



## *President's Message*

### **Welcome to our 2009–2010 ski season**

I am very pleased to announce that in late October the club took delivery of our new Centaur, the all-season utility vehicle that will be used to groom and track set our trails. This machine is awesome! We plan to officially unveil it and its associated equipment to members in mid-January — and will advise you of the date by email. I want to sincerely thank all of you who contributed to our fundraising drive. You made this acquisition possible.

New members are very important to the club. A big welcome to all of you! Please plan to attend our introductory day for new members on Sunday, January 3, at 10 a.m. when we'll introduce you to the clubhouse and its facilities, review our trail network, and answer any questions you may have about the club and its programs. After lunch, we'll lead anyone who's interested on a guided tour of the racing trail network followed by refreshments back at the clubhouse.

A key element of the club's success is its youth programs: Bunnyrabbit, Jackrabbit, and Challenge. The youth program team under the leadership of Benita Stoyel has been hard at work putting together this year's program and is all geared up for the January 9 start. New for this year is a biathlon demo day on January 10. Do come and check it out.

After a very successful introduction last year, we will again be offering adult cross-country ski lessons. See complete information on all our programs, including lessons and Saturday tours, in this newsletter.

(see rest of message p.. 2)

## *Mot du Président*

### **Bienvenue à vous tous – la saison 2009-2010 est arrivée !**

Il me fait plaisir de vous annoncer qu'à la fin d'octobre, le club a reçu notre Centaur, le véhicule toutes saisons qui servira à damer et à tracer nos pistes. C'est une machine impressionnante ! Le lancement officiel du Centaur et de tout l'équipement connexe aura lieu en mi-janvier – nous vous enverrons un courriel indiquant la date sous peu. Je remercie tous les membres qui ont contribué à la levée de fonds qui a rendu possible cette acquisition.

Je voulais aussi souhaiter la bienvenue aux nouveaux membres et vous inviter à notre Journée des nouveaux membres, qui aura lieu dimanche, le 3 janvier, à 10h. Le but de cette rencontre est de présenter aux nouveaux membres le chalet et les installations, de présenter notre réseau de pistes, et de répondre à vos questions à propos du club et de nos programmes. Après le déjeuner, il y aura une visite guidée des pistes de cours, suivi d'une collation au chalet.

Une des clefs du succès de notre club est le programme jeunes : Jeannot lapin, Jackrabbit, et Défi. Menée par Benita Stoyel, l'équipe du programme jeunes a travaillé très fort à bâtir le programme cette année; on est prêt à démarrer le 9 janvier. Une nouveauté cette année sera la journée démonstration du biathlon, le 10 janvier — à ne pas manquer !

Suite à un début réussi l'année dernière, nous offrirons encore cette année des leçons de ski de fond pour adultes. Vous trouverez tous les renseignements à propos de nos programmes, y compris les sorties du samedi, ailleurs dans ce bulletin.

(voir suite p. 2)

## President's Message (continued...)

Here's some trail information to keep in mind: Part of the Yellow, as well as a section of the Red-Green trail, have been closed to Viking skiers by the landowner. See the notice on page 4 of this newsletter for additional information.

Viking Ski Club and Morin-Heights have a reciprocal agreement that allows Viking members to ski the Morin-Heights network for free and vice versa. Please take note of the conditions attached to this agreement. You'll find these in this newsletter — and your cooperation is greatly appreciated.

As we head into the new season, here are a few reminders:

- Hosts are on duty from 9 a.m. to 5 p.m. every Saturday and Sunday. The hosts close and lock the clubhouse at 5 p.m. so if you expect to be back from skiing later than that time, please make arrangements with or advise the host.
- If you ski during the week, you can pick up the clubhouse key at the Ultramar gas station in Morin-Heights. You will need to present your membership card and sign for the key. Don't forget to return it at the end of the day.
- When opening the club, it is very important that you turn on the pump before using any water. See instructions posted in the clubhouse.
- And finally, we recommend very strongly that you do not ski alone, and that if you ski during the week you leave a note on your car windshield telling where you plan to ski and when you plan to return. This information may be helpful in an emergency.

Best wishes for the holiday season and a Happy New Year to all.

Douglas Bowes-Lyon

## Mot du Président (suite..)

Renseignements sur les pistes: des sections de la piste jaune et de la piste rouge-verte sont fermées aux membres de Viking par le propriétaire du terrain. De plus amples renseignements sont disponibles dans la section AVIS (voir « Notice » p. 4) de ce bulletin.

