



Message From The President - Gerry Morrison

A new season is about to start after banner conditions last year when we opened early December and groomed until late March giving us a season about 3 weeks longer than normal. This resulted in a much better year financially than last when our season was shortened by El Nino. The weather prognosticators are predicting tempered La Nina conditions this winter which would give us good conditions again but perhaps not quite as good as last season. Our Nordic sponsors reported better traffic year over year and our membership surpassed 1000 for the first time. A huge increase was seen in snowshoe passes and XC day pass revenue was up substantially. This has given us enough funds to upgrade our grooming equipment, chalet, trails, rental skis and snowshoes. Chalet decking has been painted by our GM Ron and Wulf Gerhardt has arranged for the purchase and installation of a new highly efficient stove which will help keep the chalet much warmer on less fuel. The parking lot has been regraded on the surface to level it out and seemed to have survived the summer quite well. Parking lot attendants will be utilized on Saturdays and Race days. This worked out very well last season and was welcomed by our membership.

This will be my last newsletter as president. Bob Rogers of Telemark School Programme fame has allowed his name to be submitted for nomination at the AGM on October 30th and will be a great replacement. He has been attending our meetings as vice-president since last November to facilitate this transfer. Bob has resided in Glenrosa since 1975 and retired in 2007 as CEO of Griffin Laboratories. He was also involved as Commodore of the

Westbank Yacht Club 1990/1991. His association with Telemark has been through the School Programme where he has been Sue Camp's assistant co-ordinator for the past 5 years. He will continue in this capacity this season.

I have had a great learning experience as President being a rank novice 4 years ago when I took on the position. I did a lot of consulting with other members of the executive and particularly Emil Brokx in my first year when a decision had to be made about something of which I had no knowledge, it was a lot! The greatest thought I can take from this position was the utmost respect and admiration for all the time the executives and volunteers put into running our club successfully and have been doing so for a long time. Until I assumed this position I had no idea. With their volunteer help Telemark has developed a stellar reputation within the Cross Country community.

We will have 3 new executives on-board next Fall. Eric Berlie of the Race Team has resigned and moved back to Alberta. Barry Allen will replace Eric and has a daughter Dana in the competitive race programme. Ross Mc Kinnon, from Ski League, will be involved with his two children and helping Barry with this programme. Deren Sentesy has offered his services to replace Ross and has already attended some meetings. Iva Rozek will be the new ski league co-ordinator replacing Candace McKinnon. Christine Ransom will be resigning as the Biathlon director and we should have a replacement by our AGM.

Ron Earle will be back as GM for the third year and will be sending his report with this newsletter.

We are taking a bit of a breather this year as far as hosting major events. It had been very busy the previous 2 years. We are committed to our Apple Loppet on Saturday the 28th of January, a Biathlon BC Cup on the 11th and 12th of February and the BC Midget Championships March 3rd and 4th. During this September a series of cyclocross races were held every Wednesday evening on the lower trails which is great for Telemark and the cycling community as many are members of our club.

Our AGM/Ski Swap will be held Sunday October 30th at 11am in the Chalet. There are also plans to hold a demo cyclocross race at the same time. In closing, I hope you all

take the time to renew your memberships as soon as possible in anticipation of another great season.

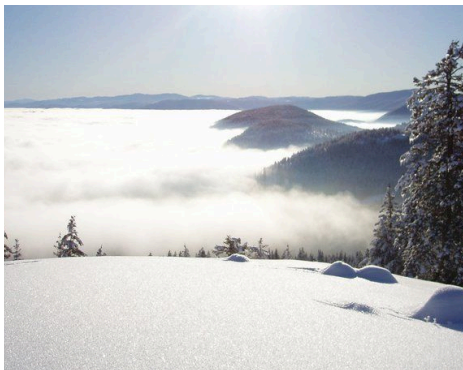
General Manager's Report - Ron Earle

Welcome back to another year at Telemark. Last year was another successful season, and this has allowed us to make more improvements to our wonderful facility. Once again broken pavement on Glenrosa Road has been repaired, to improve safety for those driving to Telemark. The parking lot was graded to improve drainage which will reduce mud during thaws. In February we had parking lot attendants directing traffic to improve access for our visitors during busy times. We plan to continue this in 2011-2012, and are looking for volunteers to help out for 3-4 hours. If you are interested give me a call.

