



## *President's Message*

The April newsletter signals the end of another ski season. And a very successful one it was.

In spite of being a little snow challenged at times, the trails were for the most part in good shape and saw us skiing into mid-April. This year saw the reopening of the Crown East, which had been closed for several years; it was great to be able to ski it again. We also re-established the Hills-Dey lake bypass and, although it wasn't track set this year, it was skied as a back-country trail by a number of us. And thanks to Ron Crotogino we now have several kilometres of snowshoe trails. These proved to be very popular and will be improved and expanded next year.

The various programs hosted by the club, including the Bunnyrabbit, Jackrabbit, and back this year the Challenge group, as well as Biathlon, had a great and successful year. We are proud to announce that we are now an official Biathlon club. The overall participation in the programs was up about 15 percent over the previous year. Our heartfelt thanks is extended to Benita Stoyel and her coordinators — Isabel Sigouin (BR & JR), Carol Fiedler (Challenge), and Elisa Rietzschel (Biathlon) — and also to Richard L'Heureux who coordinated the adult ski lessons.

As mentioned in the February newsletter, this is my last term as president of the club. But although I'm resigning as president I will continue to be a director and will be responsible for the facilities and trails (fall clearing and winter grooming). I would like to thank all the directors, coordinators, and members whose experience, knowledge and assistance helped me greatly during my four years as president.

Our **Annual General Meeting (AGM)** takes place this year on May 18 (see p. 3). I encourage all members to attend. The club needs your support and participation.

See President p. 2

## *Message du président*

Le bulletin d'avril indique la fin d'une autre saison de ski, encore une fois, très réussie.

Malgré le manque occasionnel de neige parfois, les sentiers étaient pour la plupart en bonnes conditions et nous ont permis de skier jusqu'à la mi-avril. Cette année le sentier Crown est a été ouvert de nouveau, après plusieurs années de fermeture; c'était un vrai plaisir de pouvoir y skier de nouveau. Nous avons aussi réhabilité le détour du lac Hills-Dey et même s'il n'était pas tracé cette année, ce détour hors piste a été emprunté par nombre d'entre nous. De plus, grâce à Ron Crotogino, nous avons maintenant plusieurs kilomètres de sentiers de raquette. Ces derniers ont été très populaires et seront prolongés l'an prochain.

Les différents programmes proposés par le club, incluant les programmes, Jeannot Lapin, Jackrabbit, le programme Défi, de retour cette année, et le biathlon, ont connu un grand succès et une excellente année. Nous sommes fiers d'annoncer que nous sommes un club officiel de biathlon. La participation générale aux programmes a augmenté d'environ 15% par rapport à l'an passé. Nous adressons nos sincères remerciements à Benita Stoyel et aux coordonateurs Isabel Sigouin (JL & JR), Carol Fiedler (Défi), et Elisa Rietzschel (Biathlon) — ainsi qu'à Richard L'Heureux qui a coordonné les leçons pour adultes.

Comme je l'avais mentionné dans le bulletin de février, c'était ma dernière année en tant que président du club. Bien que je démissionne de la présidence, je vais demeurer directeur et je serai en charge des installations et des sentiers (débroussaillage d'automne et préparation des pistes l'hiver). Je souhaite remercier tous les directeurs, coordonnateurs et membres dont l'expérience et le soutien m'ont grandement aidé au cours de ces quatre années de présidence.

Voir Président p. 2

## Président (suite)

Notre **assemblée générale annuelle** aura lieu le 18 mai cette année (voir p. 3). J'encourage tous les membres à y assister. Le club a besoin de votre soutien et de votre participation.

Le chalet du club est maintenant fermé pour l'été, mais les membres peuvent toujours l'utiliser; la clé est disponible à la station Ultramar de Morin-Heights. Si vous utilisez le chalet du Viking, laissez-le dans l'état ou vous l'avez trouvé. NE laissez AUCUN déchet dans le chalet; ramenez tout avec vous à la maison. Rappelez-vous qu'il n'y a personne pour nettoyer derrière vous.

J'espère que vous avez tous apprécié votre année de ski au Viking and nous espérons vous retrouver sur les pistes l'an prochain.

Douglas Bowes-Lyon

**President's Message (cont...)** Although the clubhouse has now being "put to bed" for the summer, members can still use it; the key is available at the Ultramar station in Morin-Heights. If you use the house please leave it as you found it. Please **DO NOT** leave any garbage in house; take it all home with you. Remember, there's nobody to clean up after you.

I hope you all enjoyed your experience at the club this year and we look forward to seeing you on the trails next winter,

Douglas Bowes-Lyon

## Viking Ski Lessons in 2011

by Richard L'Heureux

The club offered two programs of adult lessons this season: one on downhill cross-country ski techniques and one on basic techniques. Each program consisted of three lessons, given by CANSI instructor Gilles Saulnier on Sundays starting in early January. The programs of three lessons, as opposed to single

lessons, allowed participants to achieve significant progress in their technique. Eight people were enrolled, five of whom were new members. Comments on the lessons were very positive. Also, for the first time this year, the club offered the opportunity of group training on the Racing Trails to members planning to do the Canadian Ski Marathon. Three members joined this program and participated in the Marathon.



