



Presidents Message December 2010

Welcome to our 2010 – 2011 ski season

Thank you to all the members who participated in trail clearing this fall. We completed all our work by mid November. Good news is that we have re-opened the Crown East, which will be groomed and track set this winter. In addition, we also reopened, and to some extent rerouted, the Hills Lake/Days Lake bypass. Both these trails should add to our skiing experience this winter. I would like to thank the "Thursday Trail Clearing Crew" for making these additions to the network 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 9, 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 back this year the Challenge program. 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 8 start. In addition, after a very successful introduction last year, we will again run the biathlon program. As well, 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.

The club will once again handle the Mini Check Point, CP4A in the Canadian Ski Marathon. I am looking for volunteers to help with this, so if you are interested or want more information, please contact me.

(see continuation of President's Message on p.2)

Viking December 2010

Message du président

décembre 2010

Bienvenue à la saison 2010 - 2011 !

Un grand merci à tous les membres qui ont participé au débroussaillage cet automne. Nous avons complété la tâche dès la mi-novembre. La très bonne nouvelle est que nous avons rouvert la Couronne est, qui sera tracée et damée cet hiver. Nous avons également rouvert et un peu changé la route de contournement du lac Hills/lac Day. Ces deux pistes devront ajouter du piquant à notre expérience de ski cet hiver. Je voudrais remercier l'équipe de débroussaillage du jeudi pour avoir rendu possibles ces additions à notre réseau.

Les nouveaux membres sont très importants pour le club. Nous vous souhaitons une chaleureuse bienvenue ! Nous vous invitons à assister à notre journée d'accueil pour les nouveaux membres, dimanche, le 9 janvier, à 10h, où nous vous présenterons le chalet et ses installations, nous passerons en revue notre réseau de pistes, et nous répondrons à vos questions à propos du club et de ses programmes. Après le dîner, nous ferons une visite guidée des pistes de course, suivie d'une collation partagée de retour au chalet.

Un des éléments clef du succès du club est le programme pour les jeunes : Jeannot-Lapin, Jackrabbit et, de retour cette année, le programme Défi. L'équipe du programme des jeunes, sous la direction de Benita Stoyel, a travaillé fort pour organiser le programme pour cette année, qui débute le 8 janvier. De plus, après un premier essai très réussi l'année passée, nous offrons encore un programme de biathlon, ainsi que des leçons de ski de fond pour adultes. Référez-vous aux renseignements sur tous nos programmes – les leçons et les randonnées de samedi compris – ailleurs dans ce bulletin.

Notre club sera de service au point de contrôle CP4A dans le Marathon canadien de ski. Je cherche des bénévoles pour accomplir cette tâche, alors si cela

vous intéresse de le faire ou si vous voulez de plus amples renseignements, veuillez me contacter.

Alors que nous entamons une nouvelle saison, je vous offre ces quelques rappels :

- Les hôtes sont de service de 9h à 17h chaque samedi et dimanche. Les hôtes ferment et verrouillent le chalet à 17h. Si vous pensez revenir plus tard que cela, veuillez avertir les hôtes et vous arranger avec eux.
- Si vous faites du ski pendant la semaine, vous pouvez aller chercher la clef au chalet à la station de service Ultramar à Morin-Heights. Vous devrez présenter votre carte de membre et signer pour recevoir la clef. N'oubliez pas de la retourner à la fin de la journée.
- Lorsque vous ouvrez le chalet, il est très important d'allumer la pompe avant d'utiliser de l'eau. Voir les instructions affichées au chalet.
- Et finalement, nous vous encourageons fortement de ne pas skier tout seul et, si vous skiez pendant la semaine, de laisser une note sur votre pare-brise indiquant où vous aller skier et quand vous allez revenir. Cette information peut s'avérer utile dans une situation d'urgence.

Meilleurs vœux et Bonne Année à tout le monde.

