



## WINTER WORDS



### Newsletter of the Ski Atlantic Seniors' Club (SASC)

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Vol. 25 # 3

Spring Issue

May 2014

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#### President's Message

Once again the Ski Atlantic Senior's Club has completed an excellent ski season. This year we had 926 ski members who skied on 15,791 occasions at the participating ski hills, for an average of 17 visits per member (See Stats table below). Give yourselves a pat on the back for making a great effort to live a healthy active lifestyle. Because of the cooperation of Mother Nature, and the expertise of the staff at the Maritime ski hills, we have experienced some wonderful skiing during this winter.

This is the final year of my Presidency and I want to thank the Board for their cooperation and their hard work in making my term a pleasant and rewarding life experience. To the members of the SASC I want to extend my thanks and appreciation for your support and the kind welcome I received when I visited your hills. Judy Hawkins who skis out of Crabbe Mountain will be succeeding me as President and will do a fine job.

During my time as President we have made progress in trying to make our club more visible and transparent for our membership. The revision of the Constitution and By-Laws was a major task and will be finalized at our AGM in June. Members should note that this document is now available on our website.

Another time consuming and onerous task was the negotiating of an agreement between the SASC and the Atlantic Ski Area Association (ASAA). This five year agreement has produced a formula on which the yearly Membership fees for the SASC are determined. This agreement has worked well to the mutual satisfaction of both parties. Briefly, this formula is the weighted average of the Earl Bird Senior Membership Fees at the five major participating ski hills minus 15%. Because the fees have increased at some of the hills for next season there will be an automatic increase in the SASC skiing membership for the 2014-15 ski season.

One of my goals has been to try and make the public more aware of our Club. During the past year the CBC did a piece on our club at Kell Antoft Day at Martock. This was well received by the viewing public and as a follow up Ray Provencher (Board Member) did an interview on the French network of CBC Radio. Obviously this is work that should be continued and what has been done is only a beginning.

Each year we have members who retire from the Board and this year is no exception. Irene Ferguson and Jim Martin will both be leaving the Board this year after many years of dedicated service.

Irene has served as President and Past President and has been a great source of expertise. Her work and dedication will be greatly missed. Jim has been the Director of Ski Instructors for the past number of years and has done an excellent job in ensuring that we have excellent ski instruction at each of our participating ski hills.

It is important for the vitality of our organization that we have people from our membership who will step up to volunteer to sit on the Board. I am encouraging you as members of the SASC that when you are approached to give strong consideration to becoming members of the Board to ensure that our organization continues to grow and prosper.

In closing I hope you have happy and healthy times during the coming months and hopefully we will see you on the slopes next winter. Yours in skiing ---Paul

### **Annual Ski Hill Reports**

#### **Ski Wentworth**

Kell Antoft Day at Ski Wentworth was held on the 30<sup>th</sup> of January 2014 with warm weather and a sunny day. This was in sharp contrast to the previous year with -18 degree C temperature and strong winds which sent a lot of people back inside after a few runs to warm up. There were 171 members signed in for skiing this year with 88 purchasing tickets for the wonderful meal put on by the hill. Many thanks to Dave Wilson for providing coffee/tea and snacks, which were much appreciated when we came in off the hill for a break.

Dean Cheverie and Ben Noseworthy from Aerobics First gave a brief presentation on boot fitting, boot warmers and some new

developments in the manufacturing of skis. While many left to go back on the hill, those who stayed really appreciated the information that was presented. A cheque for \$200.00 was presented to the Ski Patrol to show our support and appreciation for the valuable service they provide.

This has been a great season at Ski Wentworth even with some warm weather and rain thrown in the mix. As of the 24<sup>th</sup> of Feb there have been over 3100 visits by our members to the hill this season. If this year is anything like last year the best skiing of the year is yet to come. So grab your gear and come out to the hill for a great time.

Robert Atkinson, SASC Director, Ski Wentworth

#### **Martock Ski Hill**

The end of the ski year 2014 is upon us and what a year it has been! We experienced an early start to the season and had cool temperatures during March. What more could a Martock Senior ask except for a carpet ride through the Glades? Kell Antoft Day was a great success despite a day's postponement due to a blizzard. Over fifty SASC members dug themselves out to attend. I believe it might have been the "gastronomic extravaganza" that the members prepared, rather than the skiing!

I cannot express enough our thanks to Heather and her crew for the excellent conditions that they serve up each and every day during our short ski season. Plan to attend our AGM in Debert in June.

Lee Brannen, SASC Director, Ski Martock

#### **Ben Eoin Ski Hill**

Ben Eoin reports a very successful ski year with very good attendance by SASC members. We had a very successful Kell Antoff Day at Ski Ben Eoin on Wednesday, February 26th. We enjoyed a delicious chicken dinner with all the trimmings. It was a full house in the Broken Buckle Lounge. Great dinner music was provided by Foe Ryba. There were lots of draw prizes and of course a great day of skiing. Several visitors came from the Halifax area and a great time was had by all.