Le Club de ski Viking et Morin-Heights ont une entente réciproque selon laquelle les membres de Viking ont le droit d'accès au réseau de Morin-Heights et ils ont le droit au nôtre, et ce, gratuitement. Veuillez noter les conditions liées à cette entente, que vous trouverez ailleurs dans ce bulletin. Nous vous remercions d'avance de votre coopération.

En ce début de saison, je vous offre aussi ces petits rappels :

- Les hôtes sont de service de 9h à 17h le samedi et le dimanche. Les hôtes ferment le chalet à 17h, donc si vous vous attendez à revenir plus tard, veuillez parler aux hôtes avant de partir en randonnée.
- Si vous voulez faire du ski pendant la semaine, vous devez aller chercher la clef à la station de service Ultramar à Morin-Heights. Vous devez présenter votre carte de membre et signer pour recevoir la clef. N'oubliez pas de la rendre à la fin de la journée.
- Lorsque vous ouvrez le chalet, il est très important d'activer la pompe avant d'utiliser de l'eau. Voir les instructions affichées au chalet.
- Finalement, nous vous recommandons vivement de ne jamais faire du ski tout seul. Si vous faites du ski pendant la semaine, laissez un message sur votre pare-brise indiquant la route que vous allez prendre et l'heure à laquelle vous allez revenir. Ceci peut être utile dans une situation d'urgence.

Meilleurs vœux à vous tous et Bonne Année.

Douglas Bowes-Lyon





Viking Ski Club revealed its new Centaur trail-grooming machine to representatives from the MRC and local municipalities at a ceremony on December 2. The machine, which was purchased thanks to a grant from the MRC Pays-d'en-Haut and donations from Viking members, will enable the club to better maintain its trail system.

*(de gauche à droite) Adrian Horn (ES/CV), Pierre DesCombes (ES/CV), Gordon Cohen (CV), Leigh MacLeod (conseillère MH), Doug Bowes-Lyon (avec casque Viking), André Genest (maire WN), Martin Bélair (cartographe, MRC), et Richard L'Heureux (CV)*

*Photo: J. Symon*

CV = Club Viking, ES = entretien des sentiers, MH = Morin-Heights, MRC = municipalité régionale de comté, WN = Wentworth Nord/

### Events Calendar for 2010 / 2010 Calendrier

Start of Thursday Tours:	Jan. 7
Start of the Family Programs:	Sat., Jan. 9
Start of the Saturday Tours:	Jan. 9
Start of Sunday Adult Lessons	Jan.10
Pot Luck Supper at clubhouse:	Sat., Jan. 30
Vikings host Beaver Tails Club:	Sun., Feb. 7
Canadian Ski Marathon:	Feb. 13--14
Gatineau Loppet:	Feb. 19--21
Morin-Heights/Viking Loppet:	Sun., Feb. 28
	<a href="http://www.skiloppet.com/">www.skiloppet.com/</a>

### Help Wanted

The club's administrative team needs two replacement volunteer co-ordinators for the



positions of Membership Secretary and English/French translator.

Look at the back page and you will see that it currently takes a President, 6 Directors, a Treasurer, Secretary plus 14 task-specific Co-ordinators to administer and run the club. With one exception - the operators of our trail grooming equipment - all are volunteer positions.

The task of Membership Secretary involves administering the membership in terms of receiving application forms/cheques, and working with the Communications Co-ordinator to build up the club info database. Also, to assist with the mailing out to the members the membership cards, badges, newsletters etc. Computer skills with Word and Excel would be a distinct advantage.

The task of English/French Translator would be to assist with the club's bilingual communications via mass e-mailed messages to the membership and the newsletter.

If you have interest in helping out the club's operations with either of these positions, please contact our President Doug Bowes-Lyon at: 514.769.7085 or [dboweslyon@videotron.ca](mailto:dboweslyon@videotron.ca)

## **Cours de ski pour adultes en janvier!**

par Richard L'Heureux

Le club de ski Viking offre pour l'hiver 2010 trois programmes de cours de ski de fond destinés aux membres adultes: 1) Techniques de base; 2) Techniques du pas de patin et 3) Techniques de descente.

Des skis de randonnée ou hors-piste conviennent pour tous les programmes. Chaque programme est offert aux membres du club Viking à un prix exceptionnel de 75\$. Les leçons ont lieu le dimanche à compter du 10 janvier. Pour plus de détails et pour s'inscrire, consulter le site web à [www.vikingskiclub.ca/fr/adults.php](http://www.vikingskiclub.ca/fr/adults.php).

