

The Inside Track

A newsletter for members of the Porcupine Ski Runners



President's Message

-Neal McNair

The season may have started late, but it made up for it with mostly pleasant temperatures, especially when compared with the previous two seasons. Despite a drop in total membership, there are many positives from the 2015-2016 season.

The new ski playground opened to rave reviews, and a challenging new section was added to the Red trail. In their second year with the Pisten Bully, the grooming crew have really mastered this machine, and the trail conditions this season were the best they've ever been.

The rental room was open later this year, allowing for more evening programs to run. The "Learn to Ski" program was very successful with over 40 people taking part in the various sessions on waxing and ski technique. The evening snowshoe events were also a big hit with over 100 people attending the first event, and consistent large groups for the ones that followed. Ladies Night continued to be a popular social ski on Thursday evenings.

On the youth development side, both the Jackrabbit program and the Development Team increased their numbers, and many of these young skiers are making impressive improvements in their technique and endurance.

It is great to see this level of interest and participation from our membership. You should feel proud to be a part of this amazing ski club; spread the word and get more of your friends, family and colleagues involved!

In this issue:

President's Message
Annual General Meeting
Facilities Report
Membership
Equipment and Trails
Personnel
Family Day at PSR
Youth Ski Playground
Lockers
2015-2016 Financial Summary
PSR Junior Development Team
High School Report
1000KM Club
Ladies Night
Snowshoeing at PSR
Trail Development
Rookies vs. Veterans
Summer Chalet Contacts
Jackrabbits 2016

Spring Issue

May 2016

The Inside Track is distributed to the members of Porcupine Ski Runners to keep them informed about club activities. There are two newsletters issued each season.

Thank you to those who contributed reports and information. Suggestions and comments from members are always appreciated.

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THE PORCUPINE SKI RUNNERS ANNUAL GENERAL MEETING

will take place on

Tuesday, June 7, 2016 at 7:00 PM

Xstrata Copper Chalet @ Porcupine Ski Runners

All members are invited to attend.



Facilities Report

~Alan Heino

In our sixth season with the Xstrata Copper Chalet, we continued to improve on our facilities. A particular highlight for next year is the installation of a video camera surveillance system for monitoring the interior and exterior of our chalet, which is being generously donated by Northern Connections, through Christine Dorion's initiative. Christine will be installing this system during the off season.

Our season started later than usual on account of the unusually mild weather for most of December. However, we officially opened our rental room on December 21st and business progressively increased as more snowfall arrived. We kept our rental room open until March 27th.

The largest event held at our facilities this year was the Loppet. This year's Loppet, held on March 13th, had close to 100 competitors participating. Our chalet was very busy with all the participants, their families, and friends during lunch, and especially during the remittance of the prizes, which was held outside under favorable seasonal temperatures this year.

For our day-to-day operations, we revised the hours for our chalet manager as well as the rental room staff. Our rental room hours were expanded during the week: Monday to Friday from 3:00-7:00PM. Equipment rentals have continued to grow in popularity and allow many people to experience our trails for the first time, whether it's cross-country skiing (classic or skating), or snowshoeing.

We continue to make the PSR chalet available for off-season rentals and already have secured some bookings. The PSR chalet offers an ideal setting for various activities such as a meeting, day camp or other special events for which a venue is needed. Details on renting the facilities during off-season can be found on our website at: <http://www.porcupineskirunners.com/offseason.php>

I would like to take this time to thank the members of our Facilities Committee: Gerry Perreault, Gerry McNair, Ray Denis, Jim Bielek and Alan Heino as well as all of our staff for their contributions in managing the facilities in a first class manner.

Membership

~Neal McNair

We saw a significant decline in members this season, with 770 total members. This represents a drop of 323 members from the previous season, and the first time we are below 1,000 members in many years. One contributor to the drop is no doubt the late season start, although we have had late starts in the past and still topped 1,000 members. Another possibility is the new graduated family membership fee structure. In past years, there was a flat fee for family memberships, regardless of the number of members. This year we introduced a fee for each additional family member. Even though the fee was small, it may have made some think twice about whether they should register a family member who rarely skis. Whatever the reasons, numbers were down across all categories, and fewer members meant a drop in membership revenues of over \$17,000. That loss was offset somewhat by having fewer members to report to Cross Country Canada. Since our CCC/CCO fees and insurance are based on the number of members, we saved almost \$6,000 in those fees compared to previous years.

