

# the Skiers



## NEWSLETTER

### Issue #1

President	Chris McPherson	Backcountry chair
VP	Leslie Rodgers 521-8985	Touring chair
Treasurer	Brian O'Dwyer 527-3991	Social chairs
Secretary	Juergen Kaefer 437-3881	Newsletter
Members-at-large: Anna Bentley, Mary Tainsh, Gil Sage, Byron Mah		
Member database: Peter Simmons 604-421-5422		
Club phone: 604-519-7382		Email: <a href="mailto:bishopd@telus.net">bishopd@telus.net</a>

### October 2005

Bill Watt	526-5564
Gonda Duffels	437-3881
Marcia Cooley	Veronica Ong
Lucy Kenward	255-5179

Web site: [www.theskiers.ca](http://www.theskiers.ca)

## PRESIDENT'S MESSAGE

Well... it's that time of year again. Time to stop doing all those boring things like cycling, hiking, kayaking, taking long walks in the park, going to the beach, having backyard barbeques, sipping wine at outdoor cafés – you know, all those tedious activities that call for warm weather and long sunny days. Nope, in just a few short weeks the clouds will move in for their extended stay and we can eagerly look forward to months of rain, wind, cold and darkness. Sigh....

But, no need to despair. It is also time to look forward to months of snow, bright winter days and sipping scotch by roaring fireplaces. And skiing – particularly skiing. The leaves are starting to turn, the mornings are decidedly crisper (especially on one's bike at sunrise) and it has already snowed at Silver Star (OK, just a little... at the very tippy top of the mountain). And, as the winter counterpart to the swallows returning to Capistrano the annual Vancouver Skiers Wine and Cheese is nearly upon us (alright, as similes go that was a little weak, but I have been given a very strict deadline by our new newsletter editor, Lucy, and I have to come up with something).

If you haven't already, mark your calendars for Friday, October 21 for the yearly orgy of eating, drinking and signing up for trips. If last year is any indication, many of the trips SELL OUT on that very first night. To avoid disappointment, make sure you come out, cheque book in hand.

As always, the trips we have planned are spectacular. Gonda, our new trip co-ordinator has crafted an excellent schedule. Have a look at all the offerings. Along with the ever-popular trips to Silver Star, Salmon Arm and the Cariboo, we are returning again to Mt. Washington (earlier in the year) and taking our bi-annual trip to Canmore. If you have never skied in the Rockies, this is your chance. The choices are endless, from vast, forested tracks in Kananaskis Country to exhilarating hills and curves at Mt. Shark, to backcountry skiing ranging from the gentle to the "you must be kidding, I am not actually insane" to some of the best downhill skiing on the planet, there is something for everyone. Make sure you wheedle your way out of a few days of work at the end of February 2006. You won't regret it.

If an extended trip is not in your plans, there are lots of our very popular day

trips. You will notice that prices have gone up a bit – mostly due to increases in the rental of the bus, corresponding to the increase in the cost of diesel – but the costs are still very reasonable.

I hope to see you all out at the Wine and Cheese, at our club meetings (first Tuesday of the month from December to March) and on our trips.

*Chris McPherson*



## OVERVIEW OF THE 2004-05 SKI TRIPS

Trip	Date	Signed Up	Max. Space
Silver Star Complete	Dec 9-12	55	55
Manning Park Day Complete	Dec 29	51	55
Whistler Day trip Complete	Jan 2	49	55
Manning Park chalet Complete	Jan 7-9	14	14
Stake Lake Complete	Jan 8-9	55	55
Salmon Arm Complete	Jan 14-16	45	47
Manning Park Day Cancelled	Jan 22	55	55
Whistler Day trip Cancelled	Jan 30	47	47
100 Mile House Cancelled	Feb 3-6	42	47
Manning Park chalet Cancelled	Feb 4-6	14	14
McCulloch Lake Cancelled	Feb 11-13	29	47
Kootenays Complete	Feb 16-20	30	47
Manning Park Day Complete	Feb 19	43	55
Apex Complete	Feb 25-27	?	47
Revelstoke Complete	Feb 25-Mar 5	14	14
Stake Lake Complete	Mar 5-6	43	47

## Wells Gray Park Backcountry Trip: March 12-17, 2006

Backcountry enthusiasts take note. Imagine skiing untracked powder in the pristine mountains of Wells Gray Park in the Cariboo Mountains and staying in the Trophy Mountain chalet for 6 days and 5 nights. The mountains and meadows around the cabin provide a huge variety of spectacular terrain, covered in the most reliable powder snow in the province.