## **Sunday Ski Lessons For Adults**

For the 2010 winter, Viking Ski Club offers three programs of ski lessons for its adult members: 1)

Classic Nordic Ski Techniques; 2) Skating Techniques; 3) X-C ski Downhill Techniques. Each ski training program for adults is offered to Viking members at an exceptional price of \$75. Lessons are given on Sundays, starting January 10. For more information or to register, please go to [www.vikingskiclub.ca/en/adults.php](http://www.vikingskiclub.ca/en/adults.php).



*La 1e classe de ski de fond de 2009 / 1st class of 2009 – cross-country ski : Miklos Furlop, Danièle Bourassa, Judy Rogers, Audrey Bouffard-Nesbitt (monitrice / instructor), Dan Boghen, François Raymond, Wilma Weimer. Photo: R. L'Heureux*

## **Notice of Trail Closing**

Please be advised that the Yellow Trail from intersection P to intersection W is closed to skiing as well as the Red – Green trail from just north of intersection O to approximately M1 on Ch du Lac Noiret.

Reason for closure: the owners on whose land these trails run have demanded that Viking Ski Club cease all activities on their land.

The Directors

December 9th, 2009

## **Fall Trail Clearing Complete**

by Judy Rogers

We started on September 26 and finished November 19. During that period, 57 Vikings and friends put in a solid volunteer effort, donating a total of 128 work days to complete our annual

trail-clearing blitz. Led by our fearless leader Doug Bowes-Lyon, volunteers met most Saturdays and Thursdays (weather permitting) to hike all the Viking trails, clearing brush, sawing through and removing downed trees, reaching high to cut overhanging branches, and putting up new signage — not to mention enjoying some terrific fall weather. As a result, our trail network is ready and (as we write) waiting for snow.

We've mentioned all workers in our weekly email trail-clearing updates, but here's a reminder. As you ski this year, say thanks to these people who helped:

Tim Baker, B.J. Bell, Graeme Bell, Marta Blom, Frans Blom, Doug Bowes-Lyon, Howard Bussey, Celia Lang, Jean-Pierre Campeau, Steven Cape, Rolf Christiansen, Wilma Christiansen, Gordon Cohen, Sorel Cohen, Linda Collier, Michael Dohrendorf, Philip Harrison, Marie-Claire Strutkowski, Norm Horner, Christie Johnson, Peter Kirby, Ron Laughlin, Richard L'Heureux, David Lloyd, Laurie Wallace, Paul Lord, Bob MacKenzie, Carol MacKenzie, Heather MacKenzie, Scott MacKenzie, Eeva Liisa Makkonen, Ismo Makkonen, David Marshall, David McDonald, Daphne Mitchell, Gary Misener, Murray Moss, Judy Lazarus, Tony Nagl, Gabriel Pelletier, Wendi Petersen, Jeff Deeprose, Jarmila Philipp, Dick Pickering, Neil Price, Judy Rogers, Steven Saabas, Don Smith, Chris Teron, Mike Van der Linden and his guest Laurence Boudreau, Erik Vikander, Derek Wills and Hjordis Wills. Also helping as part of community service work for their school were Spiro Trent and his friends Francesca Calabrese and Myles Dlouhy..



*Start of the 1975 Smith Johannsen Loppet in Morin-Heights, Courtesy E. Vikander, Credit unknown*

## Make a date with the Loppet!

The 38<sup>th</sup> running of our annual Morin-Heights/Viking Loppet will take place Sunday, Feb. 28. More info at [www.skiloppet.com/](http://www.skiloppet.com/)

## Notice to Viking Ski Club Members

by Maryse Emond, Directrice Loisirs et Culture, Municipalité de Morin Heights

The following are the terms for being able to ski in the Morin-Heights Cross-Country Ski Network:

1. Viking members\* are allowed to ski from the Viking Ski network into the Morin-Heights maintained network and vice versa for Morin-Heights ticket and pass holders.

\*A Viking member is recognised by their 2010 badge that they wear or by their current membership card that they must show when asked by a patroller. If unable to show either ID, you will not be recognised as a Viking member and will be required to pay to ski the network.

2. Viking Ski Club members cannot park at

- the Basler ski hill,

- Ski Morin Heights parking lot to access the cross-country ski network,



**BONI  
SOIR**

*Tôt ou tard . . . !*

**Kim & Kevin Van-Hove**

**226-8633**

**717, du Village, Morin Heights**

BIÈRE  
ET  
VIN

CENTRE  
DE  
VALIDATION

----- **ULTRAMAR** -----



- Morin-Heights Aerobic Corridor parking lot,
- the new Bouleaux (crown land) parking lot nor
- the Montfort parking lot (unless they are going up the Le Tour trail, which goes directly to the Viking ski network, as the Poste trail is maintained by the Municipality as well as the Aerobic Corridor).

Likewise, Morin-Heights ticket and pass holders cannot park at the Viking ski Club.

