

Skiing in the Townships



the
Record

Friday, January 17

Ski group funds programs for novices and experts

The Canadian Ski Association (CSA) is the national sport governing body for amateur skiing in Canada. The CSA's mandate is the development of elite athletes and pursuit of excellence in all forms of skiing.

With an operating budget of over \$3 million, the CSA is funded by Government of Canada through the Fitness and Amateur Sport Ministry (53 per cent), sponsors, suppliers, the public at large, and through the association's self-help activities.

Through these funds the CSA provides such programs as the Elite Athlete Program, Nancy Greene Ski League (alpine), Jackrabbit Ski League (cross country), Bump League (freestyle), and Tour Leader (cross country).

PROGRAMS

The Elite Athlete Program is designed to develop and coordinate programs for the development of competitive skiers for National Ski Teams representing Canada in international competition.

The Nancy Greene Ski League is a program designed for a child's enjoyment while encouraging a love of skiing, without any intense competitive pressure. There is no minimum age limit for a youngster wanting to participate in the program but any child turning 14 years of age before the start of the new year is ineligible.

The Nancy Greene Ski League, inspired by the dramatic performance of Nancy Greene in the 1968 Olympics, had its start in the same year in the Southern Ontario Division of the CSA. Since its development as a national program in 1970, the league has expanded to include 5,200 racers divided into over 400 teams across Canada.

The League encourages team ef-



fort and team spirit.

JACKRABBIT

The Jackrabbit Ski League, adopted nationally in 1980, is a program for children 8 to 13 organized through the clubs and divisions of the CSA. It is designed to acquaint children not only with cross country skiing, but also with the general concepts of fitness and nutrition.

The Jackrabbit Ski League provides a skill awards program to allow children to measure their progress and to experience the satisfaction of earning awards for newly acquired skills. The league

also offers a speed awards program.

Participation is the key objective of the Jackrabbit program. Children are encouraged to participate at their own level of interest and expertise. The essential ingredient of all Jackrabbit activities is fun.

The aim of the Tour Leader Program is to help more people into ski touring and to make recreational skiing more interesting and more fun; more diversified, more advanced and safer.

The Tour Leader Program is set

up to encourage improvement in ski touring skills and related subjects and is aimed specifically at those who would lead others on a ski tour.

BUMP LEAGUE

The Bump League is designed to aid young people in their pursuit of excellent freestyle skiing by providing a fun-oriented competitive experience. The object is to have fun while learning in a natural skiing environment.

The program uses a dual mogul format, where skiers ski-off against one another, being judged

simply on a win or lose basis. The winners advance through an elimination process and are presented with awards to signify first, second or third place finishes.

The Bump League Program provides an alternative or feeder program to the more competitive and demanding aspects of the freestyle discipline.

For more information on any of these programs, contact your local Canadian Ski Association office or write to the National Office, Canadian Ski Association, 333 River Road, Ottawa, Ontario K1L 8B9.

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National Ski Week bargain packages

Lots of people walk on two slender wooden or fibreglass rods when they go outside in the winter. Canadians across the country will enjoy a special celebration of their favourite winter sport during National Ski Week, January 18 - 26, 1986.

"Cross country and downhill skiing are two of the five most popular winter sports in Canada; together they are the number one sport," says Judy Kilbourne, Executive Director of the Canadian Ski Council, the federation of all 10 national ski associations and provincial councils which sponsors National Ski Week.

Both cross country and downhill skiing have grown in popularity during the last few years. Ski resorts across the country report tremendous increases in skier days — up from 17 million in the 1983-84 season to 23 million in 1984-85. And

the most recent Canada Fitness Survey points out that more youths between the ages of 10 and 19 cross country ski than play hockey, long considered to be young Canadians' favourite winter sport.

To introduce even more Canadians to skiing, ski areas, retailers and other ski organizations across the country will sponsor a range of special events during National Ski Week. Many ski area operators will offer special discount beginner packages and free lessons and ski parties. Celebrity races and other fun activities will lure skiers out to the slopes and trails in record numbers.

"Our theme for National Ski Week this year is 'Ski...Canada...Ski!'," says Kilbourne. "That just about says it all: we really want to get Canadians of all ages and abilities out on skis — for the sheer enjoyment of it."



Business is still strong after a quarter of a century

SUTTON — Not many businesses reach the 25-year landmark.

But Mont Sutton has, and the ski resort is celebrating the silver anniversary with a party that's going to last the entire ski season.

The family business officially opened Dec. 17, 1960. And it's still run by the same family — indeed, the third generation is slowly making its way into the ranks of Mont Sutton employees.

Grandfather Harold Boulanger moved to the area with his young family, says communications director Micheline Côté Frizzle. The patriarch operated a dairy farm.

"He decided he wanted to offer more to his children," she says, "And the oldest son was keen on skiing."

"My four brothers and my father," explains Robert, another of Harold's sons, "we wondered why we should have to ski elsewhere (in the United States). And we considered — Sutton has a mountain. Why not make a ski hill right here."

There were, of course, much more practical reasons, too. Another business would give "the boys" jobs in the winter.

"The market for milk products was minimal," admits Robert. And the winter schedule would allow them to keep their employees on the payroll for the entire year.

Older brother Réal, says Côté Frizzle, was the mover and the shaker. A master skier, it was his planning and design that made Mont Sutton what it is today. Réal spent seven years skiing at Stowe, learning everything he could about the sport, the trails, anything and everything. Then Harold bought a 2,400 acre piece of mountain, and let his son loose.

"We took a risk," acknowledges Robert, president of Mont Sutton since Réal's death a bit over two years ago. "We weren't sure how things were going to work out. But we haven't regressed."

The hill had to keep growing — and it did.

"We had to continue to develop the facility," Robert explains. The resort has grown from a few trails and one chair lift in 1960 to a mini-village. Robert announced the near-completion of a \$5 million investment this winter.

