



## WESTCASTLE ALPINE Zone

Westcastle Alpine had a very successful season with the great snow conditions that we had this year. We had a few new students along with a few that returned after a few seasons missed. New volunteers were not in abundance (one) but the level of confidence with our returning instructors was evident to all. The level of skiing by everyone involved was unbelievable.

The weekend visit by the Provincial Race Team inspired both the students and instructors. A new train of thought and goals were set for next season. Plamen expressed interest in coming down to Castle more often for training, as he was encouraged by the community atmosphere and support we enjoy.

Castle Mountain will be expanding this summer with the addition of a new chair-lift up Haig Mountain. The lift will serve much needed intermediate terrain that we currently lack. We will also be designating one run specifically for race training.

Our year ended with our traditional Barbecue, which was well attended. I don't think anyone went away hungry.

The "Volunteer Runaway" was a sun and fun filled weekend with many laughs and many memories. A few impromptu ski improvement lessons were attempted that we just didn't seem to have time for during the class days. We went on a 52 passenger coach with 28 people, so if any volunteers, with any of the other programs are interested next year feel free to contact us.

A parent and volunteer in our program wrote, "As parents of a great kid with needs, its wonderful to see a group come together and work seamlessly weekend after weekend, then take that same great attitude on the road for a great windup party. The best part for us is the feeling of helping others who need help in any fashion, so we feel a great fit for our family in this group. It's great to have a made such a large new family that make you feel at home anytime your around them."

Many thanks to all of our participants in our program, as everyone, makes Westcastle Alpine, the family aforementioned.

Darryl Medoruma

## CADS Family Festival at Mt. Washington, Vancouver Island – March 26 to 31, 2006

This year's Festival took place at beautiful Mt. Washington on Vancouver Island. After a slow start to the season, Mt. Washington reported almost 6 meters of snow by the time Festival took place. Arriving in Comox, we were greeted by blooming flowers, green grass and rain. Thank goodness, the rain turned to snow as we made our way up to the mountain, about a 30 minutes drive from the Comox Airport. Michael Pitcher and his organizing committee did a fabulous job shuttling people from the airport to the mountain despite the fact that the originally organized buses could not run due to heavy snowfall and slippery roads on Friday night. On Sunday, registration took place and in the afternoon all participants went on a complimentary tour of the resort. Once again, our hosts outdid themselves by having enough local instructors available so each group consisted of only four people. This was a excellent way to get familiar with the ski area. For those of you that have never been to Mt. Washington, have a look at <http://www.mountwashington.ca/>; it's a great ski hill!

Festival's motto was "Canada Remembers" thanks to the generous support of the Canadian Veterans Affairs.

At the opening ceremonies, the CADS National awards were given out. Debbie Kennedy from Calgary received this year's "Instructor of the Year" award. Congratulations to Debbie!

Mt. Washington has a long history of working closely with the Vancouver Island Society of Adaptive Snowsports (V.I.S.A.S.). It was very interesting to get to know their program, which runs all season rather than with a set number of lessons like many other CADS programs. Dennis McGuckin from V.I.S.A.S. offered a CADS level 2 and 2a certification course during Festival. He did a wonderful job and his students had a lot of fun.



Festival's SKIMP (ski improvement) program was attended by 13 students and 8 instructors from across Canada. Thanks to the generous support of V.I.S.A.S., all SKIMP participants were matched up with instructors.

The National Race Team as well as the Alberta Race Team took part in the TELUS Canadian Disabled Alpine Ski Championships at Mt. Washington. The event drew a record

number of participants (twice as many as were at last year's event). It was great to watch our top athletes compete in down hill, Super-G, giant slalom and slalom.

The SKIMP program offered a guesstimation race on Thursday morning. It was a lot of fun to watch the students compete in guessing their own time for the second run of the race and see the smiling faces at the awards ceremony.

Kim Atkins and Eldon Bushfield from Calgary did a great job driving the snowmobiles, ever helpful to shuttle students and racers around.

The week concluded with a banquet and a silent auction at the beautiful Raven Lodge.

It was a fun night and a possibility to spend some more time with friends from across the country. Saying good-bye is never easy but there is always next year!

Festival is an awesome opportunity to have fun, build friendships, and exchange information with CADS members across the country. Next year's Festival will be at Kimberly, BC, and many of this year's Festival attendees are already looking forward to being there in 2007.

Meggie Schellenberger, CADS Alberta – Calgary Zone

### TIPS: Tried and Tested

Do you have any tried and tested ski or snowboarding maintained helpful hints? If so, let us know so everyone can benefit from your knowledge. E-mail tips to [news@cadsalberta.ca](mailto:news@cadsalberta.ca).

