

July 2014

SPIRAL

Newsletter
of the
Canterbury
Masters Figure
Skating Club

SPECTRUM'S SYNCHRONISED DEVELOPMENT WORKSHOP



Jeanne Begej reports on Spectrum's big weekend

Queen's Birthday Weekend started with coach Kayla Diebold and the team going over steps and transitions on Friday night both at the gym and on ice. Smartening up our act in anticipation of the arrival of Aleisha Haselmore from Sydney on the last day of May.

Aleisha had done all the prep work to plan and choreograph our 2014 program. It is set to music by Whitney Houston from the Bodyguard movie. Both cool and retro in style. Now we had a single weekend workshop with our Australian resident (but through and through Kiwi) coach to learn the steps and layout of our program. This was a very exciting thought - a whole program in one weekend!!

With 12 team members (2 new and 10 returning), coach Kayla and Aleisha, we started on Saturday night at Beckenham Hall and had 2 hours covering steps and timing. We were all buzzing.

We hit the ice running at 8.15am on Sunday morning and after a quick warm-up we were straight into it. A short break at 10am - take the skates off, a quick drink and snack and back on the ice again. Our wheel and pivot line was starting to take shape. Just before our lunch-time break Jan took a tumble doing a left mohawk (not her favourite turn) at speed, lost her balance and hit the ice hard with her head - we all heard a loud thud. You can picture it... one skater cast on the ice not looking too healthy..... the ambulance was called. Jan was stretchered off the ice and off to hospital - we can still hear her telling the paramedics what to do. After all Jan worked in the Emergency Department long enough herself - she knows the drill.

Back to the hall after lunch for another 2 hour session of steps and timing. Then everyone headed off home for an early night. Aleisha spent her evening adjusting to changes in steps etc. documenting it for the next day.

Monday morning saw us back on the ice again at 8.15am and straight into what we had covered the day before, then moving on to the other elements in the program. We permitted ourselves a short break and then it was time for the ice again to go over the last section of the program. It was good to see Jan arrive back in

to watch what we were doing and video it for us. She had a serious concussion injury and would be off the ice for some weeks but that didn't stop her participation from the sidelines. At the conclusion of the on-ice session we had a discussion and debrief upstairs. Then it was time to whisk Aleisha back to the airport. We were still buzzing, but the bodies were somewhat tired and looking forward to a rest.

We were all amazed at the speed at which the steps of the program came together - it didn't look pretty at times, but the nuts and bolts were there. Aleisha's hope was that not too many changes that would affect our program would be made to the rules at the forthcoming congress.



Jacqui De Vries makes sure the cold doesn't get the better of her in an all too short break

It was most certainly a very worthwhile weekend and a great way to learn the program. You can't help but admire the energy and enthusiasm that Aleisha has, and the encouragement she gives. I'm sure it rubbed off on most of the team.

Aleisha wasn't the only hero of the weekend. The Mainland Trust has earned our warmest thanks for its generous sponsorship of the weekend's ice hire. And the Four Winds Foundation made a significant contribution to Aleisha's fees. We are truly grateful to both organisations for this support.

Club Membership Up

Club membership currently sits at 154 with lots of new faces this year. Among them are Anh Nguyen, Vicki Le and Janene Paynter. Anh made an early impression by reading the club website and identifying office holders on the committee when introduced to them. You'll recognise Anh by his distinctively romantic style on the ice. A long time NZ resident Ahn hasn't lost his love of Vietnamese food - expect a social event featuring this cuisine soon.



Welcome to Anh, Vicky and Janene

**We extend a very warm welcome to all
our new members**

Congratulations on passing your recent tests

Eli Soothill - Adult Preliminary Stroking
Charlene Pawson - Elementary Stroking
Josie Dawber - Preliminary Pattern Dance
Liam McIver (with Chahna Davis) - Novice Comp Dance
Connor McIver (with Anja Noetzel-Hayward) - Junior Comp Dance
Philip Buchanan and Michelle Carroll - Adult Bronze Freedance

Sadly it's time for CMFSC to say goodbye to Philip who is leaving NZ for a new job and life in Canada. Philip has been a friendly and very welcome presence on the ice and we wish him the best for his future.



