

2014-2015 Nakkertok Volunteer Awards

We are very pleased to announce the following recipients of an Annual Volunteer Award.

Golden Toque – [Kevin Jones](#) and [Luc Groulx](#)

Volunteer(s) of the Year – Individuals who, through their significant contribution of time and effort, have helped ensure that the 2014 / 2015 Nakkertok season has been a successful one.

[Anita Netherton](#) – She is a fantastic role model as lead coach of the Adventure Program

[Lisa McMurray](#) – Enthusiastic coordinator for Sat AM Learn to Ski for two consecutive seasons.

[Minh-Thu Hoang](#) – for her safety support with the racing program, volunteer dedication at events and as a role model for how families enjoy Nakkertok

[Marcel Payant](#) – for his tireless efforts in supporting the trails and facilities crew

New Volunteer of the Year – None this year

[Anita Netherton](#)

Anita's passion is skiing followed closely by teaching kids the love of skiing and outdoor adventures. Anita has committed countless hours on the trails and in the adventure planning office over the past 4 years as a lead coach with Nakkertok's Adventure Program. As a non-parent volunteer her commitment to living and encouraging healthy active outdoor living with Adventure athletes and their families has manifested in the Adventure Program we see today. She is an exceptional distance cross country skier able to inspire confidence in our athletes, parents and coaches alike to test and continuously improve our ski abilities to explore and experience more of the great outdoors around us. Even in her spare time she invites adventure kids to join her on additional long skis. It is not uncommon to see Anita pick up an adventure kid at 6am on a Saturday for a 5+ hour ski to train for the Canadian Ski Marathon. Our kids, young and old, but especially the older kids, look to Anita in admiration and for inspiration. Her boundless energy is also exemplified in her approach to organizing and leading the Adventure Program's many diverse training activities and events. She has shown a true commitment to the club through her leadership in coordinating and organizing the Fall Fun Run and the Webber Loppet. "She is a real jewel of the Nakkertok Club, and especially the Adventure Program."

"We just had our last adventure program Wed Night. Anita arranged for the group to go to Clip and Climb; put down a \$100 deposit of her own money; and showed up at the end to rally the kids for a group picture"

[Lisa McMurray](#)

Always makes an effort to be onsite and see that things go well. Big smile during lessons. Parents notice and appreciate how hard she has worked. Her name came up in the survey about how much people put into LTS.

[Minh-Thu Hoang](#)

She has been a dedicated volunteer at Nakkertok for many years, and most recently with the racing team in support of her daughter An. She and her husband Quang are always out on the trails with

great smiles on their faces come rain, snow or shine, and have become an important friend and supporter to many Nakkertok racing families and volunteers. She has volunteered at every race or event filling in without complaint wherever the need is, whatever the task. "She and her husband are such nice people and always doing a great job."

Thu has volunteered for years and years as a safety parent in the park, in the fall, etc. They are a visible and important part of the safety team at every Nakkertok racing team practice. She and her husband are always standing somewhere on the race course as volunteers. They have often chosen very low profile jobs to ensure events support everyone. What strikes everyone is how they live Nakkertok's values in their commitment to the community, family and the people around them, always lending an encouraging support, demonstrating their love of skiing and a healthy lifestyle. They are role models for how families conduct themselves at Nakkertok, always positive, friendly and keen to assist in any way.

Marcel Payant

He is on the Nakkertok Val des Mont management committee. He is responsible for collecting the dollars from the cash box at north. He helps out with the fall trail clearing at north and a portion of the middle kingdom trails. He has opened up several new snowshoe trails at north. He opens up the chalet and sets a fire most weekends and whenever a special group is using the chalet at north during the week. He and John Burrows have brought in and split the firewood supply for the last couple of years at North. He has filled in for members a number of times in the LTS program. Very importantly he is also a big supporter of Nakkertok North in the Val des Mont community.

