



## PRESIDENT'S MESSAGE

With this newsletter, we celebrate the end of another successful season. Our final activity is the Annual General Meeting on May 18, 2010, and I encourage everyone to attend. One of the important functions of the meeting is the nomination and election of the Board of Directors. Two current members — David Marshall and Richard L'Heureux — will retire this year and must be replaced. If you would like to join the board or nominate a possible candidate, please contact me or any board member.

I thank David and Richard for their services to the club. David did an outstanding job as our fundraising chairman and Richard, whose administrative assistance to me is greatly appreciated, spearheaded and co-ordinated the adult ski lessons.

Also retiring is our membership secretary Marilyn Geddis. This very important position must be filled by September. For further details on the scope of this job, please contact me. My sincere thanks to Marilyn for her many years of dedicated service.

It was another successful year for our various programs. We had 62 Bunny rabbit and Jackrabbit participants in Saturday morning activities, while 13 adults took the Sunday ski lessons. In January the club sponsored a Biathlon Demo Day, which was so successful that we set up a 10-week biathlon program. Several of the 15 people who participated became members of the club — and based on all these successes, we'll be expanding the biathlon program next season. Our Saturday and Thursday touring groups, too, had an excellent winter. It's interesting to note that, despite this

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## MESSAGE DU PRÉSIDENT

Avec ce bulletin nous célébrons la fin d'une autre saison agréable. Notre activité finale sera l'Assemblée générale, le 18 mai 2010, et je vous encourage tous à y assister. Une des fonctions les plus importantes de la réunion est la nomination et l'élection du conseil d'administration. Deux membres du conseil de cette année, David Marshall et Richard L'Heureux, ont annoncé qu'ils ne se représenteront pas et devront donc être remplacés. Si vous voulez vous joindre au conseil ou si vous avez un candidat à proposer, veuillez me contacter ou tout autre membre du conseil.

Je tiens à remercier David et Richard pour tout ce qu'ils ont fait pour le Club. David a rendu un service remarquable en tant que président du comité de levée de fonds, et Richard, en plus de m'offrir une aide administrative inestimable, a implanté et coordonné les leçons de ski pour adultes.

Notre secrétaire aux adhésions, Marilyn Geddis, quitte aussi ses fonctions. Nous devons combler cette position très importante avant le mois de septembre. Pour de plus amples détails sur l'étendu de la tâche, veuillez me contacter. Nous offrons à Marilyn nos remerciements sincères pour ses nombreuses années de service dévoué.

Nos programmes ont connu un grand succès cette année. Nous avons eu 62 Jeannot Lapin et Jackrabbit dans les activités de samedi matin, et 13 adultes ont participé aux leçons le dimanche. En janvier, le Club a parrainé une journée de démonstration du biathlon qui a connu un tel

Voir suite à la page 2

succès que nous avons lancé un programme de biathlon de 10 semaines. Plusieurs des 15 personnes qui ont participé au programme sont devenus membres du Club. Ces succès ont conduit à une expansion du programme de biathlon pour l'année prochaine. Nos groupes de randonnée du samedi et du jeudi ont passé un excellent hiver aussi. En dépit des conditions de neige difficiles (c'est-à-dire, pas de neige !), aucune activité n'a été annulée. Je tiens à remercier tous les coordonnateurs et bénévoles qui ont travaillé si fort pour faire le succès de nos programmes.

La cabane de Skip, sur l'étang, a besoin d'entretien et de réfection; alors je cherche un membre pour coordonner les travaux nécessaires. Le travail se fera en principe vers la fin août ou début septembre. Veuillez me contacter si cela vous intéresse.

**IMPORTANT :** Le chalet est disponible aux membres pendant le jour tout au long de l'été. La clef se trouve à la station de service Ultramar à Morin Heights. Comme il n'y a pas d'hôtes ni d'entretien pendant cette période, il est important que vous laissiez tout comme vous le trouvez, que vous remettiez tout en ordre, et **QUE VOUS EMPORTIEZ VOS DÉCHETS AVEC VOUS.** Merci de votre coopération et compréhension.

À la fin de ce troisième terme de ma présidence (quoi, déjà ?), je tiens à remercier tous les administrateurs et coordonnateurs dont l'expérience, les connaissances et l'aide m'ont aidé énormément tout au long de l'année.