That's the deal!.

This Is Not Part Of The Deal....

- Viking guests are not recognised on the Morin-Heights network, these arrangements are exclusive to the Viking Ski Club network. Viking guests are welcome if they have paid their access fee to the Morin-Heights cross-country ski network.

- The new Bouleaux parking lot off the crown land trail network is small and reserved exclusively for Morin-Heights cross-country ski pass or ticket holders. If you want to park at the Bouleaux parking lot, be ready to pay for a trail ticket.

Four years of hard work and a lot of effort has gone into the upgrading and building of the trails in the crown land sector of the Morin-Heights ski and snowshoe network as well as the recent building of the parking lot. Please be respectful of this.



*Viking parents and kids at 2005 Canadian Ski Marathon Finish Line. Photo: S. Smith*



*Viking editor, John Symon takes aim (above) on a Manitoba biathlon range. Viking is hosting a **free recreational biathlon demonstration** on January 10. For more details and to register go to: [www.vikingskiclub.ca](http://www.vikingskiclub.ca). Photo: G. Cralle*

## Saturday Tour Schedule 2010

by Gordon Cohen

### Morin Heights, Triangle, Salzburg. Jan. 9

Hosts: Judy Rogers & Rudi Scherz  
450.226.2885

Numerous different trips can be taken from here depending on snow conditions. There is a possibility of a shorter tour on an ad hoc basis. The hosts' house is in the village of Morin Heights.

Directions: take #364W into the village of Morin Heights. Turn left at first light in Morin Heights onto Village Street. At stop sign (at Vaillancourt's) turn right on Watchorn. Almost immediately, take first right, on Millard, then first left (again, almost immediately) on Crescent. The house is at the top of the hill on your left at 815 Crescent.

### Lac Brûlé January 16

Hosts: Bill and Diane Pollock

Participants please phone Gordon Cohen  
514.482.1327; cottage 450.226.3455

A 16-km tour around Lac Brûlé for intermediate skiers. Ease yourself into the new season on this terrific tour. To get to the Pollock's, follow these instructions: from Autoroute 15 North, take exit 89 for St. Donat, turning right on 329 North towards St. Donat, Then proceed about 2 km on route 329 to Lac Brûlé. Turn right on paved road with signs indicating the direction to Ste Lucie (Chemin Ste Lucie). Cross a bridge just after you turn right. Proceed about 4.3 km on Ste Lucie road. Watch for a small street sign on the left indicating Ch. Fortin and Ch. Lac Noir. Make a sharp left turn (almost 180°) onto this gravel road through an old gravel pit. Most people miss this turnoff from the paved road to the gravel road. If you come to a street sign that reads 60th Ave or 70th Ave or "Bienvenue à Ste-Lucie", you have gone too far. Keep right on Ch. Lac Noir (the other one is Ch. Fortin) for about 2 km and watch for a POLLOCK sign (lit at night) and "Chocoholic hill". Turn right up the hill and you are there. Please note that the street numbers are not consistent. Bill says, "Watch out for snowsnakes and rockadiles!"

### **Ste-Marguerite, January 23**

Hosts Marie-Claire and Philip Harrison  
514.487.2743; (cottage) 450.228.3348

A new tour, on Esterel's gentle trails. We meet at Hotel Esterel's parking lot. Check into the X-C office with your carte réseau, or pay a fee for a trail pass. We then ski or car pool to our hosts' cottage, where parking is severely limited. Marie-Claire will lead a shorter tour, and Philip a longer one.

N.B. The Esterel Hotel will not be operating this year as it is being converted into condos. However, we understand that the Cross Country Centre will be operating.

Directions: Take 15 North to exit 69, then 370 east towards Ste-Marguerite, following the signs to Hotel Esterel, about 17 km from the exit. This is a carte réseau centre.

### **Viking West & Club Dinner, January 30**

Non-hosted tour, the club dinner is in the evening. The trails are well groomed, but not track set.

Leaders: Sorel and Gordon Cohen  
514.482.1327; cottage 450.226.3455

We will meet at a private cottage off Route 329 adjacent to the Viking West trail. Details will be emailed during the week prior to the tour.

### **Morin-Heights, Western, February 6**

Hosts: Derek and Hjordis Wills, 514.683.0696;  
cottage: 450.226.8923

An intermediate tour using the well-groomed trails around the Wills' cottage. Derek will lead the longer trip and Hjordis, a shorter one.

Directions: From St. Sauveur follow 364W to Morin Heights. After the first traffic light take the first right onto Watchorn past Auberge Clos Joli to a T-junction. Turn right onto Belisle, Continue for 1 km to #299 on your left. Derek and Hjordis will be waiting. Bring your skis up the hill to their cottage.

