

SKI HAWKS OTTAWA (SHO) FALL 2016 NEWSLETTER



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President's Message

During the Fall, 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 several messages from the Canadian Association for Disabled Skiing (CADS), CADS-National Capital Division (CADS-NCD) and our own program (SHO).

We will be using the online registration form again this year, and will offer a full day of training for all guides on December 4. Please read below for more details.

Also, CADS-NCD has set up a very full roster of certification days for volunteers to become CADS-certified, so I am encouraging all interested guides to take a look below and see if any of the training/certification interests you.

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.

Carolyn Mitrow

Registration

All members **MUST** register online with the Canadian Association for Disabled Skiing (CADS) National for insurance purposes. The annual fee 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 the [CADS website \(http://disabledskiing.ca/\)](http://disabledskiing.ca/) and register under the **National Capital Division**. Once you have registered, please send the confirmation email to nicole.m.vanoosten@gmail.com. ***You will not be able to ski with our program unless you have completed this process.***

You must also register with Ski Hawks Ottawa through www.Events.com. The site works with newer search engines, such as Google Chrome. However, skiers who use screen readers may prefer using Internet Explorer. If you have any difficulty with the form, please contact Carolyn Mitrow at cmitrow@gmail.com who will be able to assist you.

To begin the registration process:

1. Go to www.Events.com (NOTE: Screen reader users should use Internet Explorer for more ease).
2. Go to the search engine at the top of the page and type in **Ski Hawks Ottawa**. (The Ski Hawks Ottawa should show up as the first result, at the top left of the page.)
3. Click on **More details** to go to the Ski Hawks Ottawa Registration page.
4. On this page, click on the + (plus) sign beside your category (guide or participant)
5. Scroll down to the orange **REGISTER NOW** button. (**Note:** Screen reader users 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.)
6. On the next page, you must fill out the **BUYER INFORMATION** and answer all questions.
7. When you are done, click on **SUBMIT ORDER**. You will receive a confirmation via email.

Editor's note: I want to apologize to those who use screen readers. The system is not well designed for those with vision problems. I am working with Events.com staff to try to rectify some of the accessibility issues.

Cost for Skiers:

- For lift passes and equipment rental: \$100.00
- For just lift passes: \$75.00



Guides: Please, please, please register by December 1st in order for us to determine whether or not we need to recruit more volunteers.



Registration Night at the Fox and Feather Restaurant – November 16

For members or new members who would prefer to register in person, we will have a registration evening at the Fox and Feather Restaurant, 283 Elgin Street, on **Wednesday, November 16th**, from 5 p.m. – 8 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 – December 4

The guide training is a **very important day** 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 will include hill safety, program protocols, the updated safety questionnaire, guiding techniques for new guides, and training on teaching methods specific to instructing skiers on how to learn to ski.

CALENDAR OF EVENTS (available on our [Web site](#))

Date	Event
2016	
October 22 – 23	Ottawa Ski, Snowboard & Travel Show, Sat & Sun 10 to 5 at EY Centre, 4899 Uplands Drive at Airport Parkway, Ottawa
October 17 to December 31	Electronic Registration for all new and returning skiers and guides Late Penalty applies to returning <u>skiers</u> if registration occurs after December 31

