



WINTER WORDS

Newsletter of the Ski Atlantic Seniors' Club

Website: www.sasc.chebucto.org



Vol. 24 #1

Fall Issue

October 2012

President's Message 2012

As our beautiful Summer winds down us skiers are eagerly anticipating another ski season To all returning and new members of the SASC a great big welcome and here's hoping that you have the best ski season ever.

The Board members of the SASC are a very dedicated group of individuals who volunteer their time to promote skiing and active physical lifestyles for seniors. During the past year we have had several retiring Board members who have served you, the members of the SASC, very well . John Pierce , who was President last year, Lorraine Haley and Bob Webb have given many years of faithful service to our organization. Thank you John, Lorraine and Bob –you will be missed.

As often happens in the SASC when someone retires we are quite fortunate to have members who step up and serve on the Board. I would like to welcome to the Board of the SASC Judy Hawkins from Crabbe who will serve as Vice President, Robert Atkinson Director for Ski Wentworth and Maurice Le Blanc

from Moncton who will serve as a Member at Large.

It is important for our members when filling out their Membership application to supply their e-mail address. This is the main means of the SASC to keep you informed of the happenings in our organization. Our newsletter, Winter Words, will only be found on our website -- www.sasc.chebucto.org

Our application for membership has changed substantially this year. In order to serve our membership better we are requesting that **All members provide the following:**

- 1. Home Ski Hill**
- 2. Proof of Age (copy of driver's license will suffice)**
- 3. Small photo for membership card**
- 4. E-mail address**

Paul Black, President SASC

SASC Board Members

The Ski Atlantic Seniors Club is administered by a Board of Directors. It meets four times per year, late September, late November, January and April. The following is a list of the current Officers and Directors

Paul Black - President
902-828-3103

Murray Goodman - Director, Poley Mt.
506-832-7848

Judy Hawkins - Vice-president
506-450-1588

Lee Brannen - Director, Ski Martock
902-798-0028

J. Irene Ferguson - Past-president
902-864-1418

Kathy Gouthro - Director, Ski Ben Eoin
902-562-1268

Donald F. Rice - Secretary
902-766-4702

Jim/Maureen Betts - Directors, Ski Trips
902-443-4918

John R. Llewellyn - Treasurer
902-752-8983

Jim G. Martin - Director, Ski Instructors
902-893-1083

Kay Hannah - Co-editor, Winter Words
506-536-2439

Maurice LeBlanc - Member at Large
506-204-6150

Donald P. MacDonald - Director,
Ski Hill Registers 902-861-4429

Connie A. H. Uytterlinde -Director,
Communications 902-454-6874

Gary Thorne - Director, Mt. Farlagne
506-735-8542

Linda M. J. Hubbard - Director, Crabbe
Mt. 506-457-0362

Robert Atkinson - Director,
Ski Wentworth 902-758-3685

Mary Drake - Registrar 902-826-9199

SASC Mailing address:

Ski Atlantic Seniors' Club
PO Box 3076
Tantallon NS
B3Z 4G9

KNOWN EQUIPMENT SWAP DAYS:

Martock

October 14

Poley - November 3

Crabbe

October 26 & 27

Wentworth – November 24

TENTATIVE KELL ANTOFT DAYS 2013

Ski Martock	January 23
Ski Wentworth	February 7
Ski Poley	February 11
Ski Crabbe	February 12
Mt. Farlagne	February 13
Ben Eoin	February 20

NEWS FROM THE HILLS

Crabbe & Wentworth having Open Houses on November 24th

Martock has made more improvements

Ben Eoin will have less snowmaking this season

What's In Your Pocket?

(contributed by Murray Goodman)

When we become stranded on a chair lift, each minute that we hang suspended seems like five minutes. But if we are downwind from a snow gun, or if the weather is really cold or windy, each minute immobile can seem like twenty. As we hang there we contemplate whether we can jump off without breaking both legs or, even worse, breaking our skis! And the longer we sit there, the colder we get.

There is nothing we can do to prevent the mechanical breakdowns which leave us hanging, but we can prepare ourselves to make that time marginally more comfortable.

I have been encouraging friends and family to carry a space blanket in a parka pocket. These mylar sheets cut the wind and retain body heat by reflecting it back. They are given to marathoners as they cross the finish line for just those purposes.

If you have one in an easily-accessible jacket pocket, you can wrap it around your upper body while sitting on a stopped chair lift to keep warm. I used one at last November's football game in Moncton (Acadia vs McMaster) when it was cold and windy in the exposed aluminum stands, and was pleasantly amazed at how much body heat was retained.