Douglas Bowes-Lyon

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

year's challenging snow conditions (read lack of snow), there were no cancellations of any scheduled activities. I thank very much all the co-

ordinators and volunteers who worked so hard to make these programs successful.

Skip's Hut, down on the pond, is in need of some maintenance and TLC, so I'm looking for a member to take on the task of co-ordinating the work required. This work would typically be done in late August early September. Please contact me for more details if you're interested.

**IMPORTANT NOTE:** The clubhouse is available for day use by members during the off season. The key is available at the Ultramar gas station in Morin Heights. Because there are no hosts or scheduled maintenance during this time, it's important that you leave everything as you found it, clean up after yourself, and **TAKE YOUR GARBAGE HOME WITH YOU.** Thanks for your cooperation.

At this, the end of my third term (what already?), I would like to thank all the directors and co-ordinators whose experience, knowledge and assistance has helped me greatly throughout the year.

Douglas Bowes-Lyon

### **Winter 2010 biathlon at Viking**

by Elisa Rietzschel

It was back in March of 2008 when this whole thing started. My two daughters Danica and Wasana were invited to a biathlon camp in Val Cartier by the ACBQ (Association des clubs de biathlon du Québec). The camp lasted one weekend only, but that was enough. Our daughters were hooked.

Since that weekend, I have been searching for a way to bring biathlon to our region. Coincidence being what it is, a contact was established between Lise Le Guellec and Benita Stoyel this past winter. Lise offered to hold a demonstration day at the Viking clubhouse. This was held at Viking on January 10 and Viking members were invited to attend this free

half-day demo. The turnout was great; young and old attended — more than 25 people!

After the demo day, interest from Viking members shot up. On the week end of January 30/31 Lise Le Guellec graciously arranged for Danica and Wasana to participate in the third Coupe Québec biathlon race held in LaPatrie, (in the Eastern Townships). The club biathlon Estrie welcomed our daughters with open arms.

The Charron twins took very good care in preparing our girls. They lent them rifles and ammunition, explained the race proceedings etc. They cheered them on as if they had always been part of the club. Naturally wanting to know and experience more about this fascinating sport, my husband and I were immediately drafted as volunteers.

Biathlon races are extremely technical. The number of volunteers required to ensure that all aspects of the race have been covered is incredible. As newbie volunteers we learnt what was required in the shooting range, the start area, the finish area, equipment check and so on. We must have been at least 30 volunteers getting set up for the race.

We noticed, once we were back home, that our girls were still motivated about going into biathlon. So I contacted Lise who contacted Benita, and through several discussions, two courses were set up, each of eight sessions, arranged by age group, 9-13 years and 13 years and older. This was quite an accomplishment as all was set up two weeks before Lise was to leave for the Olympics in BC as an official!

Benita, who was already buried deep with the Jackrabbit program, managed somehow to put the biathlon program together. I had given her my word that if she could put the program together, I would take it over, which is exactly what happened.

On February 7, we finally met our instructor. She was none other than the dynamic, energetic and joyful Joannie Girouard. Although the program was put together rather quickly, there were no major hurdles during the eight weeks. However, we were tested by the weather gods —going from arctic temperatures,

to snow, sleet, rain, early spring thaw and sunshine. These dramatic challenges never affected Joannies' good humour or smile.

Due to the early thaw, the last two sessions were without skis. Don't fool yourselves; they were just as demanding, if not more!

As each week passed, we realized that with Joannie each session would bring something original. She knew how to push us to surpass ourselves, and how to keep us motivated. We learnt how to skate ski, run individual relays, team relays, shoot standing, shoot in prone position, speed shooting, ski bounding, running and so on...

On the last day, Joannie had organized the first-ever Viking biathlon championships, with two courses set up. Start list in hand, we were given our start times with 30 seconds interval. Once completed, the first loop brought us back to the firing range, where we would shoot in the prone position (lying down). The second loop brought us back to the shooting range, where we would shoot standing up. Naturally the penalty loop was frequented by all! After the grueling race, Joannie proposed to have a speed shooting competition.