Join this guided, self-catered trip for the very affordable cost of \$525 per person. Intermediate skiing ability is necessary. Limited to 12 people, this trip will fill up quickly.

Contact Bill Watt at 604-526-5564 for more information and registration.

*Bill Watt*



### NEXT CLUB MEETING

Wine and Cheese  
 October 21, 2005 at 7:30 PM  
 Sunrise Community Centre  
 1931 Windermere,  
 Vancouver, BC



## VANCOUVER SKIERS TOURING SCHEDULE 2005-06

DATE	TRIP	DETAILS	TRANSPORT	PICKUP	COST	CONTACT
Dec 10/05 Saturday	Manning Park	Day Trip #1 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$35 (incl. trail fee)	Anna Bentley 604-987-8956
FULL MEMBERSHIP REQUIRED						
Dec 15-18/05 Thurs-Sun	Silver Star (Vernon)	3 nights Trk/Dh	Bus Hotel	BA 1730 BL 1800	Quad \$250 Dble \$380	Gonda Duffels 604-437-3881
Dec 27/05 Tuesday	Manning Park	Day Trip #2 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$35 (incl. trail fee)	Leslie Rodgers 604-521-8985
FULL MEMBERSHIP REQUIRED						
Jan 2/06 Monday	Whistler	Day Trip #1 Trk/Bc/Dh	Bus	BA 0700 BL 0715 WV 0730	\$30 (incl. trail fee)	Sue Laine Yeo 604-451-8805
FULL MEMBERSHIP REQUIRED						
Jan 7-8/06 Sat-Sun	Stake Lake/ Sun Peaks	1 night Track	Bus	BA 0700 BL 0715	Quad \$75 Dble \$95	Gil Sage 604-435-3093
Jan 13-15/06 Fri-Sun	Salmon Arm Reino-Keski Loppet	2 nights Track	Bus	BA 0700 BL 0715	Quad \$145 Dble \$210	Chris McPherson 604-682-0342
Jan 20-22/06 Fri-Sun	Manning Park (Chalet #1)	2 nights Trk/Bc/Dh	Car Pool		\$80 (1 chalet)	Mo Iqbal 604-228-9885
Jan 21/06 Saturday	Manning Park	Day Trip #3 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$35 (incl. trail fee)	Anna Bentley 604-987-8956
FULL MEMBERSHIP REQUIRED						
Jan 27-29/06 Fri-Sun	Mount Washington (Van. Island)	2 nights Trk/Bc/Dh	Bus/Ferry	BA 1700 BL 1730 WV1745	Quad \$200 Dble \$300	?
Price includes bus, ferry and accommodation						
Feb 05/06 Sunday	Whistler	Day Trip #2 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$30 (incl. trail fee)	Byron Mah 604-732-1047
FULL MEMBERSHIP REQUIRED						
Feb 9-12/06 Thurs-Sun	Cariboo (100 Mile House)	3 nights Track Loppet	Bus	BA 1730 BL 1800	Quad \$210 Dble \$310	Leslie Rodgers 604-521-8985
Feb 17-19/06 Fri-Sun	Manning Park (Chalet #2)	2 nights Trk/Bc/Dh	Car Pool		\$80 (2 chalets)	Mo Iqbal 604-228-9885
Feb 18/06 Saturday	Manning Park	Day Trip #4 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$35 (incl. trail fee)	Lucy Kenward 604-255-5179
FULL MEMBERSHIP REQUIRED						
Mary Tainsh will lead a backcountry trip to Monument 78						
Feb 24-26/06 Fri-Sun	McCullough Lake Crystal Mnt. (Kelowna)	2 nights Trk/Bc	Bus	BA 1730 BL 1800	Quad \$125 Dble \$165	Juergen Kaefer 604-437-3881
Feb28-Mar5/06 Tues-Sun	Canmore Kananaskis Country, Alberta	5 nights Trk/Bc/Dh	Air/Vans	YVR A.M.	Quad \$600 Dble \$740	Brian Livsey 604-521-8985
(\$100.00 non-refundable deposit required to reserve space at time of sign-up. Cheque must be post-dated Jan 09/2006. Balance must be paid by Jan 19/06.)						
Mar 4-5/06 Sat-Sun	Stake Lake/ Sun Peaks	1 night	Bus	BA 0700 BL 0715	Quad \$75 Dble \$95	Roy Ryzak 604-467-0091
Mar 17-19/06 Fri-Sun	Apex Nickel Plate (Penticton)	2 nights Trk/Bc/Dh	Bus	BA 0700 BL 0715	Quad \$180 Dble \$260	?

