



# WINTER WORDS

Newsletter of the Ski Atlantic Seniors' Club

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



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As the year 2012 begins, even though Mother Nature is off to a slow start, hopefully she won't disappoint. Two days of cold snowmaking weather followed by two or three days of above normal temperatures is discouraging for us the skier and snowboarder. However, I have always thought of the frustration of the ski hill operators as they try to prepare ideal conditions. If not as many runs are open as we would like, bear with the operators as the runs will soon all be open----they do a great job! As seniors we can be a little impatient at times.

With the young and not so young, safety is paramount with skiing and snowboarding. In saying that, I remind all our members that starting next season (2012- 2013) helmets will be mandatory at the three hills in Nova Scotia. I know a very large number of Seniors have been wearing a helmet for some time. Let's make sure all our Seniors wear helmets this season. I would expect similar regulations to follow in New Brunswick and P.E.I. in the very near future.

I would like to inform all new members and remind returning members (not old) of the complimentary ski lessons at the participating hills. Thanks to Jim Martin, Director of Ski Instructors, and the volunteers at each of the hills for providing this service. More information on the lessons is included in this issue of Winter Words.

Also check out the dates of the Kell Antoft

Days. It's a great opportunity to visit other hills, meet new and old ski friends and socialize. A day full of fun for all and maybe a few prizes for some.

In closing, I hope the New Year brings lots of snow, fun and fellowship-----ski safely and may all your fun be downhill.

John Pierce, Co-President SASC

## A SPECIAL THANK YOU

The SASC Board of Directors would like to thank all those members who completed the SASC survey last spring. A special thank you goes to members who expressed an interest in volunteering to assist with the running of Ski Atlantic Seniors' Club.

The SASC Nominating Committee for 2012 will soon begin to seek candidates for vacancies on the Board of Directors for 2012-2013. The Committee will begin their search by using the survey results. As Past-President, Irene Ferguson is chair of this committee and would like to invite all interested persons to help recruit volunteers. Please contact her at : [john\\_irene\\_ferguson@yahoo.ca](mailto:john_irene_ferguson@yahoo.ca)

## **SKI INSTRUCTIONS**

Ski instruction is provided for SASC members at 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 :

<b><u>Ski Hill</u></b>	<b><u>Instructors</u></b>	<b><u>Day</u></b>	<b><u>Meeting Place</u></b>
<b>Ski Ben Eoin</b>	Les Elworthy Jim Melanson Vern Walsh	Wed. 10:30 am	Top of Chair
<b>Ski Martock</b>	Johanna Redden	Wed. 11:00 am	In Front of Racks
<b>Ski Wentworth</b>	Jim Martin Dan Stewart	Thur. 9:30 am 10:30 am	Bottom of the Chair
<b>Ski Poley</b>	Sandy Hogan Linda Homenick	Thur. 10:30 am	Inside Lodge
<b>Ski Crabbe</b>	Ray Kaine Tony Little	Tues. 1:00 pm	Lodge
<b>Ski Mt. Farlagne</b>	Lloyd Gagnon Gary Thorne	Thur. 2:00 pm	To be determined

(Confirm by checking notices at hills)

## **REMINDER—SKI HILL SIGN-IN**

SASC Membership (skiing) cards are NOT lift tickets. Each day you visit a SASC participating ski hill to ski you MUST sign the SASC Ski Day Register and accurately record your SASC number to get a lift ticket for the day.

A Social Membership does NOT entitle you to skiing privileges and you SHOULD NOT sign the Register when visiting a ski hill.

## KELL ANTOFT DAYS

The special days honouring the founder of SASC were well attended at both Ski Wentworth and Ski Martock. Upcoming Kell Antoft Days are as follows:

Ben Eoin	February 15
Poley Mountain	February 22
Crabbe Mountain	February 23
Mont Farlagne	February 24

Skiers planning to travel to the various hills are to make their own arrangements for accommodations. The following lists may be of help:

**Ben Eoin**—The Birches at Ben Eoin located at the ski hill can be contacted at  
e-mail: [reservations@thebirchescountryinn.ca](mailto:reservations@thebirchescountryinn.ca) Tel: (902) 828-2277

**Ski Poley**—The rates are shown for Feb. 21 and/or Feb. 22. When booking state that you are a member of Ski Atlantic Seniors Club.

Amsterdam Inn ([inns@nbnet.nb.ca](mailto:inns@nbnet.nb.ca))  
Single \$87, dbl. \$97., suite \$125. Bfst. incl.

Fairway Inn: ([fairway@nbnet.nb.ca](mailto:fairway@nbnet.nb.ca)) Tel. 1-800-565-2660  
Double \$87., Bfst. incl. Pool, hot tub, sauna

All Seasons Inn [jenkins@nb.sympatico.ca](mailto:jenkins@nb.sympatico.ca) Tel: (506)433-2220  
Double \$59. Cont. Bfst. incl., Restaurant on site

### **Ski Crabbe—**

The RAMADA Hotel, on the north side of Fredericton is recommended, by Linda Hubbard, as the most inviting for a group, at reasonable rates. It is a 45 minute straight forward drive to Crabbe Mountain.

16 rooms have been tentatively reserved at a Group Discount rate, 10 rooms with 2 queens, and 6 studio rooms.

