



WINTER WORDS

Newsletter of the Ski Atlantic Seniors' Club

Website: www.sasc.chebucto.org



Vol. 24 #2

Winter Issue

January 2013

The 2012-13 ski season is now in full swing finally with some cooperation from Mother Nature. We, in Atlantic Canada are blessed with fine ski hill operators who do a great job providing us with excellent skiing under quite adverse weather conditions. The membership of the SASC continues to be quite strong with over 1000 members ---20% of our members are 70+ years of age and we even have 4 that are over the age of 85. We believe that this makes quite a statement about the SASC promoting an active healthy lifestyle through skiing.

The ski trips organized by Jim and Maureen Betts to Sunday River, Maine and Stoneham, Quebec have been well supported with over 150 of our members attending. Jim and Maureen do a lot of organization for these wonderful trips on behalf of the SASC and are to be commended for their efforts.

Ski lessons are provided at each of our member ski hills as part of the SASC program by qualified instructors and cater to a wide range of skiing abilities. These lessons are free to any SASC member. Take advantage of these lessons to improve your skiing and enjoy the friendship of other skiers.

At our most recent meeting of the Board of the SASC we reaffirmed our policy of conducting all of our

communications electronically. Because of this policy it is important that we have your e-mail address. When filling out your membership application please provide us with it as it will be the only way that you will be able to keep abreast of what is happening in the SASC.

As you know the criteria for skiing membership eligibility in the SASC will be changing for the 2013-14 ski season. Next year in order to have a skiing membership in the SASC you must be 60 years of age by March 31 of the 2013-14 ski season with no proof of retirement required. Those 2012-13 members who are between the ages of 55 and 60 will be grandfathered until they reach the age of 60. That is they will be eligible to have SASC ski Membership even though they have not reached the age of 60. Members that are grandfathered in this manner must have a continuous annual membership renewal until the age of 60. Please note that Associate Members are not eligible to obtain SASC skiing membership until they reach the age requirement of 60.

Enjoy the 2012-13 ski season and the camaraderie of your fellow active seniors.

Paul Black

Pres. of SASC

In our Fall Issue, the President's message was inadvertently truncated. We apologize for not catching that before printing. The following is from the omitted portion. Ed.

During the past three years we have had requests for an increase in fees from the Atlantic Ski Area Association (ASAA). The Board of the SASC has met with the ASAA on several occasions and dealt with items of mutual concern. As a result of our meetings we have come to a better understanding of the issues and difficulties facing each organization . Additionally we have agreed on the following:

1. SASC fees for this year and into the future will be set through a formula. Simply put the SASC fees will be based on the weighted average of the Early Bird Fees set by the participating ski hills and discounted 15%.
- 2 The SASC have agreed to an EARLY DISBURSAL of the hill fund. The fund will be distributed to participating ski hills by January 10 of each year. In the past the fund was distributed to the ASAA at the end of the ski season. This will assist the hills in more effectively meeting their operating expenditures
3. Beginning in the 2013-14 Ski Season the age for membership in the SASC will be changed to 60 with no requirement to be retired. Skiing members in the SASC during the 2012-13 season automatically are eligible for membership the following year.

SKI HILL DIRECTORS

Ski Poley	Murray Goodman
Ski Crabbe	Linda Hubbard
Mont Farlagne	Gary Thorne
Ski Martock	Lee Brannen
Ski Ben Eoin	Kathy Gouthro
Ski Wentworth	Robert Atkinson

S.A.S.C. INSTRUCTORS

2012-2013

Ski Poley	Sandy Hogan, Art Mitten	Lessons Thursdays at 10:30 am
Ski Crabbe	Ray Kaine, Tony Little	Lessons Tuesdays at 1:00 pm
Mont Farlagne	Lloyd Gagnon, Gary Thorne	Lessons Wednesdays at 11:00 am
Ski Martock	Johanna Redden	Lessons Wednesdays at 11:00 am
Ski Ben Eoin	Les Elworthy, Vern Walsh, Jim Melanson	Lessons Wed. at 10:30 am
Ski Wentworth	Jim Martin, Jim Goit	Lessons Thursdays at 10:30 am, 9:30 am for new skiers

Remember:: your membership card is NOT your lift ticket!

