by February. I encourage you to have a look at the brochure and/or pass it along to any businesses or individuals who may be interested.

Finally, allow me to provide a note of encouragement for you to explore other Parks in the Okanagan area this winter. There's lots of opportunity for winter fun within a day's (or hour's or minute's) drive. You can take your nordic skills to Manning Park or Upper Violet Creek (Larch Hills), snowmobile at Silver Star, Greystokes and Kingfisher, backcountry ski at Nickel Plate and Manning, or heli-ski in Monashee and Greenbush Lake. Why not take the snowshoes out for an afternoon around Kal? Have a look at bcparks.ca to see what other Parks you can have fun in this winter. There are plenty of opportunities to get out into your Parks this winter, and not a lot of excuses.

So, get out and enjoy the cold, it'll be 35 degrees before you know it!

Kevin.

Next time: A brief history of Silver Star Park, BC Parks 100 year anniversary, and an update on the Park Enhancement Fund.

Biathlon News

There is a lot happening in Sovereign Lake's biathlon program this season. Brittany Hammerl and Kate Curtis are going the BC Winter Games, and Amy Friedman may compete as an alternate. Brittany is also on the BC Development team. Seven skiers went to the BC Cup race in Quesnel in mid-January, including two Masters.

Three coaches are going to the Olympics as biathlon range officials: Dominik Dlouhy, Mike Schmok and Kaarina Lunder. Emma Lunder will also be one of the forerunners for Olympic biathlon events as part of the BC Team. They look forward to working some long hours, participating in the Olympic buzz, and seeing some of the world's best athletes at their best. Mark Hammerl and Susan Latimer will keep coaching during the Olympics.

The new cabin on the range received more attention this fall with many thanks to Mark Hammerl. It makes it an easier and warmer place from which to run regular practices, in addition to being the race office when Sovereign hosted about 55 cadets for their multi-zone race on January 10th. The cabin should be fully finished this summer.

The range practice times were shifted to Saturdays this season for better integration with other ski programs. It created an unfortunate schedule conflict for some participants from last year, but will also allow us to run a biathlon Masters program. Contact Dominik Dlouhy at 545-5258 or ddlouhy@telus.net, or Mike Schmok at sixiron@live.ca for more information about the Masters program or biathlon in general.

Masters World Cup 2010 - Falun, Sweden

The Sparkling Hill Masters World Cup 2011 Organizing Committee is sending a delegation of four dedicated, keen individuals to Falun, Sweden for the MWC2010. Our intention is to contribute to their event, observe their event and to promote *our* event.

Sharon Clarke is our Chief of Race and will be serving on the Race Jury in Falun. In that capacity, Sharon will be learning the ropes when it comes to running such a large series of races. We expect to see three to four hundred participants on any given day. You can imagine the logistics that go into organizing so many people so that they have a successful race. When we return Sharon will begin the planning of our races with renewed energy.

Scott Lemon, Manager of the Sovereign Lake Nordic Centre, will be focusing mainly on the facilities in Falun. Scott went to McCall, Idaho and he will be able to make comparisons between Falun and McCall. This will help him to better judge the , Sovereign Lake facilities so that we will be better able to utilize

what we have and plan for facilities that will be needed.

Bruce Cummings is the Chairperson of the MWC2011 Organizing Committee and is on the Sovereign Lake Nordic Club Board of Directors. Neva Low is a former Director for SLNC and was the Social Events chairperson for the club. Bruce and Neva will mainly be looking at how the event as a whole runs from the Opening Ceremonies to the Closing Banquet. In between running around taking pictures, they will be operating the display and promotional tent for the MWC2011 event. We'll have slide shows, videos, pamphlets and posters which will be used to showcase the Okanagan and our facilities in Vernon, Sovereign Lake, and Silver Star. The goal of our delegation is to have fun, educate people about our event and to invite them to come to our wonderful part of the world in March, 2011. We are aiming to bring to the Okanagan at least 1200 people for at least 10 days, and we fully expect them to return and bring their families!

VOLUNTEER PAGE



Sovereign members Karl and Amanda Podolski enjoying the Post Christmas social.

*Thank you to Maureen and Guy Hughes, Edie Watt and Howard Joyent
for hosting an excellent Post Christmas potluck and Lantern Ski.
Good times, Good food and Great people. Good times were had by all!*

**Club members volunteering as Race Officials at Olympics and Paralympics
in Nordic Sports at Whistler Olympic Park /Callaghan Valley, just weeks away:**

*Don Wylie : Kathy Wylie Sharon Clarke : George Resch
Judy Chernis : Laurie Dusik : Gerry Breneman : Randy Benz
Don Reimer : Dominik Dlouhy : Peter Chernis : Leith Skinner
Mike Schmok (biathlon)*

Calendar of Events - 2009/2010 Season

January 2010

- 2nd First session for Bunnies
- 6th First Ladies day
- 7th. Post Christmas Potluck Social - Ski by the light of our lighted trail system and enjoy some good food and great company. Bring a dish to share, your own plates and cutlery.
Contact Donna Smedley 250-546-6034 if you would like to help. Time TBA
- 23rd Family day #2. A great way to introduce your kids, or someone else's, to Cross Country Skiing at a very affordable price. Bring your kids (under 12 year of age) along and we will give them a free day pass and free rentals. Parents will also receive their rentals for half price. That means that a family of 4 can ski for as little as \$43.00 (so can a family of 5 or 6 since the kids are free)
Stussi's will also be on site for a demo day. This is a great opportunity to try some new equipment with expert advice.
- 29th Moonlit snowshoe to Black Prince with Dinner

February 2010

- 6th Winter Carnival Lantern Ski and Potluck Social- At the day lodge, 5 p.m. food. A unique event to ski by the "light of the lanterns", as well as the lit trails if you prefer. This is a winter carnival favourite and lots of fun for the entire family. Bring a potluck dish to share on Saturday night and enjoy the company. Bring your own cutlery and plates too if you want to go "green", or use the paper ones provided. Anyone wishing to help with the lanterns or the food set up, please contact Scott at info@sovereign.com or Donna at 250-546-6034.

February 2010

- 7th Tips Up/Club Championships Sunday Feb 7th
Contact: Greg O'Neill Chief of Race
- 14th. Valentine's Day chocolate potluck social. Come and celebrate Valentine's Day with us on the trails. Bring your favorite chocolate treat to share and meet up with friends for a truly decadent date. The fun begins at 2pm.

March 2010

- 6th. SLNC Annual Loppet Saturday Mar 6th
Contact: Bruce Sandilands Chief of Race
Race Secretary: Miriam Ryan
miriam.vernon@hotmail.com
Registration is now available on zone4- see website for link

April 2010

- 3rd. April 3 - Poker Ski 10:00am- 1:00pm (Awards at 2:00pm)
A fun event for the whole family.
Contact Scott at the lodge for more details.
- April 3 - End of the Season Free BBQ.
Come up and enjoy a burger and a ski.
- 4th. April 4 - April 4th is the last ski day as the lodge is closing for the season
- 21st. April 21, 2010 - Club AGM and Season Wrap Up - 7:00pm
@ the Schubert Centre -
Yummy refreshments served.