STUDIO ROOMS: 1 queen + 1 pull-out  
1 person - \$99.00 + tax; includes 1 full breakfast  
2 people - \$105.00 + tax; includes 2 full breakfasts

BEDROOM with 2 QUEEN beds ( newly renovated )  
2 people - \$109.00 + tax; includes 2 full breakfasts

Restaurant, with varied menu, opens at 7 a.m. Kitchen is open until 11p.m.

(cont.)

Included full hot breakfast has 7 options and fast service.  
There's a POOL, HOT TUB, and Lounge.

If booking here, in order to get the Discount Rate for SASC, you need to reserve by Feb.14th. The number is: 1-506-460-5500.

If booking at other hotels/motels, you'll need to make your own arrangements.

Riverside Resort ( Mactaquac ); 1-506-363-5111

Best Western ( Bishop Dr.); 1-506-455-8448

Amsterdam Inn ( Bishop Dr.) 1-506-474-5050

Howard Johnson ( The old Wandelyn on Prospect St.); 1-506-462-4444

Fredericton Motor Inn ( top of Regent St.); 1-506-455-1430

Silverwood Motel ( old Trans. Can. Hyw.); 1-506-458-8676

**Mont Farlagne** (nr. Edmunston)

Quality Inn –919 Canada Road. (AAA.com) Tel. 506-735-5525

Restaurant, pool , sauna. Ask for special rate for senior skiers.

## **SASC DIRECTORS – SKI HILLS**

Ben Eoin; Kathy Gouthro  
902-562-1268

Poley Mountain: Murray Goodman  
506-832-7848

Ski Martock: Lee Brannen  
902-798-0028

Crabbe Mountain: Linda Hubbard  
506-457-0362

Ski Wentworth: Lorraine Haley  
902-897-2511

Mont Farlagne: Gary Thorne  
506-735-8542

### **CORRECTION –BEN EOIN HOURS**

The hours of operation are:

Monday to Friday 9:30 a.m. to 9:30 p.m.

Saturdays 9:00 a.m. to 9:00 p.m.

Sundays 9:00 a.m. to 5:00 p.m,

## **SKI TIP---Buying Goggles**

- Goggles come in different sizes so be sure to try on several pairs to ensure a good fit.
- If you are wearing your goggles over glasses then select a pair designed for this purpose. Goggles for wearing over glasses will stand out from your face a bit further to allow space for the glasses but will reduce peripheral vision slightly. If you don't need this feature then go with the standard goggles for slightly improved peripheral vision.
- Modern goggles have double lenses much like modern windows. This feature pretty much eliminates the old fogging problem from years past. Double lenses are a must-have feature.
- Take along your ski helmet when shopping for goggles to be sure you have a good fit between the goggles and the helmet with no gap between the top of the goggles and the helmet. A gap here can cause headaches when skiing in cold weather.
- If you have one pair of goggles like I do then you will probably want an amber coloured lens. Amber colour allows for improved contrast on those flat light days and are overall probably the best compromise in lens colour for our ski conditions.
- One of the problems with goggles is scratches on the lens so keep your goggles in a cloth bag when not in use to prevent them getting scratched. Also I find it better not to leave them on my helmet between ski days as it reduces the elasticity of the strap.

See you on the slopes

Jim Martin, SASC Instructor

Wentworth

## **NAME TAGS**

If you have misplaced your name tag or would like to have an extra one, they must be ordered directly from the supplier at a cost of \$7.95 (Push Pins) or \$9.95 (magnetic) plus 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)

**NOTE:** New members names have been sent to Metaline Graphics and you can expect to receive your free name tag by mail in two weeks time. If you haven't received it by mid-February please contact Mary Drake at 902-826-9199.

## **Agreement With Mark's Work Warehouse**

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)** These ball caps are very nice and are similar to those available two years ago.

## **CONGRATULATIONS!**

Congratulations are extended to the Shediac Bay Ski Club on the occasion of its Silver Anniversary.

## **UPDATE ON SUGARLOAF TRIP**

**February 5<sup>th</sup> – 10<sup>th</sup>**

- > **We have 62 SASC members confirmed for the Sugarloaf Trip**
- > **28 Rooms have been assigned to SASC**
- > **All payments now received**
- > **All rooms have been allocated by member & eventually spread over 3 floors**
- > **Menu's for supper have been finalized with Sugarloaf**
- > **Outstanding items include reservations for ski clinics & setup of hill tour**
- > **We will be at Sugarloaf on Saturday to make sure preparations have been completed**

Organizers: Jim & Maureen Betts

## **UPDATE ON BRETTON WOODS TRIP**

**March 4<sup>th</sup> – 9<sup>th</sup>**

The trip is fully subscribed with **57** SASC members registered.

Organizer: Lorraine Haley

## **NO E-MAIL ACCOUNT??**

Note that it is not necessary to have an e-mail account in order to view Winter Words. All you need is to have access (friend, neighbour, CAP site) to a computer connected to the internet. Simply use the web browser to access the SASC website: [www.sasc.chebucto.org](http://www.sasc.chebucto.org)  
In the list on the left of the screen, click on Winter Words, then select the issue you want to read.

(Why wait for 'snail mail'?)

Happy Skiing from your Co-editors,  
Lorraine Haley & Kaye Hannah