I am confident the membership numbers will rebound considerably next season. This newsletter is filled with examples of the excellent programs and events offered at the club, and our trails, grooming, and facilities are second to none. All of that makes a PSR membership a fantastic value. We hope that our current members can make an extra effort next season to get other friends and family to try the sport and see what our club has to offer.

Membership breakdown (770 members)

Membership category	# of memberships	# of members
Family with kids	82	315
Family, two adults	57	114
Family, two seniors	12	24
Adult	163	163
Senior	55	55
Student	60	60
Family Snowshoe	6	16
Adult Snowshoe	10	10
Senior Snowshoe	12	12
Student Snowshoe	1	1



Equipment & Trails

~Gerry Perreault

Those of us who are responsible for maintaining and grooming trails cannot help but compare the challenges we encounter from year to year. Our first challenge this season was the late arrival of sufficient snow to prepare good ski trails. We were completely ready on November 15 so the wait was frustrating. Our second challenge was the wind storm of December 23 and 24 which caused many trees to be blown down on our trails. A crew began work on Christmas morning and continued until January 8th to get all of the trails cleared of debris. Unfortunately, Germain Lauzier got injured while helping clear the windfall. He has recovered well. There was a large group of volunteers on this task, even Eric Luhta's visitors from Australia helped.

We did eventually get snow, especially from January 10 to February 21, 2016 and the cold that we experienced the last two winters did not recur this year.

A new section to the Red Trail was completed just before skiing started. There have been many positive comments on this new Red Trail. It is quite a difficult trail but we found that it is favored by more than elite skiers.

We did experience some mechanical breakdowns on our grooming equipment. Thanks to Chris Cantwell for contributing his expertise and knowledge to help us solve these problems. The Pisten Bully was again a problem as far as wear on the drive sprockets and we had to get a hydraulic expert to help trouble shoot. Hopefully we have resolved that issue.

We are fortunate in having regular dedicated members to do the trail grooming and track setting. Thanks to Ray Denis, Rob White, Denis Brûlé, Greg Deyne, Germain Lauzier & Gerry Perreault. Each year we get names of people interested in joining this crew and we never leave anyone out so if it appeals to you, just let us know.

The end of season equipment checks are mostly done on our three sleds, the larger units and the routine yard and building maintenance. We are always attempting to improve the trails and although there are no specific plans at the moment, there are areas

on the trail system where we see damage from runoff (washouts) or damage from erosion. This is our prime concern but we also expect to complete the repairs to our trail lighting – a job that we started last fall.

Enjoy your summer and remember that we will need you come September and October.

Personnel Report & Family Day at PSR

~Alan Heino

We began the year in November 2015 with Shelly Woods as our Chalet Manager. Shelly worked with Neal McNair to arrange all the school group activities at the chalet, managed office activities and supervised our staff until February 2016. Brent Cleverdon returned to PSR as our lead maintenance worker/rental room attendant and continued to assume more responsibilities until the close of the season. Jessica Adamo returned to PSR as one of our weekend rental room attendants. We also hired Reagan Deschamps in January to work weekends in the rental room as well as Wednesday evenings assisting with our after school program. Caleb McNair and Michael Andrews did a fine job as our gate attendants.

Throughout the season, with the help of volunteers and staff, PSR held numerous activities such as: daytime and after-school programs from January 11 to March 29, Family Day on February 15, and the Loppet on March 13. Interested members wanting to lend a helping hand with our events are always appreciated. On that note, I would like to extend many thanks to Gerry McNair and Christine Dorion for helping with the operation of the rental room as needed during the season.

Again this year, we had a very successful turnout for our Annual Family Day promotion – “Half Price Rentals/Day Fees”, with an added boost in the weather for that day. I would like to take this time to thank: John Labine, Mike Kornell, Jim Bielek, Al MacDonald, Gerry McNair, Greg Deyne, Isaac McNair who volunteered their time to make our Family Day promotion such a success.

In closing, I would like to take this time to thank Neal McNair, Gerry McNair and the rest of the board/committee members for assisting me in my roles, as well as the PSR staff for their full cooperation throughout the season.