The outlay means Mont-Sutton can claim a few firsts in the ski resort market.

They are the first in Canada to purchase and install a detachable quadruple Austrian-made chairlift — at a cost of \$1.5 million. Seats can be disengaged from the cable, allowing it to attain a speed of five metres per second, halving the time skiers must spend on lifts. It

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The climate is ideal here

(NC)—The cold Canadian winter lulls many into cozy hibernation and subsequently, a noticeable drop in fitness levels. That's unfortunate, because Canada has an ideal climate for one of the best fitness-building activities of all — skiing.

"Our studies show that an average Canadian's fitness level actually drops from 10 to 15 per cent

between November and April," says Dr. Murray Hall, medical director of IMPCO Health, Imperial Life's health and fitness subsidiary. "The good news is that skiing — especially cross country or nordic — has become widely recognized as one of the best activities to build and maintain fitness levels."

So if you've looking for a way to get fit, have fun and enjoy the scenic outdoors this winter, skiing is a

natural choice.

FITNESS BENEFITS

"Cross-country skiing is particularly good," says Beau Kent of the Fitness Institute in Toronto. "It develops good heart-lung fitness as well as muscular endurance for both arms and legs. Cross-country ski racers consistently rate highest in overall fitness levels compared with other athletes," he adds. The chart below shows how skiing measures against other sports in terms of fitness benefits.

Cross-country skiers will obtain maximum fitness benefits if they learn how to ski properly. For this reason, Kent and other experts suggest that newcomers to the sport take a lesson or two from a qualified nordic ski instructor.

For those who prefer the challenge of downhill or alpine skiing, the news on the fitness front is also bright. Although downhill skiing is not an aerobic exercise as is its cross-country counterpart, it does offer other positive benefits.

"Although downhill skiing is not the best choice for developing heart-lung fitness, it does build leg strength and it's excellent physical activity because it usually lasts all day long," says Kent. "Most downhill skiers spend a least five or six hours out on the hills, while other athletic activities are enjoyed for far shorter periods."

For more information about skiing, write to the Canadian Ski Council, 1220 Sheppard Ave. E., Willowdale, Ontario, M2K 2X1.



Bedford and Sutton folks can ski free next week

SUTTON — Wanna ski for free?

Each year during National Ski Week residents of the town and township of Sutton are offered free skiing time at Mont Sutton. This year enthusiasts from the town of Bedford are also invited. And those who have never been on skis before can have a free try on the slopes, too.

"It's extra participation" in Ski Week celebrations on the part of the ski hill, says communications director Micheline Côté Frizzle.

Permanent residents of Bedford who visit the resort Jan. 20-24 will be given a daily pass free. Those

living in Sutton can get 48 more hours of skiing in — from Jan. 20 to 26 inclusively.

A driver's licence, health insurance card or similar identification is required.

Last year 825 passes were given to adults and 434 children's passes were handed out.

And newcomers to skiing (regardless of where they live) also get a bargain. The INISKI beginner's program is being offered free of charge Jan. 18-26.

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Snow mover mixes in air to transport flakes about



From last page

also raises capacity to 2400 skiers per hour, up from 900.

Then there's the new 'snow-mover'. Manufactured in France, the snow-mover transports surplus snow to areas where it is needed. Partly a snow-blower and partly an air pump, it mixes air with snow. The air pushes the snow to the end of the tubing attached to areas up to one kilometer away which need it. The equipment itself is mounted on top of a caterpillar tractor.

Only one other snow mover is in use in Canada — in the West.

And the snow-making system installed last year will be expanded to cover three more trails. Fif-

ty of the resort's 150 acres of snow are now partially served by the artificial snow-making system. The snow-mover covers another 50 acres.

"With our \$5 million investment," says Robert, "we're going to generate some \$20 million in revenues in a couple of years."

The rest of the money is going into developing accommodation, restaurants, shops and the like. Work will be finished by the spring.

It's all part of this year's big bash. And just about all the special activities revolve around the magic number 25.

The 25th of every month features a "huge draw" says Côté Fizzle. "About 1200 people registered" for

the last one. And when the day's skiing is over, all gather at the top of chairlift number two for dinner. And the hardy can ski down the trail by starlight.

"Some asked to go up again for a second run," says Côté Fizzle.

Then it's off to the chalet for an astronomy session. The curious can watch Halley's comet or just look at the stars. On cloudy evenings an expert will come in and explain the equipment.

Jan. 26 is retro day — 1985 skiing conditions for 1960 prices.

The first trail, Alouette, has been renamed the 25th anniversary trail. Prizes are given every morning to select skiers. The celebratory activities are endless.

Artificial white stuff a necessity now

Snow is the bottom line for skiers.

They'd prefer that it come from the sky, but man-made snow is much better than nothing. They want the hills covered, with a good base — for as long as possible.

What people sometimes forget is that although there may be no snow on the city streets, the advent of snowmaking equipment means there is good skiing at resorts which may be only an hour's drive away.

Many of these ski resorts could not survive without artificial snow and most are now arming themselves with the latest in snowmaking technology.

The principle behind artificial snow has not changed since its discovery. Some believe that happened following World War Two, when Canada's National Research Council in Ottawa was mixing compressed air and water to simulate high-altitude conditions in the testing of jet aircraft wings. It was the misfortune of the technicians that the snow accumulated regularly in the wind tunnel and had to be shovelled out. Others believe that a Florida orange grower made the discovery when trying to protect his crop from a "killer" frost.

Whichever, ski resorts today use the same basic air-water mixture to make snow. The two elements are pumped up the slopes in separate hoses and combined under great pressure in spray nozzles or "guns". These are strategically positioned on the hill.

Although vast amounts of artificial snow can be made this way, the system is extremely costly. It is labour intensive, demanding that many long, cold nights be spent aiming the guns and adjusting the mixture. Large resorts can spend \$1 million just to keep their hills covered.