This schedule is printed at the beginning of the season. Changes will be posted on our web site: [www.theskiers.ca](http://www.theskiers.ca).

### **MEMBERSHIP:**

Participation in ALL trips requires a current club membership (backcountry included). This also applies to members of other clubs with whom we have a reciprocal agreement to participate in any of our trips.

### **BUS TRIPS:**

- Pay for the trip at least 30 days in advance—no refunds after that date
- Provide a post-dated cheque to reserve your place
- Write a separate cheque for each trip
- Write the trip destination on the cheque
- Pickup points:

BA: Broadway and Arbutus (west end of the IGA building)

BL: Boundary and Lougheed (bus stop on Boundary, just north of MacDonald's Restaurant)

Surrey: 160 St. exit, Park and Ride @ 103-104 Ave.

West Vancouver: Upper Levels/Taylor Way @ St. Davids church

NOTE: If you are unable to go on a trip, try to find someone to take your place. Have that person pay you. If you are unable to go on a bus trip at the last minute due to severe illness or injury, hospitalization or a death in the family, the club will refund 50% of the cost, at the discretion of the executive. This credit to be used preferably the same season, with a few exceptions. If a trip has been cancelled, your post-dated cheque will be destroyed or a full credit will be issued.

### **BACKCOUNTRY/SNOWSHOEING:**

- Sign up for trips with overnight accommodation costs—check the schedule (no sign-up sheets for the snow camp or day trips)
- Call the coordinator to confirm your participation
- Pay the \$5 cash fee to the trip coordinator on the day of the trip

### **PLANE TRIPS:**

- Pay \$100.00 non-refundable deposit at sign-up (this is required to guarantee hotel and airline reservations)
- Pay for the balance of the trip at least 40 days in advance—no refunds after that date
- Note that tickets are 100% non-refundable and non-changeable (airline policy)

### **CAR POOLS:**

- The trip coordinator will work with participants to organize car pools
- The club recommends that car pool expenses be assessed fairly based on current gas prices

NOTE: Remember that this rate should also cover the general operating cost (insurance, maintenance, oil, depreciation) of the vehicle. Decide on the rate within your group and pay directly to the driver.

### **ROOM SHARING:**

Sharing of rooms will be with people of the same sex unless otherwise requested or agreed to.

### **DAY TRIPS:**

Manning Park or Whistler day trips will go to the designated area pending snow and safe road conditions.

The trip destination may be changed on the morning of departure.

### **BUS TRAVEL:**

If there is space available, members may travel by bus only. This season the cost is \$85 return.