Date	Event
November 2	CADS – NCD Annual General Meeting St Anthony’s Soccer Club starting at 5:15
November 16	Registration Social Night Fox and Feather 283 Elgin Street 5:00 PM – 8:00 PM
December 4	SHO Volunteer Guide Training day at Camp Fortune Main Lodge at 9:00 AM sharp. Day to end by 3:00 PM
December 8 - 11	Eastern Pre-Course for Course Conductors - Location Calabogie Peaks, Calabogie, Ont
December 17-18 TBC	Volunteer training at Edelweiss Valley – Ski Hawks volunteers are welcome to attend.
2017	
Jan. 4 - Mar. 15	Wednesday Program - Camp Fortune, in the Main Lodge, at 7:00 PM
January 18	Advise if you wish to attend CADS Festival and inquire about funding
January 28 Saturday	Ski Guide Improvement (free) Camp Fortune, in the Main Lodge, at 9:30 AM
January 29 Sunday	Ski Guide Improvement (free) Camp Fortune, in the Main Lodge, at 9:30 AM
February 4	Snowboard Improvement (skier and guide boarders) Camp Fortune, in the Main Lodge, at 7 PM (Wednesday program night)
February 15	Kowbuz Cup (Wednesday Night Program) Camp Fortune
March 11 (Sat)	CADS-NCD Ski Trip Mont Avilla
March 18	Fun Day / BBQ (free) (Saturday) Camp Fortune, in the Main Lodge, at 9:00 AM
March 26 - 31	CADS Annual Festival Sun Peaks Resort: www.disabledskiing.ca
April 5	Wind-up Dinner Fox and Feather 283 Elgin Street, at 6 PM
May 3	Board of Director Meeting Fox and Feather 5:30 PM
June 7	Annual General Meeting Fox and Feather 283 Elgin St. at 6 PM

CADS Certification and Training Dates for 2016 2017 Season

Date	Training
Saturday, November 12, 2016	Autism Spectrum Disorder/Cognitive Impairment Indoor Module Level 1 1:00 p.m. – 3:00 p.m., Calabogie Peaks Lodge Note: the Level II ASD/CI indoor training has yet to be planned. It will be discussed with the CADS National Technical Committee

Date	Training
Wednesday December 14, 2016	CSIA Methodology Level 1 (Part 1 of 3) 6:00 p.m. – 9:00 p.m. Mount Pakenham, 577 Hill Rd., Pakenham
Tuesday January 3, 2017	CSIA Methodology Level 1 (Part 2 of 3) 6:00 p.m. – 9:00 p.m. , Mount Pakenham CSIA Methodology Level 2 (Part 1 of 2) 6:00 p.m. – 9:00 p.m. , Mount Pakenham
Thursday January 5, 2017	CSIA Methodology Level 1 (Part 3 of 3) 6:00 p.m. – 9:00 p.m. , Mount Pakenham CSIA Methodology Level 2 (Part 2 of 2) 6:00 p.m. – 9:00 p.m. , Mount Pakenham
Tuesday January 10, 2017	ASD/CI Level 1 Module on snow Mount Pakenham
Thursday January 12, 2017	3+4 Track Module, Level I Mount Pakenham
Saturday January 21, 2017	Sit Ski Module Level 1 Calabogie Peaks, 9:00 a.m. – 4:00 p.m.
January 24, 2017	VI Module (Visually Impaired) 6:00 p.m. – 9:00 p.m. , Mount Pakenham
Tuesday February 14, 2017	Sit Ski Module Level 1 6:00 p.m. – 9:00 p.m. , Edelweiss
Tuesday February 21, 2017	ASD/CI on snow, Level 1 6:00 p.m. – 9:00 p.m. , Edelweiss
Tuesday February 28, 2017	VI Module Level 1 6:00 – 9:00 , Edelweiss
Saturday March 4, 2017	Sit-Ski Level 1 All day , Edelweiss
\March 5, 2017	ASD/CI Level 2 and 3-track and 4- track Level 2 All day , Edelweiss

CADS CERTIFICATION

As mentioned above, the CADS-NCD Technical Committee has set all of the training and certification dates for 2016-2017. The focus this year will be to give all of the modules for volunteers to be able to complete either their CADS I or CADS II levels.

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

At the Guide Training Session scheduled for December 4 the CADS certification process, and the 2016-17 schedule of training, will be explained. This certification process is not mandatory, but you are encouraged to upgrade your skills. It will be free again this year

SHO will aim to set up a training night before the VI, and 3 and 4 track modules to give our volunteers some experience before the module.

Please refer to [The 2017 Instructor training schedule](#) for more information.