But an Ontario engineering firm devised a computerized snow-making system that cuts the need for labour and automatically controls the critical air-water mix. Plugged into on-hill sensors that monitor over 20 atmospheric variables, the computer eliminates

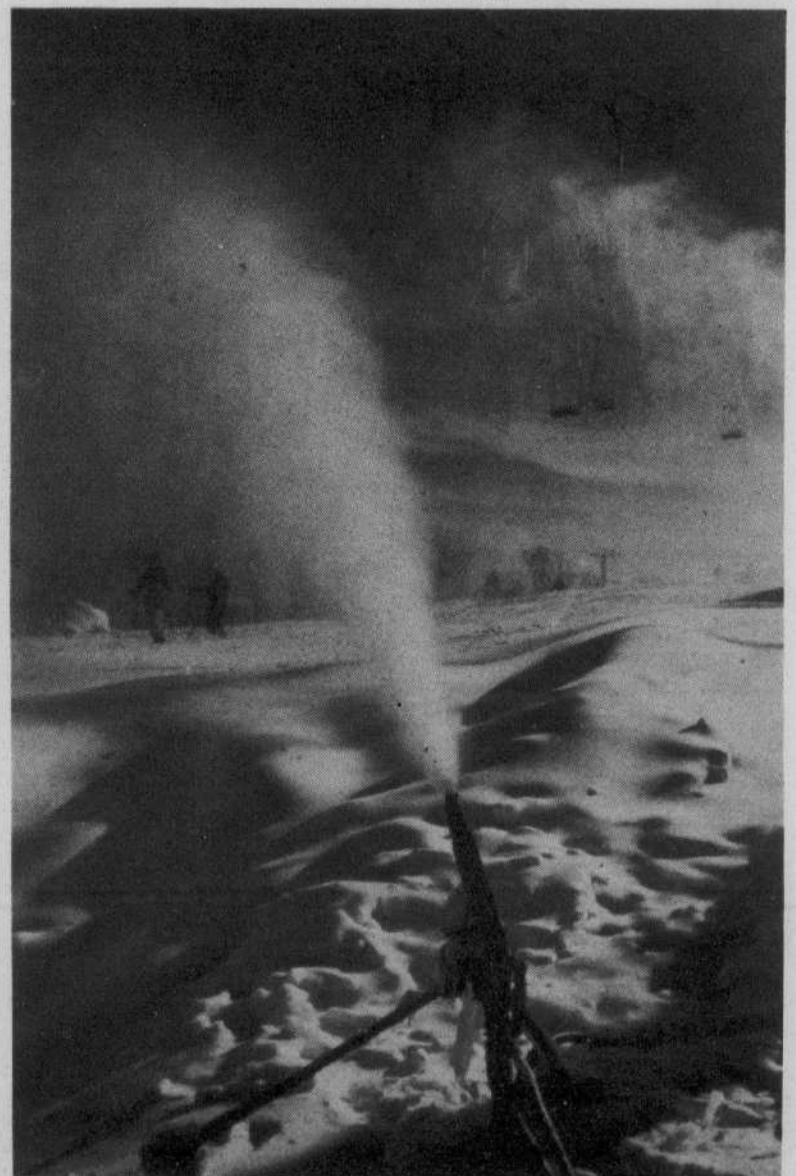
costly human error. It thus reduces energy consumption and provides a nice, even spread of "quality" snow on the hills.

It was at Ontario's Blue Mountain that the first Canadian computerized system was installed in 1979. The resort immediately cut its snow-making bill in half and anticipates that the installation, worth several million dollars, will pay for itself in a few years.

At Mont Tremblant, now the biggest snow-maker in Canada, great

savings have been realized with the installation of nearly sixty guns which can be automatically adjusted by the push of a button.

Mounted on towers, the guns are powered with enough compression to spray across an entire hillside. The snowmaking industry is also talking about freeze-drying the compressed air to further refine the quality of man-made snow — to create, one might say, the closest thing possible to nature's perfect snowflake.



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Couple didn't originally start out with skiing in mind

MANSONVILLE — "That's a funny question to ask."

Fred Korman, owner of the Owl's Head Ski Resort, can't answer the question.

He's not sure why he dove head-first into the ski hill business a quarter of a century ago.

"I really don't know... Why do you do what you do?"

Korman "started it (the operation) from scratch," says public relations officer Lalage Hackett, "and built it up over 20 years. And he's still developing."

On the drawing board is a multi-million dollar condominium project and village-style development project for the base of the mountain.

But Hackett hasn't any insights to offer on Korman's motivation either.

He thinks about it for a little while. "I imagine in other areas skiing was getting more popular, with Sutton and Orford. The mountain was more or less suitable... so I decided to try."

Korman had bought some land and wasn't quite sure what to do with it. Then another lot was purchased—bringing the total to 1,200 acres. "At that time we (Korman and wife Lillian) didn't have skiing in mind. After we looked at it from that angle," the couple decided to make a go of it. Two chairlifts and a t-bar later, they were ready to go.

And business is still good.

"We're not going to complain about business, especially this time of year. We can guarantee skiing," he says. The man-made



snow back-up system, one of the most comprehensive in the Townships, covers 80 per cent of the trails and slopes on the mountain. And a press release reads, "MRG, Quebec's major snow conditions reporting network, honoured us with

their most improved snow conditions award for the '84-'85 season!"

The chairlifts now number six, with a capacity of over 6,000 skiers an hour.

And are the slopes crowded?

"How can you say whether

you're over capacity or under capacity?" Korman wonders. "Where do you draw the line? It depends on how long you want to wait in line. On most crowded days the wait isn't 15 minutes. I think a five, 10 or 15 minute wait is not un-

reasonable."

Some repairs were made over the summer. 'Lilly's Leap' has been widened from the summit on down and some corners smoothed

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Woman who lost a leg to cancer still on the slopes

(NC) — When Lynda Chzyk, 27, lost a leg to cancer in the fall of 1978, she never imagined that within a few years she would be competing at high levels of international alpine skiing for the disabled.

