

# SKI HAWKS OTTAWA (SHO) FALL 2015 NEWSLETTER



## President's Message

During the fall season, our Board of Directors is always very busy preparing for the beginning of the program. We are organizing the registration activities; recruiting new guides; planning the training day; and sending out a ton of messages from the Canadian Association for Disabled Skiing (CADS), CADS-National Capital Division (CADS-NCD) and our own club.

New this year is an on-line registration form for both skiers and guides, and payments for skiers can be made from the site. Also new this year is a full day (5 hours) of training for all guides in December, instead of the short session that we used to have in early January. Finally, skiers will no longer be phoning in their request to ski each week. A new email has been set up that can be used to inform our ride coordinator Murielle that a skier is coming.

I look forward to seeing everyone soon and as always, please do not hesitate to contact me if you have questions, or suggestions to improve our program.

## Registration

Ski Hawks Ottawa has a new on-line registration form. The site works with other newer search engines such as Google Chrome but skiers, your screen readers may work better using Internet Explorer. Please let Carolyn Mitrow at [cmitrow@gmail.com](mailto:cmitrow@gmail.com) know if you have difficulty with the form. She will assist you.

To start, in Google Chrome, go to the [Ski Hawks on-line Registration](#) and Click on the + (plus) sign beside your category (guide or participant) then scroll down to the orange REGISTER NOW button. Users of screen readers may not be able to activate the plus button. If this is the case move forward to the quantity edit field and type 1 in to the field. Then you can move down and activate the register button.

On the next page you must fill out the BUYER INFO and then continue answering all questions, and then go to CHECK OUT. You will receive a confirmation email once you are done.

### **Cost for Skiers:**

For lift passes and equipment rental: \$100.00

For just lift passes: \$75.00

Everyone MUST register with CADS National for insurance purposes. The price for this is \$30 per person. If you were a member last year, you will have already received an email from CADS with the link to re-register. If you are new to our program, please go to [CADS Website](#) and register under the **National Capital Division**. Once you have registered, please send the confirmation email to

[brucemeredith@rogers.com](mailto:brucemeredith@rogers.com). *You will not be able to ski with our program unless you have completed this process.*



**Guides:**

**Please**, please, please register by December 1<sup>st</sup> in order for us to determine whether or not we need to recruit more volunteers.

## **Registration Night at the Fox and Feather Restaurant**

For members or new members who would prefer to register in person, we will have a registration evening at the Fox and Feather Restaurant on Elgin Street on Wednesday, November 18<sup>th</sup> from 5:30 p.m. – 8:00 p.m. We will have computers available on site to assist you with your registration. This event is a great way for new members to meet some of the Board members and for others to gather and get caught up on summer activities. Everyone is welcome, even if you have already registered.

**Guide Training**



The guide training day is a **very important** event for all volunteers planning on participating as guides. For the new guides it is an opportunity to learn how to guide from other experienced guides, and for all others it is a chance to get out on snow and dust off your guiding brain and re-program yourselves on how to best

lead our skiers down the hill. This training also provides Mary with an opportunity to meet with all of the guides and discuss hill safety, program protocols and administer the safety questionnaire. This year we will include in the training teaching methods specific to instructing skiers how to learn to ski, as well we will do some training on the use of ski aids.

## **CADS Manual**

The CADS Technical Committee (TC) is in the final stages of producing a new CADS Manual accompanied by a new CADS certification process, both of which will be released later this fall. The SHO Board is very supportive of the CADS TC's direction and has committed to buy every guide a PDF and hard copy color version of the new CADS Manual. In addition, we wish to thank fellow SHO member, Bruce Meredith, who also sits as a CADS TC member and was the author of the new Visually Impaired (VI) section in the CADS Manual.

For SHO guides the new certification process offers certification flexibility, which wasn't offered under the old certification process. Guides can continue to go the full certification at each level (1 through 4) as in the past, or, under the new modular system for certification there is a module set aside for visually impaired (VI) specialization at CADS Level 1 and 2. This new feature now means that SHO guides can take a CADS Level 1 VI module and then later take a CADS Level 2 VI module without having to complete all the other modules at Level 1 or 2. If successful at each level you will be recognized as a VI Specialist at Level 1 or Level 2.

