

Whaleback Times

February 15, 2018



CELEBRATING 50 YEARS OF HEALTHY LIVING

Hello again...ski season moving right along...here is the scoop on some of the happenings.

20th Provincial Masters

I can only say positive things about the Provincial Masters. Good turnout, especially for free technique on Sunday - skiers from BMD, Ottawa, Menihek Ski Club, Pasadena and a nice contingent from Bay St. George. Lots of snow, great course, kitchen ran smoothly, officiating was flawless, PA announcer in top form...a photo finish on Sunday...what more can I say.

Thank you volunteers for making the weekend a complete success.

Reviewing Emergency Procedures

What is the recommended procedure if you encounter a skier on the trail who is experiencing difficulty? Its difficult to write a plan to cover every situation. Outlined below is a plan, doesn't cover everything but something to think about...

- 1 First of all, you should have your cell phone on you while skiing. Kenny's cell phone number is 649-4550 and the chalet's number is 643-3841. Please save these numbers. If you don't have a cell phone, stay with the skier until another skier arrives.

- 2 If you have a cell phone, contact the chalet. Try, to the best of your ability give your exact location in the ski park. Depending on the situation, you may have to apply CPR. Again, stay with the injured skier until assistance arrives.
- 3 Depending on the severity of the injury, if your close to the chalet you may leave the injured skier to obtain assistance.

Club Shirts:

Anyone interested in purchasing a Whaleback Nordic Shirt? There are 4 choices hung in the chalet...Short sleeve T - Shirt, Hoody, Crewneck Sweatshirt and Long Sleeve shirt...all with our Whaleback Logo.

They are on display...not to be removed. if interested in ordering one, drop down to Stephenville Embroidery.

Thank You to Wendy Wells for taking the lead on this project.

PWC:

Kilometres are accumulating...did you know that members of whaleback Nordic skied a total of 10,650 kms! Keep on kickin and glidin.

Just around the corner...

Whaleback Memorial Loppet - Saturday - Feb. 24th
48th, Outfitters NL Marathon - Saturday - March 3rd. Online registration is open...10% discount up until Feb. 24th!

Volunteers required for Cross Country Skiing - NL Winter Games in Deer Lake/Pasadena

Please read note from Judy May...

I'm writing to ask you to publicize with your club members, by Facebook and otherwise, that Pasadena Ski and Nature Park needs additional volunteers from neighbouring clubs to help with the cross country ski events at their club Mar 11-13, Sunday-Monday-Tuesday. PSNP is the venue for those events—they are a small recreational club and would be ever so grateful for some extra hands to help out. The smiling faces of the young skiers will put smiles on the faces of those who volunteer! Please let Jamie Caccia, PSNP Volunteer coordinator, or Judy May, Co-Race Chair, know of your availability.

AED/CPR re fresher

Due to weather conditions, the session planned for Tuesday past has been rescheduled for 9:00AM, Tuesday, Feb. 20th. This new date might auger well for those chalet volunteers who couldn't make it Tuesday past.

Let me know if your interested in the session on Feb. 20th.

Website:

Check out the photos on the Whaleback website...go to 2017-18 ski season and scroll down. Some nice pics of Snowy Owl Classic, Provincial Masters, Candlelight Snow Shoe and Skiers and Friends.

CCNL Ticket stubs

A BIG thank you to the members who turned in their ticket stubs. Still a few out there...please turn in sold and unsold tickets to the chalet attendant.

Thanking our sponsors:

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