



WINTER WORDS

Newsletter of the Ski Atlantic Seniors' Club

Website: www.sasc.chebucto.org



Vol. 21 #3

Spring Issue

May 2010

PRESIDENT'S MESSAGE

Most SASC members have prepared their ski equipment for summer storage and are thinking spring. Having said that, Mother Nature likes to put a twist on things as huge flakes of snow are falling as I write! Be that as it may, local ski hills have closed and SASC is delighted to have had another successful ski season. Club membership has increased to over 1000 members and the Board is pleased to welcome Brookvale Ski Park, PEI as its eighth SASC participating ski hill. Next winter be sure to pack your skis when venturing to Prince Edward Island.

I would like to express true appreciation to all the SASC Board members who have worked so hard to make the Club's operations run smoothly. A special thank you goes to retiring Board members; Vice-President, Kate MacDonald, Director for Special Events, Leo Blackburn, Director for Ben Eoin, Rene Sampson, and Director at Large, Joe Driscoll.

Every year one or two ski members experience an injury while skiing. With this in mind, I would like to readdress one aspect of ski safety. The majority of SASC members are well equipped with a properly fitted ski helmet when venturing onto the trails. The SASC Board of Directors strongly recommends all members wear a ski helmet. Numerous studies have shown helmets prevent or reduce the severity of head injuries. In a 2002 study conducted at the University of Alberta's Centre for Injury Control and Research, results indicate wearing a helmet while skiing or snowboarding may reduce the risk of head Injury by 29% to 56%. This means

for every 10 people who wear helmets, three to six may avoid head injuries. While Canadian ski helmet safety standards are not yet regulated, be aware of certain considerations when purchasing a helmet. Get a new helmet fitted for your head. A used helmet often does not fit properly and may have received a heavy impact which has compromised its effectiveness. Purchase a helmet designed for skiing /snowboarding. Bicycle helmets are not designed to absorb the impact experienced during ski/snowboarding accidents. Furthermore, they are not insulated for winter warmth.

Motivated by the fact my son was skiing without a helmet, I began wearing a helmet several years ago to set an example for him. I was pleasantly surprised to find it more comfortable than the ski hat I had previously worn. Now I would not ski without it!!

While skiing is over for the 2009-2010 season, I hope to see many of you at the AGM in June. Golfers are encouraged to participate in the September SASC Golf tournament. Have a safe and active summer.

Irene Ferguson

Your Money --- How is it used?

This past season those with SASC “skiing” memberships (vs “social” memberships) paid \$185.00 to the SASC. Of that amount, \$15.00 was for membership to the SASC and the remaining \$170.00 covered the cost of your skiing. You might ask, “How does that work?”

Answer: The \$15.00 SASC membership amount is spread over a multitude of cost categories associated with the administration of a club which now exceeds 1000 members. These costs include, but are not limited to, annual registration/Registrar costs, name tags for new members (over 200 this year alone), PD for SASC ski instructors, donations to Ski Patrols at partnering hills, special events, office administration costs (paper, printing, travel, postage, web page ,etc.,) etc., etc.

In the case of the balance of your payment the entirety of the account created by the receipt of \$170.00 from each SASC skiing member is distributed, at the end of the season, to each of the hills partnering with us. The amount to each hill is determined on the basis of the number of SASC visits recorded in the SASC Sign-in Register. So, at the end of the ski season we collect all the Registers and the total number of SASC visits is calculated. Then a “per visit” rate is determined based on the total visits and total value of the skiing account following which the entirety of the account is dispersed to partnering ski hills based on the specific number of visits relevant to each hill. Hence, the importance of your “SASC sign-in” each day you ski at one of our partnering hills.

2010 SKI TRIPS

BONJOUR FROM MONT STE ANNE

A hardy group of members set out January 31 for the BIG Mountain, 21 escorted in a shiny red Trius bus by the very capable Maureen and the rest by other means. There were 46 skiers including some retired health care professionals. Thankfully their services were not needed. Everyone returned uninjured, except for the writer’s pride on some of those black diamonds.

Two groups of skiers were given an all day mountain tour by Fred and Marc; some had met Fred last year and he guided us over most of the intermediate runs. Several of the group were trapped on the bubble chair for about 15 o minutes but were treated to hot chocolate for their trouble.