Youth Ski Playground a Great Addition to the PSR Club

~David Vodusek

Through generous donations from many local businesses, the Porcupine Ski Runners opened the Ski Playground in January. The Ski Playground provides our youth, aged 4 years and up, a fun place for skill development. The winter playground offers a ski slalom, ski and hoops, soft jump, soccer field, shelter, crazy carpet/toboggan run and fire pit.

The playground would not have been possible without the support of the PSR Board of Directors, and the many volunteers including Shawn Roy, Rhys Lucas, Germain Lauzier, Rob White, Gerry Perreault, Ray Denis, and Christine Dorion. Sponsors of this initiative are Glencore, Little John Enterprises, Defined by Design, C. D'Amours Contracting Ltd., the Clark family, Highline Power Inc., Northern Environmental Services, OPSEU Local 649, Vodusek Denture Clinic, Timmins Nissan, Barbara Demers and Northern Connections Ltd. and the Timmins Police Association.



Photo provided by Amanda Roy

Lockers

~Neal McNair

Many of our members continue to take advantage of the convenience of renting a locker. This season we had 165 lockers rented out of the 192 that are available. If you had a locker this season, it will be held for you next season until December 31, 2016. You will have to purchase your membership before the new year in order to keep your claim to your locker. If you do not plan to renew your locker, please let us know as soon as possible, and be sure to remove your equipment. We also encourage all our members to remove their equipment for the off-season as we cannot be held liable for any loss or damage that may occur.

2015 - 2016 Financial Summary

~Beverly Beaven, CPA CGA, Treasurer

This year we had repairs to our groomer, detailed in the "Equipment and Trails" write up. As you will note, our 3 biggest expenses are trails and equipment maintenance, payroll and insurance.

While our ski season started later this year, we still have our regular expenses for all 12 months, as well as unexpected expenses. We would like to be able to expand and maintain our trail system as well as maintain our chalet for your continued use. In order to do so, we require our members to continue to pay for their membership, even if the season starts late. With your continued support, we will be able to provide you with the exceptional trails that you have come to expect from us.

Our fiscal year is from June 2015 to May 2016. The information provided is up to April 2016 but the few expenses to come in May will provide a positive net income this year for our club.

REVENUE:	Memberships	67,032
	Rental Equipment	16,761
	Day Fees	13,756
	Lockers	9,292
	Other	8,800
	Loppett	1,762
	Jackrabbit	4,329
	Groups and Schools	1,593
	Chalet rentals	6,007
TOTAL REVENUES		129,332

EXPENSES	Trails, equipment, maintenance	23,569
	Payroll	22,347
	Insurance	21,934
	Fuel	8,363
	Utilities	8,037
	Administration and office	7,607
	Property taxes	6,644
	Chalet supplies and repairs	6,624
	Jackrabbit	1,731
	Loppett	926
TOTAL EXPENSES		107,782

Revenues less expenses	21,550
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PSR Junior Development Race Team

~David Vodusek

The PSR Junior Development Race Team program is designed for youth aged 9 to 13 years. The program provides young skiers with the opportunity to gain a variety of skills in a fun and rewarding atmosphere. The program follows Cross Country Canada's Development Model to: develop balance, coordination and agility; to encourage equal use of styles; to learn from more experienced skiers; to develop downhill abilities; and, through dry-land training in the off-season, to practice a variety of sports demanding different skills. These young athletes support one another as a team and demonstrate excellent sportsmanship throughout all training and races. To join the JD Race Team, young athletes must have successfully completed the Track Attack level of the JackRabbits program.



The PSR JD Race Team members are Allysha Grey, Amy Lefebvre, Brielle Charette, Chantal Kukulka, Clarke Frey, Dakota Lamirande, Danielle Southcott, Julia Vodusek, Cassidy Mairs, Lexi Lefebvre, Nicole Kukulka, Oscar Clark, Sarah McBride, and Sarah-Simone Rondeau McNair.

Photo courtesy of Leigh Charbonneau Images

In the 2015-16 season, the team represented the PSR well at a number of events including loppets in Hearst, Timmins and Temiskaming, and an Ontario Cup race, held at the Temiskaming Nordic Ski Club from March 4-6. The Ontario Cup afforded the team the unique opportunity of competing against skiers from across the province.

