



# WINTER WORDS

Newsletter of the Ski Atlantic Seniors' Club

Website: [www.sasc.chebucto.org](http://www.sasc.chebucto.org)



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Happy New Year! It is time, if you have not already done so, to get out your skis and check your equipment. Ski season has arrived!! I am delighted to report I have been skiing three times this year and have enjoyed fabulous ski conditions! Five of the ski hills which partner with SASC are now opened for the 2010-2011 season. The remaining three hills await the cooperation of Mother Nature. Bring on the snow!!

Ski Instruction for SASC members continues to be available at most partnering ski hills. A special thank you goes to Jim Martin for organizing a Professional Development Workshop for SASC Ski Instructors. This PD session was held January 5 at Crabbe and was conducted by Lloyd Gagnon from Mont Farlagne. The weekly lessons provide members with the opportunity to improve their skiing in a friendly, social setting.

The Canada Winter Games will take place February 11–27. Wentworth and Martock will host the ski events. Be sure to take advantage of this excellent opportunity to see Canada's best athletes compete. Google [2011 Canada Games](#) to check the schedules for events. John and I are volunteering as "officials" for the biathlon events and plan to attend several other events at both hills. It should be great fun!

Ski Atlantic Seniors' Club operates under the approval and cooperation of the Atlantic Ski Area Association (ASAA). At this time, eight of the ski hills belonging to the ASAA partner with our Club. Your SASC membership card entitles

you to ski at these hills. SASC membership fees have always been HST inclusive. Each ski hill has been responsible for paying the HST tax out of the funds received from SASC at the end of the ski season. The ASAA has requested our club increase membership fees by 15% to cover the hill's payment of the HST. This request, along with other ASAA concerns is presently being considered by your SASC Board of Directors.

Everyone is encouraged to attend the Kell Antoft Days scheduled for each ski hill. Kell Days provide an opportunity for members to visit other hills, gather with the local skiers and have a marvelous time enjoying the festivities. This year we have an added treat. Gary Thorne, SASC Director for Mont Farlagne, and Lloyd Gagnon have been busy planning the SASC Seniors' Games to be held during Mont Farlagne's Kell Antoft Days March 17 and 18. While Kell Days are usually only one-day events, an extra half-day has been added to allow members to participate in the fun activities planned. More information is to follow.

In closing, I would like to wish everyone a winter filled with lots and lots of skiing, fun and fellowship. See you on the slopes!

Irene Ferguson  
SASC President

## SASC DIRECTORS – SKI HILLS

Ben Eoin	Paul Black 902-828-3103
Ski Martock	John Pierce 902-765-3055
Ski Wentworth	Lorraine Haley 902-897-2511
Poley Mountain	Andre Chartrand 506-856-8992
Crabbe Mountain	Don Buck 506-457-9485
Mount Farlagne	Gary Thorne 506-735-8542
Sugarloaf Ski Park	John Murley 902-477-3217

### REFUND POLICY RE MEMBERSHIP CANCELLATION

The amount of \$170 will be refunded only in the event of an injury or illness that prevents the Member from participating in skiing. The request for refund must be in writing outlining the circumstances, enclosing the skiing membership card and be received by the Registrar by January 15.

## KELL ANTOFT DAYS 2011

Ski Martock	January 26
Ben Eoin	February 23*
Ski Wentworth	March 10
Poley Mountain	March 15
Crabbe Mountain	March 16
Mount Farlagne	March 17 & 18

**\*Note the change in date for Ben Eoin**

### NAME TAGS

If you have misplaced your name tag or would like to have an extra one, they can be obtained at a cost of \$7.50 which includes the cost of shipping from:

Metaline Graphics,  
Box 68, 65 Hwy #3, Hubbards, NS B0J 3T0  
Tel – (902) 857-9109  
E-Mail [artwork@metalinegraphics.com](mailto:artwork@metalinegraphics.com)

Ski Atlantic Seniors' Club is pleased to announce purchases from Mark's Work Warehouse may be embroidered with the SASC logo for a nominal fee (just \$5.25 to \$5.75). Present your SASC membership card at any Mark's Work Warehouse and give the SASC account number #00245384. Most purchases will receive a 10% discount. Individual orders may be made, with the exception being ball caps which must be ordered in lots of 12 or more. The embroidery machines must be reconfigured to embroider them. Anyone wishing to order a ball cap for \$ 4.99 plus embroidery and shipping fees, please email Irene Ferguson ([john\\_irene\\_ferguson@yahoo.ca](mailto:john_irene_ferguson@yahoo.ca)) These ball caps are very nice and are similar to those available two years ago.

