



PHOTO BY C. DE LEEUW

CANADIAN ADAPTIVE SNOW-SPORTS PROGRAM (CADS)

By Sean Asam

As we begin a new season with CADS at Castle, we are excited to have a few new volunteers entering the program. Our volunteers are the key ingredient that keeps us running, and with more we will be able to expand.

We have received an awesome donation from Alpenland this season through their movie night. Alpenland has always been a great contributor to our program. Many evenings they have helped us out with quick repairs to keep us running the next day, and the rental team has been very understanding and helpful with our participants any time we have needed a change in equipment. Thank You!



PHOTO BY SEAN ASAM

Our goal is to certify our volunteers up to a level 2 CADS, as this is the minimum we need to instruct a sit skier. This winter we will be running both level 1 and level 2 courses. These courses can be a little tough at times, but they are also quite fun and rewarding. The only prerequisites required for Level 1 are: participants must be at least 15 years of age and willing to provide a police check for the final certification.

Volunteers are not required to be certified and you do not need to be a great skier to help out. We have had a couple of really great volunteers with us the last couple years who were too young to certify, but have been so valuable to our program. We have had many days where it would have been nearly impossible to run without them. Thank you so much Faith and Clair.

Looking forward to seeing everyone out on the hill this year.

CALENDAR OF EVENTS

DECEMBER

Opening Day	2
Christmas Day / Ski With Santa on Huck, Buck & Green	25
First Day of Powder Stage-coach Cat Skiing Operations	27
Night Skiing on Green	31
NYE Daylodge Party and Fireworks	

JANUARY

Castle Mountain Ski Mo Races	6-8
Alpenland Demo Day	7
Provincial Mogul Event	28-29

FEBRUARY

International Ski Patrol Day	10
U14 Provincial Ski Race	11-12
Night Skiing on Green	18
IFSA Junior Big Mountain Event	24-26

MARCH

Alpenland Demo Day	4
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Vitae Enviromental Scavenger Hunt	Every Sunday Jan – Mar
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Live Music at night (T-Bar Pub)	Every Friday except Dec. 30
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Musical Bingo/Trivia Night (T-bar Pub)	Every Sunday
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CMR BOARD OF DIRECTORS UPDATE

By Brian McGurk, Chair

If you have looked at the webcams or visited Castle in the last couple of weeks, you know that winter is here and our winter operations are underway in preparation for another ski and snowboard season. Things are ramping up as the Castle staff get ready for another opening day. Thanks to all the staff, both returning and new, as you gear up for another incredible year of operations at Castle Mountain.

Castle Mountain Resort's organization structure has changed going into the 2022-23 season. Congratulations to the staff members who have taken on new or adjusted roles. We are confident that your skills, energy and teamwork will assist CMR in achieving our goal of financial and operational sustainability.

The existing members of the

Castle Mountain Board of Directors are returning for another year of work to support Castle Mountain. We are fortunate to have this consistency in our Board members, and we look forward to sharing the output of our annual Strategic Planning Sessions and the completion of the Core Village Design initiative later in the season.

Water meters are coming to Castle Mountain in 2023 and all residents have been provided with information to assist with the acquisition and installation, expected for the spring and summer of 2023. The deadline for deposits is December 5. For more information, please refer to the emails that were sent to all residents, or contact the CMR office. Just a reminder, there is ongoing early season activity on all parts of the mountain. Planning to use

the defined uphill route will keep you away from moving equipment and will keep you and our staff safe. The Uphill Policy can be found here: www.skicastle.ca/uphill Play safe and we'll see you at Castle opening day.

YES YOU CAN



Join our weekly yoga classes that run all winter.



Be Impromptu! Bake/Buy cookies and drop them off with Amanda at the Front Desk to distribute to Lift/Maintenance/Ski-School Staff.



Learn more about First Nation history in the area by attending an Uplift Adventure moonlight tour.



Go snowshoeing from top of Huckleberry Chair along Ghost Rider Glades boundary. With a lift pass, you can load the lift carrying your snowshoes.



Pick up your dog waste plus one.



Welcome our new residents with a cold beer or a warm toddy!