At the Guide Training Session scheduled for December 13<sup>th</sup> the new CADS certification process, CSIA hours of training and the transition certification implications of current CADS Level 1s, 2s and 2As will be explained. This certification process is not mandatory.

## Drivers for Wednesday Night



This is our annual plea to have potential drivers contact Murielle Arseneau at [marseneau@bell.net](mailto:marseneau@bell.net) if they can drive a skier to the hill. She spends every Monday night during the program season worrying about how to get rides for our skiers. She has done this job for more years than I can count now and is superb at it, but it isn't always easy. Her constant fear is that she won't have enough drivers to get all of the skiers up to the hill. Kim Leahy also assists in this area when Murielle isn't available and she will also need your support when she plans the weekend events.

Please note that if you can only drive a skier one way, that is still a big help to us as we can try and arrange for a driver for the other way.

## Ski Hawks Hot Line



Skiers will be able to confirm their attendance each week by completing a short template and emailing it to [skihawksinfo@gmail.com](mailto:skihawksinfo@gmail.com) before 9:00 p.m. on the Sunday. Murielle will collect the emails at that time and start planning for the following Wednesday.

## **New Policy for Retiring Long-Time Volunteers**



The Board recently passed a motion to honour volunteers in SHO who have contributed a significant number of years to the program. A plaque will be presented to the members upon their retirement. First recipients will be **Neil Martyniuk and Mary-Ellen Connolly** who have recently retired from the program with 28 years of service each.

## **CADS Annual Festival**

The 2016 CADS Festival will be held at Kimberly Alpine Resort, Kimberley, British Columbia from Sunday, March 20 to Friday, March 25, 2016. Attending the festival is an experience of a lifetime for anyone who has never been. You will not be disappointed.

In the event any skiers and or guides wish to go, please advise Carolyn Mitrow, Mary Johannsen or Bruce Meredith at the very earliest so planning, funding raising and any necessary ski skill development can be facilitated throughout the entire season. If a visually limited skier wants to go they need to find a guide who is willing to go and pay their own way. It is best if skiers and guides go in teams of two or three - 1 skier along with 1 or 2 guides.

For people wishing to attend, the cost per person may range from about \$1,500 to \$2,000 depending on circumstances, transportation, accommodation, meals,

equipment rentals if needed, personal incidentals, etc. As was the case in past seasons, CADS - NCD is looking to provide some limited funding for the festival. Ski Hawks is also budgeting some funds to help partially subsidize anyone going. Registration for the festival will be open on the CADS web site later on in the fall.

## **2015-2016 Grade 4 & 5 SnowPasses are now available**

The SnowPass helps to keep kids active during the winter months and is one of Canada's easiest ways to get kids healthy and active. The Canadian Ski Council's SnowPass is available online. It's an unbeatable offer: it provides three lift passes at each of the 150+ ski areas nation-wide for Canadian kids in Grade 4 and Grade 5.

**How It Works:** The Canadian Ski Council's SnowPass gives kids in grades 4 and 5 three lift tickets at each participating ski area all across Canada for the entire winter; providing them with an opportunity to ski or snowboard several times over the winter season. You only need to apply once for the SnowPass and the pass is valid until the end of grade 5. This means if you apply in grade 4 the pass is valid for two years.

To sign up, visit [www.snowpass.ca](http://www.snowpass.ca) .

## **CADS-NCD New Web Site**



CADS - NCD is very pleased to announce that the launch of their new web site is expected in early November, 2015. It will be at the same location [CADS NCD Website](#)

The new site is completely re-designed and far more bilingual. Content on the site is more readily accessible to persons with various challenges. It has a clean

simple layout, making it easy to view and find information about our programs and services in the Ottawa Gatineau area.

The site is optimized to ensure full accessibility for the blind and visually impaired. It is optimized for mobile friendly viewing on a wide variety of devices including but not limited to phones, tablets, laptops and desktops to make browsing from anywhere, even your favorite ski hill, easier than ever.

We would like to thank Mr. Jeffrey Stark and our web team of CADS - NCD members from our programs. Their expertise, generosity, dedication and time made this new site happen. Without them we could not have got it done.

We would appreciate any input you wish to provide to us, so that we can continually refine the site and put information you would find informative on it.

