

TREE LINE TIMES

Tree Line Studios
Art Gallery, Delta Sun Peaks



YOUR CONNECTION TO LOCAL ARTISTS, EVENTS AND PEOPLE!

SUMMER ART SHOWS AUG 22 12-5PM

Sol Metal Designs



Metal and rock sculptures

plus

Sternig Clayworks



Raku Pottery & Clay Sculpture

NEW FUNDRAISER

Next time you're in the village, please drop off any "gently used" books or magazines to Tree Line Studios or Lone Wolf Gallery. We will be having book sales throughout the summer with all proceeds going towards our local members of the National Ski Team who are training for the 2010 Olympics.

ELLI UPDATE

You'll be happy to hear that Elli is well on her way to returning to snow and competition after her December ACL reconstruction. She writes:

Hello All,

I just returned home after a very successful three week dryland training camp in Calgary, Alberta. During this camp we focused on improving our cardio and maximizing our time in the gym. I am feeling very strong to say the least! My max squat previous to this camp was 218 lbs in the summer of 2007, now however, I was able to squat 230 lbs for 4 sets of 7 reps! It is great to be feeling stronger and fitter than ever heading into my first back-on snow camp!

In two weeks time I will be heading off to Zermatt, Switzerland for my return to snow camp. This snow camp will be my first opportunity to get back on my skis after my injury. One other athlete, who is returning from injury, and one coach will accompany me on this trip. This will allow for some great one-on-one coaching time. A very important concept when returning from 10 months off snow!

I hope everyone is enjoying the summer here at Sun Peaks. More updates to come!

Cheers, Elli Terwiel National Ski Team Member and Olympic hopeful.