You MUST sign in at each hill to acquire your lift ticket

KELL ANTOFT DAYS

Martock	- Wednesday, January 23
Wentworth	- Thursday, February 7
Poley Mountain, NB	- Monday, February 11
Crabbe Mountain, NB	- Tuesday, February 12
Mont Farlagne, NB	- Wednesday, February 13
Ben Eoin, NS	- Wednesday, February 20

Ski Wentworth

This is a reminder that the Kell Antoft Day Event for 2013 is scheduled for Thursday, February 7, at Ski Wentworth, in The Wentworth Valley, Nova Scotia. Coffee and Calories are served from 9 a.m. to 11 a.m. Ski instruction will be held at 9:30 a.m. for new skiers and 10:30 a.m. for the regular lesson. Lunch will be held at 1:30 p.m. upstairs in Ducky's Pub. Lunch can be purchased at the check-in counter in the morning. Menu includes a choice of chowder or chili with a homemade biscuit, cookies, tea and coffee for \$8.00 (tax incl.)

We look forward to a great turnout and in getting reacquainted with fellow skiers from participating hills. See you at Wentworth on Thursday, February 7, 2013.

Ski Poley

Come to Poley for a great Kell Antoft Day! Free lessons, good food and great fun.

MOTEL ACCOMMODATIONS IN SUSSEX:

FAIRWAY INN *1-800-565-2660* \$87. + tax Breakfast included

AMSTERDAM INN *inns@nb.aibn.ca* \$89 for 1 person; add \$10 for second person, + tax Breakfast included

COVERED BRIDGE INN *cbissx@nb.aibn.com* \$65, tax included, 1 or 2 Queen beds + kitchenette. No breakfast

Mention you are with SASC for the promised discounted price at the above motels.

Also, there's the ALL SEASONS INN, but they have not replied to my requests for a price. *jenkins@nb.sympatico.ca*

Murray Goodman,
SASC Director for Poley Mountain

Ski Crabbe

SASC members skiing at Crabbe Mt. on Kell Antoft Days can have a 15% discount on meals at Pizza Delight in both locations in Fredericton (Prospect St. & St. Mary's St.) on Feb. 11th & 12th.

GOOD DEALS For ACCOMMODATION IN FREDERICTON; When booking Identify yourself as a SASC member

1) **RIVERSIDE RESORT;** Mactaquac, off Route 102, 1-800-561-5111

Rooms: (equipped with coffee maker + hair dryer)

Standard Double (2 double beds) = \$ 89.27 (tax included)

Single Room (1 queen + 1 pull-out) = \$ 89.27 (tax included)

Hot Breakfast Special is EXTRA. (Need to ask for it when booking) = \$ 6.77 (tax included)

(includes: scrambled eggs, meat, hash browns) POT of Tea/ Coffee = \$ 2.25 (tax included)

TOTAL for Room + 2 Breakfasts = \$ 107.31 (tax included)

Extra AMENITIES or BENEFITS:

- a) closest to Crabbe
- b) very nice, newly renovated rooms
- c) whole new water system; water safe to drink
- d) peaceful, natural setting
- e) nice pool and area

2) **RAMADA HOTEL;** 480 Riverside Dr., north side of river, same as Crabbe, 1-800-596-4656

Rooms: (equipped with coffee maker + hair dryer)

2 Queens + 2 Full Hot Breakfasts = \$111.87 (tax included)

1 Queen + 1 pull-out + 1 Full Hot Breakfast = \$107.35 (tax included)

Extra AMENITIES or BENEFITS:

- a) shortest drive to Crabbe, except for Riverside Resort
- b) newly renovated queen rooms
- c) restaurant with varied evening menu, as well as choices for hot breakfast
- d) pool + hot tub, with pleasant sitting area
- e) new pub in pool area with 1/2 price appetizers on Mon. nights
- f) just across the Princess Margaret Bridge from the malls

3) **FREDERICTON MOTOR INN;** top of Regent St., close to old Trans Canada Hwy and Route 102; 1-800-561-8777.

