



MESSAGE FROM THE BOARD OF DIRECTORS

NOW KNOW YE..."To organize, promote and carry on a club to foster and encourage an interest in the sport of skiing in all its branches; to build and maintain and to contribute to the building and maintenance of ski jumps, of downhill and cross-country ski runs and ski trails and of other skiing facilities; to provide a Club house and other facilities for the enjoyment of the members...etc."

Thus runs the introductory text for the purposes of Letters Patent incorporating the VIKING SKI CLUB INC .dated 15th March 1947...almost 60 years ago!

The Board hopes the current membership will not hold us to account for renegeing on the **"building and maintenance of ski jumps and downhill ski runs"**...although some eager Jackrabbits may!

In the case of **"foster and encourage the interest in the sport of skiing"** this can be interpreted as having evolved into the club's family programs: Bunny (BR) and Jack Rabbits (JR), Challenge and Racing. Without doubt, this aspect of club activities demands our greatest efforts in terms of dedicated resources and supporting volunteers. The current season provides considerable challenges as four key resource persons are "retiring" after extended periods of enthusiastic and committed service. Sincere thanks are extended to those "retiring" and handing on the family program torch: Sharon Sawyer who served as Director BR/ JR / Challenge & Racing, and program coaches Sylvie Bouffard, Anne Nicholson, and Marc Zgoralski.

Stepping into Sharon's boots is Matthew Ballick and his team comprising of:

| | |
|---|---------------|
| Brian Morin | (JR) |
| Julie Valente, Audrey Nesbitt-Bouffard, Susan Law, Christie Johnson | (JR) |
| Holly Robertson | (BR) |
| Rick Nesbitt | (Challenge) |
| Karen Oljemark | (Racing) |
| Casey Stilwell | (Information) |

We feel confident that Matthew has assembled a competent team!

On the social front, some 20 Vikings showed up for our traditional Fall Meeting held on 22nd November and hosted by Norway Nordic. Informal in nature, it was a chance for members to socialize, peruse gear and clothes for the upcoming season, and to catch up on the latest ski gear innovations...such as NIS adjustable sliding bindings!

With the trails all cleared, your membership registrations in, clubhouse in order, organizational cogs in place and oiled by volunteers...we are all set to enjoy the forthcoming ski season. We just need the right input from our life-long honorary member -Jack Frost- to come up with the snowy goods!

Joyeuses fêtes et bon ski!

Derek Wills, Secretary (on behalf of the Board) December 14, 2006

VIKING 2007 CALENDAR

Sat. Jan. 6: Youth Programs begin
Sat. Jan. 6 Saturday tours begin
Sat. Jan. 27: Social / supper at Clubhouse

Wed. Jan 31 Feb newsletter deadline
Sat-Sun Feb. 10-11: Canadian Ski Marathon
Sunday Feb. 25: Viking-Morin Heights Loppet

Working Hard To Get Trails Ready

by Judy Rogers

Throughout the fall, Vikings turned out in force on Thursdays and Saturdays – sometimes in ideal autumn weather, and sometimes in rain or snow – to saw, cut, clip and clear our network of trails. By November 4, the work was officially complete, although a few stalwarts spent a few more days doing some final cleanup and replacing a bridge on the 10 k loop of the Racing Trails.

At least 51 people put in 124 volunteer days to get the job done – up more than 20 per cent from last year – so congratulations to everyone on a great effort.

All the volunteers – veteran trail clearers and first-timers alike – deserve a huge vote of thanks, no one more so than our hard-working leader Doug Bowes-Lyon who put in at least 17 days. Special thanks also to former trail clearing boss Jean-Pierre Campeau who worked 11 days, and Rolf Christiansen who put in double-digit duty with 11 days.

Here's the list of everyone who helped. When you see them on the trail, say thanks!

