

May 2014

SPIRAL

Newsletter
of the
Canterbury
Masters Figure
Skating Club

2014 NZMG ANZAS Ice Figure Skating Competition



*Splice on Ice competes in the
Synchro skills grade*

The New Zealand Masters Games is as much about making contacts with other sportspeople as it is about competition. The laughs started before we even reached Dunedin. When a group of CMFSC skaters stopped at Riverstone Cafe some enthusiastic netballers of a slightly later vintage heading to the same event were challenged by us to name our sport. They took a vote. Do we look that inactive? The guesses came in favouring petanque and bowls and we considered ourselves lucky that darts didn't feature on the list. One day and several gold medals later the same group were jostling to touch the medals in the hope that some of our success would rub off. Congratulations to all those club members who tasted success at the Games. Splice on Ice is getting a reputation for always skating better in performance than practice - with uplifted heads, smiling faces and only the occasional grimace they didn't put a foot wrong - or at least not too many wrong at the same time - and came home bearing gold in the synchronised skills grade.

Spectrum met with stiff competition from Australia's "Revolution" team and were placed 2nd in the Open Synchronised event.

In stroking, dance and freeskate events CMFSC was one of the best represented clubs on the ice and the podium. The NZIFSA website reports the [full results](#)

Of all the sports at the Masters Games, Ice Figure Skating was the one that had entries from the widest range of countries. From the Czech Republic we were lucky to have Milana Pokorna and Jiri Pokorny. These two were an especially

welcome sight to Kath Craven. They had skated opposite a former pupil of Kath's, Warren Maxwell, who with his partner, Janet Thompson, become British Champion Ice Dancers in 1977 & 1978. Jiri and Milana were coming on the scene just before Torvill and Dean (British champs in 1979, Worlds in 1980) and were well known to Kath. She enjoyed the opportunity to catch up with them.



*Spectrum competes to take silver
in the Open Synchro grade*

Our thanks to Sue Hoseit and Karl Hewitt who with their helpers put together a well managed and smooth running event. We especially enjoyed the contribution of Vance Kapene who did the announcing for the whole competition as well as for practices. Innocently roped in at the last minute, Vance gave a polished performance as announcer hitting just the right note and belying his lack of experience in that role. Thanks Vance. You were the star of the show.

MORE SHOTS FROM MASTERS GAMES



Kath Craven takes a moment to catch up with old friends Milana Pokorna and Jiri Pokorny from the Czech Republic



Australia's Revolution who took gold in Synch Open are flanked by Spectrum (silver) and Dunedin's Ice-O-Wannabes (bronze)



Aleksandra, Jude, Gail, Wendy, Eli and Suzanne limber up for their solo dance events.



Eli Soothill and Linda White are awarded medals in the pewter stroking event.

Summer Development Workshop

The club again ran a development workshop in January this year, timed just before the Masters Games but aimed at really developing skaters by stretching old skills and introducing new ones.

The workshop was held over 7 nights between 21 and 30 January. Though there were fewer participants than in 2013, numbers were still high (28 in total) and it was decided that there would be a minimum of 3 coaches each night to cater for the range of skaters on the ice.

Beforehand, skaters were asked to set their goals for the workshop so that Kim Lewis could develop appropriate content and then brief the coaches each day so that they knew what groups had covered in previous sessions.

Here's what some of the participants had to say

Jeanette King - I really loved the format, moving around the three different coaches each night working on different skills sets with each of them and each night building on some of the skills we had worked on the previous session. Great to try new things that I wouldn't necessarily have contemplated trying otherwise and in such a fun and supportive environment. It was also really interesting to be instructed by

coaches I had never had any lessons with before as they all bring something different to the experience. A great workshop all round from my perspective.

Rosie Graham - I absolutely loved having a more condensed training rather than only once a week. Really increased my confidence and my skill level so would definitely be keen for something similar again – even in the next school holidays???

June Laird - I enjoyed having the freedom to move around between groups. Frankly, my jumping is never going to look pretty should I even by chance rise above the ice more than a centimetre but there's always a group doing something more to my taste, so I make a beeline for that one. I like the freedom and the challenge of this kind of workshop. Just one comment from an unfamiliar coach can be a breakthrough - that variety is invaluable.

Jude Heeney - Thanks for organizing the January work shop at an amazing cost . I certainly benefited from the input of all the coaches and the chance to skate consecutively over a number of sessions .. I hope it can be repeated

CMFSC AGM 2014

Our thanks to the large number of members who turned up for the Club's AGM on 11 March. It was a good chance to review the past year's activities, plan for the current year and to celebrate our 10th anniversary.