*Congratulations to Viking Olivia Bouffard-Nesbitt who won gold this year at the Canadian nationals where she finished first in the 10km classic individual start. Olivia, 18, also won silver in the 20km freestyle mass start and bronze in the classic sprint. Photo: Bill Thompson*

# Come join us at Casa Grecque

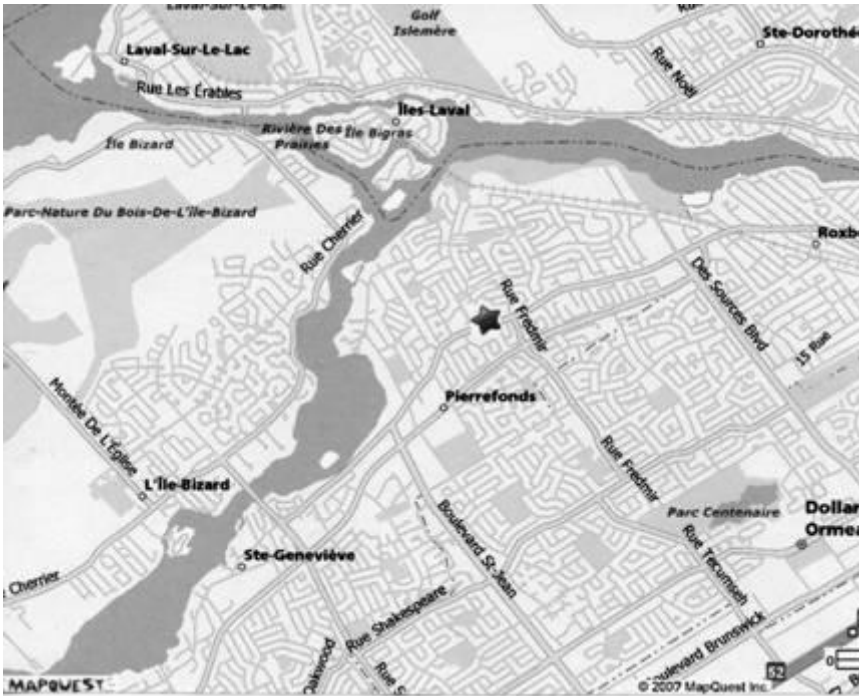
**Wednesday, 18<sup>th</sup> May 2011 for the Viking Ski Club**

## **Annual General Meeting (AGM) / Assemblée générale annuelle**

Refreshments from 6 pm – dinner between 6:45 to 8 pm

Wide menu selection, includes “all you can eat” soup & salad bar

Bring your own wine etc.



Casa Grecque Restaurant

METRO Shopping Centre

13,081 Gouin blvd W.

Pierrefonds

(Tel. 514-624-6161)

[www.casagrecque.ca](http://www.casagrecque.ca)

Directions:

from Trans-Canada Highway 40

take St. Jean or Sources North to Gouin Blvd.

The AGM will begin at 8 pm; purpose of the meeting is to:

- Receive reports from the Members of the Board
- Receive and approve the Financial Statements
- Elect Directors to the Board for the year 2011 - 2012
- Transact any other business as may properly come before this AGM.

This is a great social opportunity for members to wind up the season by getting together for a fine meal....so make it a date! For planning purposes, please advise the Secretary, Derek Wills, that you will be attending by phone (514-683-0696) or e-mail ([derek\\_wills@sympatico.ca](mailto:derek_wills@sympatico.ca)).


**BONI  
SOIR**  
*Tôt ou tard . . . !*

CENTRE DE VALIDATION    **Kim & Kevin Van-Hove**    BIÈRE ET VIN

**226-8633**  
**717, du Village, Morin Heights**

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----- **ULTRAMAR** -----

## Back to the Future

by Jerry Drouin

As most of you know, Viking Ski Club offers biathlon courses. I'm sure you have seen the set-up on the pond, by Skip's Hut. This year the youth program was sold out and the junior/adult program had 12 participants.

Basically, biathlon involves skate skiing a specified distance, then coming into a shooting range and attempting to hit five targets. Not easy!

Enough about the present; picture this in your mind. Go back, way back, to Sunday, March 21, 1971 at the Viking Ski Club. It was cloudy with sunny breaks and the temperature was 35 degrees F. Some 25 people had assembled on the pond to participate in the 1971 Quebec biathlon championships. Yes, that is correct. The first biathlon race was held at the Viking ski club and was organized by Leo Lehtonen.

Digging up some archived material, donated by Michael Dohrendorf, we can proudly display official results on this infamous race. Typewritten no less!