Matthew Ballick / Cathy Barr / Helen Bitz / Mary Bitz / Michael Bitz / Pierre Bitz / Doug Bowes-Lyon / Betty Breger / Laurie Breger / Howard Bussey / Jean-Pierre Campeau / Rolf Christiansen / Wilma Christiansen / Gordon Cohen / Sorel Cohen / Jeff Deeprose / Kathryn Gill / Philip Harrison / Don Hetherington / Luis Kock / Celia Lang / Ron Laughlin / Gordon Little / Bob Mackenzie / Carol Mackenzie / Eeva Liisa Makkonen / Ismo Makkonen / Pat Metayer / Gary Misener / Daphne Mitchell / Murray Moss / Karen Oljemark / Danielle O'Neill / William O'Neill / Wendy Petersen / Jarmila Philipp / Frank Philpott / Judy Philpott / Dick Pickering / Judy Rogers / Marie-Claire Skrutkowska / Donald Smith / John Symon / Chris Teron / Louisa Teron / Michel Therrien / Paul Tree / Bruce Underwood / Andras Ungar / Arnaud Van Der Linden / Mike Van Der Linden / Gerald Van Gorp / Erik Vikander / Kristin Waerstad / Aimée Wallace / Arielle Wallace / Derek Wills / Hjordis Wills



Cathy Barr and Erik Vikander take break from trail clearing. Photo: J. Symon

Tour Schedule 2007

by Gordon Cohen, Touring Co-ordinator

Lac Brule January 6

Hosts: Bill and Diane Pollock

Participants please phone Gordon Cohen
(514) 482-1327 or (450) 226-3903

This is a 16-km tour around Lac Brûlé for intermediate skiers. Ease yourself into the new season on this terrific tour. To get to the Pollock's, follow these instructions:

Directions: Drive north on AutoRoute 15, take exit 89 for St. Donat. Turn right on 329 north towards St. Donat, then proceed about 2-km on route 329 to Lac Brulé. Turn right on paved road with signs indicating the direction to Ste Lucie (Chemin Ste Lucie). Cross a bridge just after you turn right. Proceed about 4.3-km on the Ste Lucie road. Watch for a small street sign on the left indicating Chemin Fortin and Chemin Lac Noir. Make a sharp left turn (almost 180°) onto this gravel road through an old gravel pit. Most people miss this turnoff from the paved road to the gravel road. If you come to a street sign that reads "60th Ave" or "70th Ave" or "Bienvenue à Ste-Lucie," you have gone too far. Keep right on Chemin Lac Noir

(the other one is Chemin Fortin) for about 2-km and watch for a POLLOCK sign (lit at night) and "Chocoholic hill". Turn right up the hill and you are there. Please note that the street numbers are not consistent. Bill says, "Watch out for snowsnakes and rockadiles!"

Morin Heights, Triangle, etc. January 13

Hosts: Judy Rogers and Rudi Scherz (450) 226-2885

Numerous different trips can be taken from here depending on snow conditions. There is a possibility of a shorter tour on an ad hoc basis. The hosts' house is in the village of Morin Heights.

Directions: take #364W into the village of Morin Heights. Turn left at first light in Morin Heights onto Village Street. At stop sign (at Vaillancourt's) turn right on Watchorn. Almost immediately, take first right, on Millard, then first left (again, almost immediately) on Crescent. The house is at the top of the hill on your left at 815 Crescent.



*From left to right: Matthew Ballick, Ismo Makkonen, Derek Wills, Rolf Christiansen, Dick Pickering and Jean-Pierre Campeau.
Photo: E. Vikander*

Morin-Heights, Western January 20

Hosts: Derek and Hjordis Wills, (514) 683-0696, cottage: (450) 226-8923

An intermediate tour using the well-groomed trails around the Wills' cottage. Derek will lead the longer trip and Hjordis, a shorter one.

Directions: From St. Sauveur, follow 364W to Morin Heights. After the first traffic light take the first right onto Watchorn past Auberge Clos Joli to a T-junction. Turn right onto Belisle, Continue for 1-km to #299 on your left. Derek and Hjordis will be waiting. Bring your skis up the hill to their cottage.

St-Adolphe, January 27

Non-hosted tour, the club dinner is in the evening.

Leaders: Sorel and Gordon Cohen 9514) 482-1327, cottage (450) 226-3619

We will meet at the Swiss Inn parking lot (now called Auberge du Flamant et de la Tortue), 2-km north of Morin Heights on #329, and then ferry to St-Adolphe. There are many skiing possibilities from here. Please bring your Carte Réseau. Sorel will lead the shorter tour.

Dohrendorf Winter Fling, February 2, 3, 4

The Dohrendorf winter fling this year is at Jackson, New Hampshire, in the heart of the White Mountains near Mt. Washington. Jackson is a large XC ski centre with a wide variety of trails from track-set to back country. Mike will provide details, including the web address and accommodation details via our email bulletin.

