



CADS – NS

Fall 2007 Newsletter

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It's one of NS's beautiful fall days, and we really don't want to think that the snow is coming soon and yet it will. However, that will bring some fun times skiing and boarding!

Membership Form

Included in this mailing is a copy of a new membership form. Blame it on me; I did my best to make it more user-friendly. I'm sure there will be something I forgot but it can't be worse than the old form. Give me any feedback you can and I'll try to improve it next year. Please be sure to check-off if I can send stuff like this newsletter to you. That will save Lorraine Burch, the executive director for Alpine Ski Nova Scotia (ASNS) a lot of work.

GIF-T on Snow Days

Last year was great as our numbers swelled to 98 members (skiers/boarders and instructors combined). The GIF-T on Snow Days, sponsored by the Grocery Industry Foundation – Atlantic, were very helpful. Many new people took the chance to try skiing or boarding for the first time. Anyone interested in a similar day this year please let me know. It will all depend on how much money it costs.

Dues – Where does your \$ go?

You may have noticed on the CADS website (www.disabledskiing.ca) that the CADS dues are going up by \$5.00. In **Nova Scotia the dues are staying at \$30.00 – no increase!!!!!!** But we do need to send an extra \$5.00 to national head office and that means we are going to need to raise some money.

To explain – of the \$30.00 you paid last year, \$15.00 went to National and \$15.00 stayed in NS. National makes sure we all have insurance and does other things like ensure instructors receive the proper training, raise money to hold the national festival (held every March), and other such things. In NS money is spent on instructor's courses, administration, and other things. We get some money from NS Office of Health Promotion & Protection. Alpine Ski NS has helped CADS in the past years, but even so we have had very little funds to further the development of CADS-NS. We must strive to become independent. Keeping the dues at \$30.00 is going to mean \$5.00 less per person in the CADS bank account. But I did not feel we could handle another fee increase.

I asked instead to be included in the Pontiac GMC Raffle being organized by Alpine Ski NS. Pontiac GMC is a National sponsor of Alpine Ski Racing programs across Canada. For Atlantic Canada they have provided a car to be raffled off by all the ski Clubs. Each ticket costs \$5.00 (\$3.75 goes to the club who sells the ticket and \$1.25 goes to cover the cost of holding the raffle).

For CADS – NS to cover the cost of the CADS National fee increase we will need to sell 150 tickets. I hope this was the right decision and I hope there are a few people out there that would be willing to sell some tickets. Please let me know if you are willing to help. If we are able to run some CADS days perhaps we could sell tickets then.

CADS Programs – Are you interested?

Nationally CADS has been around for 30 years. It was started by Annie and Jerry Johnson from BC. CADS in NS is very new in comparison. Barb from Mahone Bay organized things from around her table until she couldn't any longer. Andres Knircha, former president of the Martock Ski Club became the representative for NS on the CADS National board in 2001. Andres was

instrumental in getting CADS taken on as a member of the ASNS family and obtaining adaptive equipment (i.e. Sit-skis for the ski hills in NS). I took over as your representative in 2005.

CADS in NS is organized simply. You become a member and this pays your insurance and allows you access to the adaptive equipment at the hills. You still must pay for the help of an instructor (if you need it) and as of last year the cost of rentals for regular ski equipment. CADS instructors have taken a certification course. Most of the CADS instructors in NS are paid instructors (it's their job). You pay each time you go to the ski hill.

The ski hills have been very supportive of disabled skiers/boarders by supplying free lift tickets to the person with the disability (general members /are not eligible for the free lift tickets) Normally this would cost approximately \$35.00 per day or \$125.00 if you bought a season's pass. This is not so in each province. For example in NB, CADS members get a break on lift tickets but still pay ½ the cost.

In many provinces CADS has programs for their members. For example, 5 skiers may come at one time – all with different needs (perhaps one person is visually impaired, one person is hearing impaired, another an amputee or using a wheelchair for some reason). There would be volunteers to ski with each person and a certified instructor to help coordinate and teach the members. The volunteers may or may not have taken a CADS certification course although they usually are taught something at the ski hill. The members would pay for any paid instructors and any costs for the hill. The number of times the program is run per month would depend on the participants.

Typically the cost is less expensive than just going individually to the hill but... it requires organization, volunteers and of course cooperation from the ski hills. This is not something I can do myself. We would need at least

1 or more people at a ski hill to coordinate this process. I could help coordinate with the ski hills and the instructors. At the beginning we may want to bring somebody in from another hill to talk about how they do things.

It is a lot of work to set up this type of program if nobody is really interested. Are you happy with things as they are, or, do you want to look into this further? If you want to know more, talk more or would be able to help, contact me at linda_lou_ns@yahoo.com or 463-3332.

I am willing to set up some meetings, try to start organizing some programs but I am only 1 person. Will you help?

Information about National Head Office

You may have noticed that you did not receive a newsletter (The Perspective) this summer. One change at Head Office is that the Executive Director, Sharon Leslie, resigned. Recently, she has been replaced by David O'Brien from Ontario. That is why the newsletter has not come out. Dave will try to send out a short version as soon as possible. Since it will not contain the annual reports from each province, I have attached the NS report to this mailing.

David has been a member of CADS for 13 years. He served on the Board of Directors and more recently the Technical Committee. He has an extensive background with CADS Ontario executive including having served as President and as Chair of their Technical Committee. He has a CSIA Level 2 instructors rating and is a CADS Examiner. Each year since 1996 he has attended the CADS Festival and instructed in the Skimp / Black Diamond program. I think this energetic father of young twins will do a very good job.

Taking over the reigns of a national organization is going to be overwhelming. The provincial representatives have been asked to handle as many questions as possible. In other words, me!

If you have any concerns I would appreciate it if you sent them to me. I will bring them to Dave all at once. I know many of you have not received Instructors cards and pins. Could you tell me who you are and although this can not be a major priority right now, we will try to get the problem solved eventually.

Website: The website has been experiencing many problems. One of the priorities of the Board of Directors at the recent AGM in Ottawa was to get the website up and running. Hopefully when it is done we will be able to use it here in Nova Scotia to better communicate what is going on. Is anyone interested in working on the CADS website for NS?

Instructor's Certification Courses

Although we do not have anything scheduled yet (give me a break – it is only October!) we do have some money for Level 1 (and Level 2 I hope) certification course(s). The level 1 course(s) I am hoping to fill later. Those of you with CADS for a while will hopefully spread the word.

I would really like to know if any of you who have your level 1 already would like to take your level 2. That will give me a better idea of what work I need to do. Please let me know if you are interested. With any luck we could do it early in the season. And I promise you all Pins and Certificates!

2008 CADS Family Festival & Para-Alpine Ski Championships

This year the festival is going to be held in Sun Peaks, BC from March 10th to 14th. Sun Peaks is 45 minutes north of Kamloops. See the website at

www.sunpeaksresort.com for more details. Interested in going to the festival either as a skier/boarder, or an instructor, please let me know there may be some money we can get from national to help you out. If there is more than one person interested we may have to put the names in a hat.

Sun, March 9th – registration, Opening Ceremonies

Mon, March 10th to Fri, March 14th – SKIMP & Black Diamond Programs.

Mon, March 10th to Thurs, March 13th – National Para-Alpine Races

Thurs, March 13th – Closing Banquet **A Word of Thanks**

I would like to extend thanks to Andres Knircha for the work he has done on the National Board of Directors as a Member at Large. I would also like to thank him for the support he has given me. During the elections at the Ottawa AGM he lost his position. National has lost a great advocate for CADS. We hope Nationals loss is Nova Scotia's gain.

Linda Scott

Provincial Representative CADS National Board of Directors

CADS Representative Board of Directors Alpine Ski NS

FYI: Below is link to the Canadian Paralympic Committee website.

<http://www.paralympic.ca/page?a=1623&lang=en-CA>

CADS – Nova Scotia

The 2006 – 2007 was a season of growth season for CADS-NS and we accomplished many of our goals.

Our main goal was to increase our membership. Our numbers grew to **98 from 58** in 2005-2006. We had 27 instructors and 71 skiers/boarders. The growth can be attributed to a number of avenues that increased awareness of CADS amongst the disabled community. Articles were written for the Canadian Paraplegic Association and the Spina Bifida Newsletter. CADS had a booth at the IWK Recreation Fair in February and also linked with the Challenger Program in Cape Breton. “GIF-T on Snow” also greatly increased the visibility of CADS to other skiers and the general public (through media coverage).

CADS - NS was represented at a Mobility Meeting in March organized by the Nova Scotia Dept. of Health Promotion and Sports Nova Scotia. There were a number of different adaptive sports represented. Hopefully this will lead to more exposure for CADS and new members next year.

Communication to the membership was improved by two newsletters and other forms of electronic messaging.

“GIF-T on Snow”, sponsored by a grant from the Grocery Industry Foundation of Atlantic Canada, was an amazing success. The three days of sponsored skiing allowed CADS members to meet one another and spend some time together.

Thanks to the owners and administration at each of the hills for their continued support, members of the business community, ClubSki 30, members of the media and all the instructors at each of the hills. Finally thanks to all the volunteers who made “GIF-T on Snow” such fun and memorable events.

Three new adult bi-skis, purchased with funds from a CPC grant from 2005-2006, finally arrived (one for each hill). The remaining funds from the Grocery Industry Foundation Grant will be used over the summer to purchase other essential equipment. There was a level 1 instructor’s course held at Ski Wentworth early in January (despite very little snow). Six instructors received their level 1 certification.

A couple of our present and former members made outstanding accomplishments this year. One of Nova Scotia’s newest members (but a long time CADS member in New Brunswick), Cory Hansen, was chosen to attend the Canadian Adaptive Snowboard National Summit Program in Calgary. Congratulations Cory!

Luke Donovan was training out in BC this year on the CPAST Development Team. He had some great racing results and won the GS at the Silverstar Nor Am. On the C team, he will continue on the Nor Am circuit next year. Best of Luck in 2007- 2008.

Submitted by: Linda Scott