Please register on the CADS Web site for any training at <http://disabledskiing.ca/>



For the **CSIA methodology courses that are mandatory for full CADS 1 & 2 certification**, can you please let Carolyn know if you plan to attend? She is trying to coordinate the correct number of CSIA Level 3 course conductors to do the job.

CADS Manual

The SHO Board is very supportive of the CADS Technical Committee's direction and has bought PDF and hard copy versions of the CADS Manual that was produced last year. All new guides will receive a manual or a link to the manual upon registration.



Drivers for Wednesday Night

This is our annual plea to have potential drivers contact Murielle Arseneau at marseneau@bell.net if they can drive a skier to the hill. 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. You can let us know about your driving availability on the Ski Hawks registration site or simply tell Murielle.

Skier Weekly Participation

Skiers will be able to confirm their attendance by completing the [Weekly Skier Notification Form](#) on our Web site and submitting it before **9 p.m. on Sunday**. Murielle will collect the notifications at that time and start planning for the following Wednesday.

Retiring Long-Time Volunteers

In 2015, the Board passed a motion to honour retiring volunteers in SHO who have contributed a significant number of years to the program, with a plaque. Past recipients were Mary-Ellen Connolly and Neil Martyniuk. This year a plaque will be awarded to **Ron Prince** who volunteered with Ski Hawks for 40 years. Ron was instrumental in getting the Club up and running. He was also a dedicated driver even though when he wasn't guiding. His guidance, patience and great manner with skiers and guides will be missed.

CADS Annual Festival

The 2017 CADS Festival will be held at Sun Peaks Resort, British Columbia from March 26 - 31, 2017. 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 Mary Johannsen or Jim Dicks as soon as possible so that 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 funding for the festival. Ski Hawks is also budgeting some funds to help partially subsidize anyone going.

Registration for the CADS Festival will be open on the CADS Web site starting on November 1.

2016-2017 Grade 4 & 5 SnowPasses 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. It's an unbeatable offer; it provides 5 free lift passes at each of the 150+ ski areas nation-wide for Canadian kids in Grade 4 and Grade 5.

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 <https://www.skicanada.org/grade-4-5-snowpass/>



CADS-NCD Web Site

CADS – NCD continues to upgrade its Web site at <http://www.cads-ncd.ca>

The site is re-designed and bilingual. It is optimized to ensure full accessibility for the blind and visually impaired and is mobile-friendly.

CADS - NCD Annual General Meeting November 2, 2016

This is a reminder that you are invited to the CADS - NCD Annual General Meeting on Wednesday, November 2, 2016, at St. Anthony's Italia Soccer Club, 523 St. Anthony Street, (Off Preston Street at the Queensway) at 5:15 p.m. for light refreshments and a start around 6 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. Complete the Application Form and forward back to Dave and cc Nomination Committee member Bruce Meredith at brucemeredith@rogers.com

The deadline to submit applications is midnight Ottawa time on October 26, 2016. 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 constant 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 each year. The document is intended to be a refresher of the principles of guiding a visually impaired skier or boarder and will perhaps create some discussion on how we do things, that might further improve the program in the future. The questionnaire will be reviewed as a group at the guide training day on December 4th.

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 has also been a strong supporter of our club and I encourage everyone to support them. They will provide discounts to you if you show them your CADS membership card.

Ski Hawks Ottawa Brochure

A brochure for the Program was produced four years ago which can be used for promotional purposes. It can be found on the Ski Hawks Web site.

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. We also have some copies printed in Braille.



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

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 and guides 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

The Club operations manual is posted on our Web site and updated yearly. Comments, questions etc. are encouraged. Let your Board members know if it answers all of your questions about our club.

Stay connected and join us on social media

Did you know that Ski Hawks Ottawa has a Facebook page ([Facebook.com/skihawksOttawa](https://www.facebook.com/skihawksOttawa)) and is about to get a Twitter account? Follow us to stay connected and informed of special announcements, reminders or cancellations,