St Faustin, February 10

Hosts: Chris and Linda Lyle, (514) 484-8632, cottage: (819)-326-8769.

A 17-km tour for intermediate skiers on wilderness trails, including parts of the original Maple Leaf and Western trails as well as the scenic Cornu Ridge. From Montreal, take Autoroute 15 north past Ste Agathe. Then, 11.2-km after the merge with Highway 117, at a former gas station, turn left at the signs for Mountain Acres Golf Club. After 0.9-km, beyond a sharp left and under the power lines at the top of a hill, turn right through the gate sign posted Valdurn. Follow this road for 2.9-km, past a junction on the left until a junction where you turn sharp right. Follow this road for 1.8-km, past a sign for Lac à Caille and drive clock-wise around this small lake to the end where you will find the Lyle cottage. In summer time, door-to-door is about 75

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minutes from Montreal. A short tour will be available.

Ste. Anne Des Lacs- Loken Trail, Feb. 17

Host: Mike Loken, (450) 224-5631

A unique 22-km loop for intermediate skiers entirely on the Loken Trail, which was laid out and is maintained by Mike himself. Gordon Cohen will lead a somewhat shorter tour. Take Laurentian Autoroute exit 57, follow Chemin Ste-Anne-des-Lacs for approximately 3-km. Immediately before a parking lot on your right, turn right onto Chemin des Noyers. Follow this road to the very end, a distance of about 1.5-km, where your host, Mike Loken will be waiting at # 125.

February 24 NO TOUR

We want to concentrate our efforts on the Viking-Morin Heights Loppet, which takes place the following day, Sunday February 25th

This year there will be considerable trail work prior to the Loppet and we are counting on the help of the Touring Group.

Mont Tremblant, March 3

We meet at the reception centre at Lac Monroe. We can ski on the track set trails, or on the back country trails leading to Lac Ernie and Lac Croche. This tour begins at 9:30 a.m.

Picnic March 10

Hosts: Gordon and Sorel Cohen, (514) 482-1327, cottage (450) 226-3619

A relaxed tour and wiener roast picnic, the Cohens supply the hot dogs and buns, you bring your own beverages.

Directions:. To reach our cottage, take 364 W from St. Sauveur. Continue along 364W through Morin Heights and take the first left turn onto Chemin du Montfort (about 4-5-km past the village of Morin Heights)

In the village of Montfort turn right at the stop sign. Cross the bridge and turn left at the next stop sign. Then turn right at the next stop sign (at the lake). We are the first cottage on the right, just at the corner, at #670 Chemin de Newaygo. Please enter the cottage from the driveway on Chemin de Fer. There is a large parking area on the left opposite the cottage.

March 18 – To be announced

Watch for last minute changes announced in our twice weekly e-bulletin. To subscribe send me an email to the address below.

gdcohen@sympatico.ca

Thursday Tours

Every Thursday, starting January 4th, we have a tour. These are planned by our leaders Frank Giffen, assisted by Derek Wills (coordinates for both are on the back page of this newsletter). Every week, by Wednesday evening at the latest, we send an email telling you where we'll meet, where we'll ski, and what snow and weather conditions to expect. Our Thursday group is smaller than the Saturday group and more informal. We usually stop for refreshments afterwards and discuss where we'd like to ski the following week.

In this same email, we bring you up to date on the Saturday tour later that week. A few days later, we send a report on the Thursday and Saturday tours of the previous week and usually include photos. These reports are written by various participants and are quite entertaining. Again, send me an email if you'd like to be on the list.

Again, we suggest the purchase of a *Carte - Reseau* with your membership as we hope to ski some of the areas outside of our region.

For information on Thursday tours, call Frank Giffen (514) 694-6692; giffens@sympatico.ca or Derek Wills: assistant coordinator (514) 683-0696; derek_wills@sympatico.ca

For more information on any tours, call Gordon Cohen, Res. (514) 482-1327/ office (514) 271-4646 / cell (514) 979-0065, Cottage: (450) 226-3619. To be added to the weekly email tour bulletin, just send an email to: gdcohen@sympatico.ca

Nota Bene

For both Saturday and Thursday tours:

- 1) Let the tour leader/host know that you will participate.
- 2) Bring trail snacks, lunch and liquids.