## EXCITING INFORMATION ABOUT OUR TRIPS

Silver Star (Vernon): The Aberdeen hotel (1-800-553-5885) is a nicely painted building right in the village on the mountain. The apartments sleep 4–5 persons in 2 bedrooms and a pullout, and each has a living room, dining area, TV and full kitchen. The whirlpool in the hotel is free for guests. Note that only local calls are free; if you use your phone card, there will still be a charge. Silver Star village is very picturesque and perfectly suited for a walkabout. It has nice shops and restaurants and the surrounding houses are very colourful and built in a Victorian style. For a fee there is also a sleighride available. We will have a potluck dinner on the first night. *The skiing starts right outside your apartment if you want to enjoy the Silver Star trails. Our bus will also make 2 trips to Sovereign Lakes, if we are not able to ski over on the Gold Mountain trails. Both areas have nice day lodges and huts.*

Stake Lake (Kamloops): We are staying in Kamloops at the Best Western (1-800-665-6674). Each bedroom contains two queen-size beds. The hotel has an indoor pool, sauna, Jacuzzi and restaurant. Typically we ski at Stake Lake on Saturday and Sun Peaks on Sunday. The nearby Logan Lake trails are also an option. *The skiing at both locations features trails to fantastic lookouts. Be sure to use your day pass to ride the lift at Sun Peaks for a memorable descent on a trail called Holy Cow.*

Larch Hills (Salmon Arm): We will be visiting Larch Hills on the loppet weekend. We stay at the Holiday Inn (250-832-7711), which is across from the community centre where the post-loppet party takes place. Each bedroom contains two queen-size beds. The hotel offers a complimentary buffet breakfast. At the community center are a big pool and sauna. On the Saturday night of the loppet there is a grand buffet dinner for all skiers, usually with a local band, dancing and games. The cost for this evening is about \$12. *Our bus will transport all skiers to Larch Hills. Loppeteers will be busy waxing, racing and eating a racer's lunch. Non-loppeteers will enjoy miles of track skiing, including some easy climbing to a mountaintop hut in which to eat your lunch.*

McCulloch Lake (Kelowna): Our accommodation is the Kelowna Motor Inn (1-800-667-6133). Each bedroom contains two queen-size beds. The hotel has a Chinese restaurant, indoor pool, hot tub and steam room. The inn is situated downtown with ready access to delis, cafes and other restaurants. *Transport to the ski areas is by our own bus. Seventy kilometres of ski trails disappear into the wilderness at McCulloch Lake, where there are two day cabins in which to eat lunch, warm up and mingle with the locals. If the McCulloch Lake Resort is still operating, skiers can enjoy lunch or drinks in their restaurant. On Sunday we go to the Telemark cross-country ski area, which has about 45 kilometres of trails.*

Manning Park: We stay at the chalets in the centre of the park (250-840-8822). One chalet has 8 bunk beds and 2 queens and a full kitchen. Nearby is a big whirlpool, and the main lodge has a very nice restaurant. We will have a potluck dinner one evening. *Skiing includes a lift-serviced downhill area, lots of track skiing and backcountry skiing in the local mountains.*

100 Mile House: We are visiting this area on the weekend of the Cariboo Marathon. We are staying at The Hills Health Ranch (250-791-5225)! Each chalet has a full kitchen and 3 bedrooms, each with either a queen-size bed or two twin beds, and will accommodate up to 6 people. We have full use of the indoor pool, Jacuzzis, saunas and cardio and weight management equipment. And for a price there are massages and other treatments. Book early for those. *Ski on The Hills ski trails (free for guests). Here and at 99 Mile House there are miles and miles of track skiing over rolling terrain and in forest, and lots of signs of wildlife.*

Nickel Plate (Penticton): We are staying at the Apex Mountain Inn (1-800-663-1900), which is situated at the bottom of the downhill slope. Each bedroom contains two queen-size beds, a mini fridge and a coffee maker. The inn has 2 outdoor hot tubs, coin laundry and an in-house restaurant. Nearby are a convenience store, liquor store and several restaurants and cafes. Bring your ice skates if you wish to use the outdoor ice rink or 1 km skating circuit. (Rental skates are available but sizes are limited and they are not very comfortable.) *The downhill area is just metres from the hotel. The nordic centre up the hill has a big day lodge and a great variety of long ski trails. Be prepared for a workout on these high-elevation trails.*