**TIP: Do you have troubles with snow sticking to the bottom of your ski or snowboard boots? If so, try spraying the bottom of the boot with Pam Cooking Spray to stop that sticky snow from sticking. This tip can also be used on snow shovels.**



## Annual General Meeting

### May 27th, 2006 - Red Lodge Outfitters, Bowden Alberta

Please accept this as legal notice that the Annual General Meeting of the Canadian Association for Disabled Skiing – Alberta will be held at Red Lodge Outfitters on May 27th, 2006 at 2:00pm – 4:00pm.

11:00am  
Hayride followed by lunch  
2:00pm – 4:00pm  
Annual General Meeting – Main Hall  
5:00pm  
Potluck Dinner – Main Hall

Everyone who is a member of CADS-Alberta is welcome and encouraged to participate in the Annual General Meeting of the Association. Please feel free to bring your family to enjoy the hospitality of Red Lodge. There are cabins to book, RV camping sites and much more. Book your accommodation today and join us for a weekend of business and fun! This location makes a nice day trip as well.

Check the Red Lodge out on their website @ [redlodgeoutfitters.com](http://redlodgeoutfitters.com). You can find the Red Lodge off the Q.E. 2, turn west on Hwy 587 (Bowden) for 11 km, turn north on Range Road 22. For reservations call (403)224-3082.

Please confirm your attendance with CADS – Alberta @ [info@cadsalberta.ca](mailto:info@cadsalberta.ca) or call (780)427-8104.

### Nominations:

Nominations will be accepted for 5 board of director's positions. To qualify as a director you must be a current member of the association, and a resident of Alberta and must be 18 years of age as of January 1, 2006. Nominations may be accepted in writing prior to the AGM, and verbal nominations may be accepted from the floor provided consent of the nominee is obtained. Appoints for the zone representative will be accepted.

Please see the CADS – Alberta website for the agenda, nomination forms, and proxy voting forms @ [www.cadsalberta.ca](http://www.cadsalberta.ca)

## Paralympic Athletes Torino

### March 10 – 19th, 2006 - Alpine Skiing

The Slalom and Giant Slalom were the only two alpine events at the first Paralympic Winter Games, held in Ornskoldsvik, Sweden, in 1976. Today athletes with a physical disability compete in all 4 alpine events: Downhill, super-G, Slalom and Giant Slalom. Paralympic alpine athletes compete and use the same venue as the Olympic women's team. Alpine Skiing is currently practiced by athletes in 35 countries and is steadily growing.

Canada is currently ranked 9th in the world, but are determined to rally back into the top of the field following an injury plagued 2004-05 season.

Athletes in Alpine Skiing events must combine speed and agility while racing down slopes at speeds of up to 100km/h. Paralympic competitions includes male and female athletes with a physical disability such as spinal injury, cerebral palsy, amputation, and visual impairments. Athletes compete based on their functional ability, allowing athletes with different disabilities to compete against each other. Alpine skiing included 3 main classification categories: blind and partially sighted skiers; standing skiers; and sitting skiers.

Congratulations to the following Alberta Athletes on the Paralympic Ski Team

**Kimberly Joines** – Edmonton, 25 years old, Class LW 12-1

**Lauren Woolstencroft** – Calgary, 24 years old, Class LW 3-1

For more information go to [www.paralympic.ca](http://www.paralympic.ca)

## Canadian Paralympic Committee

Thanks to the Canadian Paralympic Committee for providing CADS – Alberta with a \$5,000 grant from the Paralympic Equipment Fund. The Paralympic Equipment Fund is to help purchase Paralympic specific sporting equipment for skill development of athletes demonstrating potential to become future Paralympians. Thank you CPC, for helping CADS-Alberta, help build a better, stronger and healthier Paralympic Movement!

## CALGARY Zone

We have registered 178 students and 312 volunteers for a total membership of 513. All funds have been forwarded to Province. The zone finances are in good shape with a Fun night/fundraiser on January 22 at COP. Our Casino will be held on January 29/30. Our program is over and went very well. The Binnion foundation has donated \$21,500 to CADS. The Festival sponsorship will provide \$900 for first time students and \$700 (less the amount received for teaching) for first time instructors. Hope to see many at Mt. Washington. Keep skiing.

Terry Potter

## EDMONTON Zone

The past year has seen the Edmonton program grow in many ways. But mostly I sensed a growing interest and enthusiasm among our ranks of students and volunteers (40 and 20 respectively this year). We have many initiatives ongoing that show that our future will remain on this track. Some of these initiatives include:

- 1 the development of a new building to house our program at Rabbit Hill
- 2 CADS Edmonton Website
- 3 increasing certification of our instructors (presently 4- level 2A, 2- level 2)
- 4 updating and increasing our inventory of equipment
- 5 Snow Valley instructors interested in becoming trained in CADS methodology to allow inclusion of disabled students in school groups

With all of these initiatives ongoing, our most important goal going forward is to maintain and grow our dedicated group of volunteers on the hill and on the board. Also I see a need to enhance our Nordic and Water ski programs. Neither has been active in the past year due either to lack of snow or awareness.

Andreas Donauer  
President, CADS Edmonton Zone  
Board of Directors