The space blanket has also been called an emergency blanket, camping blanket, rescue blanket, and so on. I bought two at Canadian Tire several years ago, and bought several more this summer at the dollar stores, in their camping/outdoors sections. They are inexpensive investments in comfort and make great stocking stuffers for skiers and other outdoor enthusiasts.

SASC INSTRUCTORS

Ski Poley	Sandy Hogen, Linda Homenick
Ski Crabbe	Ray Kaine, Tony Little
Mont Farlagne	Lloyd Gagnon, Gary Thorne
Ski Martock	Johanna Redden
Ski Ben Eoin	Les Elworthy, Jim Vern Walsh, Jim Melanson
Ski Wentworth	Jim Martin

WANTED: SASC Ski Instructor

The SASC requires a volunteer ski instructor for Ski Wentworth. To apply you must qualify for membership in the Ski Atlantic Seniors Club as well as being a member in good standing with the Canadian Ski Instructors Alliance with a Level 1 or higher qualification. Along with a second instructor You will be required to offer ski instruction to members of the SASC on Thursday mornings during the ski season.

Annual membership in the SASC is included with this position.
For further information contact Jim Martin at 902 893-1083 or
jim.martin@ns.sympatico.ca

SKI TIP---BINDINGS

So, here is a question for you to consider:

Are you 100% certain that your bindings are adjusted and working properly?

Your ski bindings are designed to release when abnormal forces are applied from the ski or boot. The definition of “abnormal force” will depend to some extent on your skiing ability, your weight and height.

Just because your bindings were adjusted when you initially bought the skis does not necessarily mean they are still properly adjusted for you. Perhaps your weight has changed, perhaps your bindings have accumulated some dirt and are no longer releasing properly, perhaps someone borrowed your skis and changed the settings, etc.. You need to be certain they are adjusted for you and are working properly.

Our local ski hills have personnel employed in their rental shops that are trained by the binding manufacturers in adjusting bindings. Why not drop by and have your bindings checked each year. A serious fracture can end your skiing forever.

Just do it!

Jim Martin, CSIA Instructor, Ski Wentworth

SASC Golf Tournament

The SASC Fall Golf Classic for 2012 was held on September 13 at Mountain Golf and Country Club, Truro. Thirty Eight members took part in what turned out to be a great event. The weather was perfect golf weather even though mother nature wasn't so kind a few days before and as a result we were limited to the front nine. What the heck, a second round over the same holes only gives one a chance to look for the balls lost on the first round. The event started with a shotgun start and as a result everyone was finished together in good time to enjoy a great meal.

While it appeared everyone had a great time I don't think there were really any winners or losers. However, we have to recognize a few notable achievements. Closest to the hole for number two Ladies goes to Sheila Connolly and for the men Shawn Chisholm. Closest to the hole for number five was Greg MacKenzie and for number seven was Sonja Crowell. Closest to the line was a bit of a struggle for the Haley family but Lorraine won out. Last but not least is the group that managed to stay in the middle of the fairway the most with the best score and that honour goes to Bob Riendeau, David Lionais, Wendy Kaupp and Les Elworthy.

Thanks go out to Ross and Steve of Mountain Golf for their help and donation of prizes. Also, Al Harris and Bob Crowell deserve a thank-you from the organizer for their assistance in setting up this event.

The leaves are turning and there is a fall chill in the air and soon we will be thinking skiing. Here's hoping for a great season for everyone.

---Submitted by the organizer, Bob Webb---

NAME TAGS

New members receive a free name tag with their membership. Any member can order additional name tags by calling the Registrar, Mary Drake at 902-826-9199

\$7.95 ea. with 2 metal push pins, or

\$9.95 ea. with magnetic holder

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.

SKI ATLANTIC SENIORS CLUB 2013 SUNDAY RIVER TRIP

Where: Sunday River Resort , Bethel , Maine

When: Sunday January 27th to Friday February 1st 2013.

Package Description:

Sunday River Grand Summit Hotel
5 Full days of skiing Monday to Friday
5 Breakfasts Monday to Friday
5 Suppers Sunday to Thursday
Welcome reception **Monday** evening.
Complimentary Hill Tour and Daily Perfect Turn Clinics
Rooms are a combination of standard, studio superior & deluxe

Amenities: (visit sundayriver.com for further description of hotel)

Fitness and Health Club, Spa, and Sauna
Ski In and Ski Out , Ziplines
Outdoor Heated Pool and Hot Tub

Pricing:(US\$ per person):

Single : \$950 (US\$)
Double : \$666 (US\$)
Triple : \$576 (US\$) Cot is extra
Quad : \$666 (US\$) One Bedroom Unit
Non-Skiers will pay \$115(US\$) less.