"I figured at first that everything was over and thought of all the things I couldn't do," she says. The most difficult obstacle to overcome, however, was not her physical disability. "The difficulty was in my mind, in the lack of confidence I felt."

Chzyk found that one of the best ways to regain that confidence and morale was to throw her energy into the challenges of downhill skiing.

"When I heard about the excellent ski instruction program for the disabled, I was determined to compete in international downhill racing," she recalls. "I had a problem at first with my balance — I kept thinking my other leg was still there and kept trying to lean on it!"

After three years of hard training, Chzyk earned a position on the National Ski Team for the Disabled in 1982. She went on to compete in the third World Winter Games for the Disabled in Innsbruck, Austria, and placed third overall. Chzyk now skis four months of the year in training with the National Disabled Alpine

Team, and is one of 28 women and men who will compete in the World Disabled Championships in Salen, Sweden in April, 1986.

"I also enjoy recreational skiing with my friends," says Chzyk. "I find it helps to improve my style and technique, and I enjoy being faster than most others on the slopes."

MORALE BOOSTERS

"Lynda Chzyk is one of an esti-

mated 2,000 disabled people who have found that skiing has opened a whole new world for them," says Jerry Johnson, executive coordinator of the Canadian Association for Disabled Skiing (CADS). A member of the Canadian Ski Council, CADS aim is to encourage disabled persons to try skiing. "Mastering a demanding and challenging sport like skiing, downhill or cross country, is excellent therapy for

one's mental outlook."

Johnson emphasizes that any disabled person can ski recreationally if she or he has some form of self-mobility. Thanks to an adapted teaching manual that allows instructors to teach the disabled and to the greater availability of modified equipment, many disabled — including amputees, victims of polio and cerebral palsy, the blind and deaf, and individuals

with emotional and mental handicaps — can now enjoy skiing.

"I can't remember anyone not enjoying a day on the slopes," says Johnston. "After a day's energetic skiing, everyone feels more relaxed and positive about himself."

For more information about skiing, write to the Canadian Ski Council, 1220 Sheppard Ave. E., Willowdale, Ontario, M2K 2X1.



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Handicapped skiers will compete on Saturday



From last page

out. 'Centennial' is now more easily accessible from the two chairs unloading at the top. And the trails leading off the Blue Chair have also been modified to improve flow.

The resort features 20 km of slopes and trails (as well as 8 km of cross country trails) with a summit elevation of 2,450 feet and base elevation of 680 ft.

Six grooming vehicles often work around the clock.

The ski school includes a staff of 30 instructors headed by former national team racer Bob Richardson.

Owl's Head will be hosting a special dual slalom race this Saturday

(tomorrow morning).

"The *Conseil pour les skieurs handicapés*, part of the Quebec Federation of Skiing" will be on the slopes. "Blind skiers, they ski with a companion. It's something nobody thinks about. Special equipment is adapted for each skier. It's consciousness raising. Skiing is not limited to the hale and hearty. Anybody who puts their mind to it can ski."

Tuesday, Jan. 21 is Ski Ami day. The ski ami coupon booklet gives the bearer discounts at many ski resorts on specific dates. But on Tuesday, anybody with the booklet can ski for \$6 at Owl's Head.

The Iniski program, for first-

timers, costs \$10 and includes equipment rental, ticket and lesson.

"It's very popular," Hackett says. "we have to turn people away. Think about it — \$15 equipment, \$15 for the day ticket, \$15 an hour for the lesson; that's \$45. It's a deal for \$10."

Back to Korman: "That's again a funny question."

This time the question was about his future as owner of Owl's Head.

"If somebody comes along and he wants it worse than I do, it could always be considered. I mean, money talks!" he says with a laugh and, one imagines, a twinkle in his eye.

Not as expensive as you think

(NC) — A popular misconception about skiing is that it's expensive. But when compared to other recreational activities, skiing offers excellent value for the money spent.

"Often teenagers spend \$25 for a ticket to see a favorite rock star. Theatre tickets can reach \$30 each these days and some people spend far more for a good restaurant dinner," says Judy Kilbourne, executive director of the Canadian Ski Council, a federation of 10 national ski associations and provincial councils which aims to encourage increased participation in recreational skiing. "Compared to the cost of many other sports, a full day of excitement and challenge on the slopes is a great bargain. A lift ticket for a full day ranges from \$10 to \$24 — an hour on the tennis court can cost as much as \$30."

Whether you're just beginning or a frequent visitor, there are many simple ways to keep the cost of skiing down while still enjoying it to the fullest.

DETERMINING YOUR NEEDS

Kilbourne recommends that novices rent equipment during the initial learning phase because this gives them a chance to 'try before they buy'. "There's a wide range of

equipment on the market and it's essential to determine personal preferences and needs prior to purchase — the best way to do this is to 'test drive' a range of equipment," she says.

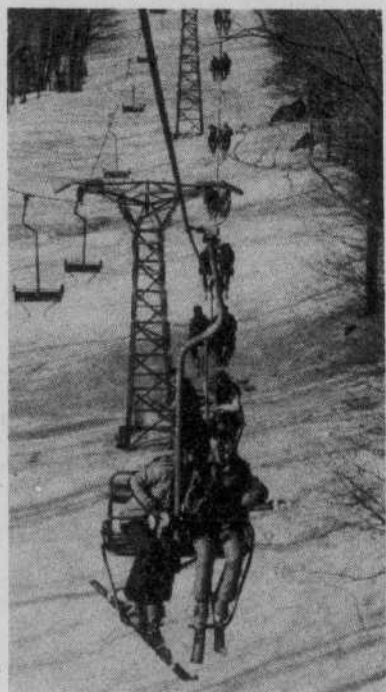
"Once skiers have gained a sense of their individual abilities and equipment needs, they should go to a reputable ski retail shop with a knowledgeable sales staff. Expert sales advice can be worth its weight in gold because it can help skiers make the right investment," she adds. "Buying equipment doesn't have to be a major expense. A growing number of retail shops allow skiers to trade in old equipment, applying the value to the cost of new equipment."

