



Nickel Plate

N O R D I C C E N T R E

• GREETINGS FROM THE BOARD

Winter is not far away and we are looking forward to another great season at Nickel Plate!

Over the summer, volunteers have worked to repair and maintain the buildings. A fresh coat of paint has been applied to the cabin floor, walls, tables and benches. A durable non skid surface, Hard Rock, has been applied to the washroom building floor, and a member, Rene Seiber of Aqua West, will be installing a pipe system, which will allow us to fill large water bottles for use in the cabin. A new trail, connecting the upper meadow to Reimer's reach, will be ready for use this season.

Murray Farbridge, our club coach has resigned to take a coaching position with Telemark Ski club and CCBC. He is hoping to be available to offer lessons on a limited basis at Nickel Plate early in the season.

Information will be available at the ticket booth and at Peach City Runners and Nordic Ski.

On a more serious note, Nickel Plate has been broken into 3 times during September. The ATV, Chain Saw and many tools were taken, and there has been damage to the snow mobile and locks and hardware. To prevent further losses, remaining items of value were moved off site.

An improvement to the slope of the ticket booth roof has been delayed due to the time and expense involved dealing damage as a result of the theft.

The New Board

Vice President.....	Tom Kampman.....	493-8281
Past President.....	Dick Reimer.....	492-7595
Treasurer.....	Irene Nerfa.....	493-8281
Secretary.....	Peggy Kampman.....	493-8281
Membership.....	Colleen Schneider.....	492-8944
Coaching.....	Pat Buchanan.....	493-2167
Facilities.....	Ernie Winstanley.....	492-2779
Volunteers.....	Alan Hird.....	490-8943

Dates to Remember

- Membership Drive Sept. 30 – Oct. 1
Cherry Lane Mall
- Ski Swap Meet & Membership Drive,
Saturday, October 21.
Peach City Runners and Nordic Ski.
- **Yoga for cross country skiing**
Peter Achtem, a certified yoga instructor is planning a twice weekly yoga class designed for skiers on Mon. & Wed. 5:45–6:45. Phone 809–4203 to register.

- Nickel Plate members receive a 10% discount on purchases at Peach City Runners and Nordic Ski.
- **Remember the early bird discount on membership ends November 1.**

Volunteers Needed

- Chopping and piling wood; 5–6 people, 6–8 hours, day TBA. A truck is also required for the job.
- Trail Maintenance. Date TBA.
- Membership drive; 2 hour shifts Sept 30, Oct , Cherry Lane Mall.
- Cleaning and Waxing Rental Skis 3–4 people, one day, 4 hours.

Board Members Needed

- **President**– responsibility: to work with past president and other board members during this interim year to learn responsibilities of the position.
- **Director of Trails**– responsibility: to work with past director of trails to learn responsibilities of this position.
- **Director of Public Relations**– responsibility: to promote Nickel Plate Nordic Centre thru its Web Site, Media, and work with our sponsor Peach City Runners and Nordic Ski.

Message from Coach Murray

Welcome back to another season of great skiing at Nickel Plate. Last winter saw some big events like our hosting of the BC Midget Championships, the Swedish Olympic Team training week, and big improvements in our new bathrooms.

This summer I started a new position as the Okanagan Regional Coach for cross country skiing as well as the Telemark Ski Club Coach out of Westbank. Although I'll be moving north to be closer to work, I'll still be in the region and teaching some of the regional junior ski camps and NCCP level 1 courses for Cross Country BC. While the club is looking to find a certified instructor, I hope to be able to offer a few early season lessons and clinics in December on my days off. Check with Peach

City Runners and the Nickel Plate website for more details as the season gets closer.

The club is in transition right now. The board is changing and there has never been a better time to step up and get involved in shaping the future direction and growth of skiing at Nickel Plate. There are many board and volunteer positions available and if a few people take on a small role in an area of interest to them, it will make a big difference. To find out what volunteer opportunities are available, contact Peggy Kampman at 493–8281 or email pkampman@shaw.ca

I enjoyed the opportunity to meet many of you over the past three seasons and instruct and ski with many more. I hope to see you on the snow this winter.

Coach Murray Farbridge

Cross Country Canada Skill Development Program

A skill development program for children aged 4–12. This exciting new program provides development opportunities for children in the first three stages of skier development.

Bunnyrabbit Program – for children aged five years and younger – introduces cross-country skiing and the healthy lifestyle associated with it through organized activity and active play.

Jackrabbit Program – for children aged 6 – 9 years of age – participants will learn basic cross-country ski skills (both classic and skating) and will develop a lifelong interest in the sport.

Track Attack Program – for skiers aged 10 – 12 years of age – skiers will become technically competent cross-country skiers, and will utilize those skills to explore a wide range of cross-country ski activities.

Fill out the attached brochure and mail your membership registration today.