One evening we were treated to guitar music played by John L, and an anglais singsong in the lobby as well as group photos. Shirley and Bob Webb were given a big thank you in appreciation for their hard work arranging the trip.

As the weather improved so did our skiing. Some went to Stoneham on Tuesday and Thursday and enjoyed the conditions there. We ate well and skied off the calories on those lovely long runs, swam in the pool, soaked in the outdoor hot tub and cruised the après ski parties.

On a lovely sunny afternoon we visited the sights of Quebec city as well as the Winter Carnival with its fascinating snow and ice sculptures. Many shopped as well and there was a stunning fashion show later.

A big thank you to Tom G for his video work, on and off the hill. We hope to be able to make a few copies for those who are interested. We had a great trip, good traveling weather and made new friends, another successful SASC event. Thanks to the executive and the planners.

Gale Dempsey
Lorraine Haley

BRETTON WOODS AT MT. WASHINGTON, N.H.

Sixty-one SASC members checked into The Lodge, a part of the Mt Washington Hotel complex at Bretton Woods on Sunday, March 7. We were able to use all the amenities of the complex which included shuttle service on demand to the hill, restaurants, the beautiful Mt Washington Hotel, Recreation Centre and Bretton Arms (a B& B which also has a restaurant). The Lodge itself had an indoor pool, sauna and hot tub, appreciated by many after a hard day of skiing. Some also enjoyed the heated outdoor pool at the M.W. Hotel. Each morning we were greeted in the lounge with coffee, tea, muffins and an assortment of delectable pastries. Most of us took time to socialize by the fireplace, curled up in the big comfy armchairs.

The views of the white, red-roofed palatial Mt. Washington Hotel against the backdrop of the white-capped mountain peaks seen from our balconies and from many of the 101 runs of Bretton Woods were stunning. The pink alpine glow in late afternoon was breathtaking.

Skiing conditions were excellent. The hill has trails for everyone. Luckily the skies were blue and sunny every day. Many had their coffee break and lunch on the decks of the hill lodge, getting in a little early sun tanning. Then off to the pool and hot tub. Glad you didn't get that on video Tom.

A wine and cheese reception was hosted by the Mt Washington Hotel on Monday evening. Sixty-one voices nearly raised the roof as we feasted on the beautiful array of exotic cheeses, not to mention wine and beer. Pizza parties were arranged for Tuesday and Wednesday at nearby Catalone's. All 61 of us attended the Thursday night dinner at the Red Fox in nearby Jackson. We enjoyed hearty meals in the large but cozy Foxes Den with the fireplace blazing. The compatible and friendly group was very generous in their thanks to the trip organizer, Lorraine Haley. It seemed no one wanted to leave as conversation again threatened the roof. Some returned to dance late into the night at the

Cave pub in the M.W. Hotel. What a way to end a perfect week of super skiing, not to mention shopping, shopping, shopping!

Catherine Cox
Mavis Hicks
Lorraine Haley

SASC PROPOSED TRIPS 2011

The ever popular Stoneham trip is January 30 to February 4.

The US destination will be a new venue at Loon Mountain, New Hampshire, February 27 to March 4. Loon Mountain is located at Lincoln which is about a 45 minute drive from North Conway. This resort has great hotel facilities and is ski-in, ski-out. Your Club President and your trip coordinator checked things out just prior to the Bretton Wood week.

Questions maybe directed to Bob Webb, tel. (902) 897-4679 or sandrawebb@eastlink.ca. Full details in the fall issue of Winter Words. Have a great summer!!

KELL ANTOFT FUN DAYS

MARTOCK - January 27

On January 27 a lovely sunny day welcomed 80 seniors as Martock kicked off the first Kell Antoft Day for 2010. A great day of skiing, fellowship and food was enjoyed by all. A special thank you to those who contributed food, prizes and helped co-ordinate the event – especially Irene, Lee and Lynda. A large number took advantage of Joanna Redden's ski lesson that she offers each Wednesday – thanks Joanna. After a wonderful pot luck lunch, Andy MacLean, operations manager, gave the group a summary of the many changes and improvements that have taken place since the end of the 2009 season. I want to thank hill owners Heather & Jim Boylan for the support they gave to the SASC – it's greatly appreciated.

John Pierce

BEN EOIN – February 10

Ben Eoin held a very successful Kell Antoft day on February 10. The weather cooperated and the magicians at Ski Ben Eoin once again worked their magic in having well-groomed trails. Ben Eoin has some of the best groomed trails in Atlantic Canada and members and visitors were quite pleased with their day on the snow. Over forty members and guests attended, including our President Irene Ferguson, who made a monetary presentation on behalf of the SASC to the Ski Patrol at Ben Eoin. Fraser Kennedy, SASC member from Ben Eoin, capably served as Master of Ceremonies for the day's activities.

The management at ski Ben Eoin has always been supportive of the SASC organization and this day was no exception. The rental shop donated gifts for the draw and the cafeteria staff provided an excellent meal at lunch time. Our sincere thanks to Kevin MacInnis and the staff of Ben Eoin for a truly enjoyable day on the slopes.

Paul Black

WENTWORTH – March 4

Once again an impending snowstorm held our numbers to approximately forty-five skiers. Ironically it snowed heavily at the hill but 20 minutes away and beyond not even a flake fell! We must be praying for snow too often.

We were pleased to welcome skiers from as far away as Ben Eoin and Crabbe as well as our hardy locals. In the morning everyone was greeted with coffee and doughnuts and the big smiles of Wentworth volunteers.

A light lunch was purchased by most of the attendees. The meeting was chaired by Lorraine Haley, the SASC director who liaises with Wentworth. Dave Wilson and daughter Leslie (hill CEO) welcomed everyone and brought them up to date on the exciting improvements to the hill and what changes are in store before winter of 2010/11. Everyone is looking forward to the Winter Games to be held Feb. 2011. Volunteers are requested and information regarding this can be obtained from Leslie.

A donation was presented to Tom Killawe, a representative of the Wentworth Ski Patrol. Volunteers spend their own money on a number of rescue services. Jim Martin, SASC ski instructor informed everyone of the workshop for ski waxing on March 26.

There were a number of prizes drawn and appreciated by each recipient. Two of the prizes were donated by Esvelda Newton and Kent Building Supplies (Truro). Following the meeting Leslie provided delicious squares and coffee and tea.

Upon adjournment it was off again to ski those beautiful trails. We do so appreciate the new Sugar Shack and Helter Skelter runs.

Barbara Slack
Lorraine Haley

MOUNT FARLAGNE – February 17

Mt Farlagne is a newer addition to the SASC fraternity and is quickly attracting the attention of the seniors in the northern New Brunswick, eastern Quebec and northern Maine. Their membership is steadily growing and folks are really taking advantage of the super facilities and ski conditions.

For a region of New Brunswick known for the amount of snow received, one wouldn't recognize it as there was a very little snow on the ground. Mt Farlagne starts its ski week on Tuesday evening and when we arrived on the hill all thoughts of lack of snow disappeared. Conditions were near perfect and standing at the top of the hill at night overlooking the village of St Jacques gave an Alps flavour. When members gathered for lunch on Wednesday, Gary Thorne, our SASC Hill Director, introduced Irene who thanked the group for their hospitality and presented Mt. Farlagne's Ski Patrol with a donation from the club

Many thanks to Gary Thorne and Lloyd Gagnon for an excellent introduction and tour of the hill. A further thanks to Lloyd for giving us a short lesson.

Bob Webb

CRABBE MOUNTAIN – February 18

About a dozen enthusiastic Nova Scotia skiers joined approximately 35 Crabbe Mountain skiers for a day on the slopes in less than ideal conditions, and then enjoyed a noon hour buffet and great music supplied by the Freddy Beach (Male) Barbershop Quartet. Words of welcome were extended by Crabbe Mountain Manager, Jason Crawford, and our president, Irene Ferguson. Irene gave us a short overview of the club's recent progress and presented a cheque to Larry Harley of the Ski Patrol a day of our favourite sport and an opportunity to see (and make) friends from away.

