



CADS-NCD Mount Pakenham January 2013 Newsletter

Happy New Year, and welcome to the 2013 ski season! We started out with a 'bang' on Saturday, January 5, with blue skies, loads of fresh new natural snow and ideal ski conditions. Not so good weather the second weekend, but we are hopeful there is snow in the forecast soon.

Program Update

What can be said, other than that we are FULL! With another record year for registration, we have 56 participant skiers and 50 volunteers. We offer regular lessons on Wednesday/ Thursday afternoons and evenings and on Saturday/ Sunday daytime, as well as a small race program on Tuesday evenings. We also support Skiing in Schools at Mount Pakenham, where we provide volunteer CADS instructors to work special needs students.

Dress Appropriately For the Weather!

Please ensure that skiers have appropriate outdoor wear for the day's conditions, including a warm jacket and snow pants. Mitts are much warmer than gloves (knitted mitts are not ideal as they are not windproof and are not as warm as nylon mitts with Thinsulate or other insulated lining). Skiers should have a dry pair of long close-fitting socks they can slip into just before putting on their ski boots (try to keep them dry as you are getting ready). All participants are required to wear a helmet (provided as part of the rental equipment); a light toque is suitable on cold days under the helmet. We do have hand and foot warmers (Hot Shots or Hotties) in the CADS room if it's a cold day and you think your skier will be cold; please just ask one of the CADS volunteers for some.

Year-End Party Is Sunday, March 3

Join us for an afternoon of fun and social time! We have a small committee in place working on details.

1-3pm Skill-A-Thon at Mount Pakenham

- We'll have a series of skills stations that ALL skiers will be able to participate in. Note that this year we will create a specific schedule for sit skiers to minimize wait times.
- Although soliciting pledges is optional, this is our main fundraiser for the year, and we do encourage you to do so (or at least contribute a small donation of your own). Charitable tax receipts will be provided for donations of \$10 or more.
- **Volunteers Needed!** Our regular volunteers will be busy ensuring that all their skiers get a turn on the hill and at the stations; if you know anyone else (parents/ grandparents/ friends/ teenaged siblings looking for volunteer hours) who would like to help out for the afternoon, please have them contact us. We have tasks for skiers (on the hill) and non-skiers (helping at a non-skiing station, serving hot chocolate, counting pledges, signing in participants, etc.).

4-6pm Potluck, Social and Awards Party at the Community Centre in Pakenham

- We'll send out an e-mail asking for donations of finger foods
- We will be **looking for donations of PRIZES**—our intent is to have one for every skier. Please notify Deanna if you have something, and leave it in the CADS room.
- There will be a video presentation and all skiers will receive a copy of it on DVD.
- **We need PHOTOS and VIDEO clips.** We want to ensure that all skiers are included, and we are already collecting photos. As you can imagine, this is a big job. Please assist us by sending in photos and video clips that you have taken. You can e-mail to deannabarry@storm.ca or leave on a stick or CD on the bulletin board in the CADS room for Deanna. Please ensure you identify the skier.
- All participants will receive an award. We'll mail them out to those who can't make it to the party.
- It's fun and crazy! We hope you can join us.
- **Volunteers needed** here as well, to set up, manage food coming out, clean-up, etc.

More information to follow by e-mail. Stay tuned!

What Have the Volunteers Been Up To?

Lots and lots and lots of training! We participated in a 2-day volunteer training and orientation session December 15 and 16 at Calabogie. There was a 2-day tethering workshop January 29 and 30, also at Calabogie—many of our ‘new’ tetherers can be seen outside lessons practicing on the slopes with sandbags or ‘volunteers’ in the sit skis. We had our own equipment check and orientation at Pakenham on December 27.

Congratulations to Annette Cousens, who is a newly certified CSIA (Canadian Ski Instructor Alliance) Level 1 instructor.

Five of our Pakenham volunteers will participate in a CADS Level 1 certification clinic on January 16 and 17. Four others will complete their CADS Level 2 or 2A on January 25-26.

We continue to take advantage of promotional events such as trade shows (Carp Fair), volunteer fairs, and other events (Pakenham ski swap, presentations to small groups, etc) to educate the public about our programs and recruit new volunteers and participant skiers. We have a brand new tabletop display and current photos to utilize at these events.

CADS Festival in Sun Peaks, British Columbia, March 24-29

This annual Festival moves around each year to different resorts. It’s a great week for our adaptive skiers; a chance to ski at a big resort and meet other skiers from our national organization. You will need to register through the CADS national website and are paired up with volunteer instructors for the week. Costs to participants include your transportation, accommodation/ food, as well as registration fees. Deanna Barry and at least six others from the National Capital Division will be going to Sun Peaks to participate as volunteer instructors. There will be a limited amount of subsidy available from the Division- *if you would like to chat about participating as a student or volunteer and applying for subsidy, please contact Deanna by Friday, January 18.*

The poster can be found here: <http://disabledskiing.ca/wp-content/uploads/PosterPNG.pdf>

More info on the event can be found here: http://disabledskiing.ca/?page_id=715

Year-End Ski Trip Tentatively Scheduled for Saturday, March 2

Each year we are part of a National Capital Division one-day ski trip. It is likely to be to Saint-Sauveur once again. CADS members (participant skiers and volunteers) and their families are invited to attend. There are generally two possible bus pick-up locations (east and west end of Ottawa). We travel in comfort in a coach. Rental equipment can be arranged. Further information to follow.

Contact Information:

Program Coordinator: Deanna Barry deannabarry@storm.ca 613-256-7535