Luc Groulx

Luc est arrivé au club Nakkertok au début des années 2000. Dès ses débuts, Luc a été impliqué dans le coaching et aussi dans le réaménagement de la piste éclairée, dans l'entretien des pistes et la construction de la "Ski Barn" en 2006. Luc arrive au club avec un bagage très varié : grand adepte de plein air, Luc a fait de l'escalade de glace, de roche, du Back country, du ski Alpin et plus... Il a aussi été propriétaire d'une école de télémark (l'école Éclipse) avec sa conjointe Jocelyne au milieu des années 1980. Luc n'est pas issu du milieu de la compétition, mais possédait déjà un niveau 2 cansi à l'époque. Puis, progressivement, il est devenu un des entraîneurs les mieux formés au club Nakkertok. Très bon pédagogue, Luc conjugue très bien entre la pratique et la réalité et il est très apprécié de ses athlètes et du personnel d'entraîneurs. En plus, depuis les deux dernières années, Luc assure le lien entre le Club Nakkertok et Ski de Fond Québec, tout en siégeant sur différents comités de sélection auprès de Ski de Fond Québec.

Luc est définitivement un atout au sein du club...en langage de hockey, on dit qu'il peut être utilisé autant en avantage numérique qu'en désavantage numérique ou encore à 4 contre 4. Effectivement, Luc peut coacher, et faire de la correction technique. Dans les dernières années, Luc a cumulé 8 ou 9 participations aux championnats Canadiens en plus d'avoir accompagné l'équipe Nakkertok dans plusieurs coupes Québec et au Championnat Midget à titre de farteur.

Tout dernièrement, Luc a accompagné la délégation Outaouaise à la finale provinciale des Jeux du Québec qui s'est tenue à Drummondville à la fin février 2015, cumulant de très bons résultats. Luc est un gars d'ici, a grandi dans le vieux Hull, et est issu d'une bonne famille. Si j'avais à résumer en un mot ce qui caractérise la personnalité de Luc, je dirais "Persévérance". Je me souviens au début des années 1980, Luc et moi étions partis pour une fin de semaine de randonnée dans les Adirondack

avec des amis. Et en finissant le dimanche, revenant du Mont Marcy, Luc tombe avec son immense sac à dos, se relève, dit avoir une douleur à la jambe mais continue jusqu'à Adirondack lodge. Deux jours plus tard, il se rend à l'hôpital et on réalise que la jambe est fracturée!! Alors voilà pourquoi le mot "Persévérance" caractérise bien Luc!!

Kevin Jones

Coached for close to 20 years at Nakkertok. Kevin Runs are legendary! He was a member of the BOD for about 3 years, race committee for about 6 or 7 years. He was part of the group of members that transformed the club and the racing program into a prominent Nordic Centre.

From a program perspective his contribution was immeasurable including making it athlete centred and supporting the hiring of paid staff. But most importantly he is a great example of leading an active lifestyle which in the end is what we are trying to achieve. Within the Nakkertok community and skiing community in Gatineau and dare we say across the country, Kevin is a role model for excellence in skiing, community involvement, and raising family showing a great love for being together in the outdoors. Not only that every Nakkertok member sees him as a marvel to watch at races, in his technique and effort. He is always out to support the community, and this year's Webber Loppet was a great example. Kevin started at South and skied both directions. He was a godly site, one can only aspire to, skiing with total control and enjoyment on a sunny day with perfect powdery conditions celebrating the founders of Nakkertok, and the memory of the wonderful women of Nakkertok who gave so much to supporting their families in this great community.

One of the things about Kevin is his full tilt approach to ski racing which has sometimes landed him in the trees at the bottom of Dirks Dive and sometimes in the hospital in Morin Heights! My favourite part of coaching with Kevin was the wonderful adventures we had hiking and skiing in the Gatineau and Kevin assuring us that he knew where we were. Hey, we always returned sooner or, mostly, later! We get along so well because we have the same sense of time. Kevin invented Nakkertime!

"Most of all Kevin is a warm and caring person, committed to his family, friends and physical activity. Nakkertok would not be where we are without Kevin's guidance, wisdom and energy."