

SKI HAWKS OTTAWA (SHO) FALL 2014 NEWSLETTER

President's (Editor) Message

The 2015 ski season is just about upon us and right now the snowing is falling outside. Camp Fortune should be open on the 22nd and Tremblant opens on Friday, November 21. Get your skis waxed and sharpened!

The Ski Hawks program continues to thrive and this year we have at least 5 new skiers and several new volunteers. This program cannot function without the dedication of our volunteers and I do hope that our volunteers feel the appreciation that the skiers and boarders feel for their efforts. I see it in the smiles of our skiers or boarders when they come off the hill and in the fact that they return.

Our program strives to improve each year and in this newsletter the Board has responded to some of the questions in the year-end survey to demonstrate that we are trying to fulfill all of the suggestions that have been made. Of course we can't always satisfy all of the comments but please trust me when I tell you, we really do want to make everyone's experience the best possible when they arrive at Camp Fortune.

I look forward to seeing everyone on the slopes in January and please do not hesitate to contact me or pull me aside at Camp Fortune if you see ways to improve our program.

Registration (Important!)

Our second registration event was held on November 12th. All remaining registrations must now be done by logging onto our website at www.skihawksottawa.ca and printing the registration and waiver forms. You can scan them and sign them and email them to brucemeredith@rogers.com or mail them by post to Bruce Meredith. His address is on the website.

PLEASE get your registrations in as soon as possible so that we can plan for 2015. We have had more skiers inquiring about the Club but we can't accept them until we know that we have a strong compliment of guides.

Everyone must also go to the web address indicated on our web site and register with CADS directly before you can ski. The CADS registration fee of \$30 has to be paid to them directly but this also includes your membership with the CADS-NCD Division. This fee pays for your 3rd party liability insurance and is mandatory for your own protection. For returning guides and skiers, the system will recognize you and if you have forgotten your password, the system will send it to you.

Skiers, you will be paying the \$30 fee to CADS and then sending in your additional fees to Bruce with your registration and waiver forms. Skiers please note that we are requesting that you register before **December 31** in order to facilitate the registration process. There will be a late registration fee for returning skiers after that date of \$25. New members are not affected by this late registration charge.

Recruitment of Guides (IMPORTANT)

To all members, we continue to recruit 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.

Drivers for Wednesday Night

This is our annual plea to have potential drivers contact Murielle Arseneau at marseneau@bell.net. 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.

Guide Training Night Monday January 5

The guide training night 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 evening also provides Mary with an opportunity to meet with all of the guides and

discuss hill safety, program protocols and administer the safety questionnaire. For returning guides, we have changed up the questions to try and trick you as you were much too good at it last year (which of course is a good thing).

Although my preference would be to make this session mandatory, I realize that not everyone is available that night. If you can't make it, please let Mary or I know. Please note that this year it is on a Monday, January 5^{at} 19h00 in the lodge at Camp Fortune.

CADS Manual and Vision Simulator

Guides, the updated CADS manual is being worked on and will be posted on our website soon. Also, I have inserted the link for a vision simulator and mobile app that you can play with in order to get a better feel for what our skier/boarders are seeing if they have some vision.

<http://www.brailleinstitute.org/programs/index.php/digital/mobile-applications>

CADS Certification for Guides for Level 1, 2 and 2a

I encourage any guides who want to develop their guiding skills to work towards their CADS certifications. You will learn not only how to work better with our skiers and boarders but also how to work with other types of disabilities.

To register or inquire about the following courses, please call or e-mail Mike Rochette at 613-282-4996 rochette@rogers.com.

Pre-Course (for level 2A or 3 instructors)	Calabogie Peaks	Dec. 4,5,6,7 2014
CSIA 6-hour Methodology	Calabogie	Dec. 20, 2014
Level 1	Pakenham	Jan. 14, 15 and 21 st , 2015
Level 2	Calabogie	Jan. 24, 25 th , 2015
Level 2a	Calabogie	Jan. 24, 25 th , 2015
CSIA 18-hour Methodology	Pakenham	Jan. 8,15, 22nd , 2015

CADS Annual Festival

The 2015 CADS Festival will be held at Mont Ste. Anne east of Quebec City from Sunday, March 22nd to Friday, March 27th, 2014. 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, fund 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.

People wishing to attend, the cost per person ranges from about \$900 to \$1800 depending on circumstances, transportation, accommodation, meals, equipment rentals if needed, personal incidentals, etc. As was the case in past seasons, the CADS National Capital Division (NCD) is looking to provide some funding for the festival. As the season progresses the Ski Hawks club and NCD Division will confirm their support of a skier and guide based on availability of funds. Each year Ski Hawks dedicates some funds from our budget to help partially subsidize anyone going.