Take a look at our new website that will be operational in October. The website will allow Telemark staff to make changes, rather than having a third party making changes for us. This will allow us to quickly update information on the website. Several new programs are being offered this season including: a recreational Nordic program for teens, a leading edge Para-Biathlon program and a snowshoeing program for local schools. Most of the staff and those running Telemark programs will be returning this season.

You will notice a more efficient wood stove in the chalet. This will help reduce electricity consumption in the lodge, and reduce our carbon footprint. For safety, the lodge decks have been painted with no slip paint. We have added more cross country ski equipment to our rental inventory, to keep the equipment current for visitors and those registering in our programs. Due to the growth of snowshoeing, we have added more snowshoes to the rental pool.

Telemark purchased a new renovator for our Bombardier groomer (purchased last year) that will help reduce icy conditions when we get into a freeze-thaw cycle. Also, a flail mover was purchased so we can cut the trails with a machine rather than by hand and free up those who work on our trails to make other improvements. Telemark has completed a short and long term plan based



on recommendations from our members, and this plan can be seen on the website.

Telemark is a unique organization because we earn our customers from word of mouth. If you are satisfied with your experience at Telemark tell your friends, neighbors and coworkers. This will help our non-profit sports club become financially successful, and continue to improve year after year. We look forward to seeing you at the annual ski swap and general meeting on Sunday, October 30th.

Trails - Larry Krar

Trail clearing and maintenance is underway and will continue into the fall. The addition of our Flail Mower will definitely expedite the clearing of much of the spring and summer growth on the trail surface and also clear smaller shrubs and bushes to the sides of the trails.

We hope to be able to clear many trees and bushes at the sides of the trails that will help to eliminate the overhanging branches that always seem to occur during the winter after a heavy, wet snowfall. This will not only be of benefit to skiers but also to our groomers who have to deal with navigating the large bombardier through these overhangs in the past.

We will also be working on filling in any larger holes in our upper trails (Panorama Ridge, Crystal Rim) and attempt to cover any large rocks that pose a hazard to our groomer. We are often unable to take the groomer up to these trails until we get at least 2 feet of snow at the start of the season because of the unevenness of the trail surface.

The snowshoe trail system has been seriously affected by the logging that has occurred over the summer and we will attempt to try to salvage as much of the snowshoe trails as possible. It will certainly be a different experience with much more wide open, treeless areas than before especially on the Pine Forest, Jack Creek and Crystal Rim snowshoe trails.

The good news as far as snowshoeing is concerned is that we have added 3 new side loops to the Chalet trail which should almost double its length from 2 to 4 km. This will add easier snowshoe trails and provide more choices to students who will be doing snowshoeing during some school visits – a first for Telemark. To accommodate these students we have added 15 new pairs of snowshoes to our rental pool and these will be able to be used during those days when there are no student programs occurring. Snowshoe rentals have gone up from \$5.00

for 3 hours to \$10.00 for the day – still a bargain compared to other areas. Day passes will remain at \$5.00.

If you are interested in helping out with any trail clearing or firewood gathering, chopping etc, please contact me at 767-3381 or larrykrar@hotmail.com



Logging - Emile Brokx

When you come to Telemark, you will see some major changes. During the summer there has been substantial logging carried out by Heartland Economics LP on behalf of the Westbank First Nation.

As you know, Telemark has suffered over the years from a significant pine beetle infestation. Telemark's mandate under our management agreement with the province is to ensure that all trees that are endangering the trails are removed. Over the last six years or so we have attempted to harvest beetle infested trees close to the trails, whenever it was economical to do so. All in all this has not been very successful mainly because of the fact that this selective logging is not very efficient. Besides that this logging did not address the beetle infested trees further from the trails.