Treasurer Arnold Schmidt presented his annual accounts which showed the club to be in a sound financial position. Arnold was warmly praised for his accounting skill and diligence and for the amount of time he devotes to recording all relevant financial matters in a clear and comprehensible matter.

We are pleased to welcome Jeanne Begej back for another term as president. From fundraising to ice booking, competition organising to coaching, Jeanne's contribution to the club is huge. The rest of the committee remains unchanged except that we have to say goodbye to Graham Williams who has served on the committee, initially as treasurer, since the club's inception. Thanks Graham for your long term of service and for the special value you have brought to the club as its chief artist.

We welcome one new member to the Committee - Rosie Graham has been voted onto the social committee. We look forward to Rosie's collaboration with Jude and Kath to plan social events for our members. Helen Hills and Sally Craighill have offered to support the committee as special helpers. This is very much appreciated.

Membership fees have been confirmed at the same level for 2014 as for 2013. We have been able to keep these fees low thanks to the good stewardship of the committee as well as our success in requests for funding from charitable organisations.

Jeanne ended the meeting by acknowledging the wide range of skills brought to the club by committee members and thanked them for their contribution.

Bring out the Barbeque - the blokes are bonding

Wee dog Nugget was the centre of attention when Neville and Daphne once again hosted the club to a summer BBQ in January. Nugget was having none of being tied up and quickly spotted an ally in June. He popped on her collar, put her on the lead and dragged her around from seat to seat, sausage to sausage and overall was quite pleased with her behaviour. She didn't bark much nor follow his example of jumping into Neville's lap at any opportunity.

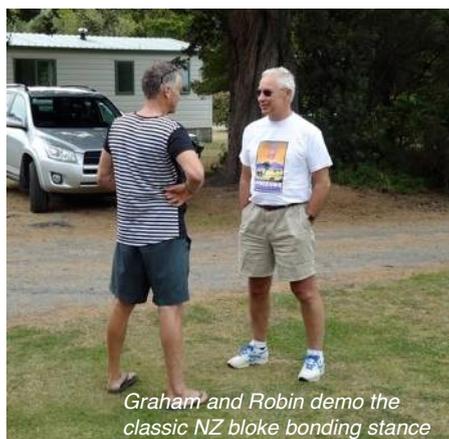
Congratulations to Aleksandra - last year she wrote a delightful piece about the BBQ, enchanted as she was by the clever use of



If she pivots here and they twizzle there then that row can move there ...

space in the Morris' camper. This year she gives us an iconic image of men squaring up for a bit of friendly banter as well as a photo of what looks like a synchro seance. But no, it's not a ouiji board on Jeanette's lap. Spectrum used the get together as a chance to do some pre NZMG choreography and had to be called to order when even the smell of sizzling steak failed to divert their attention.

The food was delicious and this was a great chance for club members to catch up on summer news and enjoy the warm weather and even warmer hospitality of Daphne and Neville. Our thanks to you both.



Graham and Robin demo the classic NZ bloke bonding stance

What every angel needs to know

How to wear your halo

Make use of the Club's ice halos and protect your most important asset.

The Ice Halo wraps around your head, across your forehead and over the top of your ear, with the widest part protecting the **back** of your head.

It should be comfortably snug to ensure it remains in place should you take a tumble so that it can lessen the impact of the fall.

Here's a [video](#) of how to put on the ice halo correctly or for more general information about the halo visit the [website](#)

Remember there are also elbow and knee protectors in the cupboard in the changing room at the rink - all club members and Coffee Clubbers are welcome to use these. Helmets are there too.

Safe Skating

Congratulations on passing your recent tests

- | | |
|-----------------|--|
| Eli Soothill | - Adult Elementary Strokng & Adult Preliminary Dance |
| Philip Buchanan | - Interbronze Strokng |
| Connor McIver | - Gold Strokng |

Easter on ice

The last day of term was close enough to Easter to justify a bit of bunny fun. Deirdre wore an elegant Easter bonnet, Kath distributed eggs and the rest of us vied for the dippiest ears and the furriest outfits. Bugs Elsa took the prize for the latter having once again raided her daughter's wardrobe and come up with an irresistibly strokable tunic.