Keeping in mind that none of the participants had ever shot a rifle before this race, you'll appreciate that the results are quite impressive. You may recognize some of the officials: Skip Sheldon (after whom Skip's Hut is named), Robert Weiler and Denyse Rietzschel (my mother in-law).

Last but not least, next time you are at the clubhouse, you will see on the wall towards the washrooms, a bib from the Vancouver 2010 Olympics. This bib was worn by Jean Philippe

LeGuellec at the biathlon relays, and it was graciously donated by his mother, Lise LeGuellec. Lise was recently involved in giving the biathlon demo days at the Viking.

It's great to bring this sport back at the club, where it all started. We hope to build up a race team and we look forward to lots of growth in that direction. This team will represent our club at the Quebec championships along with my daughters, Danica and Wasana, who incidentally, qualified this year to participate in the Canadian championships in Charlo N.B. from March 21 to 28.

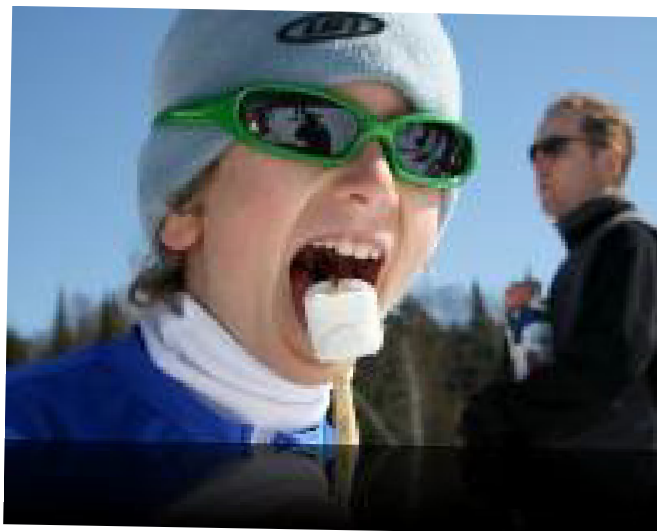


Photo: Yves Kéroack

## Spring Bicycle Tour June 2011

by Doug Bowes-Lyon

You are invited to join us on Saturday June 4 for our annual spring bicycle tour. We will be riding Le P'tit Train du Nord bike path. The proposed itinerary is to start in St Jerome around 10 am and follow the bike path north to Parc Doncaster where we will take our lunch (and a swim if you are up to it) then return to St Jerome. As most are aware the route is suitable for all riders and all types of bikes. One way distance is around 25km. The return is basically down hill (4% grade max) all the way. Estimated riding time is about four hours. An email reminder and additional information will go out towards the end of May. Please let us know at [dboweslyon@videotron.ca](mailto:dboweslyon@videotron.ca) or [vikingskiclub@gmail.com](mailto:vikingskiclub@gmail.com) if you are planning on participating.

## Challenge Campout

The Challenge group held their annual winter camping weekend on March 19-20th. Although the warm weather kept them closer to home than they wanted to be (they had to settle for a site off of the 10km loop), they had a wonderful time, with fantastic weather for camping and lots of fun.

130 volunteers led the way, helping with registrations, handing out refreshments, controlling road crossings, and encouraging skiers and snowshoers along the way to the finish line at Basler Park.

The 5km snowshoe run, in its second year, saw 35 racers take part. The 10km race, popular with families and youth, attracted some 163 skiers. The 20km attracted 132 participants, and 91 skiers



*Challenge Campout 2011: First Row: Yasmine Kamen, Jeremy Percival, Jeffrey Smith, Stephen Hofmann. Second Row: Benjamin Thérien, Catherine Rossignal, Rick Nesbitt (Coach), Don Smith, Andy Hofmann, Luc Dupont, Benjamin Dupont. Photo: Steve Cape*

## Loppet 2011: Sunny Weather & Great Snow!

On Sunday, February 27, the Municipality of Morin-Heights and Viking Ski Club jointly hosted the 39th edition of the Morin-Heights Viking Loppet. A total of 421 participants registered this year. The sun was out and the atmosphere warm and inviting. More than

looking for a greater challenge raced the 33km. The youngest skier, Kiara Marshall, was only 4 years old, and three skiers, Mr. Pelz, Théorêt and Irany, were the Loppet's most senior athletes at 80 and 82 years old. Camille Ballick, 13 years old, was the youngest to race the 33km this year. We even created a category for them!

Trophies: the two fastest athletes in the 15-and-under age category to race the 10km were Vincent Drolet for the boys and Charlotte Beauchemin for the girls; they will have their names added to the Desjardins Trophy. Phil Shaw's name will be engraved on the Munk Trophy awarded to the fastest man overall in

the 33km. The fastest woman in this category was Christiane Clavel whose name will be engraved on the Berg & Dohrendorf Trophy.