Rooms: (equipped with coffee maker + hair dryer)

1 Queen = \$ 89.27 (tax included)

2 Queens = \$100.57 (tax included)

Hot Breakfast is EXTRA (choice of 3 Specials + coffee/tea = \$ 6.72 (tax included)

TOTAL for 1 Queen + 2 Breakfasts = \$ 102.71 (tax included)

TOTAL for 2 Queens + 2 Breakfasts = \$ 114.01 (tax included)

Extra AMENITIES or BENEFITS:

- a) a few steps away from Regent Mall
- b) a close drive to F'ton Mall and Corbett Place (box stores)
- c) restaurant with varied evening menu
- d) pool

4) COMFORT INN; Prospect St., Use this phone number to get the Sports N.B. Rate: 1-506-453-0800
Rooms: (equipped with coffee maker + hair dryer) 2 Double beds = \$ 102.83 (tax included)
INCLUDED is Substantial Continental Breakfas. Extra AMENITIES or BENEFITS:
a) near F'ton and Canadian Tire malls .
b) close to fast food establishments

OTHER Motels in the Fredericton area are;

Best Western; Bishop Dr., 1-877-455-8448
Amsterdam Inn; Bishop Dr., 1-800-468-2828
Howard Johnson; Prospect St., (formerly the Wandelyn); 1-888-280-1122
Silverwood Motel; Route 102 (old Trans Canada Hwy); 1-800-930-4667

Linda Hubbard
SASC Director Crabbe Mtn.

Ski Mont Farlagne

Quality Inn---Canada Road. (AAA.com): Tel. 506-735-5525
Restaurant, pool, sauna. Ask for SASC special rate for senior skiers.

SKI TRIPS 2013

We would like club members to note that all the information and applications for future trips will be posted on the SASC website as soon as the trips have be finalized.

**We would like to thank all the club members for their support and participation in the trips to Sunday River and Stoneham.
The turnout has been excellent.**

It's encouraging to see so much participation in the trips and the opportunity for members to meet other in the SASC club.

We are now in the process of selecting the ski resorts the club will visit in 2014.

Jim & Maureen Betts

Note: As of Jan.22, SASC has 961 skiers (incl. 163 new) and 48 social members.

SKI TIP-----SKIING IN CRUD

We've all been there. It's been snowing a few hours before you arrive at the hill and it's still snowing. The grooming was done the evening before and so we now have several inches of fresh loose snow that will get all chopped up within the first hour of skiing. You find the loose snow is constantly throwing you off balance and your legs are taking a beating. You get frustrated and leave after a few runs. We call this skiing in crud and its great fun once you learn a few tricks on how to handle it.

To improve your balance in the crud conditions try to get a bit lower in your stance by flexing down a few inches. I find it also helps to carry my arms a bit further out from my body much like a tight rope walker carries a large pole to help with stability and balance. Most important though is to bring those feet closer together so they tend to act a bit more like a single ski. You might also back off on the edging and do a bit more skidding in these conditions.

Finally try to get relaxed and ski with a steady rhythm. I notice some skiers trying to find a smooth place to turn when skiing crud. That does not work. Just keep looking down the hill and turn in your rhythm. Your skis will look after the piles of snow. In these conditions a bit more speed also helps.

If you need more help try to find your SASC instructor. He or she is probably on the Hill enjoying the crud.

Some of the season's best skiing is during crud days so get out there and enjoy it.

Hope this helps.

Jim Martin, CSIA Instructor

Wentworth

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.

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The SASC Board of Directors wishes to inform members of its decision to discontinue paper mailouts such as Winter Words. All future communications will be done electronically.

Those SASC Members who do not have a personal email address are encouraged to send the Registrar the email address of a friend or family member, where e-mail messages may be sent .

The latest edition of Winter Words will be posted on the bulletin board at each ski hill. Many issues of Winter Words are available on the SASC Website at sasc.chebucto.org

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Happy skiing,
Kaye Hannah, Editor