



We had an AMAZING opening day and ski swap on Saturday November 30th! The sun was out, with a whole lot of snow on the trails. How could we have asked for anything better? In addition to our own ski team, we had several clubs visiting with their ski teams on opening day; Georgian Bay Nordic, Arrowhead Nordic, Walden Cross Country and the Nipissing University Lakers Nordic ski team.

We received a thank you from Matt Nelson of Georgian Bay Nordic indicating that they had an amazing time and that everyone at the club was very welcoming and supportive. He further indicated that they love coming to Temiskaming Nordic and hope to be back again next year.

There was a lot of hustle and bustle within the chalet and on the trails. It was so AWESOME to have so many attend opening day! We had Kevin from Cycle Works and representatives from Madshus on hand with equipment to try out and/or purchase. The liquid wax demonstration also drew quite a crowd. Thank you to all who helped to make our opening day so successful! A special shout out to Gerry Vachon and his grooming team for working very hard to prepare the trails. Faced on Thursday (November 28th) with many downed trees and a massive snow fall, the grooming team worked long hours and had the trails in very good shape for the open house.

If you missed the liquid wax demonstration and/or would like ski lessons, contact Bill Gabbani and he will be more than happy to help you. His contact information is posted on the Special Events board at the chalet.

Membership tags are available to collect from the box at the chalet. Once you have removed your tags, please return the envelope to the back of the box for future use. We ask that you wear the membership tags at all times when on the trails.

A gentle reminder of Trail Etiquette

- Wear your membership tag or day-use pass on the trails.
- Always carry a cell phone in case of emergencies

- You must show your membership tag or day-use pass if asked. If you are unable to produce your tag, you may be asked to leave the trails
- Use assigned trails for skiing or snowshoeing
- NO snowmobiles; snowshoes; pets or walking upon the ski trails. If you must walk, remove your skis and walk to the far right or left of the trail
- Always ski in the direction marked
- Repair fall marks as best you can
- Trails are groomed for and by the members of the Temiskaming Nordic Ski Club by volunteers

Cookie Exchange Cancelled

Regrettably, due to a lack of interest, the cookie exchange (previously advertised at the chalet) has been cancelled.

TNSC Swag

TNSC will post new swag printouts including pricing on the cork board outside of men's washroom. Pre-orders will be accepted with the order placed once there are 10 to 12 items. We have a limited number of knit toques and heather grey hoodies on order which we hope to receive before Christmas.

Don't forget that a TNSC membership would make a wonderful Christmas gift!

Speaking of Christmas, we would like to add some seasonal festivity to the chalet. If you have any extra decorations that you would like to donate, please drop them off at the chalet.

Annual Ski Distance/Participation Challenge

This week the Annual Ski Challenge Distance/Participation Chart will be posted again this year in the chalet (basement) for those who would like to track the number of times they ski and/or the number of kilometres they ski over the season. Here is a recap of the program:

- Every time you ski, you will receive one point towards a bronze, silver, or gold award at the End of Year Banquet!
- You will also be awarded 10 points for each of the following events that you participate in: the New Year's Day Brunch, the TNSC sprint relays, the TNSC loppet, and the Challenge Ski
- All you have to do, is put your name on one of the rows of the chart and then put a check mark or indicate the number of kilometres you have skied in the box under the specific date (in your row) for each time you ski
- You can tally up the number of times you ski for each week and then there is also a box on the chart for calculating your running total

- For the events that you participate in, please just put a checkmark, so that I know that you have completed these events
- At the end of the ski season, points will be tallied-up
- At the End of Year Banquet, awards are given out to TNSC members who have achieved bronze (30 points), silver (45 points), or gold (60 points).

This is a fun way to track your distance and to challenge yourself.

Upcoming Special Events

Saturday December 28, TNSC will be having a craft day for the kids. More information will be available soon.

Wednesday, January 1, 2020 - New Year's Day Brunch at the chalet from 11 - 1

Bunnyrabbit and Jackrabbit Program

The program starts on Saturday, January 4th. Registration is to be done through Zone 4 (see the link on our website). We will be holding a dedicated Jackrabbit ski fitting time prior to January 4th. Please come out to the fitting day to ensure that there will be ski rentals available for your Bunnyrabbit/Jackrabbit skier. There will be two fitting dates offered. Saturday, December 21 & December 28 from 10–11:30.

Rowan's Law (Concussion Safety)

Rowan's Law (Concussion Safety), 2018 makes it **mandatory for sports organizations** to ensure that athletes under the age of 26, parents of athletes under 18 confirm every year that they have reviewed Ontario's concussion awareness resources.

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

TNSC will have a waiver available for your review and signature soon.

Upcoming Events

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| • December 28 | Craft day for kids |
| • January 1 | New Year's Day Brunch |
| • January 4 | First Day of Jackrabbit |
| • January 19 | World Snow Day |
| • February 17 | Family Day |
| • February 29 | Jackrabbit Olympics |
| • March 16-20 | March Break |

- March 21 Family Sprint Relays
- March 22 Loppet
- March 28 Challenge Ski
- April 12 Closing Day
- April 17 Year-end Banquet and Awards
- May 13 AGM