After the race, a well earned lunch was served to all racers, while Guy Thibaudeau announced the results efficiently provided by the Sportstats team, thanks to their ChampionChip technology. Medals were presented by Councillor Leigh McLeod.

Teams of first-responders were posted at strategic locations in case of any emergencies – and we are pleased to report there were none. The day ended at the town hall with a party for volunteers where they were thanked and given prizes generously donated by local merchants and sponsors.

Visit [www.skiloppet.com](http://www.skiloppet.com) for detailed results. See the loppet website for photos of the event.



*Photo: Yves Kéroack*

## **Hosting / Le programme d'hôtes**

by Gordon Cohen

First of all I'd like to thank Audrey Speck for the great job she has done as our hosting coordinator.

This season's hosts were: Pascal Beaudoin & Fanny Dubois; Graeme & B.J. Bell; Joël Bonin & Hélène Véronneau (2); Ed Clark; Kent Conover & Cecilia Malinsky; Shauna Craig; Stan (2) & Sandy (3) Cytrynbaum; François Dionne & Elaine Lamarre; Michael & Elisabeth Dohrendorf; Jean-Pierre Girard & Martine Vézina; Philip Harrison & Marie-Claire Skrutkowska; Michael Hiles (2); Jutta Hofmann (2);

Luc Dupont; Paul Lord (2); Scott MacKenzie & Heather Gray; Urud Mutang & Natasha Blanchet-Cohen (2); Chantal-Andrée Paquette; Neil Price & Indra Gupta (2); Shelly Butler & Norm Raavin; Amine Kamen; Celestine Segers; Donald Smith & Andrea Patch Smith; Susan Law & Steven Smith (2); Danny Stacey & Ahonwa Kerane Stacey; Ruth Starr (2); Paul Vaillancourt & Catherine Beaudry; François Vermette & Kim Merineau (2); Rigby Whitty; Roland & Rebecca deVries. Some 49 people filled 66 slots. I hope no one was omitted.

Hosting is important to Viking, and we thank you all; un grand merci à tous.

## **Season's Reflections of 95 Separate Events!**

The snow delivery was a little tardy this year which alas, led to some cancelled events; plus the snow was weirdly distributed inasmuch that we initially had to head south to find enough to ski on! Despite a late start to the winter's activities, the 2010-2011 season proved an active one on all fronts, keeping both young and old members busy with a raft of enjoyable events...with the social complementing the physical! Club events included:

- Fall trail clearing: enthusiastic turnout of 70 members/friends/youngsters to get the trails, and us, into shape. Had 13 work-day sorties (7 Saturdays and 6 Thursdays) starting Sept. 18 and finishing up Nov.11
- Viking hosts a 1-day "Recreational Biathlon Demonstration" to which some dozens of interested youth and adults attend
- Youth/Family Programs: Bunnyrabbit (10 enrolled) and Jackrabbit (44 enrolled) for 10 Saturday sessions. Special events included intro to Orienteering, a Viking Olympics and a Spring Picnic down on the pond
- Youth Challenge Program (11 enrolled) for 10 Saturday sessions which included a winter campout

- Two Adult Lesson Programs on Sundays, each of 3 sessions, covering basic and downhill techniques, 8 “graduates”.
- Biathlon programs ran 10 Saturday sessions for Bears (15 enrolled) and Adults (12 enrolled)
- There were 5 scheduled Saturday tours throughout the Laurentians, typically 2 dozen participants (Our thanks here to all the hosting members)
- There were 9 “ad hoc” Thursday tours throughout the Laurentians and an early “desperate for snow” new venture to the West Island’s Parc-nature-du Bois-de-Liesse. We had up to 20 participants on most tours
- Newly introduced was pre-Marathon training sessions on the Racing Trails, 3 members participated
- The Canadian Ski Marathon, with Vikings both participating and serving as volunteers on a revised looped course (due to lack of snow over the traditional linear course)
- Pot-Luck social dinner – with a “tree theme” for costumes – at the clubhouse where 43 forest folk attended
- Viking hosts the visit of West Island Beavertails Nordic Ski Club, tour conducted on the Red trail. (20 Beavertail members participated)
- The 39th running of the Morin-Heights Viking Loppet 10, 20, & 33km events plus the new 5km snow-shoe course with many Vikings, young and old, participating and assisting as event volunteers. Registrations totalled 421 for all 4 events
- The mid-winter break at 3 rented Coté Nord log chalets near Lac-Supérieur area; participants enjoyed spring skiing at Carte Réseau centres: Lac Monroe/Sector in Parc National du Mont-Tremblant and Ski de Fond Mont-Tremblant (24 Spring-Flingers attended).
- Wiener roast spring picnic (Lac Notre-Dame Trail) hosted by Gordon and Sorel Cohen (28 lightly smoked attendees!)

Also, we had 43 new members join the club this season.