Cost conscious downhill skiers can stretch dollars even further by taking advantage of special discounts on lift tickets. Many ski areas offer discount prices after noon and during special promotions. And throughout National Ski Week — scheduled for January 18 to 26 — many areas across the country will offer great promotional deals at bargain prices.

Economical cross-country skiing is growing in popularity, says Kilbourne. "The number of cross-country skiers has grown by

142 per cent since 1976," she says. "That's not surprising when you consider what fun it is and what great value it offers."

For more information about skiing, write to the Canadian Ski Council, 1220 Sheppard Ave. E., Willowdale, Ontario, M2K 2X1.



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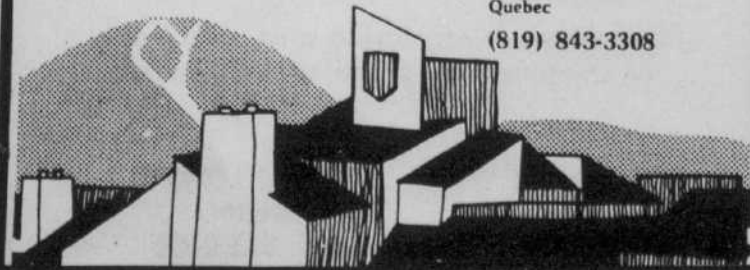


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Jello jump is the biggest attraction

KNOWLTON — The biggest attraction may be the jello.

It's the jello jump, actually. Workers at Mont Glen dig a hole at the bottom of a trail-ski jump, and fill it with 500 gallons of jello.

"You make sure they can't get over it," says Dick Shea.

"The whole idea is that you have to enter into the jello. You don't have to be graceful, just get in it. Some nose-dive, some see if they can hit it hard enough to splatter 400 people," he explains.

It's sort of strange that a ski resort's biggest activity is held in March and really doesn't involve snow that much. "Everything else (we do) is sort of normal."

Shea and partner Pat Côté are Mont Glen's fourth owners.

"We've operated four years," Shea says. "We took it over when it was going under. We had the concessions before, the food and the ski shop business."

Shea lived in Tampa until 1975, when he sold off the midway he owned and moved to Quebec. He got involved in the resort "because I live right across the street from the ski hill. In the carnival business, we had rides. It's similar (to working concession stands); it's the same thing only in the winter time. You're selling entertain-

ment. But it's just a job — that's what it turns out to be after a bit."

Running a ski hill is no easy task. Business lasts 14 weeks and the company has to make enough money during that time to keep it going for the rest of the year.

"If it doesn't snow..." Shea says, his voice trailing off.

It's especially hard with insurance rates skyrocketing. "There's not a Canadian company with liability insurance anymore. Our rates went up 600 per cent this year — up over \$10,000."

It's sort of ironic that Shea is a half partner in a ski hill. He's never been on skis.

Payroll single greatest cost

So just how much does it cost to operate a ski resort?

The most obvious capital costs are, of course, the buildings; chalets, restaurants and the like. But then take, for example, payroll. This is the single greatest cost at most ski areas, the largest of them employing over 700 people during the winter. For every employee operating a lift or serving food in the cafeteria, there are many more who work on night crews reshaping the mountain for the coming day. Other paid employees include legions of instructors, a complete mechanical staff, food and beverage people, housekeepers, maintenance crews, administration — the list goes on. Ski resorts have the payroll commitments of a large company.

Another obvious expense is groom-

ing equipment, lift systems, and snowmaking apparatus. Ten or fifteen years ago these were rudimentary and less efficient than contemporary models. But efficiency comes at a price. To handle skier traffic this machinery must be manufactured to the highest specifications. A single chairlift can cost hundreds of thousands of dollars, and a computerized snowmaking system can run to several million dollars. In terms of purchase and maintenance, owning a fleet of grooming machines is something like owning a fleet of small yachts.

Needless to say, all the equipment used at a ski resort must be kept in top shape. By law, everything mechanical is inspected as regularly as a jet aircraft engine. The safety record of the ski indus-

try is extremely good.

Lift systems are routinely dismantled, cleaned, and lubricated over the summer. Hundreds of chairs and dozens of lift towers are painted.

The end of a ski season also means that hillside grass must be cut regularly. That's like cutting a golf course at an extreme angle (with no one paying green fees). Drainage is another concern. To prevent trail erosion, thousands of dollars are spent digging run-off culverts. The expense is at least quadrupled if new slopes are cut. Surveyors must be hired, hundreds of trees must come out, large rocks are quarried one by one, bulldozers smooth and grade, and finally workers lay seed by hand. And it's all done on an angle. That fact alone makes each operation very costly.

Finally, there's the cost of money itself. It is a rare ski area that doesn't pay some sort of government land-use fee or hold substantial mortgages on its own property. Vast tracts of prime recreational land — no matter how isolated — command fantastic prices. There are also construction loans and building mortgages to deal with, insurance policies, and maintenance loads.

With all this, you have to wonder why a lift ticket isn't \$30.



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GROOMED SLOPES FOR THE PLEASURE OF SKIING

Bellevue is beating all of its records this January

SHERBROOKE — Because it was there.

Jean-Claude Tremblay says the City of Sherbrooke built a ski resort because there was a great big mountain in the middle of town.

"There was mountain, a natural mountain. I think the idea was to give city residents the chance to ski."

The hill was opened in the late '50s and this is its best year yet.

"It's an exceptional winter. Our lifts have a capacity of 2600 skiers an hour. If we take weekends and evenings, we're already at capacity. To say we have a good clientele... we've tripled the number of skiers," hill manager Tremblay says.

"There have been 25,000 so far this year. And this is only January. We've beaten all our records. In seasonal passes alone, we've sold 700."

