



Alison Wiigs <awiigs@telus.net>

Ski for Light Canada Newsletter Summer 2023

1 message

Ski for Light Canada <info@skiforlight.ca>
Reply-To: Ski for Light Canada <info@skiforlight.ca>
To: Alison <awiigs@telus.net>

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Summer Newsletter 2023

Event Date: January 22 - 28, 2024



Photo: Peter Quaiattini and his guide, Jen Tweddell skiing on the race course at William Watson Lodge.

President's Message

By Peter Quaiattini

The summer months are finally here and our recreational activities now include cycling, swimming, hiking, and lounging around on a patio with friends. I hope you can make the most of these beautiful summer months, wherever you may live or travel.

The Ski for Light Canada Board of Directors and its committees are busy, sweating it out in the heat of the summer, planning the 2024 event. We are thrilled that William Watson Lodge will be welcoming us back, with the confirmed dates of Monday, January 22 to Sunday, January 28. I especially want to express thanks to Gwen Ross-Cieslak, Becky Webb, Matt Felske and the rest of the team at the Lodge for their support.

I also want to welcome two new members to the Board. You are likely familiar with Jerry King, who has agreed to take on the role of Vice President. Jerry is an extremely accomplished cross-country skier and has been involved in virtually every aspect of cross-country skiing, from Paralympic competition to coaching and from classic to skate skiing. He currently lives in Collingwood, Ontario with his partner and sometimes guide, Sue Bates.

I am equally pleased to welcome Greg Thompson of Canmore, Alberta to the Board as Secretary and Registrar. Greg loves the backcountry and has been an active member of the World Cup Society as well as other cross-country skiing organizations. The Board is strengthened by the invaluable skills that both Jerry and Greg bring to the table.

Jerry and Greg join returning Board members Don Lee (Treasurer), Tracy Mousseau (Event Planning), Sandy Lecour (Fundraising) and Liz Hurdman (Communications).

In her new role as Chair of the Fundraising Committee, Sandy Lecour has formed a strong and ambitious Fundraising Committee. On behalf of her Committee, I am asking for you to consider supporting our organization. Our mission is to keep our annual event affordable for all, and your financial support will help.

And, again this year, CanadaHelps is offering its Great Canadian Giving Challenge. During the month of June, every \$1 donated counts as an entry to win a prize of \$20,000 for your favourite charity – which hopefully is us! Wouldn't it be wonderful for Ski for Light Canada to be able to benefit from such a tremendous prize?! To participate in the challenge and increase SFLC's chances of winning, simply go to www.canadahelps.org, search for Ski for Light Canada and make your donation. That is all you must do to enter the contest.

Wishing you an active, fun and memorable summer,

Peter Quaiattini



Photo: Lloyd Buckler wearing sunglasses and standing beside Jen Tweddell at the finish line of the race course at William Watson Lodge.

Meet Lloyd Buckler

By Liz Hurdman

I gave Lloyd a call to find out how he learned about Ski for Light Canada and to get his views on the event. The first thing I noticed was that he was smiling because I could hear it in his voice. There was a little hint of mischief there, and I knew I would be enjoying our conversation. It took only a short while for me to

learn that Lloyd has done many memorable things, not the least of which is running the Athens Marathon, one of the most difficult in the world. The race begins with a climb of 32 km before runners must endure a steep and painful downhill to the finish line. But, as Lloyd says in his understated way, "I got it done."

Lloyd was "born and bred" in Calgary Alberta, but it took a while for him to find his way to Ski for Light Canada. An avid downhill skier in his youth, he was of the mind that cross country skiing was for other people.... for those who had excess energy, and who did not understand how much more fun it was to use a chairlift to get to the top of the hill. It was the prodding of Roger Woodgate, of trivia night fame, and Peter Quaiattini, our current Ski for Light Canada president, that convinced Lloyd to give it a try. His first experience was in 2019, when he was introduced to William Watson lodge in Kananaskis country, Alberta. He was paired up with Lewis Lasher, an experienced and capable Ski guide. It was a great beginning for Lloyd, who complements Lew on his strong communication skills. Learning to listen to and trust his guides has been part of the joy of learning how to cross country ski. However, Ski for Light Canada is not just about cross-country skiing for Lloyd. The overall warmth and friendliness as well as the welcoming atmosphere of William Watson Lodge has helped him in ways that he could not have foreseen. He has used the positive and inspiring atmosphere to assist his healing from significant personal loss. Lloyd attributes his zest for life and living to the remarkable attitude learned from his younger brother, Brian, who fought off a life-limiting illness for years. Brian's constant reminder was "You have to live your life". So, Lloyd has taken this advice to heart and embraces new opportunities, and the chance for adventure, even if he has initial misgivings.