CMCA PRESIDENT'S NOTE

By Julie Heinrich, President of Castle Mountain Community Association

There's just something about knowing your neighbours. I've had the extreme pleasure of living at Castle for over a decade now. Calling the Castle valley home has had its struggles and joys. The one joy I am truly blown away by over and over is my neighbours. Our community truly cares. Whether it's a houseplant that needs to be watered, an exhausted staff member who needs a place to sleep, children who need a playground to burn off energy, our neighbourhood has our back.

There's been lots of negatives to focus on lately, but I'm overwhelmed by the good. Let's keep sharing cookies and desserts with the staff, shoveling our neighbor's deck, having potlucks and happy hours, building signage for visitors new and old, and fundraising for an even better year ahead. We have a lot to celebrate so let's celebrate together. I dare you Castle - Expect to be a part of the good yet to come and reap the benefits of our joint capabilities.

“ Exactly one day in your life your kid will ski as good as you. The next day they will ski better than you. ”

WARREN MILLER

YOGA ON

By Julie Heinrich RMT

But do I have to stretch?

Well...cause and effect: Stretch every day to become more flexible. Meditate every day to find peace. Do cardio daily to sweat out toxins, and what about the surprising reasons? When you realize a week into the season, that you had been prepared all along! Castle is steep and deep, it's why we love it, but it also offers some risks. If you play safe and ride the greens only, you'll

rarely get hurt. I'd rather play on the other side of the fence and mitigate the many risks of playing dangerously. So yes, stretch and even better, do yoga - for the tree you hope not to hit, the car crash that never happens and the free-style competition you entered on a dare. Believe me, you'll be glad you did, even if the "ifs" don't happen: it's like insurance for your tissues. Yoga on my friends, yoga on.

CASTLE CHAMPIONS: STEVE & MARQUISE HARRIS

By Roger McAdam

So, let's get this straight right from the start—Steve Harris is a **** and Marquise is a SAINT. If further confirmation is required to verify this FACT, please speak to the author.

I have known Steve and Marquise for more than 25 years. Steve was the principal at Matthew Halton High School when he made the huge mistake of hiring me. The school was transformed from one of the bottom schools in Alberta to among the top in just 4 years under his leadership. So then, of course, the Peter Principle took effect and he was promoted to his own level of incompetence as Associate Superintendent where he remained until he retired.

Steve and Marquise became immersed in Castle culture - first

as inept skier and good snowboarder respectively. Working in customer service for the past 10 or so years, they both became familiar faces to patrons of Castle. CMR was fortunate enough to get both to move to Staff Accommodations 4 or 5 years ago: As "Staff Accom" Managers, they are tasked with welcoming new employees, guiding them about our Castle Culture, and dealing with crises as they arise. For two full seasons, Covid procedures created social & logistical challenges to their jobs and they did a great job negotiating it.

About three years ago, both decided to try for their level one ski and snowboard instructor. Naturally, Marquise succeeded and out of compassion Steve was permitted to 'assume the position'.

Check Out the Newly Brushed Areas!

Many thanks to Drifter Day volunteers who cleared out the line from the Showdown sign through the guts of OK Corral, plus the area on skiers' right of OK Corral down to the choke point, making it safer for us all. The hard working volunteers also spent time brushing Dirty Dozen in the Cat skiing area.

Jenny Vandersteen's Brushing Crew was hired during the snow-free season to brush parts of the North, the Burn and Trapper. Check out those runs, too.

Continue to **ski defensively** especially while the snow cover is thin!

Steve and Marquise have been valued friends for all these years and they continue to serve as great Castle ambassadors to the staff & to the public. We are fortunate to have them as members of our community.



PHOTO BY BETHANY MACDONALD

MENTORSHIP

By Claire Clarkson

Mentorship. This is a relationship that for many folks can have an impact on the trajectory of their lives. Mentorship can be formal or informal. It can shape our learning, values and skills through shared experiences for both the mentor and mentee.