Gorman Brothers had the logging rights at Telemark for many years, but as of 2004 the Telemark area has become part of the Westbank First Nation Community Forest. The WFN therefore has all the rights for logging in our area. Late last year we started discussions with Grant Thompson of Heartland Economics LP, WFNs forestry department, to decide how to deal with the

pine beetle infestation. It was agreed that all major pine blocks should be logged now, for the health of the forest and also, as at this time there is still economical value in the trees. Waiting much longer would increase the hazard of forest fires and also make a significant portion of the trees worthless. During the early spring we had a number of meetings with Grant Thompson and Richard MacKenzie to lay out the areas to be logged. It was agreed to address the following three areas:

- 📍 Telemark trail close to Rabbit and the lit area of Rabbit.
- 📍 The area between the Connector, Carol Trail and Fern Creek.
- 📍 An area alongside the Crystal Rim trail.

The logging was supervised by Richard MacKenzie. In the process of this logging Grant helped Telemark with various trail improvement projects at our requests and we appreciate his assistance. The visual impact of the logging was minimized as much as possible. The Douglas-fir and deciduous trees were left standing whenever feasible. In the spring of 2012 Heartland is anticipating planting approximately 60,000 seedlings in the Telemark blocks. Planting will include pine, spruce and Douglas-fir seedlings. Grant Thompson has offered to allow members of the racing and biathlon teams to do some of this work as a fund raiser.

So, as said, you will see major changes at Telemark, but we felt this work needed to be done now for the reasons mentioned above. We don't expect a need for any major logging in the foreseeable future.

Long Term Planning

During the early part of this year we asked for input on a long term plan for Telemark. Many of you responded and we appreciate the many suggestions received. A committee consisting of Wulf Gerhardt, Ron Earle and Emile Brokx compiled the information and presented a plan to the Telemark executive in May. Details of the approved plan, including action taken so far, are posted on the Telemark website.



Funding - Clive Gilbert

Telemark is pleased to announce that a Community Gaming grant was applied for in February 2011 and, although we did not receive all that we requested, it was \$1,900 more than the \$18,100 of the previous year.

Your Executive decided that this \$20,000 would be spent, as per the Provincial guidelines, on the provision and maintenance of our facilities for our youth programs - Ski League, Special Olympics, School Program, Biathlon Team and Racing team.

Realising that this helps us all, it effectively means that each of our approximately 1000 members has been saved a \$20 rise in fees. So thanks go to the Provincial Government, via the gaming branch, and to all the people who like to play Bingo, for being our major sponsor!

Racing Team - Ross McKinnon

As usual the summer has been busy for the Telemark Racing Team under the guidance of head coach Adam Elliot. Adam has been chosen as one of only 11 Nordic ski coaches in Canada to receive funding through Cross Country Canada and the National Winter Sport Association. To put this in perspective Telemark received 20% of the total grants available! By receiving the funding, Adam has been recognized for both helping place two Telemark athletes into National Training Centre programs and his work coaching within BC. Emily Ertel and Jeff Kerkovius both qualified for National Training Centres based on their race results last season.

I have attached reports from these two athletes:

Hello from Mont-Sainte-Anne, Quebec! My name's Emily Ertel, Telemark skier, and this is my first year on the Pierre Harvey National Training Centre (CNEPH) in Quebec. Being at a training centre is an incredible experience. There are so many aspects of the training centre that inspire you to train hard and become a better athlete. Mostly, it's the group of people that surround you on a daily basis. Here, there are 6 of us girls ages 17-20 who train together. We all push each other to our limits during trainings and afterwards we're all great friends. Of course it's motivational to be training and doing the same intensities and strength workouts as the older kids, including Alex Harvey and Brent McMurtry. A typical week includes 5 team trainings, 2 gym sessions and 3 roller ski sessions. The rest of our hours we do on our own or with a training partner. At every training session, each athlete receives one-on-one time with the coaches for direct feedback on technique and video. Every

week, we are emailed our video footage and can see our technique. There's a huge focus on recovery too. After every strength and intensity session we take a cold bath and our coaches follow our recovery closely to make sure we aren't too tired to work hard at the next session. We are off to Austria September 19th for three weeks to ski on the Dachstein glacier in Ramsau, which should be an incredible experience. All in all, the training centre has been the experience of a lifetime for me so far this year and I can't wait for the season to start!