Douglas Bowes-Lyon

President's message (continued)

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

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Viking Clubhouse Hosting

by Audrey Speck, Hosting Coordinator

The Viking Club house will soon be open for skiers to meet up, eat lunch, or end the ski day with a hot drink or a sauna. However, we must have volunteer hosts for each weekend day of the ski season as well as during the holiday season – 4 hosts for the Saturday youth program days, 2 hosts for other days. Hosts open and close the house, welcome new members or guests, give out information about club memberships etc.

If you have opted to be a clubhouse Host as your choice of volunteer option and haven't yet settled on a date, please contact me as soon as possible, giving

three preferred dates. I will then confirm this and send you the necessary information as to what exactly your duties will be. Please let me know if you are hosting for the first time and I will make sure that an experienced host is on duty with you.

This year, the Hosting Schedule is posted on our website so that you can see what days are available, confirm when you are hosting and see who is hosting with you:

www.vikingskiclub.ca/en/members/hosting_list.pdf
The list of members' names, phone numbers and emails is also in the "Members Only" section of the website.

Hoping for a great ski season!
a.speck@videotron.ca or 514-487-0432



Social Supper to celebrate UN Year of Forests; Saturday, January 29, 2011

by Daphne Mitchell

Each fall we walk through a golden carpet of leaves, to check on the state of the trails. In the winter we ski past gleaming yellow birches and snow-laden conifers. This year, come prepared to honour the forest that we that depend on and that gives us so much pleasure. That means that you must adorn yourself with some link to trees: think lumberjacks, carpenters, book lovers, dogs, squirrels, beaver, birds, owners of wooden skis ..

Last year's caterer, Gillian Hartley, will provide the main course while we will again look after the appetizers and desserts.

Viking December 2010

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

Main Course: To be decided

Dessert: Six 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

The cost will be \$15/person. Please register with Celia Lang at celia@trafalgarc.ca or 514-488-7359 Please tell Celia if, and what, you are willing to contribute.

Registration Deadline Sunday January 23, 2011.
(The numbers go to the caterer on January 24)

Another trail clearing season comes to a close

by Judy Rogers

The meteorological gods smiled on Viking's 2010 trail clearing efforts, with generally good weather and pleasant working conditions. A total of 132 person days was put in since September and, as we write, the work is complete – although there could always be a little more done if conditions permit.

Thanks to all the 69 members, young members and friends who turned out. And special thanks to the Thursday crew who continued their efforts once all the "official" work was done to work on the lac Hills/lac Day bypass and open up most of the Crown East. As always of course, we thank our trail clearing boss Doug Bowes-Lyon who organized the work crews and made sure our trails are ski-ready.

For write-ups about trail clearing, along with photos and lists of participants, please visit the Viking website at www.vikingskiclub.ca and look under TRAILS.

Lac Notre-Dame Real Estate – A Well Kept Secret

by Pauline Massicotte

Located only 20 minutes away from St-Sauveur, one hour from Montreal – and about 10 minutes from the Viking Ski Club – Lac Notre-Dame is a well-kept secret with its beautiful large 'no motor boats' lake and peaceful environment. Large areas of Lac Notre-Dame are protected by The Nature Conservancy of Canada. There is no public access to the lake and there is a very active owners' association.

Outdoor activities are numerous year-round for grown-ups and kids as well. Summer is the season to enjoy the lake's fresh waters. Besides great swimming, this large body of water offers the possibility of canoeing and kayaking on both Lac Notre-Dame and Lac St-Victor. The most adventurous ones can even make it to Lac St-François-Xavier where the Viking Canoe and Kayak Club is situated. This club is five minutes away from Lac Notre-Dame and offers paddling programs for people of all ages and abilities.

Winter at Lac Notre-Dame is a skier's paradise with its beautiful cross-country ski trails that connect to the Viking Ski Club's trail network. The trails are groomed by the Viking Ski Club, and it is possible to ski from Lac Notre-Dame to the Clubhouse instead of driving there. Besides skiing, one can also enjoy snowshoeing right from the Aerobic Corridor which is 5 minutes away from Lac Notre-Dame. In the summer season the Corridor is open for walkers and cyclists.