Please fill out the Application on page 2 and return before November 16th.
Send application to Jim Betts at 40 Chartwell Lane, Halifax NS, B3M 3W6.
Note that all Applicants must be SASC members.(skiing or social)
For any further information or questions we can be reached at 902-443-4918
Or betts@eastlink.ca

Payments:

- First payment(50% deposit) is due November 16th 2012 with Application.
- Second payment is due January 11th 2013.

Cancellation:

- Deposit is non-refundable for cancellation within 8 wks of arrival. ie December 2nd
- No refunds for cancellation with 1 wk of arrival. ie January 20th

SKI ATLANTIC SENIORS CLUB 2013 SUNDAY RIVER TRIP

MEMBER'S APPLICATION

Name: _____ E-Mail _____

Address _____ Postal Code _____

Phone Number _____ Skier__ Non-Skier__ Mem# _____

Roommate(1) _____ Skier __ Non-Skier__ Mem# _____

Roommate(2) _____ Skier __ Non-Skier__ Mem # _____

Roommate(3) _____ Skier __ Non-Skier__ Mem# _____

Note: Roommates are applicants responsibility to keep informed of trip details/updates.

Travel to and from Resort:

Members are responsible for all their travel arrangements and health and accident insurance. Members wishing to either share a ride and/or room can indicate so Below. A list will be completed & circulated so interested individuals can contact one another.

	Yes	No	Comment
➤ Taking a car	___	___	_____
➤ Can Take a passenger(s)	___	___	_____
➤ Need a ride	___	___	_____
➤ Would like to share a room	___	___	_____

Notify in case of emergency we require a contact name and phone numbers:

Applicant Contact : _____ Phone #(s) _____

Roommate(1)Contact: _____ Phone #(s) _____

Roommate(2)Contact: _____ Phone #(s) _____

Roommate(3)Contact: _____ Phone #(s) _____

Roommate(4)Contact: _____ Phone #(s) _____

SKI ATLANTIC SENIORS CLUB 2013 STONEHAM TRIP

Where: Stoneham Resort , Tewkesbury Quebec

When: Sunday February 24th to Friday March 1st 2013.

Package Description:

Hotel Stoneham
Meals at the ever popular Feu Follet Restaurant(set menu)
5 Full days of skiing Monday through Friday at Stoneham
Night Skiing starting on Sunday
Dual ticket with Mont Ste Anne at an extra cost of \$40 per person
5 Breakfasts Monday to Friday
5 Suppers Sunday to Thursday
Complimentary Hill Tour
Rooms have 2 beds and compact frigs

Amenities: (visit ski-stoneham.com for further description of hotel)

Hotel at base of ski hill
Heated Spa Tubs at Quatre-Foyer Terrace

Pricing:(CDN\$ per person): For a dual ticket add \$40 per skier to pricing below

Single : \$1024 (CN\$)
Double : \$732 (CDN\$)
Triple : \$644 (CDN\$)
Quad : \$600 (CDN\$)
Non-Skiers will pay \$230(CDN\$) less.

Please fill out the Application on page 2 and return before January 11th .
Send application to Jim Betts at 40 Chartwell Lane, Halifax NS, B3M 3W6.
Note that all Applicants must be SASC members.(skiing or social)
For any further information or questions we can be reached at 902-443-4918
Or betts@eastlink.ca

Payments:

- First payment(50% deposit) is due January 11th 2013 with Application.
- Second payment is due February 8th 2013.

Cancellation:

- Deposit is non-refundable for cancellation within 3 wks of arrival. ie February 3rd.
- No refunds for cancellation with 1 wk of arrival. ie February 17th.

SKI ATLANTIC SENIORS CLUB 2013 STONEHAM TRIP

MEMBER'S APPLICATION

LIFT TICKET SELECTION: **STONEHAM ONLY** _____ **DUAL HILL** _____

Name: _____ E-Mail _____

Address _____ Postal Code _____

Phone Number _____ Skier__ Non-Skier__ Mem# _____

Roommate(1) _____ Skier __ Non-Skier__ Mem# _____

Roommate(2) _____ Skier __ Non-Skier__ Mem # _____

Roommate(3) _____ Skier __ Non-Skier__ Mem# _____

Note: Roommates are applicants responsibility to keep informed of trip details/updates.

Travel to and from Resort:

Members are responsible for all their travel arrangements and health and accident insurance. Members wishing to either share a ride and/or room can indicate so below . A list will be completed & circulated so interested individuals can contact one another.