In the context of the Mountain Safety Department, we have a mentorship program within our patrol that helps create a network of support. This type of formal relationship facilitates multi-faceted learning, as the mentor gets to practice teaching while the mentee gets to learn new skills. Amanda Goodhue, one of the two Mountain Safety manag-

ers at the hill, believes mentorship "is important because it creates an atmosphere where people are comfortable learning new things and asking questions". Hopefully, with these types of relationships being facilitated we will have a stronger continuity of knowledge within the department.

Building off this concept, we are moving into our second season of the Homegrown Patrol program. This is a program between the Castle Mountain Patrol and the Livingstone Ski School Academy (LSA) to create a mentorship pairing between students and newer patrollers. The intention of this is to create opportunities for

new patrollers to learn how to mentor and teach while providing knowledge and skills to kids in the community who have an interest in the avalanche industry. We are looking forward to continuing the Homegrown Patrol program for another exciting season!

DIETER AWARD, 2022 GOES TO: JUDY SELESKI CLARK

By Judy Heinrich

Life at a ski hill is more than hot cocoa and goggle tans. It's everything from tuning your kid's skis, to getting one last lap in with your neighbour before the bull wheel stops turning for the night. Carrying on the spirit of Castle's favorite Austrian is no small task! One must infuse a passion for skiing and ski hill life into everyone who surrounds them. Supporting family to grow in sport and community, and community to grow in the love of winter life and all the joys it has to offer. This year's recipient of the Dieter Award is extra close to my heart, she's gone as far as teaching my own Mom the joys of snowshoeing,

not to mention raising children who are absolutely continuing to share Dieter's passion. **Judy Seleski Clark** has been the perfect mix of work hard and play hard for years at Castle and we consider ourselves lucky to enjoy her infectious laugh and can-dottitude. Cheers to all the years still ahead!



PHOTO BY CARALEE MARRIOTT

TROUBLED TOES

*Oh poor little pinky, I see
the wee bunion*

*The hues only deepen like
the purplest of onions*

*The prison for you is a shell
made of plastic
is boot stiffness worth it...
it feels too drastic*

*Too drastic a deal for a
performance fit
when foot grazing a blanket
sends a quiver to lip*

*Which is followed by curses,
then maybe a weep
but I'm told I need stiffness...
Am I simply a sheep...*

Hmmmm

*A performance fit is nice I'll
agree,*

*But am I rolling my ankles,
hitching rope lines to trees?*

*Is a performance fit really
holding me back?*

*Or is patrolling not geared
for an alpine attack?*

*I think that comfort in
Patrol Boots is key...*

*Cause let's be honest,
loose boots aren't what's
holding back me!*

By Graham Czibere

STOP LEARNING BLIND!!!

By Peter Stewart CSIA 4, CASI 4, Snow School Director CMR Resort

Humans are experience-based creatures that feel movement in a 3D space via our senses. In short, to learn something in the physical realm, regardless of being observational, cognitive or experiential in our learning style, a feeling needs to be created and stored in our memory for later repetition.

Until now our only method to identify what is right and what works with regards to our skiing is our own feelings or the opinions of others on what we should do to improve.

When driving a car, a dashboard tells us what the car is doing and how it is performing on many different levels. Imagine driving through a zone with many speed changes. Without looking at your dash could you successfully do that? Currently your skiing is much like that; driving through the experience without a dashboard.

What if I told you there was a better way - a way to see exactly what you need to do while you are doing it - not after and not from the opinion of someone else, but a definite gauge of what to do and how to do it?

In 2019 CMR snow school began testing the CARV biometric system as an instructional tool. Last season we ran several test situations from instructor training to a camp with members of the public. The results and the testimonials were pretty incredible.

CARV is a biometric sensing system that is installed under the foot in the ski boot. It can sense

the amount your foot tips, tilts, and turns. It can also measure applied and static pressure in any part of the foot, along with speed, path and a multitude of other interactions you can have with your physical world while skiing. It is essentially a dashboard for your skiing that can provide audio cues, quantity cues and experiential cues that can help you improve turn to turn. When used properly with the help of a trained CARV instructor, CARV can take your skiing to the next level.

