



## News from the Fernie Nordic Society



### August News

The AGM and Volunteer Appreciation event held on July 10 was a great opportunity to get together and recognize our wonderful volunteers. Meet the new FNS board in a section below.

The annual 2022-2023 membership drive is [now open at Zone4.ca](https://www.zone4.ca) to renew your membership. As in earlier seasons, you may take advantage of the early-bird fees **until September 30**. Enrollment into the Kids Lessons and the Race Team is done on the same page.

The lessons of our Skill Development Program will start in January. Please consider joining our team of volunteer coaches to expand the program.

Looking for Sponsors: If you'd like to have your business logo appear in our newsletter and can offer a discount to the FNS members, please [let us know](#). Your logo will be shown here throughout the year.

# The Fernie Nordic Society is looking for volunteer coaches for the kids lessons program

- 😊 Lessons start in January
- 😊 One hour a week
- 😊 Basic training provided
- 😊 Rewarding activity

**Support Youth Nordic Programs! Join our Awesome Coaching Community!**

The Fernie Nordic Society's (FNS) Ski Instruction Program (SIP) was recently re-approved for the 2024-25 season and is looking for volunteer coaches to help provide instruction to our youth skiers. To be eligible to coach, you must be a resident of the Fernie area and have a valid driver's license.

**What is Coaching & Earn?**

Coaching is a rewarding and fun way to spend your time. It allows you to share your knowledge and skills with others and earn a small amount of money. The coaching fee is \$10 per hour and is paid in cash at the end of the season.

The coach will be responsible for the following:

- Provide instruction to the youth skiers during the lesson.
- Assist with the skiers' equipment and ensure they are properly fitted.
- Monitor the skiers' progress and provide feedback.
- Assist with the skiers' safety and ensure they are following the rules.

**How to become a coach:**

1. Complete the coaching application form.
2. Attend the coaching training session.
3. Complete the coaching trial.
4. Receive your coaching assignment.

**Here's what some of our Skier Coaches are saying!**

*"I have a great time coaching and it's a great way to give back to the community. I also get to spend time with the kids and see them improve their skills. It's a rewarding experience!"*



*Click here to read all the details. Join our team!*

Contact Alisha at [fernienordic@gmail.com](mailto:fernienordic@gmail.com) for more details.

## Fernie Nordic Society hosts AGM and volunteer appreciation event

*by Megan Lohmann, president of FNS*

*What a day!!* Sunday, July 10th was our AGM and long-awaited Volunteer Appreciation Celebration night. And it was perfect!!

Our events started with a walk led by Marty Williams from Aq'am, who told us about the Aknusti (Guardian) program and ?aknumuctitit, the law given to Ktunaxa by the Creator, which is the purpose given to Ktunaxa people to take care of the land and resources. It was an impactful walk and one that 'planted seeds' as to how we might continue to improve our stewardship of the land.

The AGM highlighted the successes of this year - the challenges of dealing with varied snow conditions, the return of our kids program and the incredible success of our Fernie Nordic Racers.

And then our incredible Volunteer Appreciation dinner! It was a beautiful and highly sociable event in the most beautiful setting. With catering by Fernie Catering Co. and beverages from Fernie Brewing Co. and The Tipple - so much fun was had! Thank you SO much to all of our volunteers that make this nordic club a community.

And thank you to all the volunteers who helped set up and take down. And to our Administrator, Alisha, who coordinated every little detail and our Board member Jane who managed all the details on site.

Stay tuned for ways to get involved for the upcoming season!!



A few more photos of the event:



# New Board of Directors

The following volunteer directors for the 2022-2023 season were elected at the AGM:

**Megan Lohmann** - co-chair Partnerships  
**Jennifer Heath** - co-chair Operations  
**Mike de Jong** - director of Operations  
**Mathieu Corriveau** - treasurer  
**Johnny Shaw** - director of Skier Development  
**Jane Stevens** - secretary  
**Laurie Beml** - director of Membership  
**Daniel Principall** - director-at-large  
**Sam Sedlowsky** - director of Facilities

Laurie Beml is new to the board this season. She replaces Micheline Picard who has spent several years on the board. Sam Sedlowsky returns to the board in the newly created position of director of Facilities.

## Mellow Mountain Rangers Summer Hikes

We've had some good hikes when the weather has permitted. You can [click this link](#) to see all the wonderful hikes we did since May 18th to August 3rd. For the rest of the summer, the consensus is that we stay with Wednesday mornings, meeting at 10:30 am. The next one is planned for Aug 17. Because hot weather is in the forecast I'd like to suggest we redo Gorby or the Gorby - Old Goat - Sherwoody hike. They're both nice and shady. We'll meet at the Gorby parking next to the bridge over the Lizard Creek at 10:30 and decide then which we'd prefer. These hikes are open to any members aged 50+. [Contact Joy](#) if you'd like to join us.