This is Tremblay's first year as manager, although he's worked on the hill for 10 years. He says the only change from last year is the addition of a new double chair lift. Improvements over the years have included cross country ski trails, extra lifts and fixing up existing trails.

But he's still surprised at the reaction he's gotten to the lift.

"It's the principal attraction. With the addition of the lift, I was never prepared for people who were coming to see the new installation.

Mont Bellevue has no special activities planned for National Ski Week (which starts tomorrow).

"We didn't receive anything about it. They probably sent stuff to all the big ski centres," says Tremblay. But with the hill's low prices, he says, it wouldn't be possible to make further reductions.

"You can't say that we're making a profit," he says of the operation. "But we're going to try to lower the deficit. We'll see at the end of the year."

Shaping up for winter sports

There is no truth to the rumor that you have to be in "Olympic" condition before hitting the ski slopes this winter. Make one trip to a local ski area, and you will see people of all shapes and sizes enjoying the clean, crisp, fresh air of winter through the sport of skiing.

According to experts, getting in skiing shape does not require a long-term program of extensive calisthenics or hours of roadwork. Just a few, simple exercises, which you can perform in the comfort of your own living room, will be enough to tone and stretch those ski muscles to assure the optimum enjoyment of this winter sport.

Warmups and stretching exercises are key to getting your ski muscles into shape. A good way to get started is a five-minute program consisting of: running on the

spot for one minute; hopping for one minute, switching one leg to the other; performing leg kicks for one minute; and six explosive jumps, by getting into a crouched position and jumping into the air, landing in a semi-crouch each time.

Your thighs are important in your toning program. To get these important muscles into shape, try straddle stretches. For this exercise, firmly plant your feet about two feet apart and lunge gently side-to-side stretching your knee over your toe and shifting the weight of your body.

Co-ordination can be aided through a simple exercise known as a bench jump. Just place an object such as a gym bag in the centre of the floor and jump over it repeatedly, bouncing on the balls of your feet and keeping your arms outstretched and tight. Try to jump as high as possible until you feel fatigued.

Push-ups and "wall-sits" are good exercise to perform in order to gain some extra strength. Doing push-ups in sets of five with your arms placed in various balancing positions is a good idea. For "wall-sits", lean against a wall and pretend you are sitting in a chair. Keep your spine flush against the wall and your hips and knees at 90 degree angles. For this deceptively difficult exercise, it is recommended that you try 15 to 20 se-

conds at first, gradually working up to three-to-five minute periods. This will help you get ready for that natural skier's position: knees flexed and body leaning forward.

Getting tired often shortens your fun on the slopes. To increase your endurance, you might jog for the short periods, swim or ride a bicycle. In your living room, other exercises are more practical. For example, climbing stairs is a great way to build endurance. Ten flights up and down in sets of five or ten repetitions will strengthen leg muscles and improve breathing control. Squatting exercises and crabwalks, walking on all fours with your stomach facing the ceiling, are also effective for increasing endurance.

Jumping rope is a good alternative to jogging. Alternate jumps, foot to foot, springing from the ball and toe to each foot, is a good method to utilize. Adjust the height of your jumps to minimum so that the rope just barely passed under your feet. By starting slowly, then accelerating while breathing naturally, you will help promote balance and develop independent leg action.

Finally a few sit-ups are recommended for getting your abdominal muscles into shape. By rotating your body as you begin each sit-up, you will further strengthen your stomach and back muscles.



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SKI FOR THE FUN OF IT.

Skiing is not a high-risk sport

(NC) — Contrary to popular opinion, skiing is not a high-risk sport. In fact, this winter more than 20 million day ski passes will be sold across Canada, but fewer than 1/100th of one per cent of those skiers will be injured.

"Skiing is an adventurous and challenging sport," says John Leu, executive director of the Canadian Ski Patrol System (CSPS), "but rarely a dangerous one."

Leu compares the "skiing is dangerous" myth to the publicity surrounding an air disaster. "After all the publicity given to a plane crash, there's an irrational fear of flying until people realize that an overwhelming majority of travellers fly safely."

Leu stresses that while the injury rate is small, there are three golden rules that skiers should follow to further reduce the chances of accidents on the slopes and trails. They are quite simply: be prepared, be considerate and be aware of your own skiing ability.

Being prepared means having your equipment checked by a professional ski retailer, and being in reasonably good physical shape before you start skiing. "It's a demanding sport, and warm-up exercises are always a good idea, especially for the leg muscles," says Leu.



When actually skiing, your best protection is courtesy and common sense. "Collisions between skiers account for most injuries," explains Leu. "As a general rule, that slower skier or the skier below you has the right of way and needs your consideration."

The third golden rule means being realistic about your own limitations. Don't ski on slopes that are too advanced for you, don't ski too fast to maintain control, and look ahead down the slope so you're prepared for abrupt changes in the terrain.

One final reassuring note is the

expert help of the Canadian Ski Patrol System, in case the unexpected does occur. "The first priority of the CSPS is to prevent injuries," says Leu. "But we are well equipped and trained to handle emergencies. We have more than 5,000 volunteer patrollers offering rescue and first-aid services to all accident victims free of charge. Fortunately, the great majority of skiers will never require our services."

For more information about skiing, write to the Canadian Ski Council, 1220 Sheppard Ave. E., Willowdale, Ontario, M2K 2X1.

Hats off to pioneer who founded resort

NORTH HATLEY — Eric Schiller is sort of the father of skiing in the Townships.

He founded the area's oldest resort back in 1937. "He was cross-country skiing when he noticed that it was a good place for downhill skiing. He noticed that North Hatley had a nice mountain," explains Montjoie's current director of operations, Robert Nadeau.

"He pioneered skiing in the Townships. I take my hat off to him."

Schiller, of Swiss and German descent, discovered that "everybody wanted to get involved in outdoor sports."