CMR snow school is the first snow school in Canada to use cutting edge technology like CARV in an instructional setting and we have partnered with CARV to develop an incredible instructional product. One of the hardest things when working with clients is getting them to understand that something needs to change, especially when they feel they are doing what you are asking but from your vantage point they aren't. With CARV it is very clear and they have something tangible that they can use to create new feelings.

CARV has taken staff from our snow school to Europe to work with them in further developing the product and to shoot some cool videos, with more videos likely to be shot at CMR this season.

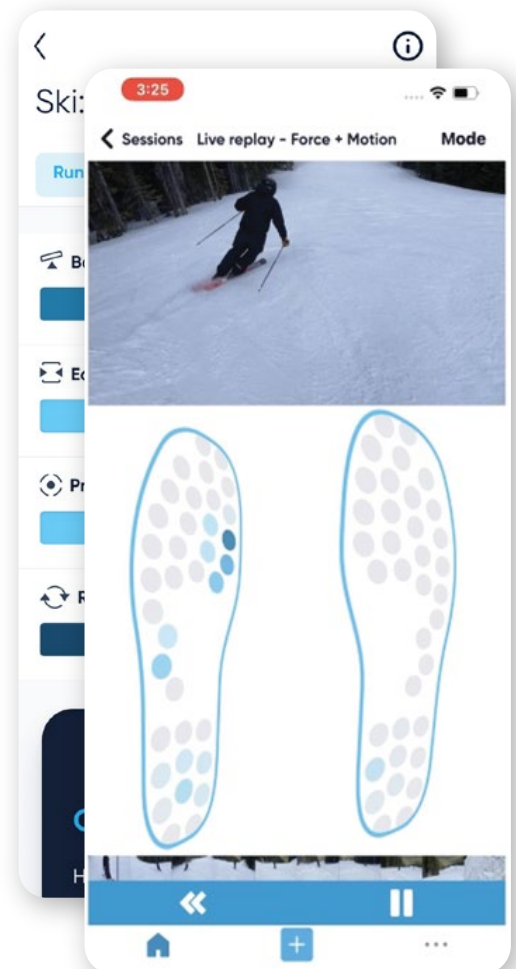
The snow school has developed two products for use this year. One is a private lesson where you can try CARV out in a one on one

setting with a CARV certified pro. We also have two 3 day camps: January 16-18 and March 14-16. The camps offer an opportunity for you to have your own system installed for you to keep.

CARV can improve on or off piste skiing as well as performance in gates, moguls and any other aspect of skiing when used with a trained CARV Pro.

For more information on our programs visit:
www.skicastle.ca/ski-programs.

For more info on the CARV System visit:
www.getcarv.com.



MOUNTAIN MOMENTS OF THE PAST

The following excerpts are from Kenworthy S (2014). The History of West Castle to Castle Mountain Resort 1965-2007 Pg 26 Castle Mountain Community Association

By today's standards, patrolling the mountain was a haphazard affair in the opening few years at West Castle.

"Gravenstafel made good skiers out of people in a hurry, but it was challenging to get people off the mountain if they were hurt," said Charlie Russell (past manager & patroller) "and there was no grooming. You could run into a stump buried in powder and

cause some really bad wounds." Modifications had to be made to the rescue toboggans to make them suitable for the steep terrain because (Paul) Klaas's original plan of having an extra patroller with a rope controlling the back of each toboggan wasn't working according to Russell. "I think I designed something pretty good, because I knew the bloody hill was steep. It had huge chains on the front to control the speed. Paul's first one didn't really work. It was too flimsy when you put weight on it."

Along with using heavy chains to

create more drag, other modifications, such as deeper fins to dig into the snow while traversing across steep slopes and bending the handles to give better control, were also made over the first few years to make the rescue toboggans more suitable for West Castle's particular terrain.

Avalanche control in the first couple years was mostly done by "chopping it off with our skis and a bit of dynamiting," recalled Russell, "but there wasn't anyone that had training for avalanche control."

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UPDATE FROM THE MD OF PINCHER CREEK

By Dave Cox, Pincher Creek MD Councillor

The avalanche sign along Highway 774 has been relocated to the proper location. This has allowed the park to plow the Syncline Barnaby Parking area. Hopefully this continues and eliminates parked vehicles on the highway.