Given the natural beauty and the quiet of the area, its perfect location for all kinds of outdoor activities, and yet its proximity to all the conveniences and events offered by the St-Sauveur Valley, Lac Notre-Dame is a great place for families with kids and for retired or semi-retired persons as well. Whether you are looking for a weekend or a permanent property, Lac Notre-Dame has a lot to offer.

There are presently five waterfront properties for sale on Lac Notre-Dame. Prices range from \$178,000 to \$725,000. The asking prices compare favourably with those of sectors such as St-Adolphe and Morin-Viking December 2010

Heights. For more information on properties available on Lac Notre-Dame please visit my website at www.paulinemassicotte.com. Hurry up because there are not usually as many houses for sale on Lac Notre-Dame. When people buy a property on this wonderful lake they usually keep it for a long, long time... Don't forget this is a well-kept secret!

Note: the author is a Real Estate Broker, resident of Lac Notre-Dame, and member of Viking. You can reach her at: 450-226-9749



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Groupe Sutton - Laurentides



2011 Tour Schedule;
(all tours start at 10 a.m.)

by Gordon Cohen, Touring Coordinator

January 8 Lac Brûlé

Hosts: Bill & Diane Pollock

Participants please phone Gordon Cohen 514-482-1327; cottage 450-226-3455



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January 15 Wentworth Nord

Hosts: Dave & Eleanor Clark 450-226-3055
An intermediate level tour on the Morin Heights & Viking trails adjacent Montfort village. Address: 105 Hunter Road, (Montfort) Wentworth Nord

January 22 Ste-Marguerite/Esterel

Hosts: Marie-Claire Skrutkowska & Philip Harrison 514-487-2743; 450-228-3348 (cott.) A tour on Estérel's gentle trails, plus the possibility of the Lac Pilon loop. Marie-Claire will lead a shorter tour.

January 29 Viking West & Club Dinner

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

Viking December 2010

Leaders: Sorel & Gordon Cohen 514-482-1327; cottage 450-226-3455

February 5 St-Faustin

Hosts: Chris & Linda Lyle, 514-484-8632; cottage: 819-326-8769. A 17km tour for intermediate skiers on wilderness trails, including parts of the original Maple Leaf and Western trails as well as the scenic Cornu Ridge. Address: 115 chemin du Lac à la Caille

February 12 Morin-Heights, Western

Hosts: Derek & 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. Address: 299 ch. Bélisle, Morin Heights

February 19 Ste-Anne-des-Lacs - Loken Trail

Host: Mike Loken, 450-224-5631. A unique 22km 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. Address: 125 ch. des Noyers, Ste-Anne-des-Lacs

February 26 No Tour

We want to concentrate our efforts on the Morin-Heights-Viking Loppet, which takes place the following day, Sunday February 27. This year there will be considerable trail work prior to the Loppet and we are counting on the help of the Touring Group, this means Thursday February 24 and if necessary Saturday February 26.

March 4--6 Weekend at Mont Tremblant

We are finalizing arrangements to stay at Côté Nord, where we stayed for the past two years. As soon as the details are settled we will email the touring list. If you are not on the touring list, please advise Audrey or Gordon and we shall make sure you get the information on this weekend. Coordinator: Audrey Speck: 514-487-0432 a.speck@videotron.ca.

March 12 Barbeque & Picnic at Viking

Joint Barbeque & Picnic with Junior Programs & Tour on Club Trails, (details to follow)

March 19 Spring Picnic at Lac Notre Dame,

Hosts: Gordon & 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.

Thursday Tours

Our first tour of the season is Thursday, January 6. 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 the details of each coming trip. 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 for \$20 with your membership as we hope to ski some of the centres outside of our area. They can be obtained from our membership secretary, Wendi Petersen. If you have already sent in your membership and want to add a Carte Réseau, you can download the membership form, fill in the line for the Carte Réseau and mail the form and cheque to Wendi.