Kathy Gouthro, SASC Director, Ski Ben Eoin

### **Crabbe Mountain**

Crabbe Mt. has had a very successful 2013/14 season in respect to seniors' attendance, despite the very challenging conditions of January and the persistence of unusually cold temperatures into spring. As of March 25th, Crabbe had recorded just over 2000 visits from SASC members, which surpasses the number for last year

Tuesdays were considered "Seniors' Day", and were made special by the Hill's provision, on a donation basis, of coffee/tea and a sweet treat, which was appreciated by SASC members, and seemed to work out well for the Hill.

I decided to try something new this season, which is to set aside a particular Tuesday in January to welcome new SASC members. Judy Hawkins, Vice President of SASC, and I were there to greet new members with a toe & hand warmer each, and introduce them to the veteran members who were there; we all wore inside name tags to make it easier. As it turned out, it was a very cold day and there were more veterans than newcomers in attendance, but those four or five that came seemed to

appreciate it. It's something I plan to repeat next year.

Kell Antoft Day on Feb. 20th was loads of fun. We had a packed house. It was great to have members join us from Ben Eoin, Martock, Wentworth, and Poley. Music from our SASC band, "Slip Sliding Away", as well as excitement over the Olympic Women's Curling final, added greatly to the enthusiastic spirit. Pat Connors' solo of various popular songs from the 50's & 60's (a contest with prizes) turned into a spontaneous, exuberant sing-a-long. And yes, most people enjoyed the skiing, too.

Linda Hubbard, SASC Director, Crabbe Mtn.

### **Poley Mountain**

Poley's hill manager described 2013-14 as an excellent season. The hill opened in mid-December and closed March 30th, and the SASC contributed 3360 skier days. Despite some days with heavy rainfall, the frequent snowstorms, aided by Poley's snowmaking equipment, led to a super-thick base. This meant that there were no bare spots right up to the last day of operations. The SASC members and Poley's season pass-holders certainly had the opportunity to 'get their money's worth'.

Kell Antoft Day was a success, with over 80 SASC members participating, with many of them winning one of the many prizes given away after the catered lunch. The skiing that day was superb in the morning, and continued to be good in the afternoon. We were delighted to host several members from other hills, and are already planning for next season's events.

Murray Goodman, SASC Director, Poley Mtn.

**Mount Farlagne Ski Hill** Mont Farlagne's season ran from December 15<sup>th</sup> to April 13<sup>th</sup>. Mont Farlagne has 10 SASC members, with visits from

33 different SASC members, for a total of 343 hill visits. Six members attended Kell Antoft Day. Gary noted that this is the hill's 45<sup>th</sup> year of operations. It is the tenth season under the ownership of the Gallant family who have confirmed their intention to operate for 2014-2015.

Gary Thorne, SASC Director, Mount Farlagne

<b>Number of Members per Hill:</b>			
	<b>Ski Pass</b>	<b>Prov. Total</b>	<b>Social</b>
Ben Eoin	117		4
Martock	180		22
Wentworth	259		6
		NS: 556	
Poley Mtn	215		1
Crabbe Mtn.	126		0
Mt. Farlagne	8		0
		NB: 349	
Brookvale, PEI	4		2
		PEI: 4	
Hill not specified	23		12
<b>Totals</b>	<b>932</b>		<b>48</b>

### **SASC Membership Statistics for 2013 - 14 Ski Season**

#### **Members by Age Demographics:**

<b><u>Age</u></b>	<b><u>Number</u></b>	<b><u>Age</u></b>	<b><u>Number</u></b>
88	2	77	11
87	1	76	7
86	0	75	12
85	2	70 - 74	161
84	5	65 - 69	304
83	6	60 - 64	298
82	5	55 - 59	91
81	3	N/A	3
80	6		
79	6		
78	9		
<b>Total</b>			<b>932</b>

### **Instructor's SKI TIP**

Some thoughts about your **Ski Bindings**:

Probably you would not transport your skis in an open ski rack on your vehicle without at least covering the ski bindings to prevent road grit from entering the binding mechanism but what about those exterior racks on shuttle buses at those large ski resorts? Maybe not a good idea to use those racks without covering your bindings either?

So, have you had a binding release yet this season? If not, how do you know your bindings will release when you need them to? Maybe you should test them? Check it out.

Do you have old skis and bindings? Manufacturers now produce lists of binding models they continue to support. It's called the Indemnified Binding List. If your bindings are not on this list then you will likely be out of luck as far as getting them serviced or repaired at a ski shop. As bindings get older they will be dropped from the list at some point.

Manufacturers consider that after a certain amount of time passes and under average use bindings lose dependability and can no longer be trusted to perform to specification. Have your bindings been dropped from the list? Find out by googling "Indemnified Ski Binding List".

So are your ski binding DIN settings correct for you? What is the right setting for you based on your age, skiing ability, weight, height? Your DIN setting could be too high or too low. Why not check it out before it's too late. Charts are available on line or better yet go to a good ski shop and have them checked out. It's important, DO IT!

Jim Martin, SASC, Wentworth

## **Aerobics First**

Robert Atkinson, a members of the SASC Board, is in discussion with Aerobics First in Halifax to provide educational clinics and demonstrations for SASC members at the Martock and Wentworth ski hills in 2014-15. Other board members are encouraged to investigate the availability of such services for other participating ski hills in the region.