From Jeff Kerkovius: Earlier on this year just after the ski season had ended I had no idea if I would qualify to attend the Callaghan Valley Training Centre (CVTC). My coach Adam Elliot thought I wasn't going to qualify



until he got a call from the CVTC head coach asking a few questions about some of his athletes, which made him suspicious that I might make it on the team. Later in April I got an email from Chris Manhardt, the CVTC head coach asking me if I wanted to join the team. I was really excited that I made it on the team. A month later, in the middle of May I moved to the athlete's village in Whistler. The move was not as bad as I expected, but it did feel weird not to live at home anymore. The accommodation was much nicer than I expected! Training started as soon as I arrived. The training down here at CVTC is awesome. As a team we travel a lot to all sorts of training camps. We always find new places to run and new places to explore. Whistler has an amazing trail system. There are so many trails around here that we never need to run one more than once. The team is an awesome group of people who are really fun to train with. CVTC is an awesome experience and I am glad to have qualified thanks to the awesome coach Adam Elliot at Telemark, who without I never would have had a chance at qualifying for the team.

More information on the Callaghan Valley Training Centre can be found at:

<http://cvtc.ca/team/>

Closer to home, Adam helped coach the BC ski team at the Haig Glacier outside of Canmore, Alberta. Telemark athletes Alex Myshak Davis and Kurt Benson attended as part of the BC team. Both athletes will take a senior leadership role this year and have had a great summer of training. According to Adam, both Alex and Kurt have set new records on the Southeast Kellwood uphill roller ski time trial course (the previous records were held by Emily and Jeff).

The racing team will increase our fundraising to help with the cost of running the program. The first of these is the annual ski swap which takes place after the AGM. A portion of each sale helps support the race team's fundraising. Please bring your unwanted ski gear or plan to come to the swap to do some shopping. More details will follow by email.

The Telemark racing program has a new website: telemarkracers.org which is packed full of information, has a calendar of events and

training and much more. You can subscribe to the RSS or subscribe by email for information on the racing program.

Special Olympics - Garth Vickers

Our team has been very busy in the off season. Eleven members of our team have been selected to the B.C. Special Olympics Provincial Team which will be competing at the 2012 Special Olympics National Winter Games in St. Albert, Alberta. Congratulations to all the athletes on this huge accomplishment.

All of these athletes are preparing for games by training a minimum of 3 days per week. Many have been biking all summer with team coaches and many have started training at Parkinson Rec Centre. All of these athletes will attend a Provincial Team camp September 30th to October 2nd.

Skiers selected to the provincial team are:

Tracy Melesko, Maria Schmitke, Katarina Gerhardt, Avital Yaroski, Amanda Millward, Jordan Lige, Glen McIntyre, Richard Gillis,

Neil Melesko, Cole Weber and Jake Penny. Three of our coaches, Ron Fazackerly, Annabelle Stanley and Garth Vickers, have also been selected to the team.

We anticipate having as many as 25 athletes this season. We will ski on Saturday mornings and Wednesday evenings. We are always looking for new coaches and volunteers. We provide training and mentoring for all new coaches. We also guarantee that all coaches will have a very rewarding and fun time coaching our athletes.

In addition to coaches, we are looking for a driver on Saturday mornings and Wednesday nights. We have a 13 passenger van. Drivers need to have a class 4 license. Please contact me at the following email address if you are interested, or if you need more information.

gvickers@sd23.bc.ca

Looking forward to a season of great skiing!

Garth Vickers
Head Coach Kelowna Special Olympics Cross Country Skiing



Biathlon - Ken Ransom

We are really looking forward to this coming season. Triathlons, XTERRA and summer biathlon competitions are great summer activities that many of our athletes competed in, but they fill in the time only when there is no snow!

This year, we are hosting our first BC Biathlon Cup for many years. February 11-12th, athletes will come from Washington State, Alberta and from all over BC to enjoy what Telemark does so well – putting on a race! One of the best ways to enjoy a biathlon race is to be a participant, either an athlete or a volunteer. A chance for many to be either, so come on out!