The occasion was also perilously close to Jeanne's birthday so she treated us to an array of cake and, displaying her usual inclusiveness, catered for all - there were gluten free cakes as well as those for the conscience free who squeezed out of the door later, filling more of their bunny suits than when they had entered. A great treat.

Happy Birthday Jeanne!



"It's all about how you hold your tongue" cries Hula Talullah but Jude and Gail are simply not impressed

We didn't find a spot last year to feature Aleksandra's decorated Easter eggs - "so easy" says Aleks as she does of her quirky knitting projects and beautiful new skating dress too. Coffee Club is becoming a craft hub as origami frocks, exquisitely dressed mice and peculiarly shaped teddy bears appear each week. Patterns are swapped, skill is marvelled at and eyes are rolled by the cool and sceptical. Ignore these spoil sports. Bring along your speciality to share - it's all grist for the mill.



WHO'S BEEN DOING WHAT?



Shayla, June and Michelle headed for the Lewis Pass tops but the weather pinned them down to the valleys



There's always one slippery log that gets the better of even the most agile tramper. Shayla kindly volunteered to find it.



Competing in the Masters Games seemed too easy a goal for Kath so she increased the difficulty by fracturing a bone in her foot. Donning the moon boot and an innocent expression for visits to her orthopaedic consultant, Kath did confess, when he suggested skating in the Games would be too much for her, that she had scarcely stopped practising.

Coming Up

Spectrum's Synchronised Development Workshop - June

This workshop will take place at Queen's Birthday weekend. Spectrum has engaged as moderator internationally experienced synchronised skating coach, Aleisha Haslemore, who also holds Technical Specialist recognition with the International Skating Union. Aleisha is helping to coach Spectrum from a distance this year and has been working on choreographing its programme. This workshop will be just the boost Spectrum needs to prepare itself for the 2014 competition season. The team is indebted to Mainland Trust which has made a generous contribution toward the cost of the ice time for the workshop.

South Island Ice Figure Skating Championships - August

Hosted this year by CMFSC and Centaurus Ice Skating Club, the South Island Champs will be held at Alpine Ice on 22 - 24 August. There will be plenty of tasks for club members - marshalling, music, catering, looking after the club table, raffle selling, acting as runners and providing officials with small comforts like hot water bottles. We'll soon be calling for your help. Set aside the date now as this is a great chance to see the creme of South Island figure skating in our own town.

NZIFSA AGM 2014

Checkout the NZIFSA [news page](#) for a full report of the AGM held on 12 April. Jeanne Begej was CMFSC's delegate to the meeting which was held in Auckland. Wendy Clucas, outgoing CEO, was thanked for her excellent contribution over the last 2 years. Sandra Williamson-Leadley was elected as the new CEO and Connor McIver was elected as Technical Director.

Tekapo - ideal outdoor destination

The ice has again been laid at Tekapo Springs and despite clouds of larch needles and golden poplar leaves in the air, none seems to be falling on the firm fast ice. Over Easter and ANZAC weekend a number of club members were seen gracing the rink. But no need to limit yourself to skating. Every year there is more and more to do in Tekapo.



Segway Xtreme is a Lake Tekapo based mobile business offering off road Segway rides for the young and old. You don't need any special skills to use the segways as inbuilt computers take care of the balancing part. Fun!

Check out the website for more information.

Tekapo Entertainment Book deals

If you buy the Entertainment Book that the club sells as a fundraiser you'll find plenty of use for it in Lake Tekapo. Mackenzies, a stone grill restaurant, is included (25% discount) and for finer dining try the Rakanui Restaurant at Peppers Resort. Great food and a free main course if you buy another using the EB. Check your E book for more deals.

Best of all there is now an extensive network of mountain bike tracks - easy through to more challenging - on the east side of the lake close to the township. With a soft bed of pine needles (occasionally replaced by a fierce field of boulders) the tracks take you in a maze like meander through conifer



Sally and June catch their breath on Cowan's Hill track

forests with glimpses across the Mackenzie plains and great lake views. Finish your holiday with a pine coning expedition - just 20 minutes will yield more than your vehicle can hold. Ask the bikers pictured above for the best pine coning spots.

Your Committee

President
Jeanne Begej

Vice President
Linda White

Secretary
June Laird

Competition and Test Coordinator
Jeanette King

Treasurer
Arnold Schmidt

Patron
Kath Craven

Committee Members
Sabina Crellin
Daphne Morris
Rita Carroll
Rosie Graham
Kirsty Cox

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www.cmfsc.co.nz

Newsletter editors
Sabina Crellin
June Laird