Photo: Yves Kéroack

### Biathlon Coaches: Q&A

by Jerry Drouin / translated by Danica Drouin

The participants themselves put together this portrait of our two biathlon coaches: A. Danica Drouin and B. François Belle-Isle

- 1 What is your age? Quel âge as-tu?  
A. 17 ans B. 45 ans
- 2 Since when have you been involved with Viking? Depuis quand es-tu impliqué avec le Viking?  
B. Depuis toujours! Comme ma mère est membre du club depuis 1969 (et d’ailleurs, c’est mon papa qui aidé à construire l’extension du clubhouse), je vais au club depuis que je suis né. Mais j’ai commencé les cours de JR à l’âge de 5 ans (bunnyrabbits). Je considère le club Viking comme ma deuxième maison.
- 3 Where do you live on week days? Où habites-tu la semaine?  
A. J’habite à Terrebonne-Ouest, chez mes parents. B. Hawkesbury, Ontario
- 4 Where do you live week-end days? Où habites-tu la fin de semaine?  
A. Au chalet de mes parents à Wentworth Nord (Laurel) B. St-Sauveur
- 5 What do you do for your living other than coaching at Viking Club? Que fais-tu dans la vie autre que d’entraîner pour le Club Viking ?  
A. Je suis

athlète de Biathlon et je course au niveau national. De plus, j'aime beaucoup participer à des organisations communautaires et Internationale. Je suis membre d'Amnistie Internationale, Oxfam Québec et j'ai une passion pour l'aide humanitaire. Je donne beaucoup de mon temps pour les maisons de sans-abris. B. Enseignant d'éducation physique à l'école secondaire catholique régionale de Hawkesbury depuis 1989.

6 What is your favourite sport? Quel est ton sport préféré? LE BIATHLON !!!! Course à pied

7 What is your favourite hobby? Quel est ton loisir favori? A. J'aime bien tricoter ou faire du crochet. B. Entraînement personnel et des autres...

8 What is your favourite meal? Quel est ton met favoris? A. mon met favoris est le sushi B. Mets italiens

9 Who is your favourite musician and/or band? Quel est ton musicien ou band favori? A. Jackson Browne B. Coldplay

10 One word to describe yourself? Un mot pour te décrire? A. Heureuse B. Intègre

## Biathlon

Comme la plupart d'entre vous savez déjà, le club Viking offre maintenant, depuis 2 ans, des cours de biathlon. Vous avez probablement tous remarqué les installations du champ de tir près de Skip's Hut, en bas au lac.

Cette année le programme des ours (de 9 à 14 ans) était complet. De son côté, le programme junior-adulte (14 ns et plus) comptait 12 participants.

À la base, le biathlon est un sport qui consiste à skier, en style libre, plusieurs boucles sur une distance précise, revenant à plusieurs reprises sur le champ de tir et, à chaque fois, tirer cinq cibles. Croyez-moi, ce n'est pas facile !! Cependant, ce sport n'est pas né de la dernière pluie. D'ailleurs le club Viking a tenu la première course de l'histoire du biathlon, ici même, le 21 mars 1971. C'était une journée nuageuse avec quelques percées de soleil et la douce brise du printemps annonçait la participation

de 25 coureurs. Cette première coupe a été organisée par M. Léo Léhtonen.

C'est avec l'aide de Michael Dohrendorf, qui a déterré les archives de cette course, que nous pouvons maintenant fièrement divulguer les résultats officiels de cette fameuse course.

Souvenons nous que les membres du club de ski Viking participants à cet événement n'avaient jamais auparavant tiré à la carabine.

C'est en analysant les résultats que j'ai remarqué que M. Skip Sheldon (Skip's Hut), Robert Weiler ainsi que Denyse Rietzschel (Belle Maman) étaient officiels à l'époque. C'est donc merveilleux de pouvoir ramener ce sport au club, là où tout a débuté.

Maintenant, nous aspirons, dans un avenir moyennement proche, à bâtir une équipe de course afin que cette dernière représente notre club aux compétitions provinciales.

La prochaine fois que vous irez au club tentez de remarquer, accroché au mur, dans le couloir des salles de bains, un dossard des jeux olympiques de 2010 à Vancouver. Ce dossard a été porté par Jean-Philippe LeGuellec durant les relais. Il a été offert par Mme Lise LeGuellec, sa maman, qui a cru en l'avenir du club Viking, en s'impliquant dans les journées démonstrations offertes par le club. Cette dernière est impliquée à un niveau national dans le monde du biathlon. C'est avec l'aide de Michael Dohrendorf, qui a déterré les archives de cette course, que nous pouvons maintenant fièrement divulguer les résultats officiels de cette fameuse course.

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## Snowshoe Trails

by Ron Crotogino

The Snowshoe Committee got off to a good start this winter, establishing one trail south of Jackson road, which we have referred to as the "Little Alpino Loop" and two nested trail loops north of Jackson Road on Isabel Sigouin's property. Chris Teron prepared a map of these trails, which you can find on the Viking website.