Construction in Beaver Mines on the water/sewer project has taken longer than planned and there may be some delays for ski hill

traffic when work is occurring along Highway 774. Construction continues but is dependent on weather conditions.

The Pincher Creek Emergency Services Commission is working on the next step in a grant application to update the Wildfire Mitigation Strategy (plan). This Strategy is for the whole municipality including Castle Mountain

Community and Resort. The plan addresses key issues and supports the application for additional grants to proceed with future FireSmart work. The previous plan also identified key issues and, supported by funding, work was completed.

The MD budget for 2023 has been approved.

All the best for a great ski season.




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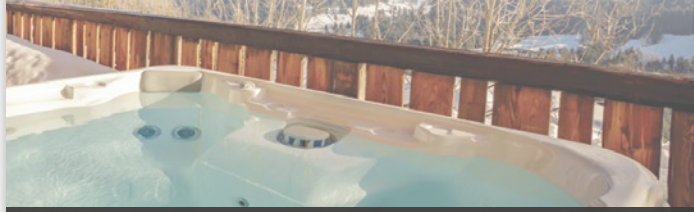


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CMCA Annual Membership Form – 2022/23



CMCA memberships are **\$20 per year, per adult**, due at the time of application/renewal. Membership is **open to all Castle residents and others with strong CMR connections**, age 18 or older. CMCA initiates and develops many projects in our community. We appreciate your membership, and your financial and volunteer support. Primary method of communication is by email. **Please email a copy/photo of your completed form, or any questions/comments, to CastleMountainCommunity@gmail.com, and eTransfer your fees and donations to treasurerCMCA@gmail.com indicating in the Notes section the name of the members your payment is covering.**

Your Name(s) & Contact Information (Please list all adults whose fees you are paying. Use back of page as needed.)

Surname	First Name	Email Address	Cell Ph #	Home Ph #	Home Location*

**Eg Home Location: Castle, Pincher Creek, CNP, Lethbridge, Calgary ... Knowing members' home locations can be useful in representing CMCA to governments.*

Your Total Annual Fees due: \$20 x #adults listed, ___ = \$ _____ **Payment Method:** Cash ___ Cheque ___ eTransfer ___ **Mail Address** Box 884 Pincher Creek T0K1W0

Your Connection(s) to CMCA (check/describe all that apply)

- Have a residence at Castle**** Cabin, suite or RV address: _____ Local ph# _____
- Work for Castle Mountain Resort (CMR)**
- Hold, or will hold, a 22/23 CMR season's pass** (Note: this, by itself, is a non-voting membership category)
- Other** (also, by itself, a non-voting membership category), please describe: _____

BACKGROUND INFORMATION (Optional)

Are you joining CMCA for the first-time ___ **OR** **renewing your membership** ___? *If renewing, in what year did you first join CMCA?* _____ (approx.)

Do you have family under age 18 who regularly join you at Castle? Yes ___ No ___ *If yes, please list their ages:* _____
(Knowing this can help us improve planning of age-appropriate and inclusive events.)

In the past few years, have you:

- Done volunteer work with CMCA? If so, THANK YOU, & please describe briefly:
- Made material donations to CMCA (eg, silent auction items)? If so, again, THANK YOU, & please describe briefly:
- Made financial donations to CMCA? If so, again, THANK YOU, & please describe briefly:

This year, are you potentially interested in:

- Doing some volunteer work with CMCA?
- Making some material donation(s) to CMCA?
- Making a financial donation to CMCA? (Note: You may add a donation to your current membership fee payment.)

Thank you very much for expressing interest in any/all of these ways of support! CMCA board members will follow-up with you.

CMCA abides by the Alberta Personal Information Act and shall not sell, barter or lease any of its membership, donor or other lists as per sections 56(1)(iii) and 56(3) of this Act.

** Residents: If CMCA should resume publishing a Residents' Directory, for distribution solely among Castle residents, would you like your information included?	
Yes ___ No ___	Signature _____ Date _____