What an incredible day! Finishing the eight-week program with mixed emotions, we were proud of what we had accomplished and saddened that it had come to an end. What will become of our Sundays without Joannie? I could not believe that a novice course could be so demanding and intense, and I do not regret for a second signing up for it!

My girls, as well as all the participants, have been bitten by the biathlon bug. It's only the beginning. There will be courses, training camps, demo days, races, racing teams and so on!  
So see you next winter.

## **Le Programme Biathlon**

par Elisa Rietzschel

Tout a commencé en mars 2008, lorsque mes deux filles Danica et Wasana ont été invitées à participer à un camp de biathlon organisé par l'ACBQ

(Association des clubs de biathlon du Québec) à Valcartier. Deux jours de camp et elles étaient accros!

Depuis ce temps je cherchais un moyen de leur faire participer à ce sport dans notre région.

Un contact s'est fait, cet hiver, entre Lise Le Guellec et Benita Stoyel. Lise offrait la possibilité d'une journée démonstration donnée par un club installé dans les Laurentides depuis peu. Cette journée à été donnée au Club Viking le 9 janvier. C'était gratuit pour les membres du club et tous, grands et petits pouvaient participer. Nous avons eu une trentaine de participants. Cette journée a ensuite suscité l'intérêt de bien des gens.

J'ai ensuite contacté Lise Le Guellec pour lui expliquer qu'il y avait un intérêt marqué dans notre club pour des cours et une équipe de course.

Lise a gracieusement prêté son concours pour que Danica et Wasana participent à la 3e coupe Québec qui avait lieu à La Patrie en Estrie le 30-31 Janvier.

Le club de biathlon Estrie nous a chaleureusement accueillis. Les jumelles Charron se sont occupés des filles. Elles leur ont prêté des carabines, leur ont montré comment les régler, fourni les plombs et j'en passe. Voulant apprendre le plus possible sur le côté technique du sport, mon époux Jerry et moi nous sommes tout de suite inscrits comme bénévoles.

Une compétition de biathlon est, pour le moins dire, très technique. Le nombre de bénévoles nécessaire est incroyable. Nous avons donc appris comment fonctionne le pas de tir, la zone de départ, d'arrivée, la vérification de l'équipement, etc.

De retour dans notre région, les filles étaient très motivées à continuer. J'ai contacté Lise, qui elle a contacté Benita et, d'une discussion l'autre, nous avons mis sur pied deux catégories de cours de biathlon de 8 sessions. Soit 9-13 ans et 13 et plus. Il faut mentionner que tout ceci s'est organisé deux semaines avant que Lise ne parte pour les Olympiques en tant qu'officiel : incroyable ! Benita, déjà impliquée et débordée avec le programme jackrabbit, a quand même entrepris d'organiser

ces cours. Je lui avais promis que si elle réussissait à mettre en place un tel programme, je le prendrais en main. Et c'est ce que j'ai fait.

Le 7 février, nous avons rencontré l'énergique, motivante et joyeuse, Joannie Girouard qui serait notre enseignante, entraîneur pour les 8 semaines suivantes. Nous avons dû ajuster quelques petites choses mais en tout et partout, je crois que le programme c'est déroulé sans trop d'accrochages.

Nous avons eu droit à toutes sortes de températures en passant par la neige, glace, grand froid, neige mouillée, pluie, soleil et grand soleil, tout ça dans la continuelle bonne humeur de Joannie.

Les 2 derniers cours se sont faits à pied, dû au manque de neige. Ils n'ont pas été pour le moins plus faciles ! À chaque semaine, quelque chose de nouveau et d'original nous attendait. Joannie savait toujours comment capter notre attention et notre désir de nous dépasser.

Cours de technique de pas de patin, relai individuel, relai course, tir debout, tir couché, tir de vitesse, ski-bounding (entraînement d'été), course à pied et j'en passe ...

Lors de notre dernier cours, Joannie avait organisé le tout premier championnat de biathlon Viking. Deux parcours furent établis. Liste de départ en mains, parcours et fonctionnement expliqué nous sommes parties avec 30 secondes d'intervalles. Il s'agissait de faire une boucle, un tir couché, une boucle, un tir debout, une boucle, un tir couché, une boucle, un tir de debout et puis finalement une dernière boucle, sans oublier les boucles de pénalité pour chaque tir manqué ! Ceux qui ont regardé le biathlon aux olympiques savent de quoi je parle !

