

# Qu'Appelle Valley Ski Club benefits members



For more than 25 years the Qu'Appelle Valley Ski Club has been in the business of family fun. Fresh air, physical fitness, social interaction and athletic achievement are among the benefits members have enjoyed over the years.

With qualified instructors, the club operates out of Mission Ridge at Fort Qu'Appelle in the scenic Qu'Appelle Valley. QVSC boasts a membership of about 50 ranging from five to 18 years.

The club, which begins its year in December and wraps up in March, features both ski and snow board programs. The skiing portion includes Snow Stars (Nancy Greene) for age five and up; development ski (introduction to ski racing); and Alpine (competitive racing). Competitive racers get training at Mission Ridge and the competitive races are at North Battleford, Assessippi and Mission Ridge.

Each year in early December the club holds a Mountain Camp where members get a chance to get their 'ski legs' on the slopes of Lake Louise and Sunshine. The club coordinates the trip with other clubs in the province.

For more information on the QVSC including registration dates visit the website at [www.qvsc.ca](http://www.qvsc.ca) or call 728-5581.



## Bed and Breakfast a favorite spot at Indian Point



The beauty and tranquility of the Qu'Appelle Valley are legendary.

The lakes, the changes of the seasons and the natural splendor have been instrumental in - and the inspiration behind - one of the valley's favorite bed and breakfast spots.

Betty Parley and Vic Greenlaw are your hosts at "Lodged in the Valley" Bed and Breakfast located at Indian Point on the shores of Crooked Lake.

The idea to launch the Bed and Breakfast came after a visit with a relative interested in the arts, says Betty.

"I thought wouldn't it be nice to have a place (for artists) to work on their projects like painting or writing. We also want to provide a relaxed and homey atmosphere for our guests. If they want a quiet spot, the valley, with its serene and inspiring landscape is the perfect place to be."

Vic, a retired minister, and Betty, a music teacher, enjoy people and want to share the splendor of the valley with visitors.

"We have had a couple from the United States who stayed with us for three nights while they studied the native prairie grasses and flowers of the valley.

"Another couple from Ontario were fascinated by the beauty of the valley and come every year to spend some of their holidays here and take pictures and learn the history of the valley.

"A visitor from Manitoba comes so she can walk the Trans-Canada Trail and hike in the hills with her dogs and enjoy the

serenity of the valley."

"This past year we have had some well-known visitors from the Saskatchewan Roughriders spend time with us."

Visitors came from far beyond Canada, however. A couple from Germany, and two visitors from Finland, a family from Scotland and a large group of visitors from Switzerland have all enjoyed the tranquility of the valley as well.

Lodged in the Valley is situated on lake-front and features self-contained air-conditioned accommodations for up to six boasting a kitchenette, sitting room, private bathroom and bedrooms, and private entrance and deck. There is a hot tub for guests to relax in after a long day of driving. A canoe and pedal boat is available to guests and pontoon boat rides can be arranged. There is internet access.

There's a wide range of leisure and recreational opportunities at Lodged in the Valley. In the summer enjoy boating and fishing on the lake or biking and hiking along the Trans-Canada Trail. There's a beautiful golf course — Last Oak Golf and Country Club — at the east end of Crooked Lake. And don't forget the evening campfires.

Lodged in the Valley is open from March through December so outdoor enthusiasts can also enjoy winter activities such as cross-country skiing, snowmobiling and ice fishing.

Meal packages are also available. For more information call Betty at 794-2111.

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## Qu'Appelle Valley Ski Club

is based at Mission Ridge Winter Park - Fort Qu'Appelle, Sask.

### Programs offered: December - March

- Snow Stars (Nancy Greene) - age 5 & up
- Development (introduction to ski racing)
  - Alpine (competitive race)

### Snowboard programs:

- Intro Snowboard
- Advanced Snowboard
- Freestyle and Park Riding



For more information or for registration dates visit our website at [www.QVSC.ca](http://www.QVSC.ca) or Phone 306-332-4459