We had described the Little Alpino Trail in the previous newsletter. It has remained unchanged so far. However, some changes are planned to improve this trail and add one or two extensions to this trail, which we can then refer to as the "Big Alpino Loop". We also have plans to take it past the top of the defunct Alpino Ski Tow, to add a bit of ski archaeology to that outing.

Much of the recent effort has been devoted to establishing the two loops north of the clubhouse. Isabel Sigouin and her family have marked trails for their own use. We have built on their efforts to mark them with our distinctive combination of yellow and pink ribbons.

If you venture out on these trails, be sure to take a copy of the map. A compass would also be helpful. The snowshoe trails are not as wide and obvious as the ski trails, and it is easy to get lost and wander off the trail into the bush. Remember, you can always backtrack, provided no one else has added to the confusion by bushwhacking off in directions not indicated on the map.

There was still enough snow on the trails on Sunday, April 10, but by that date conditions were becoming challenging. However, at the time of writing this article, I still had to go for one more trip around the little loop north of the clubhouse to retrieve a snowshoe that I lost while marking this trail. You may find it hard to understand how one could lose a snowshoe. Well, I managed to do just that. I'll be happy to explain it to you over a beer.

I want to thank my ad hoc snowshoe committee for helping me lay out and mark the trails: Isabel Sigouin, Chris Teron, Marc Lussier, Stephane Germain, Tiffany Crotogino and Mark Blostein. A special thanks to Isabel for allowing us to use her trails.

I plan to do some exploring of new routes this summer and mark them during the fall trail clearing. If you want to participate in these activities, give me a shout. You can reach me at [crotogino@sympatico.ca](mailto:crotogino@sympatico.ca).

## Storing Cross-Country Skis for the Summer

by Wayne Hesse

[www.nordicskiservice.com](http://www.nordicskiservice.com)

When storing cross-country skis for the summer, the most important idea is to store them in a cool, dry place. An area where skis are exposed to extreme heat, such as in an attic or in direct sunlight, can damage skis. Warping of skis or delamination of the base can occur they are exposed to extreme heat over a prolonged period.

Always tie a pair of skis at the tip and tail end. Never tie up a pair of skis in the middle or compress the skis by tying them near the binding. This can adversely affect the skis' camber.

For those who have wood skis, the principles are the same. Inserting a wooden block, which is slightly wider than the camber of the skis, can help maintain the skis' camber. This block should be placed under the kick area between the two skis. Once the block is in place, tie the tip and tail of the skis.

If you have time, cleaning the skis before they are stored can also help to preserve your skis. For those who have sintered bases, applying a soft glide wax over the base will help to ensure that they do not dry up or become oxidized over the course of the summer.

*Editor's note: Wayne operates Nordic Ski Service out of his home in Kirkland, offering hot waxing, and pine tarring, together with ski, binding and pole repairs. In the spring and summer he switches gears to offer landscaping services. Hesse says that he is very busy with the gardens right now, but will still take calls and messages about ski questions. He also offers ski storage in his basement. For those who want to reach Wayne with a landscaping question, it's the same telephone number, but a different website:*

J. Hesse Landscaping Inc.  
(514) 996-6820  
[www.jhesselandscaping.com](http://www.jhesselandscaping.com)



**NORDIC Ski Service**

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**WAYNE HESSE**  
22 Lacey Green, Kirkland, Qc (514) 996-6820  
nordic.skiservice@yahoo.ca [www.nordicskiservice.com](http://www.nordicskiservice.com)

## Touring / Sorties de Ski

by Gordon Cohen

Many thanks to this season's Saturday hosts; Dave and Eleanor Clark, Marie-Claire Skrutkowska and Philip Harrison, Chris and Linda Lyle, Hjørdis and

Derek Wills, Mike Löken, and Sorel Cohen who also hosted a Thursday tour. Thanks also to Audrey Speck for organizing another successful Tremblant weekend.

If anyone would like to host a Thursday or Saturday tour, or has any suggestions for a tour or for improving the tours, please get in touch with me. If you would like to be added to our email touring list, please send me an email.

## Viking Members Travel Near and Far to Ski

Norm Horner

Many of our Viking members have taken their passion for cross-country skiing to places far beyond our Laurentian trails, and we always like to read about their exploits. We invite you to read David McDonald's exciting and most interesting account about his recent participation in the famous Birkebeiner Loppet in Norway. This is must reading for anyone who dreams about skiing in the birthplace of our favourite sport.

Not to be outdone, several long-time Viking members (Howard and Ceilia Bussey, Hans & Wilma Wiemer, Jarmila Philipp, Judy Rogers, Richard L'Heureux, Chris Lyle and Derek Wills) travelled to the famous Chic-Choc Mountains in the Gaspé région for several days of wilderness skiing. Not only does Derek recount the adventures of this intrepid group, but he offers many suggestions for those who might want to take part in what has become a pilgrimage for many Quebec skiers.