## **SKI INSTRUCTIONS**

Ski instruction is provided for SASC members at most of our participating ski hills on a regular basis. The instructors volunteer their time to make sure everyone has a safe and enjoyable time on the hill. This year our helpful CSIA instructors are as follows:

<b><u>Ski Hill</u></b>	<b><u>Instructors</u></b>	<b><u>Day</u></b>	<b><u>Meeting Place</u></b>
Ski Ben Eoin	Les Elworthy Jim Melanson Vern Walsh	Wed.	Top of Chair
Ski Martock	Johanna Redden	Wed.	In Front of Racks
Ski Wentworth	Jim Martin Dan Stewart	Thur.	Bottom of the Chair
Ski Poley	Jerry Doyle Sandy Hogan	Thur.	Inside Lodge
Ski Crabbe	Ray Kaine Tony Little	Tues.	Lodge
Ski Mt. Farlagne	Lloyd Gagnon	Thur.	To be determined

Check at your hill for the time of the lesson.

### **COOL TIPS BY JIM MARTIN**

Well, its time to get out the boards and head for the hills for another ski season. Here are some ideas for your first day out.

- 1.0 Get your skis out a few days early and clean off the old wax. Then apply a few coats of new wax to start the season.
- 2.0 For you first day out start with short runs and then gradually increase the distance between stops.
- 3.0 Breathe deeply as you ski to take in lots of oxygen to feed those leg muscles.
- 4.0 Keep hydrated by drinking lots of water. You might have to stop a bit more often but you will not become tired as quickly.
- 5.0 Review the Skiers Responsibility Code.
- 6.0 As you work on your technique and recall pointers you may have received the previous season remember to concentrate on only one thing at a time for each run.

## **UPDATE ON SASC SKI TRIPS**

Bob Webb (902) 897-4679 (sandrwebb@eastlink.ca)

**The Stoneham Trip is completely booked.**

Loon Mountain is taking reservations. If you dally you could lose as the closer the date looms the less quantity there is to choose from. So don't delay, book now and let Bob know. Information on the Loon Trip is shown below.

### **2011 SKI TRIP THE MOUNTAIN CLUB ON LOON**

Loon Ski Resort is located at Lincoln New Hampshire. For you shoppers, it is located south and west of North Conway. E-Mail: info@mtclub.com

Dates: Feb 27 - 04 March 2011

Price: \$789.00 US funds per person

Package includes: 5 days skiing, accommodations, and full breakfast and supper. Supper is Sunday to Thursday and breakfast is Monday to Friday.

Complimentary skiing on Sunday

Use of the Hotel's full service Viaggio Spa & Health Club

**ALL TAXES AND GRATUITIES**

Accommodations: -

Club Room : A traditional hotel room featuring a king-sized bed, color TV, and full bath, AC and coffee maker. Room occupancy is 1-2 persons

Studio Room: A versatile room offering a sitting area, fully equipped kitchen, color TV, AC, full bath, queen sized Murphy bed and double-sized Murphy bed, and dining area with seating for four. Room occupancy is 1 – 4 persons.

Suite: The suite is a combination of the Club Room and Studio Room. Each room has a private entrance.

To book this trip and make your reservations contact Mountain Club on Loon Resort and Spa directly at 603 745-2244 or toll-free at 1 800 229-STAY(7829). Reservation hours are daily from 8 am to 10 pm. It is very important that you identify yourself as part of the Ski Atlantic Seniors' Club event. Please advise Bob Webb once you have booked.

A deposit of one night's room rate is required.

Questions may be directed to Bob Webb (902) 897-4679 or e-mail at [sandrwebb@eastlink.ca](mailto:sandrwebb@eastlink.ca)