Derek Wills: Thursday coordinator: 514-683-0696; derek_wills@sympatico.ca

Nota Bene (For both Saturday & Thursday tours):

- 1) Let the leader/ host know that you will participate.
- 2) Bring trail snacks, lunch & liquids.
- 3) Dress warmly in thin layers & bring an extra sweater.
- 4) Be prepared to have your skis waxed to start skiing at 10 am.
- 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 weekly e-bulletin. To subscribe send an email to gdcohen@sympatico.ca or call me at 514-482-1327 (res.), 514-271-4646 (office), 514-979-0065 (cell), or 450-226-3455 (Cottage).



L'entraînement pour les skieurs adultes : une priorité au Club de ski Viking

par Richard L'Heureux,
coordonnateur, leçons pour adultes

Pour l'hiver 2011, plus que jamais, le Club de ski Viking offre à ses membres adultes toutes les possibilités de bien maîtriser les techniques de ski pour skier avec plus de contrôle et d'agrément.

Affiliation au CANSI

Tout d'abord, pour bien se garder au fait des meilleures techniques de ski nordique, le club est devenu membre affilié de l'Association canadienne des moniteurs de ski nordique, mieux connue sous son sigle anglais de CANSI.

Leçons de ski

De plus, pour une troisième saison, deux programmes de trois leçons de ski seront offerts à des prix très compétitifs. Le premier sur les techniques de base du ski de fond, le second sur les techniques de descente. Si l'utilité du premier programme est largement reconnue, plusieurs continuent de penser qu'en descente, un chasse-neige plus ou moins maîtrisé, voire le freinage avec les bâtons font l'affaire. Or comme le mentionne le manuel du CANSI, « Que ce soit en trace directe sur une piste, au pas tournant ou pour exécuter une série de virages en télémark sur une pente dégagée, les skieurs doivent être en mesure de maîtriser leur vitesse et leur orientation en descendant. Ils doivent aussi être capables d'exécuter ces manoeuvres en toute sécurité et en contrôle. »

C'est ce que vise le programme de techniques de descente, en incluant la démonstration du chasse-neige et des autres techniques plus avancées de contrôle en descente. Résultat : des randonnées où la descente devient un plaisir et non un souci!

Sorties pour marathoniens

Bonne nouvelle : dès janvier, Bruce Underwood coordonnera les sorties pour les membres qui s'entraînent pour le Marathon canadien de ski qui aura lieu les 12-13 février. Bruce est un marathonien chevronné qui prend son entraînement bien à cœur! Les marathoniens aspirants coureurs des bois et autres catégories pourront profiter de cette occasion unique de s'entraîner en groupe! Ces sorties partiront du chalet du club et auront lieu le dimanche matin à 9h30 à partir du 9 janvier jusqu'au 6 février. Ces randonnées sont gratuites. Le point de rencontre sera au chalet du club. Les membres intéressés communiqueront avec Bruce Underwood (514 482-1610). Pour des informations pratiques sur les leçons de ski et les sorties d'entraînement au Marathon canadien de ski, consulter le site Internet du Club Viking à www.vikingskiclub.ca/fr/intro.php

The development of adult skiers, a priority at Viking

by Richard L'Heureux, adult program coordinator
Viking December 2010

This winter, Viking offers more training opportunities for its adult members. In order to keep up with the information on ski techniques, Viking has become an affiliated member of CANSI (Canadian Association of Nordic Ski Instructors).

Ski lessons

Moreover, for a third season, two ski lessons programs will be offered to members at competitive prices: one in Classic Nordic Ski Techniques and the other on Cross-Country Ski Downhill Techniques. The usefulness of the first program is well known; but many skiers still believe that a very basic snowplow or even riding their ski poles will carry them safely down challenging downhills. As mentioned in the CANSI Instructor's manual, "Downhill is an essential part of Nordic skiing. Whether straight-running on a trail, step-turning or executing a rhythmic series of telemark turns on an open slope, skiers must be able to control their speed and direction while moving downhill. They also need to be able to perform these manoeuvres safely and under control."

