



WINTER WORDS

Newsletter of the Ski Atlantic Seniors' Club

Website: www.sasc.chebucto.org



Vol. 21 #1

Fall Issue

October 2009

PRESIDENT'S MESSAGE

Greetings to all SASC members and a special welcome to all new SASC members. I hope everyone had an enjoyable summer. As I write the weatherman reports it was minus seven degrees this morning in northern New Brunswick. It will soon be time to dig out the ski equipment and prepare for snow.

Be sure to check out SASC's new Website at www.sasc.chebucto.org. Many thanks go to the following gentlemen: John Hawkins, our new SASC Webmaster; Richard Potter, the Club's liaison with the Webmaster and Leo Blackburn, our Website photomaster. Richard has had a busy fall gathering material and helping Jack plan the Website's content. Leo Blackburn has also been busy setting up a photo gallery which will display members' photos from past trips and special events on a yearly basis.

Please note: In the past, SASC members received *Winter Words* by e-mail or regular post. Future issues will not be e-mailed but will be made available on the SASC Website. Look for new issues toward the end of January (Winter edition), April (Spring edition) and October (Fall edition). Members who have not provided e-mail addresses will continue to receive *Winter Words* through Canada Post.

Members can expect to see major changes at two of the SASC participating Ski Hills. Martock and Ski Wentworth have had busy summers making upgrades in preparation for the Canada Winter Games 2011.

Martock will be hosting the Snowboarding, Cross Country Ski and Biathlon events. While the majority of their upgrades are for Nordic events, Martock has doubled their snow making capacity and has

widened Shanes and the Upper Glades. In the past, Martock has done an excellent job with snowmaking and grooming. Their increased snowmaking capacity can only mean earlier skiing and better conditions for SASC skiers.

Wentworth will be the Official venue for Alpine Skiing and Freestyle Skiing. Among their upgrades are the widening of Sissy and Rosebowl and a new Helter Skelter corner section for top to bottom races. A new Beginner trail, Sugar Shack, has been built along with two other new runs, one for moguls and one for aerials. New compressors, pipes, pumps and over 50 new snow guns have doubled Wentworth's snowmaking capacity. Once again, this can only mean earlier skiing and better conditions for SASC skiers.

We may be seniors but we do know how to have fun. I wish each of you a safe and snow filled ski season.

Irene Ferguson

NEEDED - SASC PHOTOS FOR THE WEBSITE

Please take the time to send your best photos of SASC activities and trips (from 2005 to present) to:

Leo Blackburn
30 Cavendish Drive
Lower Sackville, NS B4C 3K1
or e-mail: leoblackburn@eastlink.ca

When possible, name the event and give the date, location and names of the people in the photos. Please be aware that all photos received cannot be displayed but a good cross-section of all events will be included in the gallery.

The Board of Directors for 2009-2010:

President – **Irene Ferguson** (902)864-1418
john_irene_ferguson@yahoo.ca
Past Pres. – **Richard Potter** (902)835-8878
meridianmmm@aol.com
Vice-Pres. – **Kate MacDonald** (902)455-8868
katef@ns.sympatico.ca
Secretary – **Sheliah Connolly** (902)443-2789
sheliahconnolly@ns.sympatico.ca
Treasurer – **John Lewellyn** (902)752-8983
johlin@ns.sympatico.ca
Co-editors, Winter Words –
Sheila DeLory (902)443-6588
sheilad@ns.sympatico.ca
Lorraine Haley (902)897-2511
Director, Ski Wentworth
lorhaley@ns.sympatico.ca
Leo Blackburn (902)865-9286
Director, Special Events
leoblackburn@eastlink.ca
Don Buck (506)457-9485
Director, Crabbe Mountain
donbu@nb.sympatico.ca
Andre Chartrand (506) 856-8992
Director, Poley Mountain
chartran@nbnet.nb.ca
John Pierce (902)765-3055
Director, Ski Martock
johnpierce_@hotmail.com
Rene Samson (902)587-2426
Director, Ben Eoin
renesamson@hotmail.com
Jim Martin (902)893-1083
Director, Ski Instructors
jim.martin@ns.sympatico.ca
Bob Webb (902)897-4679
Director, Ski Trips
sandrwebb@eastlink.ca
John Murley (902)477-3217
Director, Ski Hill Registers
Mt. Farlagne and Sugarloaf Ski Park
j8murley@eastlink.ca
Joe Driscoll (902)443-4824
Director at Large
joed4824@eastlink.ca
Registrar – **Mary Drake** (902)826-9199

SASC ANNUAL GENERAL MEETING

The SASC Annual General Meeting /End of the Season Gathering was held at the Debert Hospitality Centre on June 11, 2009.

Fifty members attended the event which included a reception and dinner. Piano music was provided during dinner and of course there was dancing!

