

August 2013

SPIRAL

Newsletter
of the
Canterbury
Masters Figure
Skating Club



It's a Masters Piece!

Last month fire fighting club artist Graham Williams revealed a project he has been working on for some time- a 750 x 750mm painting, acrylic on canvas - Graham's take on the Masters Club experience. Nothing that happens here at Alpine Ice has escaped his sharp eye and viewers who look carefully will be rewarded with a host of amusing detail as well as the initial stunning impact of his dazzling ice dancers framed by the crystal sharp mountains we skate beneath weekly.

Graham gifted the painting to the club so it could be sold or raffled to add to our funds and we are very happy to say that it was bought by the rink owner Gerry Austin for a princely sum. Graham's gift is a double benefit to the club - not only has he immortalised us all in his imaginative and beautifully executed work, but the proceeds have helped swell our coffers which in turn translates to more subsidised ice time and support for club members.

Our warmest thanks to you Graham for putting your time and talent into this more than generous gift.



Canterbury Masters
Figure Skating Club Inc.



2013 CLUB CHAMPS & OPEN INVITATION

SATURDAY 12TH & SUNDAY 13TH OCTOBER

5-7 PM AND 8:00 AM-1:30 PM

FREESKATE ~ PAIRS ~ DANCE & MANY MORE

GET YOUR ENTRY IN TODAY!



ENTRIES CLOSE TUESDAY 24TH SEPTEMBER

Club Champs? Those new to the club may be wondering what it's all about. The Champs are a chance for all club members to have a go at showing their skills in front of a warm and supportive audience. It's relaxed and fun and there's a category for everyone. Complete beginners can do the first timers stroking event and have a chance to take a shiny medal home. For the lower grades you won't be alone on the ice - plenty of your skating buddies will join you. Then sit back to watch our more experienced skaters go through their paces. The coaches are already working on the different stroking grades and dances at Coffee Club and are happy to talk to you about what you events you might enter. So too are any of the Club Committee - just ask Jeanne or June and we'll advise you and suggest how best to prepare. More details are on the [announcement and entry form](#)

2013 Latest Test Results

We are celebrating the following members' test results from our test-days 31st May and 1st of June 2013:

Jill Borland
Philip Buchanan
Hayley Bykerk
Suzy Hosking
Connor Mclver
Liam Mclver

The Rocker Foxtrot as part of the Inter-Silver Dance Test
Elementary Stroking and Adult Inter-Bronze Dance Test
Inter-Silver Dance
Elementary Stroking
Inter-Silver Freeskate and Novice Competitive Dance (with partner Anja Noetzel-Hayward)
Inter-Silver Stroking

NZIFSA TURNS 75

An octogenarian tells the story! Here are the Tekapo celebrations through the eyes of our well loved patron, Kath Craven

Driving down the hill into Tekapo to celebrate NZIFSA's 75th anniversary, we thought about the early days (way back!) when we all piled into cars and drove to Fairlie, Naseby, Alexandra, Arrowtown or Ranfurly for the National Championships. Through rain, snow and hoar frosts, to skate on outdoor ice. First clearing away sticks and leaves. The best place for Champs was Manorburn Dam, 72 acres of superb black ice; with the sun shining it was wonderful!

Once installed in the camping ground at Tekapo, we got ready for the evening conversation (a smart word for a good old chin wag!) at the hotel where we delighted to see lots of old faces, some of whom I hadn't seen since the 50th anniversary. And with the faces, a rich flood of memories. Wendy Clucas and others had set up a table of old photos, magazines and scrap books so there were lots of "Ooh's" and "Aah's" as we all fell on them.

Saturday dawned a beautiful sunny day which saw us skating on Tekapo ice rink, later a laze in the hot pools. A walk up Mt John let us enjoy a

view of the lake and surrounding mountains. The dinner that night was packed with more familiar faces from the past. We never stopped talking and looking over more photos. Wendy had also hung a couple of her (older) skating dresses up. We persuaded June to squeeze into a knitted one that Wendy had made for Pam Gray (Hewinson). It is very short compared to today's dresses and in those days we didn't wear tights!!!