Since the team began training as a group in November 2014, the skiers have continuously improved and their results from the events we took part in, routine sprint events, and the many drills throughout season reflect the commitment of both the racers and their parents.

The team continues to train throughout the summer months, focusing on teamwork, sportsmanship and having fun with group workouts and races. Anyone with any questions about the program can email David Vodusek at psrrace@gmail.com.

High School Report

~John LaBine

Three local high schools (Timmins High & Vocational School, École secondaire catholique Thériault and O'Gorman High School) participated during the 2016 season with two schools qualifying for the OFSAA championships in Collingwood.

Isaac Rondeau-McNair, ESCT, won the senior boys NEOAA championship and finished with a top 10 finish at OFSAA. Owen Pintar, THVS, was the other senior boy to qualify for his 4th and last OFSAA championship. Kirsten Kornell, ESCT, winner of the NEOAA junior girl division did not complete at the OFSAA championships due to illness. Vincent Neron, ESCT junior boys, NEOAA qualified was pleased with his finish in his first OFSAA championships.

TH&VS and O'Gorman High School are looking forward to hosting the 2017 OFSAA Nordic Skiing Championship from February 27 to March 1. This will be the second time OFSAA will be hosted at PSR. Volunteers are needed and would be appreciated to help make this another successful event. Some 700 athletes and coaches are expected to converge for OFSAA. Please contact John LaBine at psrrace@gmail.com if interested in volunteering and or sponsorship opportunities.





1000 Kilometre Challenge

-Lorne Luhta

Even though we had a late start to a snowy winter 16 club members skied over 1,000 KM and an additional 14 skied over 500. Congratulations to all of these dedicated skiers. Continuing with our tradition, those who achieved the magical 1,000 KM mark will receive a pin symbolizing their accomplishment. The pins will be given out at our club's Annual General Meeting on June 7, 2016.

1000 KM CLUB

Greg Deyne	2,500
Claude Gagnon	1,570
Isaac Rondeau-McNair	1,383
Kevin Montgomery	1,310
Denis Brule	1,267
Brenda Smith	1,200
Jane Schultz	1,185
Nick Kanya-Forstner	1,167
Mary Anne Church	1,125
Robert White	1,115
Gerry Perreault	1,076
Lorne Luhta	1,063
Dave Schultz	1,042
Erik Luhta	1,032
Neal McNair	1,002
Mike Cousineau	1,000
<i>Almost there...</i>	
Alan Heino	845
Mike Kornell	820
Jane Deyne	800
Rhys Lucas	732
Kristen Kornell	714
Rick Demers	705
Dave Kapias	639
Norm Disley	626
Marcel Paquette	605
Denise Kornell	591
Kim Wagner	588
Ray Denis	539
Claude Castilloux	538
Spyke Pintar	528

Ladies Night / Social Ski Night

-Christine Dorion

Ladies Night was once again a great event at PSR. Thanks again for a great winter of enjoying this great social night, as well as a guided ski and learning a few tips along the way. Based on the great interest, we will be expanding Ladies Night next year to a Social Ski Night. The name may change, but ski night will take still take place weekly. Have a great summer!

Snowshoeing at PSR is for everyone!

-Christine Dorion

Snowshoeing was a great experience for me this year. Hundreds of people took part in the many evening snowshoe events that PSR held this year.

I would like to thank everyone who participated as well as Richard Warriner and Tiffany Moyle who helped during these events. A special thank you to Larry Labelle and Sylvie Labelle who created and maintained the trails. Without them, PSR would not have these great snowshoe trails in place.

Next year we plan to have more evening snowshoe events which should take place on a weekly basis. We hope to see many of you out on the trails.



Photos submitted by Christine Dorion



Nuit dames / Ski nuit sociale

~Christine Dorion

Ladies Night a de nouveau été un grand événement au PSR. Merci encore pour un grand hiver avec vous mes dames, bénéficiant de cette grande soirée sociale ainsi qu'un ski guidé et quelques conseils sur le chemin.

L'année prochaine, nous élargissons la nuit dames à un ski Nuit sociale en raison de beaucoup d'intérêt. Avec son nouveau nom la nuit de ski social aura encore lieu chaque semaine. Passe un bon été!

Raquette au PSR est pour tout le monde!