Bottle Lake Forest

Join the mountain bikers on the ride of a lifetime

The tracks can be as easy or as difficult as you make them - it's all a question of speed.

Was it last summer or the one before that a group from the club did some mountain bike riding on McLean's Island tracks? Those trails are a little curtailed at present because of log felling after autumn's violent storms, but skaters are back on their bikes. In Bottle Lake Forest in Burwood there are well formed single tracks with a firm base (mostly) and well cambred corners. Cycling is a great way to strengthen muscles for skating so if you want to join in ask June when the next training ride is. There are gentle winding tracks through forest and on the Pegasus Bay walkway or wild boy racer style stuff in the open scrubby parts - and plenty of 4WD tracks between so you can be selective about which parts you undertake.



It's not all about cycling. You can push or you can lie pinned to the ground by your bike when things go wrong. Your choice.



CANTERBURY MASTERS FIGURE SKATING CLUB 2014 CLUB CHAMPS & OPEN INVITATION

Venue: Alpine Ice Sports Centre, 495 Brougham Street, Christchurch

Date: Saturday 4th October 5.00 – 7.00pm & Sunday 5th October 8.00am – 1.30pm
Practice: Saturday 8.15 – 9.30am and 12.30-1.30pm if needed (tbc)

Here's an important date you mustn't forget. Details can be found [here](#). If you're a new member you may not know that even as a beginner there will be an event for you. From first timers to gold elite there's an opportunity to test your skills, have a lot of fun and if you are lucky, take home a bright shiny medal. Ask Jeanne, Jeanette or June about what might be an appropriate grade for you to enter. There's heaps of support and beginners don't have to take to the ice alone.

COFFEE CLUB'S CRAFT CORNER CRONIES: A CRISIS IN THE CREATION



What do you do if the phone rings was former craft cynic Sally Craighill's reaction to the new fad of ARM knitting. Since then Sally's really been bitten by the arm knitting bug and is up to her ears in fabulously fashioned scarves, hats and other weird and woolley wonders. Sally has offered to give club members a demo of this crazy craft as soon as she untangles herself from her latest ambitious project of arm knitting a baby blanket - pictured above. Please don't phone her. Things get complicated if she's not on hands free mode.



This garment started off as a small green bolero but Sally's arm knitting was in its infancy then so she decided to chalk this one up to experience and has since offered it to the NZ Army as a tank camouflage net. Proceeds go straight to club coffers. Good one Sally!



Who is this masked arm knitter? You guessed it. Sally the Screamer has become Craighill the Queen of Craft.

Charlene Pawson is giving it heaps

Charlene is another new member we are delighted to welcome. She joined late last year and has been contributing to the club on every front imaginable ever since. Talented and personable, Char is the ultimate team player. We feel like we've known her for years. At the Masters Games in Dunedin Char breezed in like a friendly tornado to handle make up for some of our competitors and offer support to them all. Char's dance background equips her well for the transition to skating and it shows with her every step on the ice. She is now a member of Spectrum and has really stepped up by offering, enthusiasm, ideas, and practical help in remodelling some of the team's dresses from last year. This on top of working hard to quickly memorise and execute the programme. Char is a mine of useful tips gleaned from her dancing days. Need flesh mesh arms? Take an old pair of tights, cut a hole in the crutch for your head, poke your arms down the legs, tuck the waist in under your bra and it's done. Don't forget to cut the foot in such a way to secure the cuff onto your finger. Now why didn't we think of that? Thanks Char - you delight us and enrich the club. Welcome aboard!



Steam Punk meets origami dresses

We featured Aleksandra's brightly painted eggs in the last issue of Spiral. This issue looks at just a few of the many surprising skills our skaters display off the ice. Vicki Ryan's beautifully folded origami dresses are made from superseded maps she sourced from Trade Me. The paperclip coathanger is her own funky twist.