## **Reports on Annual SASC Ski Trips**

### **Report on Loon Mtn. Ski Trip**

On March 2, 2014, 73 SASC members arrived at Loon Mountain looking forward to a great ski get-away, already in a good mood after two fine-weather days for travelling. The weather gods continued on our side and graced us with five more fine-weather days for skiing and two more for a great trip home; couldn't ask for more! The general consensus was that the hill offered a very balanced array of green, blue, and black trails – something for everyone and definitely a hill favoring the average to intermediate skier. Everyone seemed to have a great time on the slopes and, with the exception of a few instances where skis slid out/off and egos took a hit, there were no reports of physical injuries; a real plus! From the point of view of hospitality we enjoyed a pre-dinner reception on Monday evening which gave people a chance to get re-acquainted and make new friends. And of course, there was no shortage of good food vis a vis the five breakfasts/dinners included in the package. After dinner each evening a group of talented SASC musicians, aptly named The Slip Sliders, provided entertainment while others engaged in card games (sometimes observing "local" rules!).

In all, with the exception of check-in/check-out issues, it was a great week and a huge vote of thanks is extended to Jim and Maureen Betts for their patience and endurance in making

arrangements for the trip and dealing with issues as they arose during the week.

John Murley, SASC Member, Tour Participant

### **Report on Attitash Ski Trip**

Attitash Ski Trip 2-7- February 2014. Lois and I are happy to critique our Ski Trip as we have missed a few years as Snow Birds. We were surprised and pleased with the whole experience in New Hampshire.

We were impressed with: the planning, the ski in/out venue, the hearty meals, the wonderful pitch of the runs, a skier's dream- sunshine, and the fresh powder snow!

Attitash, to us, is a hidden jewel that is not too far away! The friendly staff at the ski hill and at the Grand Summit Hotel was very helpful in meeting our needs and requests. The heated pool plus the hot pool took care of our rubber knees and sore muscles. Praise also goes to our singing and playing troubadours- Jeanne, Ken and John. Honorable mention also goes to our card sharks- the after the evening meal gang.

We have made new friends and look forward to skiing with them again. A big thank you to Jim and Maureen Betts and their committee for a well planned and executed trip.

Gus and Lois Baker, SASC members and Tour participants, Dartmouth.

### **UPCOMING SKI TRIPS FOR 2015**

For 2015 our trip committee has two ski trips planned. The first trip will be to Sunday River Maine. The trip will be from February 1st to February 6th. We last visited Sunday River in 2013 and we had an excellent turnout and very positive feedback from those that went on the trip. Your contact for this trip will be Denyse

Kyle. Denyse can be reached at 902-365-2504 and [denysekyle@eastlink.ca](mailto:denysekyle@eastlink.ca).

Our second trip will be to Stoneham Quebec. This trip will be from March 8th to March 13th. Stoneham has been our favourite ski resort in Canada and continues to have a good turnout and positive feedback as well. Your contact for this trip will be Gale Dempsey and Chris Andrew. Gale can be reached at 902-429-8946 and [gidempsey@hotmail.com](mailto:gidempsey@hotmail.com). Chris can be reached at 902-852-2842, and [andrew@eastlink.ca](mailto:andrew@eastlink.ca).

We hope we will have a turnout and a positive response like we had for our two trips in 2014.

Jim and Maureen Betts, Ski Trip Directors.

902-443-4918, [betts@eastlink.ca](mailto:betts@eastlink.ca).

### **SASC Annual General Meeting Announcement**

The SASC Annual General Meeting will be held on June 19, 2014 at the Debert Hospitality Centre. There will be a social hour from 4:00 PM to 5:00 PM. The business meeting will take place from 5:00 PM to 6:00 PM and the dinner will start at 6:00 PM. The cost of the dinner will be \$25.00 per person. Our own SASC "Slip Sliders" band will provide entertainment. All members are encouraged to attend. Please consult the SASC website for registration instructions.

### **SASC Annual Golf Classic 2014**

Our annual golf day, now christened the Classic after last year's event, will be held on **Sept. 9<sup>th</sup> at the Digby Pines Golf Resort**. We encourage everyone to consider taking part; this is a fun event, which can be enjoyed by beginners or seasoned golfers. A notice will be sent out shortly with details of the event. The organizers are: Joyce Mac Mullen and Shelia Connolly.

### **2013-14 SASC Board of Directors**

Paul Black – President

Judy Hawkins – Vice- President

Irene Ferguson –Past President

Ken Cameron –Treasurer

Peter Etheridge –Secretary/Editor

Connie Uytterlinde – SASC Communications

Jim & Maureen Betts – Ski Trips

Don Mac Donald – Ski Hill Registrar

Jim Martin – Ski Instructors

Robert Atkinson – Ski Wentworth

Murray Goodman – Ski Poley

Kathy Gouthro – Ski Ben Eoin

Linda Hubbard – Ski Crab Mountain

Gary Thorne - Ski Mount Farlagne

Lee Brannen – Ski Martock

Ray Provencher – Member at Large

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