- 3) Dress warmly in thin layers and bring an extra sweater.
- 4) Arrive with your skis waxed and bring additional waxes. **Be prepared to start skiing at 10 am.**
- 5) Guests of members are welcome, but are the responsibility of the member who brings them.
- 6) For last minute details on any of these tours call the tour leader or Gordon Cohen




Viking Touring Group poses on bridge. Photo: D. Wills



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Viking Beer & Bicycle "PUB" Supper

by Daphne Mitchell

On Saturday, January 27, 2007 we pay tribute to our summer sport, cycling, (and especially to Doug Bowes-Lyon's extreme cycling adventure). We will also acknowledge the important accompanist to our fun: good beer. So wear or bring appropriate paraphernalia to this popular event. Thanks to Judy Rogers we are belatedly returning to environmental responsibility; by renting real dishes and cutlery.

Appetizers: **Two Contributions, please.**

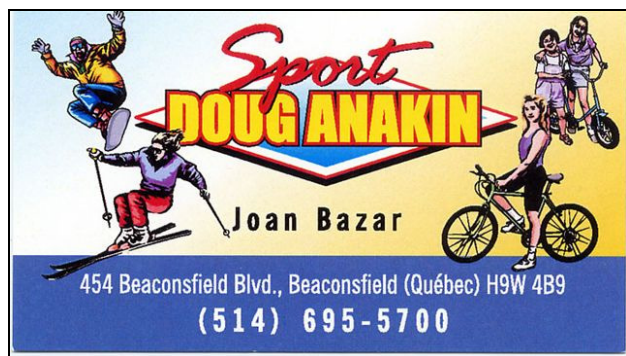
Contact Daphne

Main Course: Ernestine Tree's Moroccan Lamb Delight with Couscous
Hjordis Will's Mixed Vegetable Medley

Desserts: **Six Contributions, please.** (I can't find Viking-quality, store-bought desserts.) Contact Daphne

Bring good beer (or wine for the faint-hearted) to accompany the exceptional food. The cost: will probably be about \$10/person

Register with Daphne Mitchell at (514) 482-8078 or daphne.mitchell@sympatico.ca



Major Bridgework done by Non-dentists!

by Derek Wills

We are pleased to report that the 10-km loop of the Viking Racing Trail has emerged from the depths of the beavers City of Atlantis; excessive rainfall created a massive backlog of water which proved too much for the beaver dam..... catastrophic rupture followed by a tsunami made brief history of it! However, to make this ruptured section ski-able; Doug's

"Hernia Team" had to construct a 35 ft bridging span out of long logs salvaged from the surrounding area. The completed bridge was topped off with a layer of fir sprigs, not so much in festive spirit to please the ladies, but to effect a gap cover-up which when frozen and snow filled will provide solid icy bonding.....nature's epoxy glue!

Clubhouse Hosts Still Needed

Hosting is not only an important club function, but also a great way of meeting other members. The successful operation of the Clubhouse depends on hosts performing various activities:

- Open clubhouse in the morning
- Turn on breakers for the deep well, heating
- Direct parking
- Answer questions from visiting skiers
- Close the clubhouse at the end of the day

There are 55 slots to fill since hosts are required on weekends from late December through late March and some holidays throughout the ski season. If you want a particular date, please call: Stan Cytrynbaum (514) 369-0964
sanstan3@hotmail.com



Doug whips the trail clearers into shape. From left: Erik Vikander, Doug Bowes-Lyon, Bruce Underwood, Cathy Barr, and Wendy Petersen. Photo: J. Symon

Youth Program Update

by Matthew Ballick, Youth Program Director



Photo by E. Vikander

Let me join with the rest of your board of directors in welcoming back all youth program participants, parents and children, with a special welcome to those who are new to the club. First of all let me wish you all a wonderful season of skiing, I hope you all reach the goals you set for yourselves.

The Viking Club has a long history of youth program activities and we are happy to continue this tradition. Unlike many clubs and other activities the "Viking model" has always been based around family participation and we pride ourselves in providing an environment where children and there parents can grow together, share time and improve there skiing skills. Needless to say the club is only part of the equation, you the parents are the other part. We do not want to become just another event in your busy lives, but rather, through your volunteering, we want to provide a shared family experience that few of today's activities can provide.