Pour terminer, car il nous restait un peu de temps, nous avons fini avec une compétition de tir de vitesse!

Quelle journée à la fois vraiment plaisante et triste! Qu'allions--nous faire de nos dimanches sans Joannie ? La belle complicité et amitié qui

s'est développée au long de nos 8 cours me manquera ! Et bien je ne croyais pas que ces cours de novice pouvaient être si intenses, mais je n'ai pas regretté de m'être inscrite une seconde !!!

Mes filles ainsi que plusieurs autres ont eu leur biathlon et ce n'est qu'un début !

Camp, cours, journée de démonstration, courses, équipe de courses....À l'an prochain!



*Rolf and Wilma Christiansen after the 10 km Loppet event in 2009. Photo: P. Prince*

## **How I Won a College Ski Scholarship**

by Sarah Moore

editor's note: Sarah, a Viking Jackrabbit instructor for the past two winters, is an alumnus of that program. She also won a Nordic ski scholarship to study for two years at a Vermont college and explains below how she did that. Sarah is now at Concordia University, having just completed her first year in Communication Studies and Journalism.

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There are several ski academies in north-eastern Vermont for high school students. The most well-known ones are Stratton Mountain School (SMS), Burke Mountain Academy (BMA) and Green Mountain Valley School (GMVS). I attended GMVS, which is in Waitsfield, Vermont, a 45-minute drive east from Burlington. All of these schools have more alpine skiers than cross-country skiers. Everyone at the school is a skier though. At GMVS the ratio was

about 100 alpine skiers to 10 cross-country skiers when I was there.

The process for getting in isn't complicated, and the schools are more likely to accept a cross-country skier (or "Nordic" skier as the Americans like to say) than an alpine skier since there are fewer of us. All the information for applying is on the school websites. The deadline for applications for the new school year is some time in February.

For GMVS there were a couple of essay questions to answer and two letters of reference to write. I sent it all in an envelope with my transcripts and hoped that they would call me back for an interview, which they did. The headmaster, Dave Gavett, asked me what I would like to do if I were president or prime minister of the world and seemed satisfied with my answer so he introduced me to the coach. I started training for the new ski season shortly after that, at the beginning of May, with his plan.

Now, my first worry was that I wouldn't get accepted. When I was accepted I was happy but still didn't know if I would be able to attend the school in September. Ski academies cost the same amount per year as most American colleges do. The cost was approximately \$40,000 for tuition, which doesn't include ski trips, team clothing or wax and race fees. Luckily, there is a very good financial aid system, so I ended up spending far less than that. "Scholarship students," as we are called, have to do 100 work hours throughout the school year and their parents have to do five work days each.

I lived on campus, in one of three dorms. Most of the people at the school were from the United States, but there were also several Canadians and a couple of Japanese, Spanish, Chilean, Swiss and French students as well. Everyone partakes in cleaning the dorms and doing dish crew once or twice a week in the cafeteria. We kept to a busy schedule from December to March, doing the Canadian Championships at the Vancouver Olympics venue, the Italian Championships and some early-season Quebec races.

I studied at GMVS for two years. My younger brother, Daniel, is now in his second year there. He'll be graduating in June from grade 12. We both did grades 11 and 12 in Vermont after finishing grade 10 at Joliette's Polyvalente Thérèse-Martin with the sport-étude program.

It's definitely a big commitment, both for the athlete and the family, but it is by far the best place to train from. Doing training camps in Italy, British Columbia and Utah, as well as racing all over the eastern United States and Canada, is an amazing experience and every skier who goes to a ski academy will come out of it a more committed, disciplined and much-improved skier.

## Norway Nordic Closing down Party

by Derek Wills

Sadly, after some 25 years of serving the recreational sports community – cross country skiers in particular – founder/proprietor Niels Hollum has closed the doors on his Ste-Anne-de Bellevue-based store for good. However, instead of going out with a whimper, he decided to out with in a bang by inviting his loyal customer base to a closing-down party on the afternoon of Sunday, March 21.