~Christine Dorion

La Raquette fut une grande expérience pour moi cette année. PSR avait de nombreux événements 'Soirée en raquettes' durant l'hiver où des centaines de personnes ont participé.

Je voudrais remercier tous ceux qui ont participé et un grand merci à Richard Warriner et Tiffany Moyle qui aident pendant les événements .

Un merci spécial à Larry Labelle et Sylvie Labelle qui ont créé et entretenu les sentiers. Sans eux, PSR n'aurait pas ces grands sentiers de raquette en place.

L'année prochaine, nous prévoyons d'avoir plus d'événements en raquettes en soirée qui devrait avoir lieu chaque semaine. Nous espérons voir beaucoup d'entre vous sur les sentiers.

Trail Development

~PSR Board of Directors

Late last fall our club laid out a new 1.1 kilometre trail from the intersection of the Blue and Red trails at the gas line to the bottom of the Red Blue uphill. This trail is now part of the Red Trail. The rationale behind this undertaking was to include more hills to fit the Cross Country Ontario criteria for racing and also to provide racers and accomplished skiers with challenging terrain. Initially the trail was roughly cut out with chainsaws by

dedicated volunteers. It was to be left in this state for the ski season and work was to continue the next summer. However with the late winter and the availability of machinery we decided to complete the trail in December. Initially more trees were cut with a feller-buncher. Then we had an excavator pull the stumps, smooth the trail and put in 2 culverts. This was difficult work since the ground was quite rough, rocky in some sections and swampy in some other sections. Total equipment cost was almost ten thousand dollars. The project was successful with many skiers appreciating the challenge of skiing on this section.

Late this season, we were informed by Alan Deluca that skiers from our club were not allowed to cross his property which encompasses about 800 metres of the South Porcupine (Loppet) Trail and which also contains part of the Rotary Ross Stringer Memorial Trail. Our club has been using the South Porcupine Trail for close to 40 years. We have sent correspondence to the property owner asking him to reconsider his decision and to negotiate but as of yet we have not received a response. One option we may have to look is to end the trail at the property boundary and turn around. We may be able to make a small loop to the north starting at the boundary and circle back. We are also considering reaching South Porcupine by going south along the property line on Goldcorp land and then paralleling the railway tracks and then going north again to meet up with our trail to the east of his property. These alternatives would cost us money for trail development with the last alternative costing between \$10,000 and \$15,000. There are still many uncertainties, and it is possible a land usage agreement could still be worked out. In light of this, for next season we will opt for the simplest and most cost effective solution and cut a short turnaround and loop back before the property line. During the next year we will continue to explore options for land access or new trail cutting, and we will also seek input from our members. We are confident that together we will find a solution and continue providing great trails for our membership.



Rookies vs. Veterans

-Neal McNair

The Rookies vs. Veterans relay race was held again this year on Sunday, April 10. The weather was less Spring-like than usual for this end of season race, with morning temperatures in the negative double digits, but the conditions by race time were perfect.

After losing two years in a row, the Veterans had little sympathy for the still very young Rookies team. No handicaps were allowed this year, and the Veterans fielded a strong lineup of skiers. This resulted in a fairly lopsided race with the Veterans winning before the Rookies even had their anchors hit the trails. We know this young team will be tough to beat in the near future, so we will take our victories while we can.

Of course the race is not about who wins, but about celebrating another season of skiing and competing. It was great to see members of the Development Team, Race Team, Biathlon Team and the High School Teams all skiing together and getting to know each other better.

The times are listed below, but timing issues resulted in only the minutes being recorded for several skiers in the middle of the race.

Thank you to all the participants and volunteers who help ensure that this PSR tradition keeps going. Our first Rookies vs. Veterans race was held in 1978, and it is fantastic to see it continue strong in 2016.