Many of today's "Senior" members started out just like you and me, volunteering to help out on the pond on Saturday mornings. Over the years there friendships with fellow members grew as did there love for the sport and there skiing ability. It's not just about the skiing. Please take the time to be involved in this year's program, no matter what your skiing level, there is a spot for you. As your representative on the board, I welcome your input and again I wish you all a wonderful season! On se voit samedi, le 6 janvier!



Challenge Group 2006 on knoll near Lover's Leap. Photo: S. Smith

Ad Rates

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|---------------|-----------|-------------|
| Members | \$10 | \$30 |
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(514) 485 5795

Loppet 2007

The 2007 edition of the Viking-Morin Heights Loppet will comprise three distance events -- 10k, 20k and 33k. Attractive discounts will be available to those skiers who register by January 19, 2007.

www.skiloppet.com

Trail Report

Snow conditions are often remarkably better on the Viking trails than in Montreal parks. While the season usually begins in mid-December, members report that some years the skiing can begin as early as mid-October. To find out snow and trail conditions before leaving the city, call the Club phone (recorded message updated Fridays) at (450) 226-3284 or go to: <http://x-c.com/clubs/viking>

Newsletter Submissions

Viking, the official newsletter of the Viking Ski Club, is published four times annually. Send submissions (in English ou en français) to: John Symon, Editor, 2044 Trenholme, #3, Montreal, QC H4B 1X6

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René Beauregard
Propriétaire

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

Skimg, but no Parking

The October newsletter mentioned that, among the benefits of joining Viking, members can:

- ski for free all winter on 55 km of groomed Viking trails
- ski for free all winter on about 75 km of groomed Morin Heights (M-H) trails--including Aerobic Corridor—due a reciprocal agreement with the municipality
- ski for free on Lac Notre Dame trails

That article should have mentioned that while Viking members are allowed onto M-H trails, NO PARKING is applicable at M-H Aerobic Corridor parking lots. Also, Viking members need to have the 2007 badge or membership card VISIBLE when skiing on M-H network.

The Sign is Back!

by John Symon

For many years, Viking members have been guided to the Jackson Road turnoff from Route 329 south by a hand-made sign. The wooden sign, erected near the quarry, pointed up Jackson Road to the Clubhouse. The origin of the sign is somewhat fuzzy and past president, Erik Vikander, thinks it was made by Fred Argue and first erected in the 1990s.



Danger: men at work! Robert Weiler (left) and Doug Bowes-Lyon restore Viking sign to its former glory. Photo: Hjordis Wills

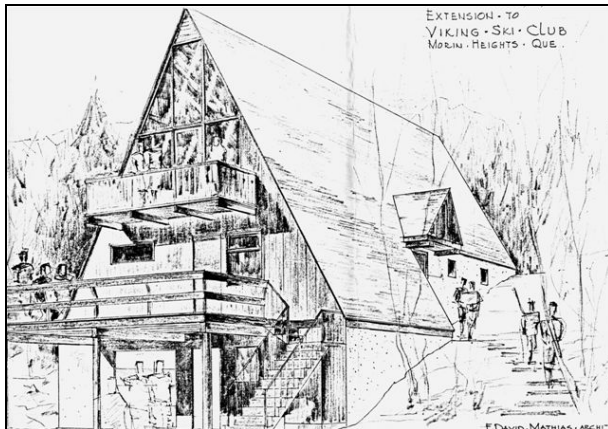
The sign was still standing in late September, according to another past president of the Club, Robert Weiler (this same Robert Weiler helped build the Clubhouse back in the 1960s). A trail clearing crew on September 30 noticed that the sign was gone and found only a hole in the ground where the signpost once stood. "There was no sign of the sign," explained Vikander, surmising that vandals tore it down for a lark.

Morin-Heights resident, James Jackson (whom the road is not named after), was visiting the area shortly afterward and found the sign down the bottom of a grassy embankment near the small lake shown in the background of this photo. At a November V-M-H Loppet meeting, Jackson reported that he had picked it up and given it to Robert Weiler

Facilities Manager, Doug Bowes-Lyon, and Robert Weiler then put the sign up again, encasing the bottom of the post in concrete. This should make it more difficult for future vandals. So, once again, a Viking sign points the way from Route 329 up to our clubhouse.