The Cross-Country Ski Downhill Techniques program follows that line, by including the snowplow and other more advanced techniques, so that as a result, skiers will look forward to those steep downhill runs instead of fearing them.

Training for the Canadian Ski Marathon

Good news for would-be marathoners: starting this January, Bruce Underwood will lead training tours for members who want to be well prepared for the Canadian Ski Marathon (to be held on February 12-13). Bruce is an experienced marathoner who takes his training seriously. Would-be "Coureurs de bois" and other types of marathoners will benefit from this opportunity of group training. Training tours will take place on Sundays at 9:30 a.m., from January 9 to February 6. The meeting point will be the clubhouse and this training is free. Interested members should contact Bruce Underwood (514 482-1610). More information on ski lessons and training tours is on the website: www.vikingskiclub.ca/en/intro.php



(advertorial)

Although it's mainly known as a downhill store, "**Austrian Ski Shop** has always carried Nordic gear," explains co-owner Paul Brodeur. He points out that the boutique stocks such Nordic equipment as:

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discounts for Viking members

Morin-Heights trail use by Viking members; An important clarification

Dear Members:

The Morin-Heights Cross Country Ski Centre have recently notified me of some issues relating to the Vikings use of Morin Heights Trails I hope that with the understanding of our membership when they consider the following, we can avoid any future problems.

As you may be aware, the Viking Ski Club has an agreement with the Municipality of Morin-Heights whereby members of the Viking Ski Club can ski at no cost on the Morin-Heights trails, and reciprocally, holders of valid Morin-Heights ski passes can ski on our Viking trails. There are several rules that must be respected by both organizations:

a) Viking members must have their membership cards (not just the current Viking badge) with them, and preferably visible while on Morin-Heights trails. If you don't have your card the patrollers will ask you to purchase a MH trail pass.

b) If you have GUESTS skiing with you and you wish to ski on MH trails they must purchase a MH pass. Your Viking membership does not cover guests on MH trails.

c) The agreement is for skiing onto and over the respective networks. It DOES NOT INCLUDE PARKING PRIVILEGES. If you wish to park in a Morin-Heights parking lot, you must purchase a Morin-Heights pass. Conversely holders of Morin-Height's passes are not allowed to park in Viking's parking lot.

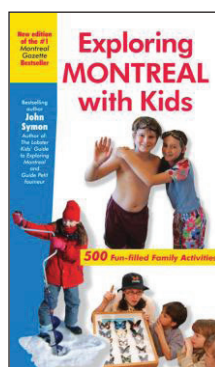
I thank you in advance for your co-operation.

Doug Bowes Lyon
President, Viking Ski Club

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

Skier nouvelles Skier nouvelles est le plus important site internet au Québec consacré à l'actualité sur le ski nordique.

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



Looking for ideas on where to take the kids this weekend? Some 500 ideas for kid-friendly destinations around Montreal are described or listed in **Exploring Montreal with Kids** and **Découvrir Montréal avec les enfants**, both available for \$19.95 in fine bookstores and at www.montrealwithkids.com

Francophone recherché

Nous cherchons un francophone qui pourrait nous aider avec des communications écrites de Viking, y compris des traductions de l'anglais. Si vous pouvez nous prêter main forte dans cette tâche importante, veuillez contacter Norm Horner (voir p. 12)

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Newsletter 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, kindly indicate the subject and name of the photographer. **Photos should be sent separately of text articles; not embedded.** 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 conditions?

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:

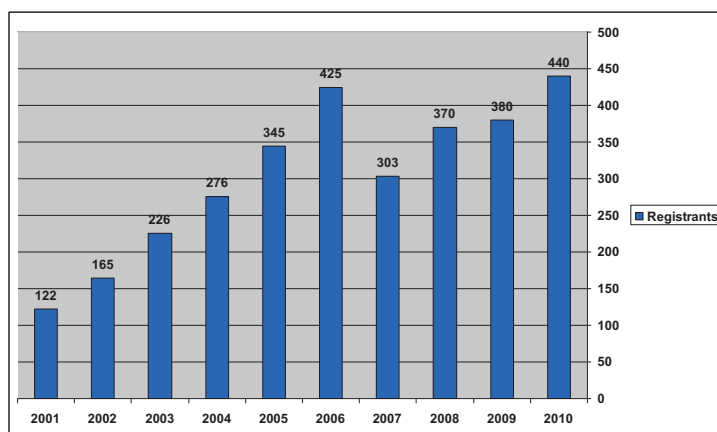
www.vikingskiclub.ca/

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

The 2011 Morin-Heights/Viking Loppet

by Wilma Wiemer

This graph reflects the growing popularity of the Loppet event over the past decade, with 2010 being a record year in terms of the total number of registrations! Such registrations included some 30 snow-shoers in a first-time run 5 km snow-shoe course.



Given this level of interest, it will also be run again in



How not to do it. To do it right, why not take a course?
Photo: S. Smith

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the upcoming Loppet as well as the usual classic x-c courses of 10km, 20km and 33km.

We appeal all Vikings, skiers snow-shoers and volunteers to mark your calendars for **Sunday, 27th February 2011** and to be part of the 39th annual Morin-Heights-Viking Loppet! Details and information are available on the Loppet website:

www.skiloppet.com

Note that if you register early, either on-line or by mail-in before 24 January 2011, you can take advantage of the Early Bird Specials.

To run this special annual event successfully involves over 100 volunteers and so we appeal to members and students - whose efforts in particular can count toward their curriculum - to come out and extend a hand.

Those interested in volunteering are asked to please give me a call at 450-226-9928 or e-mail at wilma.wiemer@live.ca

Viking Calendar Winter 2011

Start of Thursday tours	January 6
Start of Saturday youth programs	January 8
Start of Saturday tours	January 8
New Members' Day	January 9
Start of Marathon Training	January 9
Loppet early bird registration	January 24
Social Dinner	January 29
Canadian Ski Marathon	Feb. 12-13
Morin-Heights/Viking Loppet	Feb. 27
Spring Fling @ Tremblant	March 4-6



Some skiers think that they can fly. Photo: K. Stoyel

Stay at the ACC's Laurentian winter house; An inexpensive & friendly place to stay

by Dave Percival

Viking Club members and their guests are welcome to spend a night at the winter house of the Alpine Club of Canada (ACC) in Ste-Adele which serves as a base for cross-country and telemark skiing, as well as ice climbing. This season, the house at 1261 Emile Cauchand is available from early December until late March. The prices noted below are still approximate at this date, but nonetheless quite reasonable.

The house is a five-minute walk to the grocery store, movie theatre, and the SAQ. The Municipality of Ste-Adele offers a network of well-maintained and groomed, free cross country ski trails. The trail entrance is a five minute walk from the house. As well, there are two downhill ski areas close by. For those who like ice skating, an oval is kept open on Lac Rond, just a short walk away.

The winter house is spacious and bright with hardwood floors, six bedrooms, and lots of sleeping space. If the bedrooms are full, there is plenty of room on two floors for foamies which are provided. You just need your sleeping bag and a pillow. The house is rarely full and we never turn people away. Children are most welcome too; we have a VCR and TV to entertain them in the evenings.

On Saturday nights the ACC organises group meals. This is a way of introducing and including new house attendees and also makes a small amount of money to support the house. The meals are also organised to avoid a potential crush of people cooking their own food at dinner time. If you do not want to partake in the meal, your meal should be prepared either before or after the group meal. The meal schedule is available on the ACC Montreal Section Website (see below) and the price will be ~ \$12/person.

The cost of an overnight stay for Viking Club members is about \$18/night and children aged 2-18 are \$5/night. More details regarding the house and directions to get there are available from Viking member Dave Percival at 514-481-2435, or from the ACC Montreal Section website www.accmontreal.ca/skihouse.html. We hope to see you there!

VIKING SKI CLUB DIRECTORS & Co -ORDINATORS 2010 / 2011

Board of Directors	Responsibility	Co-ordinators
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