Rookies vs. Veterans 2016			
Rookies 		Veterans 	
Skier	Lap time (1.7 km)	Skier	Lap time (1.7 km)
Julia Vodusek	6:44	Derrick Cremin	6:22
Owen Pintar	5:51	Nick Kanya-Forstner	5:48
Nicole Kukulka	11:22	Mike Kornell	6:21
Chantal Kukulka	14:49	Brenda Smith	6:41
Kristen Kornell	6:02	Neal McNair	5:29
Clarke Frey	7:44	Joe Nycz	5:47
Danielle Southcott	8:00	Spyke Pintar	6:29
Allysha Grey	10:xx	Maggie Clark	7:42
Brielle Charette	9:xx	Rhys Lucas	5:31
Caleb Rondeau-McNair	7:xx	Erik Luhta	5:xx
Vincent Neron	5:51	Mary-Anne Church	7:xx
Andraya Johnstone	6:17	Greg Deyne	5:xx
Isaac Rondeau-McNair	4:37	Dave Vodusek	6:xx
Total	105:xx	Total	80:xx
Winners: Veterans			

Summer Chalet Contacts

During spring, summer and fall the chalet does not have regular hours of operation.

For assistance call:

Gerry McNair 705-264-9093
cell: 705-266-4213

Neal McNair 705-267-2820
cell: 705-363-7719

Alan Heino 705-264-9107

Gerry Perreault 705-264-6939
cell: 705-363-7716

Jim Bielek 705-235-8355

Ray Denis 705-267-0433
cell: 705-365-7670



Jackrabbit 2016

~Christine Dorion

Jackrabbit 2016 was a great success at the Porcupine Ski Runners. The kids enjoyed the great outdoors during those cold months all while learning skills, having fun, staying fit and making new friends . The coordinator this year was Christine Dorion, with the help of Mireille Fortier.

Thank you to all the parents this year for making this program a great success with many of you helping with coaching , kitchen , clean up and more.

77 children had the opportunity to take part in our Jackrabbits/Team Development Program thanks to our great coaching team. The dedicated coaches this year were: Aileen Felsher, Amanda Roy, Dave Vodusek, Christine Dorion, Tim Edwards, Kevin Duggan, Angie Bernier, Peter Lanzellotti, Derick Cremin, Neil McNair, Joe Barazzutti, Heather Young, Chris Clark, Amy Clark, Mel Bucar, Dave Bucar, Candice Aston, James Aston. Thank you so much for making this season a success!

We would also like to give a big applause to Dave Vodusek for leading the Team Development group. Dave has allowed us to expand the Jackrabbit program for kids who want to be part of competitive skiing while having fun.

All kids registered this year will be guaranteed their spots in the program next year, as long as we continue to have adequate coaches. If your child will not continue the program please notify Christine at psrjrcoach@gmail.com to allow another child to register.

Next year's registration will be November 19 & 20, 2016, during the ski swap. Hours and more detailed information will be posted on website in November. Hope to see you then. Have a great summer !



Jackrabbit 2016 a été un grand succès aux Porcupine Ski Runners. Les enfants ont aimé les grands espaces au cours de ces mois froids tout en compétences d'apprentissage, avoir du plaisir, rester en forme et faire de nouveaux amis. La coordinatrice cette année était Christine Dorion, avec l'aide de Mireille Fortier.

Merci à tous les parents cette année à faire de ce programme un grand succès. Beaucoup d'aider avec le coaching, la cuisine, le nettoyage, et plus.

77 enfants ont eu l'occasion de prendre part à notre programme Jackrabbits/Team Development grâce à notre grande équipe d'entraîneurs. Les entraîneurs dédiés cette année étaient Aileen Felsher, Amanda Roy, Dave Vodusek, Christine Dorion, Tim Edwards, Kevin Duggan, Angie Bernier, Peter Lanzellotti, Derick Cremin, Neil McNair, Joe Barazzutti, Heather Young, Chris Clark, Amy Clark, Mel Bucar , Dave Bucar, Candice Aston, James Aston. Merci beaucoup de faire de cette saison une réussite!

Nous voudrions aussi donner un grand bravo à Dave Vodusek pour diriger les enfants de développement de l'équipe. Dave nous a permis d'élargir le programme Jackrabbit pour les enfants à faire partie du ski de compétition tout en ayant du plaisir.

Tous les enfants inscrits cette année seront garantis leurs taches dans le programme si nous continuons d'avoir des entraîneurs adéquats. Si votre enfant ne va pas continuer le programme, s'il vous plaît aviser Christine à psrjrcoach@gmail.com pour permettre un autre enfant de s'inscrire.

L'inscription de l'année prochaine sera le 19 et 20 novembre, lors de l'échange de ski. Les heures et d'informations plus détaillées seront affichées sur le site web en novembre. En espérant vous voir alors.