The facility proved to be an ideal venue for our group and the service was excellent.

Kate MacDonald

Government of Nova Scotia Physical Activity, Sport and Recreation Healthy Living Tax Incentive

In 2009, the Healthy Living Tax Incentive program will be extended to include Nova Scotians of all ages, encouraging adults and children to participate in a healthier lifestyle through fitness. The tax credit, or healthy living incentive, provides a tax credit of up to \$500 per person to help with the cost of registering for sport and recreation activities that offer health benefits.

SASC is registered with the Department of Health Promotion and Protection and hence its members (those who are Nova Scotia residents) are eligible for this tax credit. SASC will provide registration tax receipts for its members (\$185.00), which may be used to claim the credit on their 2009 tax return. Receipts provided by SASC for the 2009/2010 ski season will be dated December 31/2009.

MEMBERSHIP CANCELLATION REFUND POLICY

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**.

SASC Fall Golf Tournament 2009

The SASC Golf Day held on September 9 at The Digby Pines Golf course was a tremendous success. The weather, which Don Connolly of CBC fame would call a large day, and the organization and planning made it so.

Our thanks for the planning and organization should go to Leo Blackburn, Sheliah Connolly, Joyce MacMullen, Helen McClare and several helpers.

A special thank you to Dave Wilson for a number of prizes and for his continuing support for all SASC events.

Thirty three golfers took part with representation from British Columbia, THE ISLAND (P.E.I.) Cape Breton (God's Country) and the mainland of Nova Scotia. Prizes went to: Shirley Cock - longest drive for Women, Hugh Laurence - longest drive for men, closest to the hole -Chris Andrew. The most honest team was made up of Lorne Cock, Mary Matheson, Elizabeth Fraser and Sheliah Connolly. The winning team was made up of Chris and Laverne Andrew and Lois Baker. The six top teams were all separated by one (1) stroke!. S O O O by retrogression, advanced math and computer science and help from the ROYAL CANADIAN Golf Association, they could all well be tied and declared winners!.

Highlights of the day were a mellow 19 hole happy hour and the lobster supper, served buffet style with fabulous desserts, cranberry walnut torte and cheesecake. Our diets started the next day!.

The participants always make the event special. We all made some new friends and we now look forward to continuing these relationships. Golfers remember the immortal words of Ben Hogan, "There are only two rules to follow in golf, Keep your head down and pray". Bring on the snow!.

A.G. Gus Baker

KELL ANTOFT DAYS 2010

Nova Scotia

Ski Martock –Wednesday, January 27

Ben Eoin – Wednesday, February 10

Ski Wentworth – Thursday, March 4

New Brunswick

Mount Farlagne – Tues. Evening, Feb. 16
and Wed. Morning, Feb. 17

Take exit 13B, Edmundston

Accommodation – Quality Inn

1 800 424-6423 or front desk 1 506 735-5525
(better choice)

Crabbe Mountain – Thurs., February 18
Accommodation - Holiday Inn at the Mactaquac Dam, 1 800 561-5111

Poley Mountain – Friday, February 19
Hill Opens at 10 a.m.)
Accommodation – Amsterdam Inn, Sussex
All Seasons Inn, Main St., Sussex 506 433-2220
Check out Poley Mountain's Website For recommended accommodation in the local area.

SASC SKI TRIPS 2010

Mount Saint Anne, Quebec
January 31 – February 5, 2010

Bretton Woods, New Hampshire, USA
March 7- 12, 2010

See the following pages for further information and applications.

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:

Ski Hill	Instructors	Lesson day/time	Meeting Place
Ski Ben Eoin	Les Elworth Jim Melanson Vern Walsh	Wed. 10:30 a.m.	Top of Chair
Ski Martock	Johanna Redden	Wed. 11:00 a.m.	In Front of Racks
Ski Wentworth	Jim Martin Dan Stewart	Thurs. 10:30 a.m.	Bottom of Chair
Ski Poley	Gerry Doyle Sandy Hogan	Thurs. 10:30 a.m.	Inside Lodge
Ski Carbbe	Ray Kaine Tony Little	Tues. 1:00 p.m.	Lodge
Mt. Farlagne	Lloyd Gagnon Gary Thorne	Thurs. 2:00 p.m.	To be determined

REMINDERS REGARDING MEMBERSHIP APPLICATIONS:

It is essential to include a recent photo of yourself with your application. Do not wait until you are ready to ski to apply for membership. Keep in mind that the cards take some time to process.

You will be required to show your 2010 membership card at the hills.