*by Joy Baxter*



Joy and Ron at the last hike

# FNS Membership Registration is OPEN!

## ZONE4

The new registration page at [Zone4.ca](https://zone4.ca) became live on August 15. It will let you do almost everything

- Renew or purchase your Family or Single membership
- Enroll your child into the SDP program & reserve some ski gear for the season
- Join the Fernie Nordic Racers team
- Corporate memberships are also available

**NEW THIS YEAR:** Bunnyrabbit and Jackrabbit lessons will now happen on Thursday afternoons this season as well as on Saturday mornings and Tuesday afternoons. *More choices!*

Please follow this link <https://zone4.ca/reg.asp?id=29470>

Take advantage of our early-bird membership fees until September 30. Our regular fees apply after this date. Membership cards and renewal stickers will be available at the warming hut once the ski trails are open. Other pickup locations in town during the fall will be listed in our future announcements and newsletters.

For more information about club membership and our programs, [send us a message HERE](#).

**These great sponsors, The Guide's Hut and Snow Valley Lodging, are recognizing the FNS membership cards. Have yours handy when you pay them a visit.**



**THE GUIDE'S HUT**  
**Fernie's Authorized Retailer  
of Salomon and Madshus  
Nordic Equipment**



salomon



**MADSHUS**

671 2ND AVENUE      [WWW.THEGUIDESHUT.CA](http://WWW.THEGUIDESHUT.CA)



**SNOW VALLEY LODGING**  
WARM ADVENTURE HANDED



## Race Team News

The summer training of the racers continues. Two of the racers were seen with coach Johnny Shaw trail running last week at the Nordic Centre.

Join the team! The enrollment into the team is open at [Zone4.ca](http://Zone4.ca) until September 30.

In case you missed it, here are photos of Aurélie Smithson (left) and Louison Dubief (right). Aurélie and Louison usually report on the activities of the Fernie Nordic Racers ... unless they are on vacation. Aurélie is originally from Quebec while Louison is from France. Both are doing a fantastic job in reporting in a language other than their mother tongue. Aurélie and Louison are starting Grade 11 in the fall. Next update in the September newsletter.



# Become a Volunteer Coach!

## Support Youth Nordic Programs! Join our Awesome Coaching Community!

The Fernie Nordic Society's (FNS) Skill Development Program (SDP) relies heavily on people power - the effort, enthusiasm and commitment of our Volunteer Coaches is what ultimately determines the success of the program. In order to ensure that we can continue to provide a high quality program for our children and youth, the FNS needs you!

### "How To Become A Coach"

Please email our Administrator, Alisha, at [fernienordic@gmail.com](mailto:fernienordic@gmail.com) if you or someone you know are interested. The FNS will pay for your participation in coach training courses, in return for your commitment to coach in our club program.

*"You do not need to be an expert skier to contribute as a coach. Anyone with an interest in sharing their love of Nordic skiing is welcome to join our coaching team!"*

- **Attend our first Fernie Nordic Coaching Community Workshop on Sunday, September 11th** which will then continue to be held on the second Sunday of each month to prepare for the season and brush up on skills for skiing and teaching. This first session is open to ANY Fernie Nordic Members interested in supporting coaching. Current and interested coaches welcome!
- Introduction to Community Coaching is an online course that consumes approx. 5 hours of your time. This introduces you to coaching concepts and skills to coach children age 6 & under and can assist children ages 6-8.
- Community Coaching is a weekend in-class and on-snow course that gives you the necessary skills to coach children ages 6-9 and assist with children ages 10+. \*Intro to Community Coaching is a prerequisite.
- Learning to Train and Competition Coaching Introduction includes 2 separate weekends completing both dry-land and on-snow workshops. This gives you the ability to coach children and youth ages 10+. \*Community Coaching is a prerequisite and the dry-land workshop must be completed prior to the on-snow.

### Here's what some of our Volunteer Coaches are saying!

"Being a coach has given my life greater purpose. I get such satisfaction helping the little athletes gain confidence in their physical abilities."

"I'm proud to be a Volunteer Coach for the Fernie Nordic Society. This club is home to so many wonderful people and they take care of their volunteers and athletes."



# Show your membership card when you visit these great sponsors



At Freshies, members enjoy 25% off any pastry when purchasing 2 drinks.

At Mugshots Bistro, members enjoy 25% off any drink when buying something to eat.

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