You can find both articles posted at our Viking website. Go to <http://www.vikingskiclub.ca/uni/trips/chic-chocs.pdf>

For Derek's Chic-Choc report (plus a link to some great photos of the trip) and to [www.vikingskiclub.ca/uni/trips/norway-birkebeiner.pdf](http://www.vikingskiclub.ca/uni/trips/norway-birkebeiner.pdf) for Dave's adventures in Norway. We kindly thank David and Derek for taking the time to write these great reports and for inspiring us to think about travelling further afield.



(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:

- Fischer boots and skis
- Poles and tuning equipment from Swix
- Apparel and accessories from Swix
- Rossignol clothing
- both NNN and SNS bindings

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514-483-3666 info@austrianskishop.com

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**Check out photo galleries of the youth programs:**

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Thank you to all those who have contributed to the Viking newsletter during the 2010—2011 season:

Text, translating, and proofreading:

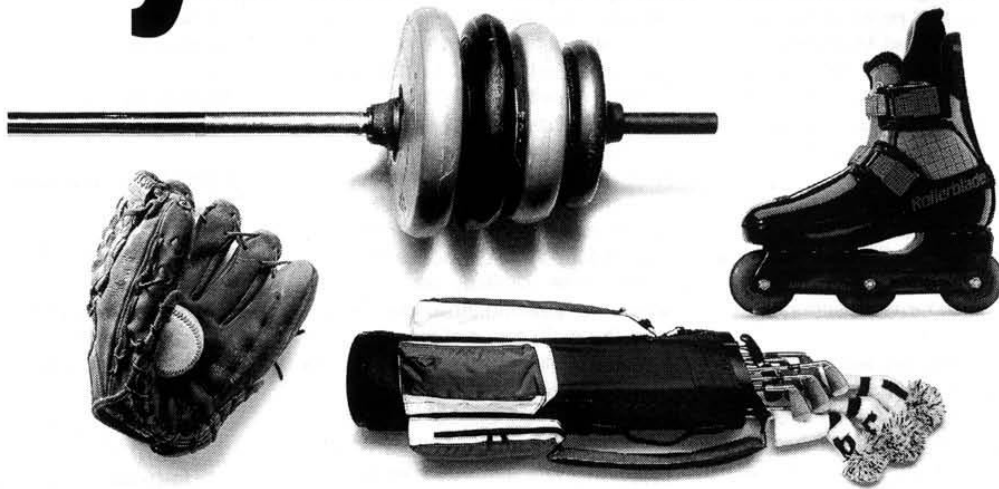
Matthew Ballick; Sylvie Bouffard; Douglas Bowes-Lyon; Jean-Pierre Campeau; Gordon Cohen; Cross-Country Canada; Ron Crotogino; Ron Drennan; Danica Drouin; Jerry Drouin; Carol Fiedler; Wayne Hesse; Richard L'Heureux; Norm Horner; Tom Krejcik; Marty Loken; David Marshall; Pauline Massicotte; Daphne Mitchell; Dave Percival; Wendi Petersen (translation); Elisa Rietzschel; Judy Rogers; Catherine Rossignol; Audrey Speck; Benita Stoyel; Wilma Wiemer; and Derek Wills

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Apologies to anyone missed above

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**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. Longer articles are redirected to the website. For photo submissions, please submit as attachments, not embedded in text documents. Kindly indicate the subject and name of the photographer. Advertisements should be photo-ready.

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#### Letter to the editor

Kim and I had a wonderful time in Morin-Heights and at the Viking Loppet. On Saturday we were able to enjoy the energy and wonderful ambiance of the Viking Ski Club, as well as ski the beautiful 10 K race loop.

Le Clos Joli was a great place to stay, and the food was incredible - good breakfasts, and a 5 course dinner Saturday night which was absolutely delicious and expertly presented.

The Loppet on Sunday was spectacular - what a terrific event!!! Great course with such interesting terrain, perfect grooming, well marked and monitored, great feed stations/volunteer support and fun post-race gathering. And Kim made it to the podium!!!

Thanks again for your help, and to the entire Viking Ski Club and people of Morin-Heights for putting on such a wonderful event. We will be back next year!!!!

Best Regards, Kim Moody & Gordo Cannell  
Maine, U.S.A.

#### Appel au Changement...Entendu!

Dans le dernier numéro du bulletin d'information «viking», le président tout en annonçant son départ, appel à du changement. Nous sommes deux membres familiaux récents (2009 et 2010) avec conjointes et enfants et partageons cette vue de M. Douglas Bowes-Lyon. Le club compte sur une contribution de plusieurs générations de bénévoles, a de belles réalisations à son actif, une notoriété acquise mais nous constatons également qu'il y a un enjeu de faire évoluer les choses pour dynamiser l'organisation. Voici quelques idées qui nous semblent susceptibles d'aller dans cette direction :

Consolider les activités liées à la raquette : un premier pas a été accompli pour se doter de circuits mais de toute évidence, il faudrait pousser davantage dans cette voie. Les statistiques le démontrent, il y a un fort engouement de la population pour cette activité, phénomène accentué par le vieillissement de la population;

Renforcer les liens avec d'autres intervenants évoluant dans des créneaux semblables ou complémentaires : l'heure est à la concertation, le club gagnerait à tisser des liens plus étroits avec d'autres. Il y a déjà une excellente relation avec la municipalité de Morin-Heights, pourquoi ne pas élargir, par exemple, avec les opérateurs des sentiers de la Montfortaine qui justement, croisent les sentiers du club viking?