New Member: Yes_____ No_____

Ski Atlantic Seniors' Club

2009 – 2010 Membership Application

NAME_____PHONE_____

ADDRESS_____

_____ PROV._____ POSTAL CODE_____

E-Mail Address_____ Club Newsletter by e-mail?_____

- I hereby apply for a Membership Card (Social), which entitles me to attend Club events such as Kell Antoft Days, Golf Days, Annual General Meeting and Ski Trips. Enclosed is the annual membership fee of \$ 15.00. **(No age restriction)**
- I hereby apply for a Membership Card (Skiing) entitling me to ski at participating ski areas in Nova Scotia and New Brunswick during the 2009/2010 season. Enclosed is \$ 185.00 for membership and skiing.

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

- For the skiing membership, 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.

New members will receive a nametag. I am a new member Yes_____ No_____

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).

Date..... Signed:.....

Mail application, payment and photo to:

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

For registration questions:
Mary Drake (902) 826-9199
For information on Club activities:
Phone John Murley (902) 477-3217
Bob Webb in Truro (902) 897-4679

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.

SKI ATLANTIC SENIORS CLUB 2010 SKI TRIP –MOUNT SAINT ANNE

WHERE : Mount Saint Anne Resort located approximately 60 Kms from Quebec city - on the north side of the St Lawrence River.

WHEN: Jan 31 - 05 February 2010. Arrival on Sunday PM and Depart on Friday AM.

TRANSPORTATION: U-drive/ Bus. A bus will be provided again. **Seats will be assigned on a first come first serve basis.** Application post mark will be the deciding criteria.

ACCOMMODATIONS/SKI PACKAGE: 4 days skiing with a 2 Resort carte blanche lift ticket. Stoneham on Wednesday. **One resort per day only.** Unfortunately, Les Massif is **not** part of this package.

- 5 breakfasts and 5 suppers.
- accommodation is a snowball throw from the base gondola and tows.

PRICE:

- \$1136 single occupancy
- \$791 per person, (double occupancy) non-skier \$595
- \$716 per person, (triple occupancy) non skier \$520
- \$619 per person, (quad occupancy) non skier \$423

For bus transportation add \$183 to the above prices

Please fill out the application form below and return same before **Dec. 15, 2009**. The application form must be accompanied by a cheque, payable to the **Ski Atlantic Seniors' Club**, for 50% of total package cost. Final payment to be submitted no later than **January 15, 2010**.

Correspondence and questions : -- Bob Webb

64 Teviot Place, Valley, NS B6L 2W5 Phone: 902 897-4679 E-Mail sandrwebb@eastlink.ca

SASC MEMBERSHIP No. _____

NAME _____ TEL _____ E-Mail _____

ADDRESS _____ POSTAL CODE _____

Roomate/spouse _____ Skier _____ Non Skier _____
(Roomates are applicants responsibility)

Taking the bus _____ Driving own vehicle _____

Interested in taking a bus to Stoneham ?? Yes _____ No _____ (Wed time frame)

Total submitted _____ (50% No later than 15 Dec, remainder Jan. 15, 2010)

Submit returns to Bob Webb (SASC) 64 Teviot Place, Valley, NS B6L 2W5

Ski Trip to Bretton Woods, New Hampshire, USA

Sunday, March 7 to Friday, March 11, 2010.

The Bretton Woods ski resort is located at Mt Washington, N.H., forty minutes from North Conway. Bretton Woods has 100 downhill runs and 100 km of cross country trails. We will be staying at The Lodge, near the Mt Washington Hotel.

The Package rates include 5 nights accommodation at The Lodge, 5 days of lift tickets, pastry and coffee breakfast and a wine and cheese reception Mon Mar 8, 5-6pm. There is a pool and hot tub at the Lodge.

Rates: (US Dollars)

Single \$891.62
Double \$911.24
Triple \$952.66
Quad \$994.08

You may add extra days at the beginning or end at this same rate.

Method of Reservation

Individuals **must call directly** to the Mt. Washington Reservation Desk at 1 800 258 0330. To qualify for SASC special rates members must identify themselves as Ski Atlantic Seniors Club Members.

Deposit required

Single \$178.32
Double \$182.24
Triple \$190.53
Quad \$198.82

Please note Reservations must be completed by Dec 30, 2009

Cancellation made 30 days prior to arrival will receive a full refund minus \$25.00.

A 50% refund of deposit will be made if notification of cancellation is received 7-30 days prior to arrival.

Any change within 0-6 days of arrival may result in a full rate charge for all nights made in the original reservation.

There are several restaurants at Mt Washington including the Mt Washington Hotel (Men bring a dinner jacket if you wish to dine at the Mt Washington Hotel).

Please advise Lorraine Haley when you make your reservation in case we need to contact trip members for important announcements.

If you have any questions you may contact her at:

51 Somerset Dr.
Bible Hill, NS
B6L 4J3

Telephone 902 897 2511

e-mail: les.haley@ns.sympatico.ca

It is essential to provide Lorraine with details of your reservation:

Name :

Roommate(s):

Address:

Phone number:

e-mail: