



WINTER WORDS

Newsletter of the Ski Atlantic Seniors' Club

Website: www.sasc.chebucto.org



Vol. 23 #1

Fall Issue

October 2011

IT'S TIME...time to put away the golf clubs, kayaks, canoes, gardening tools and begin to think of skiing. As some of our friends and relatives are forced to travel thousands of miles south to enjoy winter, we ski enthusiasts have the benefit of staying home and enjoying our wonderful Maritime winters. What can be better than the RUSH one gets as they head down the slopes for the first run of the season.

I would be remiss if I didn't take this opportunity on behalf of all SASC members to thank our past president, Irene Ferguson for four years of dedicated commitment to the club. Irene, your leadership as president has been outstanding and from all SASC members a heartfelt "thank you". Irene will continue on the board as past president and will also be our liaison between SASC and the Atlantic Ski Area Association.

As a new ski season approaches, I would like to welcome a number of new board members. Kaye Hannah, co-editor of Winter Words; Linda Hubbard, Director Crabbe; Murray Goodman, Director Poley; Lee Brannen, Director Martock; Kathy Guthro, Director Ben Eoin; Don Rice, Secretary; and, Maureen and Jim Betts, Director Ski Trips. Thanks for stepping forward and serving on the Board of Directors.

I would like to thank Les Elworthy and his committee for a very successful golf tournament in Ben Eoin at The Lakes. A great time was had by all.

Two great SASC ski trips have been put together for 2012. Maureen and Jim Betts have organized a trip to Sugarloaf and Lorraine Haley to Bretton Woods. If you have never been on a SASC ski trip, these are two great hills. Maybe this is the year to join one or both trips. The skiing is outstanding and the

socializing just as good. More details on these trips are included in this issue of Winter Words.

I would encourage all SASC members with an email address to include them in this year's membership application. Receiving Winter Words and special notice bulletins by email is a great asset to both the members and the club.

Hopefully we will be on the slopes before the January issue of Winter Words, so have fun and ski safely.

John Pierce, President SASC

SASC Annual General Meeting

The SASC Annual General Meeting/End of Season Gathering was held at the Debert Hospitality Centre on June 23, 2011.

Over 40 members attended the event which began with a social hour. Out-going president, Irene Ferguson, chaired the Business Meeting. The contributions of retiring directors were acknowledged and the following elections resulted in seven new directors joining the Board.

The Business Meeting was followed by a delicious dinner and lots of good conversation, accompanied by a lively fiddle and keyboard ensemble. A good time was enjoyed by all.

Irene Ferguson

SKI ATLANTIC SENIORS' CLUB

BOARD OF DIRECTORS 2011-2012

John Pierce - President

902-765-3055

Kaye Hannah - Co-editor, Winter Words

(506) 536-2439

Jim/Maureen Betts - Directors, Ski Trips

(902) 443-4918

Paul Black - Vice-president

902-828-3103

Gary Thorne - Director, Mt. Farlagne

506-735-8542

Jim Martin - Director, Ski Instructors

902-893-1083

Irene Ferguson - Past-president

902-864-1418

Linda Hubbard - Director, Crabbe Mt.

(506) 457-0362

Bob D. Webb - Director at Large

902-897-4679

Donald Rice - Secretary

(902) 766-4702

Murray Goodman - Director, Poley Mt.

(506) 832-7848

Connie Uytterlinde - Director,

Communications

902-454-6874

John Llewellyn - Treasurer

902-752-8983

Lee Brannen - Director, Ski Martock

(902) 798-0028

Donald MacDonald - Director,

Ski Hill Registers

902-861-4429

Lorraine Haley - Co-Editor, Winter

Words, Director, Ski Wentworth

902-897-2511

Kathy Gouthro - Director, Ski Ben Eoin

(902) 562-1268

SASC mailing address

Ski Atlantic Senior's Club

PO Box 3076

Tantallon NS B3Z 4G9

Other Officers

Mary Drake - Registrar

902-826-9199

Ruth Pfister - Auditor

902-895-4700

TENTATIVE KELL ANTOFT DAYS

Ski Wentworth	January 19
Ski Martock	January 25
Ben Eoin	February 15
Poley Mountain	February 22
Crabbe Mountain	February 23
Mont Farlagne	February 24

News from the Hills

Poley Mountain has made the following changes for the 2011/2012 season.

- Lighting of Goldielock's Trail
- The hill will be open on Monday nights
- Apline Lift will operate 7 days a week...Mon.- Fri. 11 to 4, Sat./Sun. 10 to 4.30
- Added 30 new HDK Permanent Snow Guns that are able to operate at marginal temperatures. They are located on the Chute.
- Expanded parking facilities and larger Rental Fleet
- Expanded both Guest Services and Snow School trailers.

Ben Eoin will be open every day this season 9 to 5, Sun. 12 to 5.

Known Equipment Swap Days:

Crabbe Mountain	October 29	Wentworth	Nov. 26
Poley Mountain	November 5	Martock	Nov. 26
Mont Farlagne	November 19	Brookvale	Nov. 5

S.A.S.C. INSTRUCTORS

Ski Poley	Gerry Doyle, Sandy Hogan
Ski Crabbe	Ray Kaine, Tony Little
Mont Farlagne	Lloyd Gagnon, Gary Thorne
Ski Martock	Johanna Redden
Ski Ben Eoin	Les Elworthy, Jim Vern Walsh, Jim Melanson
Ski Wentworth	Dan Stewart, Jim Martin

Ski Tip - - Is It Time To Replace Your Ski Helmet?

To answer this question, get out your helmet, take out any removable liners and inspect the helmet.

You should replace the helmet if there are any cracks in the plastic shell or to the foam liner.

If you have had a serious impact to your helmet then replace it immediately. The foam liner of your helmet absorbs impact but can only do this once. The foam becomes compressed during an impact but does not rebound to its original condition.

If your helmet is very old, say more than 10 years old then probably it's a good idea to replace it. There is no fixed time for this, some manufacturers suggest replacement as early as 3 years, others say longer. And finally, has your helmet design gone out of style and if so then maybe its time for it to go. After all, we all want to look cool on the slopes.

Always remember, a good looking helmet will take 10 years off your image, not to mention, protecting you from impact and keeping you warm.

Jim Martin, SASC Instructor

Wentworth

CONGRATULATIONS SHEILA REEVES!

Last winter the SASC Board conducted a survey promising that participants would be included in a draw for a free skiing membership for 2012. The draw was made at the Annual General Meeting in June. The lucky winner is Sheila Reeves of Sydney, NS.

SASC Golf Tournament

The Annual SASC Golf Tournament was hosted by the Lakes Golf Club in Ben Eoin on September 15 with a good participation from off Island SASC members. Forty-two of our members golfed while additional members came to the supper afterwards . The weatherman cooperated and we had glorious Cape Breton weather on one of the most scenic golf courses in Atlantic Canada. The organizing committee under the direction of Les Elworthy and including Roger Reid, Fraser Kennedy, Kathy Gouthro, Kaye Mooney and Reg O'Neil did a terrific job and ensured that everyone had an enjoyable time and left with a nice prize. The staff of the Lakes Golf Club had the course in great shape and served a delicious meal to conclude the festivities.

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, 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.

SKI ATLANTIC SENIORS CLUB 2012 SUGARLOAF TRIP

Where: Sugarloaf Ski Resort , Sugarloaf Maine

When: Sunday February 5th to Friday February 10th 2012.

Package Description:

- Sugarloaf Mountain Hotel
- 5 Full days of skiing Monday to Friday
- 5 Breakfasts Monday to Friday
- 5 Suppers Sunday to Thursday
- Welcome reception **Monday** evening
- New skis door prize at Monday evening event
- Complimentary ½ day of skiing on Sunday starting at noon

Amenities: (visit sugarloaf.com for further description of hotel)

- Health Club, Spa,Sauna and Fitness Area
- Daily Ski lessons and Mountain Tours
- Rooms include wet bar,mini-fridge, coffee maker and microwave

Pricing(US\$ per person):

Single : \$962 (US\$) Triple : \$616 (US\$)
Double : \$702 (US\$) Quad : \$572 (US\$)
Non-Skiers will pay \$100(US\$) less.

Please fill out the Application below and return before November 25th with a deposit for 50% of the total due. Final payment due January 12th 2012. The deposit is non-refundable for cancellation within 4 wks of arrival. No refunds for cancellation within 2 wks of arrival.

Cheques should be made out to Ski Atlantic Seniors Club (US\$) and sent to Jim Betts at 40 Chartwell Lane,Halifax NS, B3M 3W6.

For any further information or questions we can be reached at 902-443-4918

Or betts@eastlink.ca

APPLICANT

Name: _____ Tel # _____ E-Mail _____

Address _____ Postal Code _____

Phone Number _____ Skier__ Non-Skier__ Mem# _____

Roommate(1) _____ Skier__ Non-Skier__ Mem# _____

Roommate(2) _____ Skier__ Non-Skier__ Mem # _____

Roommate(3) _____ Skier__ Non-Skier__ Mem# _____

Note: Roommates are applicants responsibility.

SKI ATLANTIC SENIORS' CLUB 2012 BRETTON WOODS TRIP

Once again SASC is offering a SKI TRIP to beautiful Bretton Woods at the Mt Washington Hotel site from Sun Mar 4 to Fri Mar 9, 2012. We have arranged accommodation at the cozy Bed & Breakfast located just to the left of the big hotel. The B&B is a perfect location for our group as there are two large living rooms (with a bar) on the main floor – great for après ski or evening gathering for card playing, etc. A daily full breakfast is included in the room price. They have offered us one free gift – a draw for dinner for two at the Mt Washington Hotel. (Draw to be carried out after all applications are in).

Costs are extremely reasonable and include accommodation, full breakfast and lift tickets or cross country skiing.

	<u>5 nights</u>	<u>Per person</u>
Single	1022.95	1022.95
Double	1121.05	560.03
Triple	1340.95	446.98
Quad	1560.85	390.21

Includes resort amenity fee (\$20.00 value) which provides:

- Resort shuttle service
- Morning coffee and newspaper
- In-room high speed internet access
- Valet Parking
- Access to all resort fitness centres and pools (the heated outdoor pool is fabulous)
- Free local and toll free calls.

(Cont'd)

Reservations: Dial 1-800-843-6664. Identify yourself as a member of the Ski Atlantic Seniors' Club. You must reserve by Fri., Feb.3.

Once you have reserved please contact Lorraine Haley with the following info: name, address, phone no. and e-mail (if applicable).

Lorraine Haley – 902-897-2511 or les.haley@ns.sympatico.ca

Dinners are available on site at:

1. The dining room (jackets required in the evening) at Mt Washington – reservations req'd.
2. Stickney's Restaurant at The Mt Washington Hotel – casual dress but reservations recommended.
3. Rosebrook Bar at Mt Washington Hotel – appetizers and light fare.
4. Princess Lounge at Mt Washington – appetizers and light fare.
5. Bretton Arms Inn Dining Room – reservations required
6. Fabyan's Station – original train station – casual fare.

Off Site

Pizza Shop – 5 km west of hotel

Irving station – all kinds of hot take outs

In Jackson/North Conway - 30 min away all kinds of restaurants and great shopping.

The Cave – is a pub in the Mt Washington Hotel open for drinks &

Dancing at 9 pm.

Once again I hope to arrange an optional group dinner at the hotel or in North Conway.

Questions – call Lorraine Haley at 902 897 2511 or e-mail les.haley@ns.sympatico.ca

If you have cross country friends bring them along as there are 100 km of Nordic Trails.

The Nordic Centre is located just in front of the Mt Washington Hotel.

New Member: Yes_____ No_____ (New members will receive a nametag)

**Ski Atlantic Seniors' Club
2011 – 2012 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, 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 (Canadian Funds) of \$15.00.

OR

I hereby apply for a Membership Card (Skiing) which gives me membership in SASC and entitles me to ski at participating ski hills in Nova Scotia, New Brunswick and Prince Edward Island during the 2011-2012 season. Enclosed is the annual fee (Canadian Funds) of \$200.00. (Note: This fee consists of \$15.00 for club membership and \$185.00 for a ski membership.)

I enclose a recent photo (about 30 x 45 mm/1 x 1.5 in.) (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.

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:

Connie Uytterlinde (902) 454-6874

Bob Webb (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.