Dans cet esprit, pourquoi ne pas explorer la recherche de financement pour, par exemple, procéder à l'acquisition de terrains et pérenniser les vocations récréatives? Mountain Equipment Co-op soutien depuis des années des organismes avec une telle vocation et ce, partout à travers le pays. Que ce soit des fiducies foncières, des réserves écologiques ou quoi encore il y a, il nous semble, une piste à suivre;

N'y aurait-il pas lieu de disposer d'un ou de refuges pour améliorer l'attrait au club, par exemple, tel que c'est le cas dans les sentiers du Parc régional Dufresne (Val-David/Val-Morin)?

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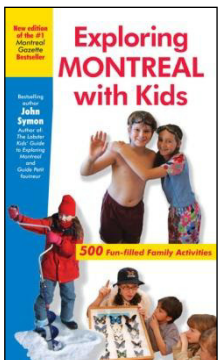


JR Ski ballet Photo: Yves Kéroack



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](http://www.montrealwithkids.com)



Looking for ideas on where to take the kids this weekend? Some 500

Viking May, 2011

Letters (cont...)

Il ne s'agit ici que de quelques idées qui mériteraient certes d'être bonifiées mais qui à nos yeux peuvent stimuler des actions pour donner un sens à ce que M. Douglas appelle le changement nécessaire. Bien entendu, tout cela ne pourra se faire sans que des gens se sentent concernés. Viking c'est un bel héritage à faire fructifier!

Signé : Marc Lussier et Jean-Pierre Girard

### **Call for Change....**

In the latest issue of the newsletter, under the president's Message, Douglas Bowes-Lyon announced that he would be stepping down from his position – and put out a call for change. Our two families are members of Viking and we share this vision. Viking Ski Club has been built by the involvement of many generations of active members. We have accomplished much and acquired a well known reputation, but we believe it is time to introduce new ideas and activities to make our club even more dynamic. We would like to share some of our ideas.

Upgrade snowshoe activities: A first step has been taken in opening up trails, but we should do even more, taking into account the growing interest among many people – including the baby boomers – in this activity.

We need to strengthen links with other organizations that share similar activities and interests. For example, it seems we already have a very good relationship with the municipality of Morin-Heights; why not try to develop other relationships, for instance with the snowshoe operation in Montfort?

Along the same lines, why not look for new funding in order to protect or buy land for natural and recreational activities? For instance, Mountain Equipment Coop has provided this kind of support for many such initiatives across the country.

Could it make sense to have one or more huts along the trails to enhance the club's attraction, for example

like on the cross-country ski and snowshoes trails of Parc régional Dufresne (Val-David/Val-Morin)?

These are only a few ideas that in our view could help promote the necessary changes to build on the ideas of Douglas Bowes-Lyon. Of course, no change can come about without concerned people to get involved and make it happen.

Signed: Marc Lussier, Jean-Pierre Girard

### **Le Site Web du Viking: on a Besoin de vos Commentaires**

Comme vous le savez déjà, nous avons retapé le site web du Viking afin de faciliter la navigation et de le rendre plus informatif. Donc, après une première saison complète, nous aimerions beaucoup recevoir vos commentaires. Avez-vous des suggestions pour améliorer le site? Y a-t-il des sections que vous trouvez confuses? Qu'est-ce qui pourrait vous faire consulter le site plus régulièrement? Si vous ne l'avez pas consulté souvent, pourquoi?

Nous avons tout l'été devant nous pour nous amuser à changer des choses. Visitez donc le site ([www.vikingskiclub.ca](http://www.vikingskiclub.ca)), jetez un coup d'œil, cliquez sur Pour nous joindre et faites-nous part de vos observations.

### **Viking Website: Your Feedback Wanted**

As you know, we've revamped the Viking website with the aim of making it easy to navigate and more informative. Now, after its first full season, we would very much appreciate your feedback. Do you have suggestions for improvement? Are there sections you found confusing? What would make you use the site on a regular basis? If you haven't visited it often, why not?

We have the summer to "play around" with things, so please visit the site ([www.vikingskiclub.ca](http://www.vikingskiclub.ca)), take a look, and use the Contact Us button to let us know what you think.

## VIKING SKI CLUB DIRECTORS & Co -ORDINATORS 2010 / 2011

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