Sunday morning, another skate and dip in the pools. It was fun to see so many former champions on the ice, some putting on their skates for the first time in many years. And loving it. All too soon it was time for good-bye's. Just think, some of you will be my age at the next (100th) Anniversary!!! I was sorry to see that there were not more younger skaters at the weekend. We do need you to carry on the good work and friendliness we have created over the last 75 Years! Special thanks to Wendy for all the work she put into making the celebratory weekend such a great success.

Happy skating to everyone!



Kath has warned June that she will be expected to don the historic ultra short knitted mustard dress at the Club champs. Has she the courage?

From the Newsletter Editors:

We would like to thank and acknowledge all of you who have supported us in the past with ideas, photos and articles to keep this newsletter going! Thank you heaps guys, we could not do it without you!

A special Thank You for this edition is going to Daphne, Caitlyn and Jeanette for supplying photos and to Philip, Mark and Kath for taking the time to write for us!

We appreciate any contributions toward future Newsletters, let June or Sabina know, either in person at Coffee Club, or e-mail june.laird@vodafone.co.nz or sabina.email@gmail.com

John Dunn Seminar held at Christchurch's Alpine Ice Rink

At the beginning of May 2013 some of our Club's more experienced skaters, as well as coaches, were given the opportunity to train during a workshop with internationally renowned Ice Dance coach John Dunn.

Here is what our Club Member Philip Buchanan, who took part



Group One in Christchurch with John Dunn (far right)

in this great workshop, has written for us about the training:

The John Dunn seminar ran on the 2nd and 3rd of May. With long days and John's full-on (or as someone else called it, "evil") coaching technique, the workshops were to say the least fairly intensive. Despite that, or perhaps because of that, everybody learnt a lot and I think had a lot of fun as well.

The seminar days alternated between on-ice and off-ice sessions. During the on-ice sessions we mostly ran through basic skating techniques, with John breaking down the skating into pieces - this foot here, your weight here, this arm here - and the skaters were then expected to copy.

It didn't take long to realise when you skated incorrectly. John's yell carried across the rink with enough volume to make you

jump, and quite often he'd make sure to skate right up behind you before he yelled. And if you messed it up a second time, or he didn't think you were trying hard enough (or, as some learnt, if you kept talking back) it was 10 push-ups on the ice as



punishment. The second day was equally intensive, with hockey-puck exercises tying people's legs in knots, and strength & speed exercises (and the inevitable push-ups) taxing already tired muscles. Our half-hour warm-ups, which had felt excessive the first time, were suddenly not long enough to unkink our muscles before getting on the ice.

I heard another skater mention how fast the time went and how short the sessions felt. Even though we were only

working on basic skills there was always more to adjust and more to learn. Alternating with the skating sessions were off-ice sessions. These ranged from discussions about training programs and step sequences to interpretation, fitness and balance exercises (designed to inflict upon us more push-ups).



Off-ice training was part of the workshop

Overall, the workshops pushed us to think about elements and skills that were usually taken for granted, forcing us to put in a full effort when skating and greatly improving some of our technique. I certainly learnt a lot.

All of the skaters survived, and despite a glad return to the local relaxed coaching style, the workshop was good fun and provided a real boost to the skating of all involved.

Support from Sponsors

Again this year has kicked off with strong support from charitable trusts that makes all the difference to our ability to practise, run workshops and participate in competitions.

Here are the grants we have been fortunate enough to receive till date:

- ❖ The January workshop and Masters Kiwiskate Project Phase II was generously supported by the CCC's Small Grants Fund.
- ❖ Pub Charity has now contributed to our term one ice costs for 6 years and this year was no exception. It gets us off to great start since we can offer subsidised ice from day one.
- ❖ Spectrums costs - coaching, ice hire and the hire of an off-ice venue have this year had a substantial boost by a grant from the Canterbury Community Trust.
- ❖ Lion Foundation has been the mainstay of our mid year ice since 2010 and supported us again this year
- ❖ CMFSC's competitors at the South Island Champs in Queenstown are grateful to Mainland Foundation for contributing to their accommodation
- ❖ Four Winds Foundation has kindly contributed to the ice time costs for July's Regional Synchronised Development Workshop
- ❖ Dressmaking of Spectrum's 2013 performance costumes will be covered by Southern Trust's welcome grant



Angie surveys the rink from the safety of her helmet, generously subsidized by K-Mart Riccarton who gave us a great price on 4 of these helmets. Thanks K-Mart - our heads are safer thanks to you!