The CADS – NCD Board

## **CADS - NCD Annual General Meeting November 12, 2015**

This is a reminder that you are invited to the CADS - NCD Annual General Meeting on Thursday November 12, 2015 at St. Anthony's Italia Soccer Club, 523 St. Anthony Street, (Off Preston Street at the Queensway) at 5:30 p.m.

Ski Hawks Ottawa is a member of CADS - NCD and as such our CADS registered members are eligible to participate in the votes and have a say in the matters of the Division. It is very important that we have representation from our members. Hope some of you can make it.



You are eligible to vote if you were a CADS member last year or if you have registered with CADS for this year.

During this AGM an election will be held for two (maybe three) Directors to sit on the CADS - NCD Board. All current CADS-NCD members in good standing are eligible to run for these positions. Dedicated members with experience in Administration, Finance, Translation, Information Technology and or Fundraising are encouraged to apply.

If you wish an application form please contact our Nominations Committee Chair David Farough at [DFarough@Gmail.com](mailto:DFarough@Gmail.com). Complete the Application Form and forward back to Dave and cc Nomination Committee member Bruce Meredith at [brucemeredith@rogers.com](mailto:brucemeredith@rogers.com)

The deadline to submit applications is midnight Ottawa time on November 5, 2015. There will be no calls for nominations from the floor. Please note that two (2) current CADS-NCD members in good standing are required to support each nomination.

## **Safety and Awareness Questionnaire for Guides**

With a continuing focus on improving the safety of our program, the Board will continue to use the completion of the safety questionnaire as a pre-requisite to guiding. The document is intended to be a refresher of the principles of guiding a visually impaired skier or boarder and perhaps create some discussion about how we do things that might further improve the program in the future.

## **Code of Conduct**

The Ski Hawks Code of Conduct is a set of guidelines designed to safeguard and ensure that the Ski Hawks activities are held in a safe, respectful and fun environment. As such, all Ski Hawks members, including skiers and guides, are asked to:

1. Be respectful and courteous towards others at all times.
2. Act with integrity, impartiality and fairness and behave in such a way that does not endanger or prejudice others.
3. Respect the ski area, transportation vehicles and physical environment, including rental equipment.
4. Follow safety rules and procedures on the ski hill at all times.

## **Camp Fortune and other Partnerships**

Camp Fortune is once again subsidizing our program, which allows us to participate with minimal equipment charges and lift ticket fees. They are a huge partner and without them our program would not be the success it is.

Kunstadt Sports have also been strong supporters of our club and I encourage everyone to support them. They will provide discounts to you if you show them your membership card.

## **Club Brochure**

A brochure for the Club was produced four years ago which can be used for promotional purposes.

[Ski Hawks English Brochure](#)

[Ski Hawks French Brochure](#)

You can ask Carolyn or Mary for copies or print it off. Please feel free to distribute it to as many appropriate places as possible in order to promote the program for new skiers and guides. It can also be used when soliciting donations. I gave a few brochures to my eye doctor in case he encounters someone who could benefit from our program.

## **Recruitment**

To all members, we are always recruiting for more guides – especially guides who have the ability to drive our skiers to the hill. If you know of anyone who is interested, please have him or her contact Mary Johannsen at (819) 827-2078 or [maryjohannsen@hotmail.com](mailto:maryjohannsen@hotmail.com)

Bruce Meredith was interviewed on the Carleton University radio station by one of our past skiers. His interview is a great promotion piece for our program. Feel free to share it with anyone who might be interested. [Bruce's interview program](#)

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## **Helmets and Safety Devices**

An important reminder that helmets are mandatory for skiers and it is HIGHLY encouraged that guides also wear helmets for their own safety. Also, skiers must wear their vests and flashing lights in order to make themselves more visible on the slopes.

## **Memorandums**

CADS has memorandum packages available for anyone who wishes to include them as a beneficiary. You can contact Carolyn Mitrow or David Farough for more information. Carolyn has boxes at her home.

## **Operations Manual**

Looking for a good read? Feel free to leaf through the Operations Manual that is posted on our website and updated yearly. Comments, questions etc. are encouraged. Let your Board members know if it answers all of your questions about our club.

## **Important Dates**

Sunday, Dec. 13      9:00 a.m. – 2:00 p.m. Guide Training at Camp Fortune

Dec. 31, 2015      Last day for returning skiers to register before late fees  
apply

Wednesday, Jan.6      1st Day of Program