We are offering 6 programs this year as well as our ever popular Demo Days. ***Our next Demo Day is in October. Please check our website for an up to date calendar of biathlon events.*** Our biathlon race programs are two of the best offered in the province.

Other new programs being offered this year are, the air rifle Bears, recreational nordic and a laser rifle and air rifle program that caters to athletes with disabilities. We welcome our larger, mixed group. If you are interested, please contact us at Telemark or email at cransom@fusionglass.com

Over the summer we drafted a policy on safety and participation at the range. We enjoy having other skiers spectate or volunteer at our practices, and we want you to do that safely with the knowledge of what is happening. Over the next 2 months, we will post a description of our safety requirements on our website: www.telemarkbiathlon.ca



Rob Swan returns as our head coach in biathlon. Seven continuous years and counting! Along with Rob, many volunteers help keep the targets painted, repaired, dug out and so much more. Our thanks to all. Jasper will be the peer coach leader for our teen recreational program, which is a new program this year. Again, more information is on our website and Telemark's or you can learn more by contacting Ron: rc.earle@shaw.ca

To keep current with events, results and special happenings, please visit our website www.telemarkbiathlon.ca

Lastly our athletes – Another busy year ahead with Telemark athletes competing at Telemark, other corners of BC, Alberta, Quebec, Maine and hopefully Finland. We hope to have 7 or 8 athletes representing Telemark at the Nationals - Quebec 2012. ***Go Telemark!***

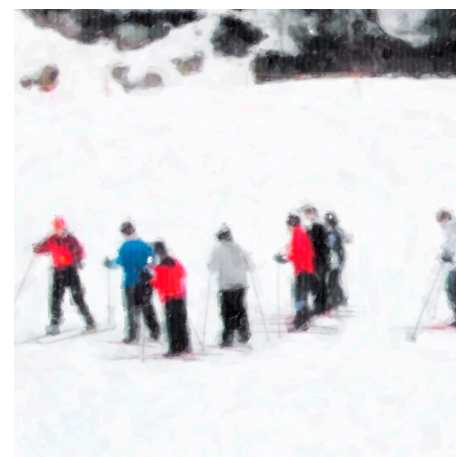


Schools In... 2012 Schools Programs! – Sue Camp

Last year the Telemark Schools Program delivered fun and excitement with some of the greatest snow conditions experienced in years to over 2200 school aged students from Kelowna to Westbank! The Schools Program introduces student's grade 5 thru 12 to XC skiing and the beauty of our trails. This year the Schools Program is unveiling a new edition, ***Introduction to Snowshoeing***. This new and highly requested Program will guide groups of 12 through some of Telemark's ever popular snowshoe trails. Of course... these programs are led by devoted volunteers. A strong volunteer base is essential for the programs to continue to flourish, give us a try if you have some time to spare!

For further inquiries, please contact:

Sue Camp @ 250-864-1044 or
telemarkschoolsprogram@gmail.com



Club Executive			
President	Gerry Morrison	762-8885	smorrison@shaw.ca
Vice President	Bob Rogers	768-7388	griffinlabs@yahoo.ca
General Manager	Ron Earle	768-1494	tccsc@telus.net
Past President	Emile Brokx	768-0870	bebrokx@shaw.ca
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Head Coach Special Olympics	Garth Vickers	762-8476	
Special Olympics Executive Liason	Wulf Gerhardt	860-7905	jwgerhardt79@shawbiz.ca
Ski League	Deren Sentesy		derens@gmail.com
Coach and regional coach for Biathlon	Rob Swan	764-2615	

Mark Your
Calendar!

AGM & SKI SWAP October 30

Drop off
equipment
at 10 am

AGM starts at
11 am and ski
swap opens at
12:30 pm

Please Support Our Sponsors!

Gorman Bros. Lumber	Urban Harvest	Holiday Inn Westbank
Kelowna Cycle	Westbank First Nations	Alpine Helicopters
Fresh Air Experience	Ogopogo Rotary Club	
Interior Savings	Province of British Columbia	

Please Note - the last page of this newsletter is the **Program Registration Form** for registration in special programs at Telemark. This needs to be sent in with the **Season Pass Application/Waiver page**.