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THRILL OF THE HILL

by Jessica Geboers

I am in no way athletic and have little interest in sports. That said, I do like a thrill. I've always loved rollercoasters, and I jumped at the chance to skydive and bungee jump while travelling in New Zealand.

I learned to sail independently at Easter Seals Camp. It quickly became my favourite activity, and I'd be out on the water as often as possible while at camp each summer. I loved the freedom and the elutriating feeling as the sails caught the wind and the boat gained speed--leaning to one side, almost tipping but never capsizing. Sailing is probably the closest I've come to participating in sports.

Fast-forward about 18 years. It's October 2016, and I'm dreading the coming winter. I hate winter. The cold makes my muscles stiff and sore. The snow and ice make it challenging, and sometimes dangerous, to

walk around with my canes; but even more challenging to get around in my wheelchair. So, not wanting to spend yet another winter pissed off and isolated, I joined ADDS. I thought it might improve my relationship with snow.



It turns out weaving down a hill in a sit-ski feels similar to catching the wind in a sailboat and is just as thrilling. I enjoy skiing much more than I thought I would. Yes, I love the thrill, but I also like the challenge of learning



A Message from the President

With autumn in its glory, it's time once again to look forward to another winter on the slopes. First and foremost, I would like to thank our devoted volunteers, donors and hosts at Mansfield Ski Club. I'm short for words to express my gratitude for what all of you bring to our organization. As many of you know, We are the first and only in adaptive ski club in Canada that caters uniquely to participants nineteen years of age and older; a demographic that all too often falls through the cracks as it pertains to adaptive sport and the well-being attained through organized recreation.

On that note, I would like to thank Fred Gaby, our Chairman of Fundraising for spreading awareness about our cause and making our membership fees financially attainable for all of our participants. My sincere thanks to all for the great work you do!

This year, our annual "Think Snow" social will take place on Friday November 22nd

new skills. I often don't even mind falling on my face, because it means I'm progressing and becoming a more independent skier.

I've also made new friends through ADDS. In many ways, these new relationships are the best thing to come from me joining the group. Not only do they make ski days more enjoyable, but they also extend beyond the ski season and improve my life overall.

I now have a slightly better relationship with snow.

at The Mandarin Buffet located at 1027 Finch Avenue West. If you're able to attend, I invite you to join us for dinner and the opportunity to socialize in the spirit of skiing. The cost is \$30 per person.

Our 2020 ski season will run on Saturdays from January 11th to March 4th. As we strive to develop both skiers and volunteers, all volunteers are encouraged attend our pre-season training session to be held at Mansfield on January 4th. Please earmark the date.

As we are an organization solely comprised of volunteer staff, if you or someone you know is interested in helping out in any capacity, please reach out to me directly at ski.adds@cadstontario.ca

See you on the slopes!

A handwritten signature in black ink, appearing to read "Eleanor Shin".

The 2019 CADS Festival

Submitted by Eleanor Shin

Going to the CADS Festival for the first time was the perfect way to end the ski season! I had an incredible time, learned so much about skiing, and made such wonderful friends in Kimberley. We had beautiful weather: 14C, bright blue sunny skies, and spring skiing at its best!

What really stood out for me was how amazing and welcoming everyone at the festival was - it was easy to make friends and have a great time! So many incredible memories... a spectacular pre-festival trip to Fernie with our ADDS family, relaxing daily apres-ski hot tub sessions, fun socials, getting to ski with Cookie Monster, cheering on the locals at a Kimberley hockey game, and chillingax in gorgeous hot springs in the mountains, to name a few. I was even lucky enough to have three amazing ski instructors one day, who cheered me on as I won the title of the fastest female skier at the festival. Zachary Dow won the medal for fastest male skier - go Ontarians, go!

A big thank you to both ADDS and CADS for all their encouragement and support. Going to this festival has been eye-opening for me and has really reinforced my goal to become the best volunteer ski instructor I can be in the upcoming season. I want to help others with disabilities feel the same exhilarating feelings of freedom I felt from my own disabilities with this spectacular sport!