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A Word from the President

Well, hello Summer!

After a record-breaking snowfall this past winter, we are witnessing the fastest melt ever seen here at my home on Silver Star Mountain in BC. From a 300-cm base on closing day, April 8, to zero snow today is truly incredible. Most of the locals thought we would be mountain biking in snow in July, but we surely won't have to worry about snow tires on our bikes!

Just as Silver Star is working behind the scenes to install a new gondola this summer, many of us at CANSI are also hard at work behind the scenes. Of note is the revamp of the CANSI website, with an expected unveiling in September 2018. We followed a rigorous process to develop the concept of what we want, what we need and how can we get it. Out of four very strong proposals, the team at Creative Elements Consulting in Calgary, AB, was chosen for the redesign. Congratulations to Aurélien Jondeau and his team! Rob Henderson, Gaétan Lord, Garry Almond and Françoise Chatenoud are to be thanked for their contributions. We all look forward to the fruits of their efforts. Thank you, all!!

Whatever you do this summer, make sure you think about what next winter will bring in terms of your involvement in CANSI. Whether it's as simple as refreshing your certification or pursuing the next level, know that your efforts will be rewarded if you put in the time now to prepare for next winter. Get out and enjoy the summer! Run, bike, hike, swim, paddle: you'll feel the effects when you get back on the snow.

Denys



Denys Lawrence, President
Canadian Association of Nordic Ski Instructors

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National Seminar 2019

Mark your calendars!

The next National Seminar will be held at **Silver Star Mountain, BC, March 4 - 8** next winter.

I'm sure I don't have to tell you what a Mecca Silver Star is for both telemark and cross-country skiing. Not only do they consistently enjoy early snow, but the base keeps growing throughout the entire winter! No wonder many skiers decide to move to Silver Star permanently, after going there for a ski vacation! Check out the promo for the Seminar on the front page of CANSI.ca.

Your Technical Committee, along with a team of local instructors, is already hard at work to plan a Seminar filled not only with a great on-snow programme, but also with lots of fun social activities.

The **programme and lodging information will be available in September**, so circle the dates on your calendar now and get ready for a ski vacation to remember!

Have a great summer,
Robert



Robert Lafleur, Chair
CANSI Technical Committee

Encouraging Family Fitness-oriented Activities in the Summer

By Henry Madsen

The snow is history for another season but staying fit and active remains a priority for many skiers. And while winter is busy, it seems like summer brings even more interruptions to quality fitness time. Work continues, friends visit, the beer fridge is too full, and the BBQ is lonely. Hot summer days beg for family time, and like me, I am sure you feel a bit guilty when you carve out solitary workout time. Is it possible to stay active, healthy, AND spend quality time with the family? Of course, it is! As a parent, staying active ... [Read on](#)



New CANSI Website : Pictures wanted

Calling on all members who would like to share some XC or telemark ski pictures!

Photos that will make our new website vibrant with the joys and challenges of skiing, teaching and learning. Pictures should be free of rights. Please send them to office@cansi.ca.



Ontario News

CANSI-Ontario Annual XC Course Conductor Session

By Jean-Pierre Lavoie



Every year at the beginning of the season, a small group of CANSI-Ontario instructors gets together to prepare for future CANSI-Ontario courses and get on the

Just like the skier scraping the storage wax off their skis, these dedicated instructors ... [Read on](#)

Learning to Love XC Level III

By John McHutchion



Getting my Level III was something I had long aspired to - going all the way back to 2005, when I got my Level II on a joint II / III course up in Ottawa. Seeing the difference between the levels made me realize... [Read on](#)

... And Now We're CANSI XC Level I Classic Instructors

By Adrienne Marcotte and Adrian Butscher

We're Adrienne and Adrian from North Toronto Ski Club and we became CANSI XC Level I Classic instructors this winter. We were participants in the excellent CANSI Level I certification course at Highlands Nordic near Collingwood Ontario.



Adrienne: I grew up downhill skiing and didn't realize the joys of skiing uphill until ...
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How to contact National Office

email: office@cansi.ca

phone: 819-360-6700 - fax 819-776-0017 - mail :

CANSI National Office

164 rue Adrien-Robert

Gatineau, QC

J8Y 3S2

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