Canmore: We will fly to Calgary, rent minivans and drive to Canmore where we stay at the Rundle Mountain. Lodge. Most rooms have two queen-size beds and a full kitchen. The lodge also has an indoor pool and a hot tub. From the lodge we will drive to various locations. *Ski areas may include Canmore Nordic Centre, Lake Louise, Peter Lougheed Park and Mt. Shark, some of which are also great for downhill and backcountry skiing. Or visit Banff and relax at the hot springs.*

Mount Washington (Courtenay): We will be staying in the Paradise Ridge condos, each of which can accommodate 6 to 8 people. Each condo is equipped with a full kitchen. We usually have a potluck dinner on the first night. *Ski from your front door to lots of new and established trails. Your trail pass entitles you to a ride on the Red Chair, which brings you to the top of the mountain. In the new day lodge you can buy meals, snacks and beverages or you can eat your own bag lunch.*

On all trips there is a happy hour on most days. Locations to be announced by the coordinators. BYOB, BYOF

## GUIDELINES FOR TRIP SIGNUPS

Cheques only please! The club is unable to take payments in cash. Make cheques out to THE VANCOUVER SKIERS.

Please include the following information on your cheque: 1) your name, if you share a joint banking account; 2) your club membership number and 3) the name and the date of the trip.

Cheques should be dated at least 30 days before departure. Please check the cheque deadline date for each trip on the sign-up sheets, as dates will vary for some trips. You may cancel and receive a full refund up to that time.

If you need to mail your cheque, please address it to the coordinator of the trip.

# The Vancouver Skiers Cross Country & Touring Club

## Membership Application / Renewal Form 2005-06

Mail to: P.O. Box 4407, Main Postal Outlet, Vancouver, B.C. V6B 3Z8

Phone: (604) 738-6464

Membership Fees: Single - \$20 Family - \$30 Office Use \_\_\_\_\_  
Early Bird, Before Oct. 31 Single - \$15 Family - \$25 Payment \$ \_\_\_\_\_ Date \_\_\_\_\_  
Renewing Member(s) \_\_\_\_\_ New Member(s) \_\_\_\_\_ (check one)

Primary Member Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Single Family Membership (circle one)  
*2 adults and all dependents (including students) at the same address. Newsletter will be addressed to the primary member.*

Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_  
Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_  
(newsletter sent by e-mail ONLY: YES \_\_\_\_\_ NO \_\_\_\_\_)

EMERGENCY CONTACT: Name \_\_\_\_\_ Tel no. \_\_\_\_\_

Check if you DO NOT want your phone number etc. published in the club list: \_\_\_\_\_

### Club Member Waiver 2005-06

I HEREBY AGREE to abide by all the Rules and Regulations of Cross Country Canada (hereinafter called CCC), Cross Country BC (hereinafter called CCBC) and to participate in the events, activities and programs sanctioned by CCC and CCBC in accordance with the Associations, Rules, Regulations and Bylaws.

IN CONSIDERATION OF CCC, CCBC and The Vancouver Skiers Cross Country & Touring Club acceptance of me as a registered member of the Association, and my being permitted to take part in the Associations' events, activities, and programs, I hereby, for myself, my heirs, executors, administrators and assigns, forever release, discharge, hold harmless CCC and CCBC and The Vancouver Skiers Cross Country & Touring Club, its members, directors, officers, employees, representatives or agents.

I FURTHER AGREE to abide by the constitutional bylaws and regulations of the The Vancouver Skiers Cross Country & Touring Club.

This waiver form must be signed by all members (or by a parent/guardian for members under the age of 19).

Date of birth is required for insurance purposes

1) Member Signature (1) \_\_\_\_\_ Date \_\_\_\_\_  
Print Name \_\_\_\_\_ Member # \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

2)\*\*Member Signature (2) \_\_\_\_\_ Date \_\_\_\_\_  
Print Name \_\_\_\_\_ Member # \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

3)\*\*Member Signature (3) \_\_\_\_\_ Date \_\_\_\_\_  
Print Name \_\_\_\_\_ Member # \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

4)\*\*Member Signature (4) \_\_\_\_\_ Date \_\_\_\_\_  
Print Name \_\_\_\_\_ Member # \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

\*\* (or parent/guardian signature, if applicable)