	Yes	No	Comment
➤ Taking a car	_____	_____	_____
➤ Can Take a passenger(s)	_____	_____	_____
➤ Need a ride	_____	_____	_____
➤ Would like to share a room	_____	_____	_____

In case of emergency we require a contact name and phone numbers:(Required)

Applicant Contact _____ Phone #(s) _____

Roommate(1) Contact _____ Phone #(s) _____

Roommate(2) Contact _____ Phone #(s) _____

Roommate(3) Contact _____ Phone #(s) _____

Roommate(4) Contact _____ Phone #(s) _____

Ski Atlantic Seniors' Club
2012 / 2013 Application for Membership

New Member: Yes _____ No _____ (New members will receive a nametag)

Name _____ **Phone #** _____

Address _____ **Prov.** _____ **Postal Code** _____

E-Mail Address _____

Date of Birth (yyyy/mm/dd): ____/____/____

NOTE: ALL MEMBERS making application for the (Skiing) Membership Card must provide proof of age, (i.e. copy of driver's license, passport or birth certificate) to be submitted with your application. **Do not** send any original documents as these will not be returned. Applications will not be processed without proof of age.

Please identify your home ski hill area by circling one of the following: **B** (Ben Eoin)
C (Crabbe) **F** (Mont Farlagne) **M** (Martock) **P** (Poley) **S** (Sugarloaf NB)
W (Wentworth) **V** (Brookvale)

- I hereby apply for the (**Social**) only Membership card, which entitles me to attend Club events such as Kell Antoft Days, Golf Days, Annual General Meeting and Ski Trips. I certify that I am 55 years of age and /or I am a _____ spouse, _____ partner or _____ caregiver of an SASC member. Enclosed is the annual membership fee of \$15.00 in CND funds.
- I hereby apply for the (**Skiing / Social**) Membership card, entitling me to ski at participating ski areas in Nova Scotia, New Brunswick and Prince Edward Island during the 2012 / 2013 season. Enclosed is the annual membership fee of \$230.00 in CND funds.

I enclose a recent photo (about 30 x 45 mm) (i.e. Driver's License / Passport size)

- For the skiing membership card, I certify; That I am 65 years of age or over; **OR**
- That I am retired from full-time employment and that I am 55 years of age or over.

I hereby agree to abide by the Constitution and By-laws of Ski Atlantic Seniors' Club and by signing below I have indicated that I have read and agree to Section 10 relating to the exclusion of liability (see the reverse side or below).

Signature: _____ **Date:** _____

*Note. - A new Signed Application and photo is required **each** year.*

Please allow up to three weeks for your application to be processed. Mail your application, proof of age, payment and photo to:

SKI ATLANTIC SENIORS' CLUB
P.O. BOX 3076
TANTALLON, NS B3Z 4G9

For registration questions contact:
Mary Drake (902) 826-9199
For information on Club activities contact:
Connie Uytterlinde (902) 454-6874
Bob Webb (902) 897-4679
For information on Trip activities contact:
Jim & Maureen Betts (902) 443-4918

The SASC Newsletter, Winter Words, is available on our website – www.sasc.chebucto.org

PLEASE NOTE: Refund Policy for the Skiing Membership Card:

The amount of \$215.00 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 to be received by Mary Drake, the Registrar by January 15.

EXCLUSION OF LIABILITY:

10(1) - Skiing is a challenging, dangerous sport. Members are responsible and assume all risk for their own personal preparedness and safety when participating in Club programs and events. Members agree to release, indemnify and hold harmless the Club for any personal injury, death and economic or non-economic losses resulting from: (a)-the inherent risks, dangers and hazards of Alpine skiing, cross country skiing or snowboarding; (b)-the use of ski lifts; (c)-the collision with natural or man-made objects, with skiers, snowboarders or other persons; and (d)-skiing and travel within or beyond the ski area boundaries

10(2) - Members waive all claims against the Officers, Directors or other Members their successors or assigns with respect the risks, economic and non-economic losses outlined in 10(1).

10(3) - Members are responsible for their own travel, health and accident insurance.

10(4) - Members shall abide by the Alpine Responsibility Code (Appendix 13) and the Cross Country Responsibility Code (Appendix 15) as well as the rules and conditions established at Participating Hills and other hills.

10(5) – No Member in his or her individual capacity is responsible for any debt or financial liability beyond the amount of any subscription, annual dues or special even fees payable to the Club

10(6) - Members may make comments, suggestions or other representations related to safety and liability through any Director or Officer.