Over a generously provided selection of refreshments, loyal customers met up in the store to reminisce with each other, and with Niels who recounted some of the early challenging days of importing cross country skis from his native Norway.

A thoughtful gesture to Niels was made by ex-Viking Ole Gjerstad (currently engaged in making documentary films in the far north) who presented him with a book, appropriately entitled *Two Planks and Passion* –The dramatic history of skiing by British author Roland Huntford.

All in attendance had a chance to comment and sign in this book, a permanent last chance to thank Niels!

Over the years, Norway Nordic had gained a reputation for its excellent range of cross-country equipment, skilled technical help with ski waxing prep and repairs, and most importantly, patient and

competent advice and assistance with purchases, be it boots, poles or wax. Such one-on-one personal service can be difficult to come by in the contemporary “big box” sports stores. Also Norway Nordic's generosity to Viking and other clubs was reflected in its donations of sports gear for event prizes and draws, plus offering the store premises for hosting club meetings.

A long and friendly relationship between Norway Nordic and Viking has regrettably come to a conclusion.....we wish Niels all the best with future endeavours and his worldly adventures, for which he is justly famous!



## Newsletter Contributors

Thank you to all those who have contributed to the Viking newsletter during the 2009—2010 season:

Text, translating, and proofreading:

Douglas Bowes-Lyon; Gordon Cohen; Maryse Emond; Richard L'Heureux; Norm Horner, Sarah Moore; David Marshall; Daphne Mitchell; Wendi Petersen (translation) ; Bill Pollock; Elisa Rietzschel; Judy Rogers; Benita Stoyel; and Derek Wills

Photos:

Gary Cralle; Main Street (newspaper); Sarah Moore; Jarmila Philipp; Elisa Rietzschel; Steve Smith; Benita Stoyel; Kyle Stoyel; Thomas Vikander; Erik Vikander; Derek Wills; Hjordis Wills

## Welcome New Members:



Pascal Beaudoin & Fanny Dubois / Joan Bezeau & Martin Bezeau / Frans Blom & Marta Mamen / Benoit Brouillette & Julie Martineau / Jerry Drouin & Elisa Rietzschel / Russell Fisher / Jeanie Girouard / Larry Greer & Nancy Richard / Jodee Henry / Maaïke Hibbeln-Kirby / Andreas Hofmann & Jutta Hofmann / Derek Johnson / Caroline Laframboise / Flavie Lalonde / Benjamin Lawson / Frédérique Little / Marc Lussier & Françoise Fortin / Sheila Mason / Pierre Marchand & Daniele Bolduc / Urud Mutang & Natasha Blanchet-Cohen / Jeremy Rycroft / Mylène

Salvas & Marcel Lauzon / Antoine Sarrazin / Richard Verdon & Martine Berger / Judy Weil & Michael Weil / Alexey Ziskin & Laure Cohen



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## We Need Your Help

by Norm Horner

The Viking Ski Club needs your support if we are to continue our high quality services in important areas including:

- The maintenance of our extensive and beautiful trail network
  - Excellent teaching programs for children, teens and adults
  - Our exciting new biathlon program
  - Our clubhouse, with its great facilities and social ambience
  - The many activities, ranging from weekly ski tours to annual dinners
- (See this newsletter for a complete listing of our many events)

Three members of Viking's Board of Directors, including the treasurer, are stepping down after several years of dedicated service to our club.

Please consider donating just a few hours a month to helping Viking Ski Club by becoming a member of our Board of Directors. We need your help in order to continue our storied traditions and maintain our excellent facilities.

Please play your role in helping to provide a unique recreational opportunity in the great outdoors for individuals and families in the Montreal and southern Laurentian areas. If you are interested in playing a more active role in your Viking Ski Club, please



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contact any member of the Viking Board of Directors (email addresses are listed in the newsletter) or come out and see us at the Annual General Meeting on at the Casa Grecque restaurant at 13,081 Gouin Blvd W in Pierrefonds on May 18.



*Sophie Koestner munches on hot dog at 2009 Jackrabbit picnic. Photo: S. Moore*

## **Touring - Sorties de ski**

by Gordon Cohen

Many thanks to this season's Saturday hosts; Judy Rogers and Rudi Scherz, Diane and Bill Pollock, Marie-Claire Skrutkowska and Philip Harrison, Hjordis and Derek Wills, Gordon and Audrey Little, Linda and Chris Lyle, Mike Loken, Sorel Cohen.