He solicited the help of a few friends in Sherbrooke, doctors, Nadeau specifies, and the group bought up the whole mountain. Schiller was also involved, Nadeau says, in setting up operations in Bromont, Sutton and Mont Echo.

The whole thing started in North Hatley with a club de ski, then an inn was added. A large swimming pool helped prolong the tourist season.

Nadeau has been around since 1960, "and I've continued the operations Schiller began. I've added a t-bar, night skiing, and modernized things."

He's tried to do much more, but requests for grants and subsidies keep getting turned down.

"I hope the government is going to wake up," he grouches. "We can take 1000 skiers on the slopes per day. Presently there's only about 500. With modern equipment, we could double our actual capacity. We need new machinery to satisfy the customers."

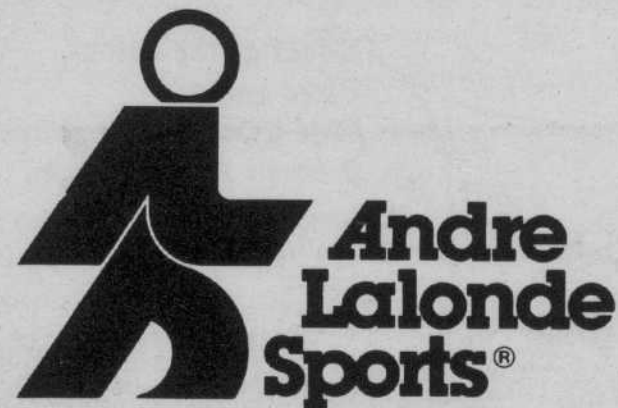
But Nadeau's not complaining. "We're having a good season. We've had bad ones — when it doesn't snow. But we're looking forward to some good times."

Those good times aren't restricted to barreling down mountain sides. "And the ski season isn't even over when the sugaring off starts." There are 3000 maple trees on the property. The owners make good use of it, bringing up to 250 people in for maple syrup on snow.

Nadeau calls Montjoie a "family ski centre."

Employees will install a sound system for National Ski Week. "We're putting music" all over the mountain, Nadeau says. And a day lift-ticket will only cost \$5 on weekdays (Jan. 20-24).

Montjoie boasts 17 downhill trails, with lifts trailing 2,500 ft. to the summit.



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RECREATIVE AND COMMUNAL SERVICES

PUBLIC RELATIONS

Ski hill has turned into year-round vacation resort

ORFORD — Mont Orford isn't just a ski hill anymore.

Most resorts are in operation the few weeks each year with enough snow on the ground to slide skis over. Not so here.

First off, Orford is huge in its own right. Mont Orford, Mont Giroux and Mont Alfred Desrochers are the big three mountains which together make up the Orford complex. But the complex is really the area's principal tourist attraction year-round. There's the golf club, the arts centre and camping, too. Turning Orford into a megavacation complex 12 months out of the year. Visitors over the summer total over 135,000. And over 200,000 flock to the area in the winter to both cross country and down hill ski.

The skiing facilities are impressive.

The 'Maxi', a trail inaugurated last year, is 4,000 ft. long and covers 11 acres. There are 30 runs in all covering 20 acres. And a triple chairlift, installed last year, is a first on the continent.

The mountain is always, it seems, being fixed up here, developed there. Construction on condominiums was begun last April. The east side of Mont Giroux will be linked to existing trails this winter, and shop and cafeterias were renovated just a short while ago.

The resort has come a long way

since its founding in 1938.

Some of last year's renovations were made possible by financial aid from the provincial government. In all \$14 million was spent on changing, adding and re-

arranging facilities. Phase one involved snow-making — Mont Orford has got it. Over 50 per cent of the terrain is serviced by snow making machines. The ski season can be extended on a few runs. The

new chairlift is also part of this first phase, as well as changes to the trails themselves.

Phase two includes a year-round holiday village. Mont Giroux gets a new chair lifts and new runs.

Phase three depends on how the success of this season. Mont Giroux would get a second new lift, more chalets and a hotel.

"All this and more is necessary," said owner Magnan last year.



Outfitting yourself for cross-country skiing

Experts say your height, weight, skill level and the kind of skiing you'll be doing should be considered in outfitting yourself with cross country ski equipment.

These experts offer the following guidelines:

Fitting Skis — With your feet on the floor, raise one arm straight up in the air. Generally, the pair of skis whose tips come closest to hitting the wrist of your upraised arm will be the right size. There are exceptions to the rule, though: If you are particularly light, you will want a slightly shorter ski because you have less weight to be distributed on the ski and if you are heavier than normal for your height you will want a slightly longer ski to spread your weight over a longer ski surface. Ask your salesperson about the paper test ... a method of determining the skis' stiffness to

your body weight... the important factor to good grip and effortless glide!

If a ski is too long, it will be hard to control and tend to slip backwards when weight is applied. If a ski is too short, it will feel slow and sluggish without much glide.

Fitting Boots — Like any athletic footwear, a cross-country ski boot's performance depends on good fit. It should fit comfortably like a good walking shoe. It should be snug around the heel so your foot doesn't lift when kicking, and it should have adequate room in the toe so circulation is not impeded or cut off.

Fitting Poles — With your feet flat on the floor, raise one arm straight out from your body. Poles that come between the armpit and shoulder are the right length.

