



WINTER WORDS

Newsletter of the Ski Atlantic Seniors' Club

Website: www.sasc.chebucto.org



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Participating SASC ski hills are operating with many, if not all, trails open. This looks like a great winter to be on the hills. I wish each and every one of you lots of fun on the slopes!! I have several items for your attention and thought bullet form might be the best way to proceed.

Ski Atlantic Seniors' Club has passed a milestone with a membership, at the time of writing, of 1021. Yes we are 1000 plus strong!! Let the numbers speak for themselves. SASC continues to offer seniors good skiing opportunities and good friendship on the hill!

- I am pleased to welcome Gary Thorne as Director for Ski Mont Farlagne. Gary has been instrumental in promoting SASC at Mont Farlagne. His efforts have resulted in a significant increase in members in the Edmundston area and record numbers of entries in the hill's SASC registry.
- **When sending e-mails to Board members, please enter SASC in the subject box.** Our Mailboxes can get pretty full and the Subject entry will help ensure your email is answered in a timely manner.
- All members are encouraged to think safety on the hill. Even the best skiers do have accidents. The SASC Board of Directors would like to encourage all members to wear a helmet when skiing or snowboarding. Remember, your helmet may save you from serious head injuries. It may save your life!
- It is with regret that I must inform you that the present Government of Nova Scotia has decided it will not, as previously announced, be extending the Healthy Living Tax Incentive Program to include adults. Consequently, **tax receipts for SASC membership fees will not be issued.** Our SASC treasurer, John Llewellyn, spent considerable time and effort registering the club for the Incentive and making preparations to mail out receipts. It was a disappointment for all concerned that this incentive program was not passed into legislation.
- The Canada Winter Games 2011 will be held in Halifax. Martock will be hosting Snowboarding, Cross Country Ski and Biathlon events while Wentworth will host Alpine and Freestyle events. Jim Swinamer is looking for skiers to help smooth snow in the half pipe during Snowboard events at Martock (Jamie.Swinamer@AVRSB.CA). Other events, both at Martock and Wentworth, need volunteers. Training has already begun for some volunteers and will continue in January and February 2010. Special events are being held at each hill this year to provide officials and volunteers experience at these sites and to test that everything is ready for the 2011 Canada Winter Games. Seniors are encouraged to volunteer with a time commitment at their comfort level. You are not required to be there everyday, all day! Visit the Canada Games 2011 website for more information on how to volunteer.

Wishing you all great skiing and a terrific ski season.

Irene Ferguson, SASC President

SASC DIRECTORS – SKI HILLS

Ben Eoin	Rene Samson 902-587-2426 renesamson@hotmail.com
Ski Martock	John Pierce 902-765-3055 johnpierce_@hotmail.com
Ski Wentworth	Lorraine Haley 902-897-2511 lorhaley@ns.sympatico.ca
Poley Mountain	Andre Chartrand 506-856-8992 chartran@nbnet.nb.ca
Crabbe Mountain	Don Buck 506-457-9485 donbu@nb.sympatico.ca
Mount Farlagne	Gary Thorne 506-735-8542 gtfromnb@hotmail.com
Sugarloaf Ski Park	John Murley 902-477-3217 j8murley@eastlink.ca

KELL ANTOFT DAYS 2010

Nova Scotia

Ski Martock –Wednesday, January 27

Ben Eoin – Wednesday, February 10

Ski Wentworth – Thursday, March 4

Kell Antoft Day, March 4 - Wentworth invites you to come join us for a day of skiing and socializing. There are some great trail additions and modifications that you will enjoy.

Near the sign-in book we'll be greeting you with coffee and tea and calories. When you sign in you may buy a ticket for our luncheon at 1:30 upstairs in Duckey's Pub. There will be a choice of chowder, chili or soup with the kitchen's melt-in-your-mouth biscuits, and later coffee, tea and treats for just \$8.00. There will also be draws for prizes. Lessons will be as usual on Thursday with Jim Martin and Daniel Stewart – 9:00 for beginners and 10:30 general.

Lorraine Haley, Hill Director - Wentworth

New Brunswick

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

Take exit 13B, Edmundston
Accommodation – Quality Inn
1 800 424-6423/front desk 1 506 735-5525
(better choice)

Crabbe Mountain – Thurs., February 18
Accommodation – Riverside Resort &
Conference Centre – Phone (506) 363-5111,
Toll Free (800) 561-5111

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

PLEASE NOTE THE CHANGE IN THE NAME OF THE HOTEL FOR CRABBE MOUNTAIN
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REMINDER – BOOK YOUR SKI TRIP

(1) Mont St. Anne (Jan 31-Feb 8)

Telephone Bob Webb (902 897- 4679) immediately so that he can check on room availability at the Hotel. There is still space on the bus

(II) Bretton Woods (Mar 7-11) is still accepting bookings. Sixty-four people have reserved at the time of printing Winter Words

Double \$911.24 – total cost for 2 people – includes accommodation, 2 daily ski lift tickets, 2 coffee and pastry breakfasts.

Triple \$952.66 – total cost for 3 people sharing a room.

Quad \$994.08 – total cost for 4 people sharing a room.

Single \$891.62 – total cost for a single room.

To Reserve call directly to Mt Washington (OMNI Hotel) at 1-800-258-0330.

Identify yourself as a SASC member for the special rate.

Please advise Lorraine Haley when you have completed reservations.

Phone 902 897- 2511

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

PIN ROUGE SKI TRIP

Centre de Ski Pin Rouge, located at New Richmond, QC, has a quadruple ski lift and fifteen runs, mostly intermediate and difficult but with a 3,500 meter easy run from the top of the mountain. It is located 455 km from Moncton and 684 km from Halifax.

Andre Chartrand, our SASC representative at Poley Mountain, has booked some condos at Pin Rouge for March 19, 20 and 21. The cost (four to a condo) is \$ 138 each which includes two nights lodging and two days skiing.

Anyone interested in this trip, can contact Andre at (506) 856-8992, Cell 866-4908,

E-Mail chartran@nbnet.nb.ca

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.

COOL TIPS BY JIM MARTIN

Well, let's say you just joined the Ski Atlantic Seniors Club and are coming back to skiing after some time away from the sport. Instead of digging the old boards and boots out of the attic and heading out to the hill, I highly recommend you consider fitting yourself out with a new pair of skis and boots from a good ski shop.

Here's why;

If you plan to brush up on the latest techniques then you will find that ski instruction and technique today is geared to the newer profile skis. These new type skis are much easier to turn and easier to control than the straight skis. Ski boots have also been evolving and improving to suit the new skis. Also keep in mind that some ski technicians are now refusing to do any work on straight skis. The foam lining in ski boots eventually breaks down with time and will not provide the necessary support to the skier.

Jim Martin SASC Instructor

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:

<u>Ski Hill</u>	<u>Instructors</u>	<u>Lesson day/time</u>	<u>Meeting Place</u>
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. 9:00 a.m. – Beginners Thurs. 10:00 a.m. – Others	Bottom of the Chair
Ski Poley	Gerry Doyle Sandy Hogan	Thurs. 10:30 a.m.	Inside Lodge
Ski Crabbe	Ray Kaine Tony Little	Tues. 1:00 p.m.	Lodge
Mt. Farlagne	Lloyd Gagnon	Thurs. 2:00 p.m.	To be determined