### **St Faustin, February 13**

Hosts: Chris and Linda Lyle, 514.484.8632;  
cottage: 819.326.8769.

A 17-km tour for intermediate skiers on wilderness trails, including parts of the original Maple Leaf and Western trails as well as the scenic Cornu Ridge. From Montreal, take Autoroute 15 north past Ste Agathe. Then, 11.2 km after the merge with Highway 117, at a former gas station, turn left at the signs for Mountain Acres Golf Club. After 0.9 km, beyond a sharp left and under the power lines at the top of a hill, turn right through the gate sign posted Valdurn. Follow this road for 2.9 km, past a junction on the left until a junction where you turn sharp right. Follow this road for 1.8 km, past a sign for Lac Caillé and drive clock-wise around this small lake to the end where you will find the Lyle cottage. In summer time, door-to-door is about 75 minutes from Montreal. A short tour will be available.

## **Ste. Anne des Lacs- Loken Trail, Feb. 20**

Host: Mike Loken, 450.224.5631

A unique 22-km loop for intermediate skiers entirely on the Loken Trail, which was laid out and is maintained by Mike himself. Gordon Cohen will lead a somewhat shorter tour. Take Laurentian Autoroute exit 57, follow Chemin Ste-Anne-des-Lacs for approximately 3 km. immediately before a parking lot on your right, turn right onto Chemin des Noyers. Follow this road to the very end, a distance of about 1.5-km, where your host, Mike Loken will be waiting at # 125.

## **February 27 NO TOUR**

We want to concentrate our efforts on the Viking-Morin-Heights Loppet, which takes place the following day, Sunday February 28

This year there will be considerable trail work prior to the Loppet and we are counting on the help of the Touring Group.

## **Weekend At Mont Tremblant, March 5 --7**

Coordinator: Audrey Speck 514.487.0432  
a.speck@videotron.ca

We are finalizing arrangements to stay at Côté Nord, where we stayed last year. As soon as the details are settled we will email the touring list. If you are not on the touring list, please advice Audrey or Gordon and we shall make sure you get the information on this weekend. This is a Carte Réseau centre.

## **Spring Picnic at Lac Notre Dame, March 13**

Hosts: Gordon and Sorel Cohen, 514.482.1327, cottage 450.226.3455

A relaxed tour and wiener roast picnic; the Cohen's supply the hot dogs and buns, you bring your own beverages.

Directions: From the Viking Club house, continue on Jackson Road for 6.3 km (second stop sign). At Lac Notre Dame turn right on Notre Dame

Nord for 3.1 km. The road name eventually changes to Notre Dame Sud and the cottage is on the left at # 1874. Park on the road.

## **Thursday Tours**

Our first tour of the season is Thursday, January 7. These will be planned by Derek Wills and Gordon. (coordinates below). Every week, by Wednesday evening at the latest, we send an email telling you where we'll meet, where we'll ski, and what snow and weather conditions to expect. In this same email, we bring you up to date on the Saturday tour later that week. A few days later, we send a report on the tours of the previous week and usually include photos. These reports are written by various participants and are quite entertaining. Again, send me an email if you'd like to be on the list.

We would like to attract more people to these mid-week tours. With a view to this, we will endeavour to have shorter/slower tours from the same location.

Our Thursday group is smaller than the Saturday group and more informal. We usually stop for refreshments afterwards and discuss where we'd like to ski the following week.

Again, we suggest the purchase of a Carte Réseau with your membership as we hope to ski some of the centres outside of our area. They can be obtained from our membership secretary, Marilyn Geddis for \$20. Her address is: 503-5745 Cote St Luc Road, Montreal, H3X 2E5

Derek Wills: coordinator: 514.683.0696;  
derek\_wills@sympatico.ca  
514.482.1327; gdcohen@sympatico.ca

Nota Bene (For both Saturday and Thursday tours)

1) Let the leader/ host know that you will participate 2) Bring trail snacks, lunch and liquids 3) Dress warmly in thin layers and bring an extra sweater 4) Have your skis waxed to start skiing at 10 a.m. 5) For last minute details on any of these tours, call the tour leader or Gordon Cohen. Watch for last minute changes announced in our twice weekly e-bulletin. To



subscribe, send an e-mail to  
gdcohen@sympatico.ca

For more information, contact Gordon Cohen,  
Touring Coordinator Res. 514.482.1327, office  
514.271.4646, cell 514.979.0065, Cottage:  
450.226.3455



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### X-C Skiing News

**Skier nouvelles** is the biggest website for x-c  
news in Quebec:

<http://veloptimum.net/skiernouvelles.html>

### Trail Report

To find out snow and trail conditions before  
leaving the city, call the Viking Ski Club phone  
(recorded message) at **450.226.3284** or go to:  
[www.vikingskiclub.ca/](http://www.vikingskiclub.ca/)

### Where Kids Learn To Love Cross Country Skiing

10 Week Learn-to-Ski Program starting Saturday  
Jan 9th, 10 am

Bunnyrabbits ages 4-5,

Jackrabbits ages 6-12,

Challenge ages 13-16

- Skills are learnt through games and play.
- Parents can ski child-free on 55 km of remote  
groomed trails or hang out in cozy chalet.
- Activities and themes include: Ski to a Bonfire,  
Orienteering, Treasure hunt, Mini Marathon,

**Everything! ...for the cross country ski enthusiast!**



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**127, rue Ste. Anne, Ste-Anne-de-Bellevue(Mtl) (514) 457-9131**  
**DIRECTIONS HWY 40 - EXIT 41/HWY 20 - EXIT 39 www.norwaynordic.com**

Overnight Camp and Canadian Ski Marathon  
Preparation (older kids).

## Par Le Jeu

Programme d'apprentissage du ski, pendant 10  
semaines, débutant le samedi le 9 janvier à 10 h.

Jeannot Lapin (4 à 5 ans)

Jackrabbit (6 à 12 ans)

Défi (13 à 16 ans)

- Apprentissage des Techniques de ski par le  
jeu.

- Les parents en profitent pour skier en toute  
liberté sur un réseau de pistes tracées de 55 km  
en pleine nature ou pour se reposer à l'intérieur

camping d'hiver, préparation au Marathon  
canadien de ski (pour les plus vieux)

## Viking Gaudy at the Clubhouse - January 30, 2010

by Daphne Mitchel

A "gaudy is a grand feast...especially an annual  
dinner in commemoration of some event..."  
(thanks to Gordon Little and the OED). The  
event is the arrival of our luxurious new trail-  
grooming vehicle, "Big Red."

In celebration, we will don our fanciest, gaudiest,  
red outfits in keeping with our gleaming red  
machine. Doug spearheaded the campaign to  
bring Big Red into the Viking world and many  
among us contributed generously. We all  
deserve kudos. As for Big Red, Doug describes

him as a true Viking: versatile, go-  
anywhere, multi-purpose, all-season. That  
sounds like us, so let's raise a glass...or  
two.

As for the Grand Feast, a local caterer,  
Gillian Hartley, will provide the main  
course and we versatile Vikings will look  
after the appetizers and desserts as usual.

Appetizers: Four contributions please as  
well as Kristin's famous graavlaax

Main Course: Haute Beef Stew / Roasted  
Vegetables / Egg Noodles / Salad

Dessert: Seven contributions please.

Remember to bring your own plate and  
cutlery. We will provide wine glasses and  
dessert plates. Bring your own liquid  
refreshment for dinner. We will have the  
usual mulled cider for the appetizers

Cost: \$15/person

New This Year: Register with Celia Lang  
at [celia@trafalgarc.qc.ca](mailto:celia@trafalgarc.qc.ca) or 514.488.7359.  
Please tell Celia if and what you are willing  
to contribute before Sunday, January 24.

(The numbers go to the caterer on January 25th)

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du chalet du club Viking.

- Activités incluses: feu de camp, course  
d'orientation, chasse au trésor, mini-marathon,



## Revised List of Where to Buy X-C

by John Symon

Last month, we printed a listing of xc stores around Montreal, but the situation with such stores has already changed since then. One of the stores on that list, **Doug Anakin Sport** (Beaconsfield), has since closed permanently and another, **Econosports** (LaSalle) is poised to close soon. Meanwhile, members have indicated to us some other stores for buying xc equipment. With the exception of **Andre Jac** (Laval), these stores do not specialize in xc gear. And **Mountain Equipment Coop (MEC)** has now opened a store at 4869 Taschereau Blvd in Longueuil (450.766.1359), its second in the greater Montreal area.

Please also note that the **Austrian Ski Shop** in NDG now gives a discount on select items to Viking Club members, as do the other stores marked with an asterisk (\*) in the following list.

Montreal Area Retailers (Sale and Rental) of **New XC equipment:**

**André Jac Sport** in Laval, (450.622.2410); the **Atmosphere** chain (514.365.1286); **Austrian Ski Shop\*** 5706 Monkland Ave.(514.483.3666); **Boutique Courir** (514.499.9600) (downtown and Longueuil); **La Cordée** (514.524.1106); **Louis Garneau 2000** theme store in Longueuil (450.677.1339), **Mountain Equipment Co-op** (514.788.5878); **Norway Nordic\*** (514.457.9131) in Ste-Anne de Bellevue; **Le Suroît Cycle et Ski** in Vaudreuil (450.455.0328); and downtown's **Le Yeti** (514.271.0773).

In the Laurentians, check out **Boutique SRS\*** (450.226.7821) in Morin-Heights and **Swisski\*** in Ste-Agathe (819.326.4077).

**New and used equipment:**

The **Play-it Again Sports\*** chain (514.484.5150); **Poubelle du ski** 8278 St-Laurent Blvd (514.384.3582) near Jarry metro, and **Sports Aux Puces** chain Laval/Rosemere (450.688.9001).

For ski boot repairs, try **Cordonnerie Monkland** at 5630 Monkland (corner Oxford) in NDG.

Many stores also offer rentals, and where season rentals are available (i.e. Sport aux Puces), this can be a good alternative to buying second hand equipment for growing children.

Stores indicated with an asterisk (\*) offer discounts to Viking members on selected items. Retailers featuring ads in this newsletter include: Norway Nordic, Play it Again Sports, Simon River Sports (SRS), and Swisski.

## Newsletter Submissions

**Viking**, the official newsletter of the Viking Ski Club, is published four times annually. Send submissions to: John Symon at the coordinates on the back page.

Submissions can be in English ou en français. Photos should be submitted separately, not embedded in Word documents. Kindly indicate the photo subject and name of the photographer. Advertisements should be photo-ready.



*Viking Clubhouse under construction, 1964.  
Photo credit: T. Vikander*

**Trivia Question:** Of the 27 past & present club presidents of Viking, how many have been women? What are their name(s)?

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## Ad Rates

	One Issue	Four Issues
Members	\$10	\$30
Non-Members	\$15	\$45
Business card	\$20	\$60
Quarter page	\$30	\$90
Third-page	\$40	\$120
Half-page	\$50	\$150
Full-page	\$70	\$200

## For Sale

Rossignol Evo "L" cross-country waxless skis - 186cm in length. Used twice last year, but too stiff – needs a skier of app 140lbs. Price: \$85 (negotiable). Audrey Speck  
[a.speck@videotron.ca](mailto:a.speck@videotron.ca) or 514.487.0432



*Mass start at the Jeux du Quebec in Épiphane, QC, March 2007. Peter Krejcik third from left. Photo credit: unknown*

## Taking the Back Roads Home

by John Symon

Autoroute (Highway) 15 is a good way to get up to the Viking Clubhouse in the morning, but this highway is not always the best way back into town. Autoroute 15 is also the main access route up to many popular downhill ski centres, such as

Mt St Sauveur, Mt Olympia, and Mt Tremblant. On warm, sunny days, Viking members returning to Montreal often face bumper-to-bumper traffic. Among the options open to Vikings up at the clubhouse on weekends and hoping to avoid the traffic are: 1) heading back as early in the day as possible; or 2) taking the back roads.

Turning right where Jackson Rd meets Route 329 takes you away from Morin-Heights and toward Lachute. This road is easy to drive and rarely has much traffic. Route 329 ends at a T junction with Route 158, beside an Ultramar Station in Lachute. Turn left (East) onto Route 158 to the Autoroute 50 turnoff, but continue straight past the highway on ramp, heading due south. This road connects with Route 148 South, leading to St Eustache. There are a few traffic lights just before Highway 640. From St Eustache, turn left (East) onto Highway 640, then south onto Highway 13. This alternate route back to Montreal is a shorter distance than taking Highway 15 and a more pleasant drive, but for much of the way the speed limit is only 90 km/h.



*Wentworth North Mayor André Genest stands beside Viking's new eight-wheeled, diesel-powered Centaur 954DT trail maintenance machine. Despite our clubhouse being in the municipality of Morin-Heights, most of the 50-km of Viking trails are on Wentworth North lands. Photo: E. Vikander*

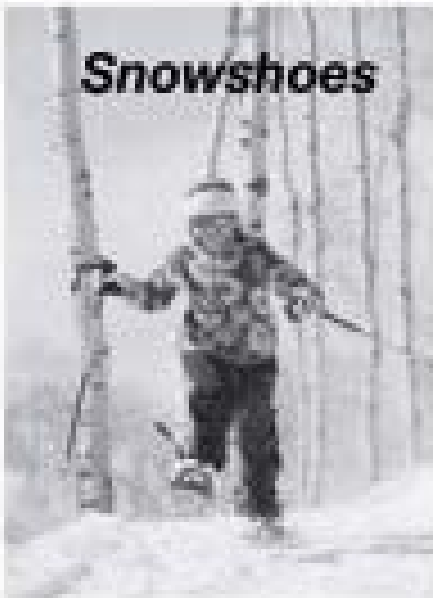
**Rental**

**Sales**



**Sale XC Skis  
Madshus  
20-30%**

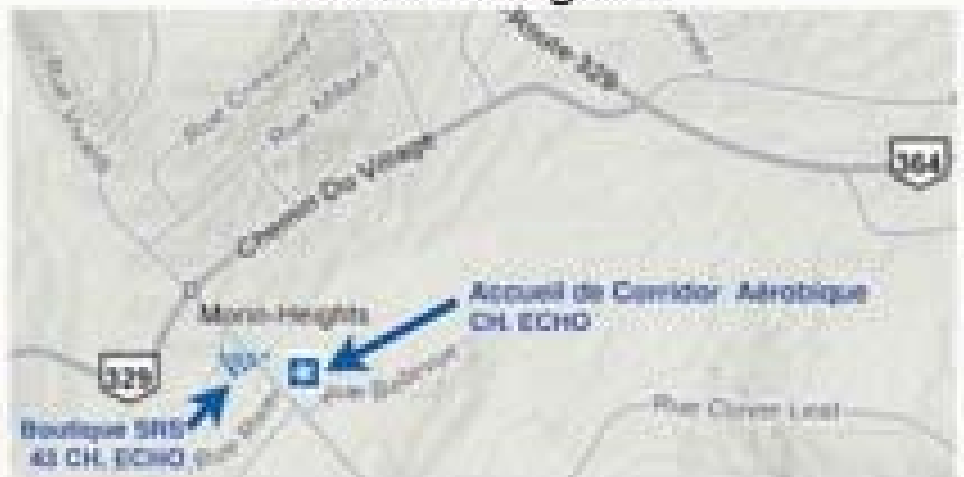
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## Book Review:

### **Last Child in the Woods; Saving Our Children from Nature-Deficit Disorder**

Author: Richard Louv / Review by J. Symon

Algonquin books of Chapel Hill / Thomas Allen & Son, Ltd.

Second Printing 2008

Paperback, \$14.95 U.S. / \$19.95 CDN

ISBN - 10:156512605X

Louv's thesis is that contact with nature is incredibly beneficial for the mental health and physical health of our youth. But, sadly, society today is teaching young people to avoid such direct contact with nature.

Last Child in the Woods refers to work by Edith Cobb who detailed how many great people through history and from diverse cultures invariably related how their inventiveness and creativity came from early exposure to nature. The examples range from French painter Claude Monet to Eleanor Roosevelt, wife of US President Franklin Roosevelt. This exposure to nature was rooted in ecstatic memories requiring space, freedom, discovery and exposure to all five senses. There is no way that a child can gain anything remotely similar from a video game.

We are currently dealing with an epidemic of juvenile obesity while concurrently experiencing the biggest increase in organised sports in history. This suggests that organised sports might not be what kids are lacking to keep off extra weight. We are also dealing with an explosion of prescriptions for Ritalin™ and anti-depressants among youth. There is evidence that obesity, attention disorders, and depression can all be remedied through early and frequent exposure to nature. Such exposure is also essential for young people to grow into adults who appreciate nature and strive to protect it. We rarely appreciate what we cannot put a name on. Kids who capture frogs, fish, and bugs are likely to know the names of such creatures.

Traditionally seven types of intelligence have been described: linguistic; logical-mathematical; spatial; bodily kinaesthetic; musical; interpersonal; and intrapersonal. More recently, naturalist intelligence has also been recognised. Charles Darwin (author of On the Origin of Species), John Muir (the man who saved California's redwood forests), and Rachel Carson (author of Silent Spring) are suggested as being giants in this field.

There is a movement afoot to bring author Richard Louv to Montreal, possibly around Earth Day, 2010.



*Small bunnyrabbit skier enjoying nature on the Viking trails. Photo credit unknown.*



*Viking kids having unstructured fun after ski lessons are finished. Photo credit: unknown*

## VIKING SKI CLUB DIRECTORS & CO-ORDINATORS 2009 / 2010

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<b>Richard L'Heureux</b> 514 482 0095  richard.lheureux@videotron.ca	<b>Viking Web Site *</b>  <b>Ski Québec, RSFL</b> <b>Volunteering co-ordinator</b> <b>Adult programs</b>	<b>Murray Moss *</b> 514 927 0155 (Cell) m_moss@videotron.ca <b>Judy Rogers *</b> 450 226 2885 judyrogers@sympatico.ca
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