Thanks also to Audrey Speck for organizing our Mt. Tremblant weekend and to Sorel Cohen for the great oyster and prosecco party. If anyone would like to host a Thursday or Saturday tour next season, or if you have a suggestion for a Thursday or Saturday tour, please get in touch with me.



*Volunteers at CP4A: (in no particular order) Chris Teron, Doug Bowes-Lyon, Vince, Jarmila Philipp, Brenda Hunter, Frank Philpott, Dan Boghen, Louise Boghen Photo credit: J. Philipp*

## **Hosting-Le programme d'hôtes**

by Gordon Cohen

First of all I'd like to thank Audrey Speck for the great job she has done as our hosting coordinator.

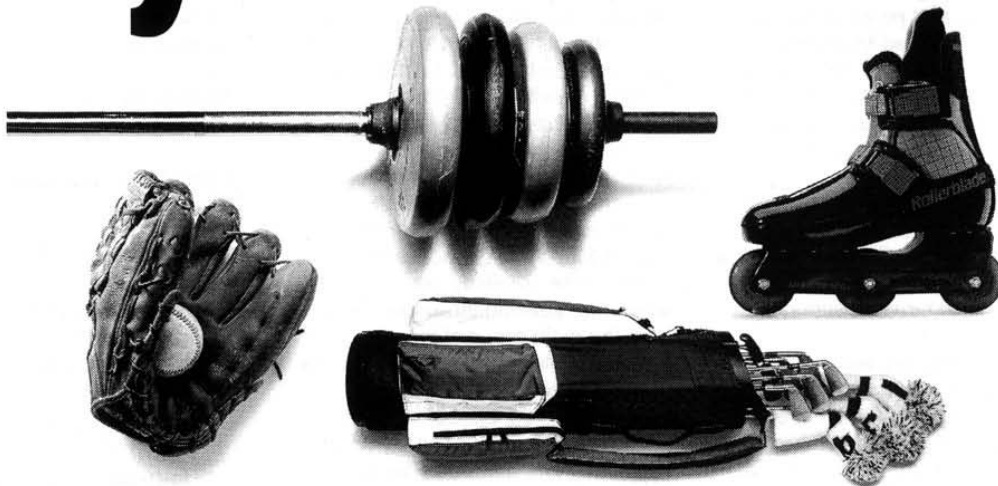
This season's hosts were: Stan and Sandy Cytrynbaum-2, Neil Price, Indra Gupta, Paul Lord-2, Geoff Dougherty, Elaine Lamarre-2, François Dionne-2, Tina Nussbaum-2, Kato Lone-2, Rigby Whitty, Donald Smith-2, Andrea Patch-Smith-2, Cecelia Malinsky-2, Kent Conover-2, Bruce Underwood, Cathy Barr, Renata Obala-2, Derrick Hanni-2, Jutta and Andreas Hofmann-2, Ron Crotogino-3, François Vermette-2, Kim Marineau-2, Paul Vaillancourt, Catherine Beaudry, Susan Law, Steven Smith, Manon and François Belle-Isle-2, Mylene Salvas-2, Marcel Lauzon-2, Jean and Lou Lukanovich, Marie-Claire Skrutkowska, Philip Harrison, Hélène Véronneau-2, Joël Bonin-2, Norman Ravvin, Shelley Butler, Elfriede Gebhgard-2, Guy Bessette-2, Audrey Speck, Michael Dohrendorf, Catherine Rossignol, Amine Kamen, Michael Hiles-2, Pascal Beaudoin, Fanny Dubois.

Forty-eight people filled 76 slots.

Hosting is important to Viking, and we thank you all; un grand merci à tous.



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Noraaay Nordic closing party. Photo: E. Vikander    Below: Some skiers think that they can fly! Photo: K. Stoyel



Howard's fashion statement





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

Text submissions can be in English ou en français.

For photo submissions, please submit as attachments, not embedded in text documents. Kkindly indicate the subject and name of the photographer. Advertisements should be photo-ready.

### 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

### 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/)

Also listed on the website is information on how to join Viking.



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