

Happy New Year!

While it certainly isn't as cold as it was this time last year, hopefully we will get some colder weather soon with more snow!

Our New Year's Day brunch was fun! We had approximately 34 people in attendance. Members brought their favorite brunch items to share. It was nice to share a meal and stories of the holiday season with our TNSC family. Thank you to everyone who participated.

Over the holiday break, we held a children's craft day. We made toilet paper roll bird feeders and gingerbread houses. I have to say, the gingerbread house activity was hands down the favourite activity, even for the big kids. I apologize to parents as I did encourage the kids to put the candy ON the houses..... Thanks to Jake and Cousin Michael for helping out. (See attached picture of Bird Feeder)

I also met a family visiting from South Africa over the holidays (See attached photo). The youngest members of the family (two wonderful girls), had never experienced cold and snow before and guess what? They LOVED it! The day I met them was their first time skiing. Purely by accident, the family completed the entire green trail! Everyone returned exhausted but in good spirits. The girls loved skiing so much, they have signed up for a few Jackrabbit lessons before they return home. BTW, they do not have any pet giraffes or zebras. I asked. :)

Benefits of Skiing

I recently had a conversation with a group of parents at the chalet in which we talked about the benefits of cross-country skiing from a health perspective. It is one of the few sports that provide an overall workout for your body with cardio. It is also a sport that one can enjoy for life. Most importantly (I think), it is a sport to enjoy as a family, regardless of your skill level.

Our long winters with shorter days can bring on the January blues for some. Being outdoors has a positive effect on mental health in most people. We came across this article that talks about the benefits of cross country skiing. I have included the link for anyone interested. <https://theconversation.com/amp/january-blues-cross-country-skiers-hold-clues-to-beating-it-128810>

Distance Challenge

Have you been tracking your ski days on the Distance Challenge chart in the basement? It's a fun, visual way to keep track of the days and/or distance you have skied. Perhaps your New Year's resolution is to spend more time outdoors and exercise? What a perfect way to check off those items on your list. There is an instruction page on how the chart works posted beside the chart in the chalet basement.

Jackrabbit Program

The Jackrabbit and Bunny Rabbits kicks off this Saturday, January 4th from 1:30 - 3 pm. The program runs from January 4 – February 29. NOTE: There will be no classes on January 18th. If there happens to be any cancellations due to weather, for example, the make-up day will be Sunday, February 9, only if needed.

Please have your 'rabbits' at the chalet, dressed according to weather conditions and geared up on snow for 1:15 PM. The coaches would like to start the classes at 1:30 pm. Your child will be lead through a series of fundamental movements and techniques over the course of the program integrated with fun games to enforce their new skills. A healthy snack and hot chocolate will be provided after class. Please let your coach know ASAP if there are any allergies or medical conditions we should know about.

If you were not able to bring your child out to one of the Jackrabbit fitting days, please arrive by 12 pm to have your child fitted for equipment and to sign all necessary paperwork. Just a reminder, before your 'rabbit' is allowed into class, the Rowan's Law waiver and a Jackrabbit Rental form must be signed.

Please remind your 'rabbit' to stay on and ski on the groomed trails. Also, walking on the groomed trails is not permitted.

Rowan's Law

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. The website link below provides an easy to read, detailed information regarding concussions and the signs to watch out for. There are some bright yellow posters displayed at the chalet that provides a brief overview.

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

Remember it is up to you to inform yourself and your child/family of the risks, symptoms and recovery from concussions.

SWAG

We have some of our new gear in for this season. I currently have 9 Heather Grey hoodies in stock ranging in sizes from adult x-large to adult small. The price is \$35 each (includes tax). There are also 3 red & black knitted toques \$15 (includes tax). We also have buffs for \$20 (includes tax). In addition, I have some Jersey toques and 3 more knit toques with pom poms on order. I expect them to arrive soon. I also would like to add that I have ordered one of every item available for sale so you can see, touch and try on for sizing. Please see the display board located outside of the men's washroom to see the products available, colour options and sizing criteria. I can place an order when I have 10-12 items to order. Currently I have 4 items on my waiting list ready to be placed. If you would like to place an order, please fill out the form. Delivery is approx. 2-3 weeks after an order is placed.

I do have a tiny inventory of burgundy hoodies left, which I am selling for \$10. Currently I have an adult XL, 2 adult large and one youth large and one youth medium.

World Snow Day

Our next event is on Sunday, January 19th. We will be celebrating World Snow Day with other snow related clubs/resorts/activities around the world. Come out and enjoy your love of snow, better yet, bring a friend and show them how fun being outdoors in the snow is. Quoted from the International Ski Federation website, "The health benefits of snow sports are obvious and well-known. One big advantage that snow sports offer over many other sports is the "awe" factor the natural environment provides. We need to pull children off their snow video games and put them on real snow. And they will discover there is more enjoyment in real snow activities than virtual ones". We will be kicking off the day with a pancake breakfast. Stay tuned for more details and timings. For more information on this world event visit www.world-snow-day.com

'Ski in Reverse'

There was an overwhelming, positive response to this 'event' last year, so it will be continued this year. Our first 'ski in reverse' day will be Sunday, January 26th. If you will be skiing this day, please observe the signs and ski the trails in reverse.

Track Attack and TNT team

Some members from the Jackrabbit Program have graduated to Track Attack and the TNT Team to either continue their lessons/training to prepare for the racing circuit, or to enhance their skill set. There are approximately 11 kids who train twice a week under coaches Anthony Story and Jason Desilets. Recently, the coaches put the kids through the paces of a time trial at the club. "Thanks to TNT alumnus Katherine Denis (visiting from Ottawa), for taking part in the time trial and showing the younger kids the skills and speed that many years of hard work can bring" (See attached photo).

In addition, some team members attended training workshops and time trials at other clubs to help prepare for the upcoming 2020 Ontario Cup #3 (to be held January 17-19th) at North Bay Nordic. This is also a qualifying event for the Ontario Winter Games being held in Orillia in February. Good luck to the team members who will be traveling to this event!!

Two members of the team (currently with our local Army Cadet corps and Englehart Air Cadet Corps), are also training for the upcoming biathlon competition held in Sault Ste Marie January 24-26th. Good luck to Isaac and Kaitlyn!! (See attached photo)

Trail Safety and Etiquette

We remind members that trails are groomed by volunteers. We ask that you kindly review the following Trail Safety/Etiquette recommendations:

- 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

Lastly, a big shout out to our groomers who have been maintaining the trails with snowmobiles while our Piston Bully is being repaired. The volunteers have been working against varying weather conditions to provide our members the best possible skiing conditions within their power. Thank you! And a Thank You to each and everyone one of our volunteers who help out, whether big or small, all are appreciated. Without you, our beautiful gem of TNSC would not be what it is!

Upcoming Events in 2020

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| · | January 4 | First Day of Jackrabbit |
| · | January 19 | World Snow Day |
| · | January 26 | Ski in Reverse |
| · | February 17 | Family Day & Ski in Reverse |
| · | 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 |

See you on the trails!

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Special Events Director

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