*Viking Ski Club under construction: 1964.
Photo: Thomas Vikander*



*Preliminary design sketch - August 1977 -
proposed Club house extension
F. David Mathias, architect and Club
member (note stairs to porch and second floor
balcony)*

Wilderness First Aid Kits

by John Symon

What should put into a first aid kit for skiing on Viking trails? According to Bob Washer, President of Sirius Wilderness Medicine, back country skiers are well advised to carry emergency materials that will keep both patient and caregivers warm and comfortable. He mentions carrying a lighter, lightweight stove, boiling pot, and Nalgene® bottle. Not only does this allow you to make hot drinks, but the Nalgene bottle can serve as a makeshift hot water bottle. Washer also

recommends carrying a rip-stop nylon tarp, lightweight sleeping bag, and small foamie pad. You can either sit on the foamie or roll it to make a splint. He advises only carrying items that you really need "and not taking ice packs on a ski trip."

"The most common injury on ski trips involve foot blisters, so moleskin or Second Skin® are good to bring along. When you're skiing with children, you have to take charge and assume that they are not carrying what they need." Washer also recommends sterile gauze, good quality tape, and clean, non sterile gauze. His company sells three different sizes of wilderness first aid kits ranging from a jacket pocket size Mini for \$25 to a Personal kit for \$50 to a Guide kit suitable for expeditions for \$100. The contents of each are listed at www.siriusmed.com Sirius Wilderness Medicine kits have been designed for year round recreation and back country use. They contain top quality materials and supplies, including EMT shears.

Washer suggests that it is less expensive, and easier to buy a first aid kit off the shelf, either from his company, or Mountain Equipment Coop or even from Costco, rather than trying to assemble one with supplies from a pharmacy. Sirius first aid kits can be found at some Montreal retailers, such as Norway Nordic, or ordered by calling (877) 982-0066 and giving a credit card number.



During the 1950s, the club built and maintained ski jumps. Here we see former club president, Aleksander Olsen jumping at Christievill. Photo courtesy of Kaare Olsen (another former club president)

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Come join the fun at our next Viking Winter Fling, February 2nd to 4th to Jackson, New Hampshire, in the heart of the White Mountains. If conditions warrant it, the group sometimes changes their skis for snowshoes.

Question: how many former club presidents are mentioned in this newsletter? How many Jacksons?



Viking Skiers at finish line of 2-day, 160-km 2005 Canadian Ski Marathon. Photo: S. Smith

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| Jarmila Philipp 745 - 0418 (Treasurer) jphilipp@videotron.ca | Financial Social | Daphne Mitchell 482 - 8078 daphne.mitchell@sympatico.ca |
| Derek Wills 683 - 0696 (Secretary) derek_wills@sympatico.ca | Newsletter Loppet Loppet –admin / coord PR Loppet promotion, website www.skiloppet.com | John Symon 485 - 5795 john.symon@videotron.ca Wilma Wiemer 1-450-226-9928 wilma.wiemer@sympatico.ca Tim Humphreys 1-450-438-9095 spincom@sympatico.ca |
| Matthew Ballick 1-450 -226 -7229 matthewballick@cgocable.ca | Racing Jackrabbit / Bunnyrabbit Challenge Information coordinator | Karen Oljemark 620 - 5404 koljemark@hotmail.com Brian Morin 1-450 – 228 -1527 brian.morin@cgocable.ca Julie Valente 1-450 - 258-2399 gagnonvalente@sympatico.ca Audrey Bouffard-Nesbitt 487-4018 audrey_bn8@hotmail.com Rick Nesbitt 1-450 - 226-2368 nesquick@securenet.net Casey Stilwell 425-2199 cdstilwell@videotron.ca |
| Doug Bowes-Lyon 769-7085 dboweslyon@videotron.ca | Facilities Management (FM) Trails Winter trail maintenance, track preparation and setting Maps and signs | Robert Weiler (FM) 1-450-226-2413 (R) +(F) robert_weiler@sympatico.ca Judy Rogers 1-450-226-2885 judyrogers@sympatico.ca Pierre DesCombes 1-819-327-2102 yvette.pierre@sympatico.ca Lou Lukanovich 1-450-226-2879 / 1-819-327-3901(B) lou@simonriversports.com Chris Teron 1-613-591-9908 chris@teron.ca |
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