Jacqui Rogers has been making exquisite little mice, each dressed accordingly to a specific style and adorned with appropriate props. These mice are just 60mms high. There's graduating mouse, ballerina mouse, baking mouse, bridal mouse, artist mouse and many more but the latest mouse is a stunner. A fellow stall holder at a market who makes Steam Punk jewellery suggested that style to Jacqui and was so enchanted with the result that Steam Punk Mouse has been sent off to Steam Punk HQ NZ for some publicity. And the Clockwork Emporium in New Regent Street wants to stock the

As well as mice Jacqui has ventured into the world of miniature animals in matchboxes decorated with her elegant line drawings - cats, mice, bees and owls lie in a velvety bed to delight their beholders. From matchboxes Jacqui has moved to golden hinged walnut shells which house even smaller critters!



Charity Knitting

The web can do wonderful and weird things. And the generosity of its users at times knows no bounds. When some penguins were covered in oil from a spill on coastal Australia their rescuers announced that they needed 100 penguin sweaters to keep the penguins warm while recovering after cleaning. Could someone one out there please knit some. They received 10,000! Let's hope they were distributed to other needy animals. The penguin pattern is the same as for a dog. We have some knitters in the club who want to do some charity knitting so we are currently checking with the RSPCA to see if jumpers are still needed for cold puppies in their care this winter. We are also checking out places we can send beanies and jumpers for needy babies in NZ and overseas.



many more steam punk mice Jacqui is creating. No room here but look for baby steam punk mouse on the next page.

HOLIDAY SKATE AND POT LUCK LUNCH



The last of the July school holiday club skate sessions culminated in a shared lunch. Elf like president Jeanne Begej entered into the spirit of the thing as always. She is pictured here with Anh Nguyen and Arnold and Valda Schmidt



Jacqui Rogers (left) of steam punk fame (see page 2) stands behind her son, Sam, and daughter (well, half a daughter - apologies Holly) beside Anh, his wife and sister-in-law.



Linda and Josie Dawber are flanked by Sharyn Robb (left) and Cath Dale (right). Josie is in Kia Kaha Synchro Team and Sharyn is in Team Spectrum.

Your help is needed for



South Island Ice Figure Skating Championships - August 22-24

Our club is co-host for this regional championship event, precursor to Nationals. Jeanne has sent out a list seeking volunteers - there's a job for everyone - marshalling, music, catering, looking after the club table, raffle selling, acting as runners and providing officials with small comforts like hot water bottles. Please volunteer for an hour or two and help your club to make this a memorable and smoothly run event. We are counting on you. Should be fun too.

CANTERBURY MASTERS FIGURE SKATING CLUB

INVITE YOU TO JOIN US FOR A

CEILIDH NIGHT

RICCARTON HIGH SCHOOL HALL

(enter via Vicky Street)

SATURDAY 26 JULY

7.30PM - 11.00PM

LIVE MUSIC FROM
THE INCREDIBLE CEILIDH BAND

No experience necessary
they have a caller who will tell us what to do.

Ages 16 up most welcome



Get out your dancing shoes!!

Dress casual (with a splash of Tartan)

Bring your own nibbles and drink and be prepared for a fun night of energetic dancing.



Tickets only \$10 from CMFSC

Please purchase your tickets by Tuesday 22 July. You can order your tickets by emailing Jeanette King at jmking@clear.net.nz or purchase them from June Laird or Jeanne Begej when you see them at the rink. Cheques to be made out to CMFSC. If paying by direct credit A/c BNZ 02 1235 0018998-00, quote name and Ceilidh in reference and email Arnold arnoldandvalda@ihug.co.nz and cc Jeanette at jmking@clear.net.nz



And as promised on the previous page, here's Jacqui's baby steam punk mouse



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Jeanne Begej

Vice President
Linda White

Secretary
June Laird

Competition and Test Coordinator
Jeanette King

Treasurer
Arnold Schmidt

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Rita Carroll
Rosie Graham
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