Although he had trouble with his vision from an early age, he saw well enough to drive a car. This changed in 2012 when he voluntarily gave up his license. Lloyd attended the Southern Alberta Institute of Technology (SAIT), where he learned his skills to become a software developer. He is father to a grownup son and daughter. His vision loss is a nuisance, something he has learned to cope with by adapting. Lloyd can be found among the many music makers who enliven evenings at Ski for Light.



Photo: Jerry King wearing a helmet and moving along a trail on his roller skis.

Tips for Keeping Fit

By Jerry King

Fitness is a state of mind. One exercises muscles, but for me, it is how I feel about the result. Am I fit? Who knows. I have been on programs, had my heart rate monitored, my breath analyzed to see how much oxygen I'm taking in per breath and blood tests to check that thing that makes your muscles burn, lactic acid.

Ultimately these programs are geared to goals. Some goals are impossible to achieve but that doesn't mean it's not worth trying and what one achieves along the way can be very worthwhile.

Cross-country skiing presents many challenges. One needs timing, balance, and technique. It's hard to work on technique without snow, but timing and

balance may be a bit easier. Sue, my partner, says I am constantly doing these exercises. When I walk upstairs, I'm doing herring bone, when brushing my teeth, I'm standing on one leg then the other, I walk around the house simulating diagonal stride making sure my arms are in the correct position. Yes, I'm nuts, I know, but all these movements help my muscles and my mind be ready to be on snow. Occasionally, I lose my balance. Not good when you're brushing your teeth, but the muscles in my legs get the job of recovering. I think it improves my ability to recover on snow or any other slippery surface that comes along. I can't brush my teeth with my hands behind me and I'm far safer on my skis if my hands are not behind my back. My weight is forward, and if I do fall, I can land on my arm - not my head.

Common to all fitness programs are activities targeting strength, endurance, and skill. However, the summer months offer longer daylight hours, warmer temperatures, and a chance to get outside without layers of clothes. Usually, you can move your exercise program to the backyard, balcony, or to a park. This year has seen the development of a new challenge as raging wildfires disperse pollutants and tiny particles into the air. If you are affected by poor air quality, consider including indoor activities to improve or maintain your cardiovascular health: elliptical trainers, treadmills, rowing machines or spin bikes. Find and climb indoor stairs. Pick up a skipping rope and get jumping.

Otherwise, enjoy hiking, biking, walking, running, dog walking, swimming, and hanging out with friends and family!

Recruiting Members for the Communications Committee

By Liz Hurdman

Keeping in touch with the Ski for Light Canada community is important. The success of the organization is supported by its network of participants, donors, and volunteers. We want to make sure our community gets information that it needs as quickly and accurately as possible. The Communications Committee is looking for people interested in social media, who like to write stories, enjoy fact checking or proofreading, can use computer programs like Microsoft Word, Google Docs and know how to search the Internet. Think you can help? Please send me a line at lizhurdman@gmail.com

Special thanks to Curt and Elisabeth Jensen

A special shout out to Curt and Elisabeth Jensen of Victoria, British Columbia. Curt is Past President, friend, and long-time supporter of Ski for Light Canada. He, his supporters and Eidsvold Lodge 7-53 Sons of Norway Lodge in Victoria have once again made Ski for Light Canada the recipient of funds raised at the long-standing Ski for Light Canada 5 km Walk or Ski-A-Thon held back in February and March. Thank you all for your generous donations!

Ski for Light Canada acknowledges and thanks its donors and sponsors. They are awesome!

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