Don Buck

POLEY MOUNTAIN – February 19

Even though, the temperature did not cooperate, the Kell Antoft day was a real success at Poley Mountain. Seventy-five members came to ski with us during this activity and most of them came to the lunch.

During the lunch, numerous prizes were drawn including a splendid Atomic skiing bag, donation from Danny Cormier, representative from the company Atomic Canada.

I take this opportunity to thank Jennifer Muir, Marketing Agent, Bill Anderson, General Director, and all the staff of Poley Mountain for the warm greeting manifested to SASC during this day and during the whole of the season.

Andre Chartrand

New Member: Yes_____ No_____

Ski Atlantic Seniors' Club

2010 – 2011 Membership Application

NAME_____PHONE_____

ADDRESS_____

_____ PROV._____ POSTAL CODE_____

E-Mail Address_____

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

- 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, New Brunswick and Prince Edward Island during the 2010/2011 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.

NOTICE OF SASC AGM/END OF SEASON GATHERING

The Annual General Meeting/ End of Season Gathering
of the Ski Atlantic Seniors' Club will be held on

Tuesday, June 15, 2010 at 4:00 pm. at the Debert Hospitality Centre
180 Ventura Drive
Debert, N. S.

4:00 Social Hour (with complimentary wine, beer and snacks)

5: 00 Annual Reports

6:00 Buffet Supper with piano music by Harry Bentham

The cost of the supper will be \$20.00 per person.

A Nominating Committee has been formed. However, nominations can be made from the floor or you could contact Richard Potter (902) 835-8868.

To facilitate catering, registrations and cheques must be received no later than May 28
Cheques should be made payable to Ski Atlantic Seniors' Club and sent to:

Sheliah Connolly Tel: (902) 443-2789
80 Braemount Dr.
Halifax, N.S., B3M 3P3

Directions to the Debert Hospitality Centre: Take Exit 13 (approximately 10 km west of the Truro exit) off Highway 104. As you come off the highway, you will notice a Tim Horton's on your right. Continue on 4 km and on your left you will see the sign for the Debert Hospitality Centre. Enter and proceed another .7 km to the centre.

.....
NAME(S).....

Attending Social/AGM Yes.....No.....

Supper \$20 Yes.....

Cheque in the amount of \$.....enclosed

**SKI ATLANTIC SENIORS' CLUB ANNUAL FALL GOLF DAY 2010
MOUNTAIN GOLF AND COUNTRY CLUB
PICTOU ROAD, TRURO, NS (Exit 17 off Highway 104)**

DATE: SEPT. 15, 2010 (WEDNESDAY)

TIME: 10:00 AM --- TEE OFF TIME 11:00 AM

PRICE: 18 Holes Golf PKG--- Green Fee/Cart/Dinner
Gratuity and Taxes Included-----\$ 68.00

9 Holes Golf PKG--- Green Fee/Cart/Dinner
Gratuity and Taxes Included-----\$ 50.00

DINNER ONLY---Gratuity/Taxes Included-----\$ 17.25

DINNER: STEAK DINNER
Served with Baked Potato with all the trimmings,
Salad, Roll, Dessert, Tea or Coffee

FOR INQUIRIES: **Leo Blackburn** (902) 865-9286
leoblackburn@eastlink.ca

It is designated to be a "FUN DAY" for skiers in the off-season to reminisce about the past or think about the next skiing season. The format will be BEST BALL. (i.e. four players playing as a team---using the forward tees---the red ones) with playing skills/experience balanced among teams. It will be fun for all, and even if you are not a golfer you should come out and try to hit the tiny white ball. (It is almost as easy as it looks on TV)

Send registration form(s) and cheque(s), made payable to Ski Atlantic Seniors' Club, by August 31, 2010 to: **Leo Blackburn, 30 Cavendish Dr., Lower Sackville, NS B4C 3K1**

**SASC 2010 GOLF DAY REGISTRATION FORM
(PLEASE PRINT---THANK YOU)**

NAME(S) _____

TEL/EMAIL _____

ADDRESS _____

18 HOLES GOLF PKG..... 9 HOLES GOLF PKG..... DINNER ONLY.....

GOLF LEVEL: Handicap.....Score.....Never Played.....Other.....