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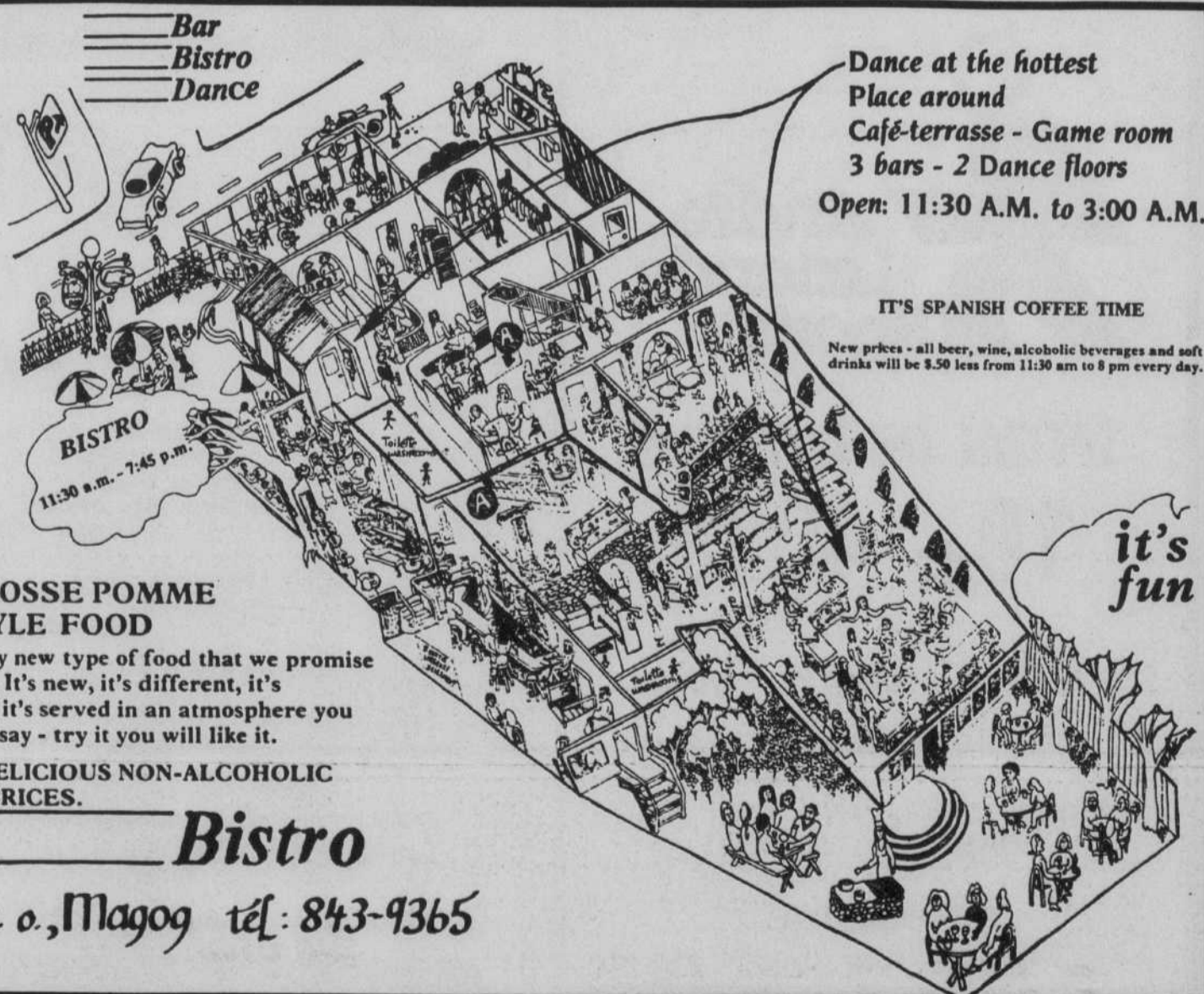
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Don't confuse a simple outing with arctic expedition

Many people confuse a simple cross country ski outing with an arctic expedition and wear enough for several skiers.

Even in its most relaxed form, cross country skiing generates a good deal of body heat and mois-

ture. Too much clothing traps body heat and moisture, leaving skiers flushed, hot and sweaty.

It's best to dress with several layers of light clothing that can be easily taken off or put back on. That way you can adapt to changes

in body temperature and weather as your skiing tempo and the day change.

It is also a good idea to make sure you have adequate clothing to put back on when you stop to rest along the trail. A general cross-country

wardrobe might include:

- A knitted wool hat.
- A cotton-polyester blend turtle-neck.
- A wool sweater. (Even when wet, wool insulates.)
- A windbreaker, either a nylon

knit or cotton-polyester blend that "breathes", is wind resistant, and sheds snow.

- Loose pants or knickers. Nylon knit, cotton poplin or polyester blends are good because they're wind resistant, and shed snow. A pair of good jogging suit pants often works well. Blue jeans and light corduroys are absorbent, not wind resistant and are often cut too tightly to allow comfortable unrestricted motion. They also ice up easily around the cuff.

- Knicker socks or gaiters. Knicker socks should have a smooth texture to keep snow from clinging and balling. Gaiters (cotton poplin shells that wrap around your ankles and lower leg) are an excellent way to keep snow out of your ski boots.

- Long underwear. This may prove too hot on a warmer day or if you are a particularly active skier.

- Gloves or mittens. Wool mittens give you some warmth, even if wet.

- A fanny pack is a useful cross country ski accessory. You can carry all the clothes you take off to put back on when you stop to rest — and as you warm from the exercise. It's also an excellent place to keep your lunch and other necessities you want to carry.



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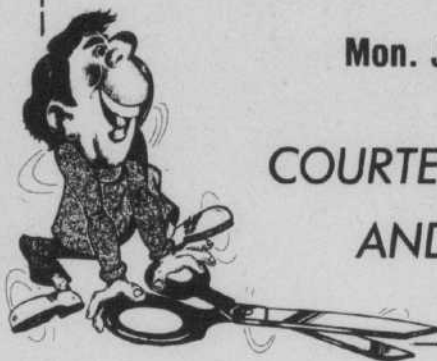
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SUN. 26 Big Blue Jeans Ski Race
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MAR.

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SUN. 16 Bar Harbour Ski Race
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SUN. 23 Elan Ski Demo Day
SUN. 2 Tia Maria & Rossignol Demo Fire (Hoser) Race
SUN. 9 Labett Ski Race
SUN. 16 St. Pat's Day Green is Keen Contest Ski Races
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