During the festival week there will be many activities both on and off the hill including the annual banquet on Thursday evening and the CADS Annual General Meeting. There will also be CADS certification courses and training sessions available for those interested in improving their skills with some of the best adaptive instructors from across Canada.

Registration for the festival is now open on the CADS web site. See the link www.disabledskiing.ca for more information.

Extra Outings

Ski Hawks has two extra outings a year. The final year party is always held on a Saturday or Sunday in March and is a full day of skiing. How many skiers can attend depends on the availability of guides. We will arrange the rides for that event.

The other outing is with all of the CADS NCD programs and is typically held at Mont St. Sauveur. This event is always difficult for us to staff as it too is on a weekend in March so this year, if skiers wish to attend, they will have to recruit their own guides.

Canadian Tire Jumpstart Program

Canadian Tire Jumpstart is a national charitable program dedicated to removing restrictions, so children can participate in organized sport and recreation. Whether it's the chance to try a sport for the very first time, or to continue with their favourite recreational activity, the Canadian Tire Jumpstart program makes it possible for financially disadvantaged children to participate. Jumpstart sees it as equipping kids for life, because participation in organized sport and recreation increases a child's chance for success in life. For more information on Jumpstart, including eligibility criteria, please see their web site at <http://www.jumpstart.canadiantire.ca>

Jumpstart assists children ranging in age from four (4) to eighteen (18) by helping to cover the cost of registration fees, equipment, and or transportation. CADS – NCD is a Jumpstart Community Partner working to identify financially disadvantaged children who would benefit from participating in our adaptive ski and boarding programs.

In the event you are aware of children who might be good candidates for the funding, please advise Carolyn Mitrow, Mary Johannsen or Bruce Meredith confidentially. They will work with CADS – NCD to see whether funding can be obtained from Jumpstart. Funds could be available if specific child data is provided and family income situation warrants.

2014-2015 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 hundreds of 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 <http://www.skicanada.org/grade-4-5-snowpass>

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 and Shaver 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 2010\SkiHawks_English_Brochure for JAWS.pdf

..\Ski Hawks 2010\SkiHawks_French_brochure for JAWS.pdf

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.

Ski Hawks Hot Line

Skiers will be able to confirm their attendance every week between Friday and Sunday at 9:00 p.m. by either emailing Adele Farough or calling the hotline. As per usual, she must be contacted **before 9:00 p.m.** on the Sunday. Please do not call after that time as you will disturb someone's sleep.

The email address is adelefarough@rogers.com. The phone number for the hotline is (613) 721-9651.

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 them 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.

Ski Hawks Safety Vests (New Policy)

This year, we will be forced to purchase more vests as guides or skiers who have not returned to the program, often forget to return their vests. In order to maintain our inventory each year, we will ask all guides and skiers

to return their vests at the end of the year, even if you have been with us for a hundred years. I can't imagine that you will be that attached to a piece of plastic, fluorescent, mesh fabric.

Q & A Section (Extracted from the 2014 year end survey)

Question: Can the ski season be extended to include the Christmas holidays and the March break?

Answer: We start our program in January as it is too difficult to coordinate the program over the holidays. In the past we have run the program during the March break, but it is quite often very difficult to coordinate drivers and guides as many of the guides are not available due to family responsibilities.

Question: Can skiing during the day be arranged for skiers or boarders who want to ski outside of the program?

Answer: Our program focusses on Wednesday nights only. If skiers or boarders want to ski outside of the program, the expectation is that they find their own guide. For insurance purposes they would not be considered part of the Ski Hawks regular programming therefore they would not be covered under the CADS policy. Most ski hills will offer a 2 for the price of 1 lift pass for skiers with a guide.

Question: Is a skier or boarder able to ski with the same guide throughout the ski season:

Answer: Skiing with the same guide each week can sometimes be ideal for some skiers; however it is not always possible for us to organize this. We are so dependent on guide availability and are constantly juggling our matches because guides need to cancel at the last minute or a particular guide can't make it. For the safety of our skiers and boarders we always have to ensure that there is at least one experienced guide with them. We also have to ensure that our new volunteers are matched with as many different skiers or boarders as possible in order to build on their experience and confidence. As always, we will continue to try and match our skiers' or boarders' preferences.

Important Dates

Last day to register before late fees apply (for returning skiers only)
Dec. 31, 2014

Guide Training for 2015 Monday, January 5, 2015

1st Day of Program Wednesday, January 7, 2015