Matched and Hatched

Congratulations to both Anna Douglas and Michelle Whelan on their recent marriages and to Charlotte Dawson on the birth of her second daughter. Go to a Spectrum practice and you'll see Anna making a comeback. We hope to see Charlotte's new arrival at the rink soon.

Letter from Mark House (USA) to our Club

It has been almost a year since my family and I had our adventure in New Zealand. We returned to the states in



Mark with Kassidi, Jordan and his wife Lisa

July. Moving from your winter there to Florida's summer was a little rough on everyone but it was nice to be home. Jeanne asked me to write a little something for the next newsletter so I thought I would talk about what our experience with Kiwi's has done for my family.

Unlike the majority of Americans we have travelled abroad previously, however living in NZ for 6 months was certainly our longest trip. During that time the girls went to school and participated in the local sporting activities including skating.

Since returning home we have lost any sort of accent we may have started to

pick up, although my youngest daughter still likes to say 'mum' instead of 'mom'. Occasionally my oldest daughter will tell me that she used the NZ spelling of a word when writing in school. Both of the girls want to return to NZ at some point and I expect we will take a trip back in a year or two. My daughter and I miss your venison, which is much harder to get here. We all miss your ice cream, seeing sheep everywhere, and the spectacular landscapes.

Besides some of the little things, we all walked away with a new understanding of our world. We know that NZ isn't really that close to Australia and certainly has a distinct culture. We saw how Kiwi's are much more in tune with international happenings, where American's tend to get wrapped up in America. I found it particularly refreshing to hear an outside perspective on American politics. The girls continue to talk to their friends in NZ via facebook and email and we all appreciate the opportunity to briefly stand outside of our culture and say "Wow, look at what crazy things those Americans are doing now."

My wife has been on six continents and I have lived in five different countries outside the US. But when asked about our experience in NZ we agree that Kiwi's are the most inviting people we have ever met. Thank you for your hospitality and your patience with my skating.

News from our Walking Group

Written by our patron Kath:

It had been a year since Jude and I had taken our walkers around the city, so on Friday June 7th at 10 am we met to walk once again through our poor city. There were seven of us who turned up, Jude, Lesley, Daphne, Gail, myself and Pam Manhire with her partner Allan (she is one of the older skaters we had met up with at NZISA 75th Anniversary). I believe Wendy was somewhere but never found us.



A welcome break on the Grass Chairs in the inner city

First stop was the pallet pavilion, looking good and saved for another year with donations. Also on the site wooden archways were being erected, street markets will be held there I think. Off to walk the

Daisy Walk, leading to The Grass Lounge Suite. We stopped for a rest and photos. Had a look at Isaac Theatre Royal - all the auditorium gone, just the front entrance and stage. Work will start soon, may open 2014. How lovely to walk along New Regent St. looking bright and fresh in the sun.

On to Latimer Square and the Cardboard Cathedral, the entrance and glass window looks lovely. On through the streets to Cathedral Square. Empty sites everywhere and the old cathedral looks very battered and forlorn. We ended in Cashel Street Mall had a long chat with the town crier, then into Ballantynes for coffee and a chat. We slowly ambled through Botanical Gardens to reach our cars, a happy walk for us all.

Thanks to everyone for joining Jude and me!

WELCOME!



It's taken June a long time to get her camera to the rink to photograph some of the club in their safety gear, bought with the generous grant from **Trust Aoraki**. Here at last you see skaters sporting haloes, helmets, wrist and elbow guards. Sally and Sharon are flashing their well padded knees though they are a little more coy about their equally well protected rumps - impact shorts bought at their own expense.

A Very Warm Welcome!

Our thanks to



To all our new Club members who have joined the CMFSC this year! We hope you feel welcome and we wish you many wonderful times with us on (and off) the ice. If you have any questions about club-activities or other matters, please approach us or check out our website, which also has some information different topics.

Happy Skating to you all!

Your Committee

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Jeanne Begej

Vice President
Linda White

Secretary
June Laird

Comp and Test Coordinator
Jeanette King

Treasurer
Arnold Schmidt

Committee Members

Rita Carol
Sabina Crellin
Daphne Morris
Graham Williams
Kirsty Cox

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