



## Welcome

We are pleased to welcome you to our first edition for the 2014-2015 season.

Not sure if winter is already coming in your area, but it was 5°C this Sunday morning where I live! The groundhog in me is about to leave and make room for the telemarkushog, the two-ski creature that I become in winter.

We worked hard this summer to prepare for the upcoming season, and many new things are coming your way; you will most likely hear about CANSI soon.

The National Seminar committee is in place, and is already hard at work. This season we will return to Silver Star Mountain Resort, from March 23rd to March 27th, 2015.

Let's get ready for the season, and in the meantime enjoy our newsletter.

Gaétan Lord  
CANSI National President

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## Membership Renewal

With a new season comes a new membership, and membership renewals are now open on [cansi.ca](http://cansi.ca). This year again, the membership fees will remain the same.

In our next newsletter we will talk about the benefits you'll receive when you renew your membership.



## **Our Membership Cards Are Going Digital**

The increasing cost of stamps has convinced the CANSI Board to email our membership cards. We expect this change to save a couple thousand dollars this year. And Françoise will be able to refocus her skills on more important tasks.

Starting this fall, your new membership card will be emailed to you in pdf format, ready for printing or for displaying on your mobile phone. The accompanying letter includes your receipt and your member transcript.

Though snail mail may still be required for some communications, we will try our best to minimize this.

Let us know what you think.



## **Photo Needed**

Do you have a Kodak moment you would be willing to share with CANSI members?

Our new membership card is getting a facelift with new photos. We already changed the picture of the telemark skier, and would like to replace the X-Country skier as well. If you have a great shot of an XC skier – free of rights – please send it to Françoise at [office@cansi.ca](mailto:office@cansi.ca).

We will use the best one on the face of the card and may publish others in the newsletter.

## **What's My Name?**

Our new newsletter has been rolling for several months now, but it is still lacking a name. We need your ideas and imagination to find THE name that will best fit CANSI and its newsletter. The new name should be:

- \* inclusively Nordic - XC and Telemark
- \* bilingual – English and French
- \* unique, and possibly as much fun and inspiring as our favourite snow sport...



Please submit your ideas to [office@cansi.ca](mailto:office@cansi.ca) by November 1, 2014. The Board will look at all entries and choose the best one.



## Show Your Colours . . . Your CANSI Colours, That Is!

Don't spend yet another season in that drab jacket that makes you look like every other skier!

Your National Technical Committee is finalizing agreements with two top clothing manufacturers for a ProDeal on a new Telemark as well as a Cross-Country Instructor's jacket. Two high quality jackets, at a fraction of the cost you would pay in the store! Note that this season, the design of the CANSI jacket has been modified, so as to offer a more professional look!

As a current professional member of CANSI you and only you will be able to place an order for your uniform via the CANSI website and have it delivered to your door. All the information and visuals for the jackets will be on the CANSI website within the next month, so keep an eye out for it.

We're members of the only national body of Nordic Ski Instructors in Canada - Let's let everyone know how strong those national standards are!

## Rollerskiing

by Marc Ricard

Cross country skiing is not only fun, but it's also a great way to get in shape. The sport works all of the major muscle groups as well as the cardiovascular system. It even hones balance skills. The only drawback is that the ski season is relatively short, usually lasting between four and five months. Biking and running are good at getting your body ready for the rigours of the ski season, but nothing beats roller skiing to get you ready for the first snows of December.

Shoppers will find quite a variety of roller skis on the market. Classic roller skis usually ... [MORE](#)

## Why You Should Continue to Pay Your CANSI Dues

by John Gallagher

A lot of us take a CANSI course to learn how to teach cross country or telemark skiing but then feel there is little value in maintaining our membership. An event that happened a few years ago drove home the value of not only paying our dues but regularly attending refreshers.

In February 2007 one of our ski school instructors (we'll call him "Joe") was teaching a children's program when one of the participants was hit in the mouth by the ski pole of a second participant.

This resulted in a chipped front tooth.

The father of the hit child decided he would sue the .... [MORE](#)

## Share Articles With Us

Our newsletter is now the primary connection between CANSI and its members. But this relationship should not be going only in one direction. This month we are sharing articles penned by two members. If you want to do the same, we welcome articles. They should focus on skiing, teaching, or any other experiences pertinent to CANSI instructors.



We can hardly say sharpen your pencil anymore, so please abuse your keyboard for the reader's benefit!



# Mountain Region News

## **CANSI Mountain Region AGM**

CANSI Mountain region will be holding its Annual General Meeting on 2014, November 23 at 4 p.m in meeting room B of the day lodge at the Canmore Nordic Centre.

The following motion will be brought to the membership to wind up the registration of CANSI Mountain region as a society registered in Alberta.

### **Motion:**

BE IT RESOLVED that CANSI Mountain Region follows the recommendation by the committee to dissolve itself as a Society under the Alberta Societies Act and continue to operate as a region of the National organization under the associated by-laws.

### **CANSI Mountain Region Fiesta**

CANSI Mountain Region will be holding a free refresher for current track members on November 22 at the Canmore Nordic Centre, in conjunction with the Annual General Meeting. Please register at [CANSI.ca](http://CANSI.ca)

A **Telemark refresher** will be held on November 23, at Sunshine Village. Please see details and register on [CANSI.ca](http://CANSI.ca)

It is proposed to hold a course conductors briefing for track examiners on Sunday November 23. All track course conductors should try to attend. Current Level 3 and 4 members will be sent personal invitations by email.

Track and telemark refreshers will be held in Edmonton in January. Watch the next newsletter for details.

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