

RA Ski-Mail ☐ April 1, 2013

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## DOWNHILL NEWS

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### 2014 DOWNHILL DAY BUS TRIP

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This year our bus trips to St. Sauveur and Mont Tremblant/Mont Blanc/Domaine St. Bernard were well attended. Feedback has confirmed that a new venue is in order for the 2014 ski season. After extensive research, it has been determined that one major day trip will replace the two trips that have been organized in the past. The following bus trip is being scheduled for the 2014 ski season:

Day bus trip to Brimacombe, home of the Oshawa Ski Club (formerly, Mount Kirby). Date of trip: January 2, 2014. This peak is located near Orono Ontario. Schuss your way down Ben's Bumps or, for the faint of heart, cruise down Bunny Boulevard. Brave the Mount Kirby ski jump - open for skiers between 10:00 - 11:00 a.m. Lessons will be provided at no additional cost by Dermot Conway, an instructor with over 80 years of experience. Bus will leave the RA Center at 2:30 a.m. sharp so please be there by 2:15 a.m. Bus will leave Mount Kirby at 4:00 p.m. and stop for dinner at The Spud Box in Kaladar, ON. We will arrive back in Ottawa Monday morning in plenty of time for you to get to work. Cost of the bus and lift: \$199.00. Snacks and ski lessons included.

Andrea Conway, Downhill Day Chair, RA Ski Club

### RA SKI ALERT

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RA Ski Executive member, Louise Cameron, has been sited perfecting various racing techniques in preparation for Club Championship races at Camp Fortune. Over this past winter, Louise has emerged as a force to be reckoned with in both Downhill and GS. She has given a whole new meaning to that famous quote, "You're never too old to boogie".

Our RA Ski paparazzi managed to track down Louise doing her training runs at a secret location. To view incriminating photos, go to:  
<http://www.flickr.com/photos/raski/sets/72157633134147551/show/>

## HIKING NEWS

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New Concept Urban Hike for 2103 ☐ Sat. April 20

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Meet: 9:00 a.m., RA West wing lobby

Since there is still so much snow left, even in the city, and we are skiers, not slushers, your social committee has come up with a new concept for this year's urban hike.

Starting at 9 AM, you will be picked up for a tour of Ottawa's most illustrious taverns. We will visit several historic places, seeing how many will serve us before we finish at noon. Limousines will provide transportation so that there will be no DUI's arising from this outing. Some of the historic taverns in Ottawa that we will attempt to visit are the Commercial House, The Lafayette, Grads, Carleton Tavern, Chez Henri, the Chaudiere, the Preston, the Rendezvous, the Elmdale and the Raftsman. Since limousines have to be arranged, you must reply early to [haha\\_aprilfools@raski.ca](mailto:haha_aprilfools@raski.ca).

#### MEMBERSHIP NEWS

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After a prolonged ten minute negotiation with RA management, the RA Ski Club has reached a deal to bring our fees in line with other clubs. For those renewing memberships on or before midnight April 1, the RA will waive their membership for ski club people only, reducing our fee to just \$18 for next season. Because of the expected influx of new members, all local hills are now offering us a 50% discount on day tickets and season passes, as well as free skiing on any day that it snows. Hurry to renew by emailing [April@raski.ca](mailto:April@raski.ca)!

#### XC TRIP REPORT

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We searched through the RA Ski archives and found this trip report.

#### XC TRIP REPORT □ MACKENZIE-KING ESTATE AROUND PINK LAKE, 11 FEB./07

For some reason, the annual cross-country trip around Pink Lake always turns out to be an adventure. Based on what we have been able to piece together from the survivors of this year's trip, this is what happened. (Two of the original 17 skiers have still not been accounted for. However, we are hopeful that the search helicopters will find them in the next few days.)

Ski conditions were excellent, and the temperature about □6 C. The group that took the easy way followed the Champlain Parkway and the Gatineau Parkway to the Pink Lake lookout as planned, and returned safely by the same route.

A second group of skiers followed the designated route trail #7, then the Parkway, but misread the map and took the wrong turnoff to Pink Lake, arriving at the north end of the lake instead of the lookout. They then took trail #7, bypassing Pink Lake, trail #15 to the Parkway, then up the steep #15 black-diamond trail, to return to the parking lot. That group is all accounted for. None of their injuries are life-threatening, and the injured skiers should all recover in time for next ski season.

The main group skied with the trip leader, and took trail #7 and the Parkway to the Pink Lake lookout, where they had a brief rest stop to admire the view and have a snack. They then skied down the Pink Lake hill, across the flat to trail #15, where they started the long climb up, and followed the trail that made a wide circle around Pink Lake. For some reason, however, each time they stopped along the way in order to regroup, the number of skiers kept decreasing by one or two (kidnapped by aliens?) The main group stayed on the correct trail, but bypassed the black-diamond part of trail #15 because of reports of poor snow cover (i.e. rocks), and elected to return via the parkways. The skiers in this group hotly disputed the trip leader's claim that this route was only 11 k round-trip. "Felt as long as the 20 k that we did last weekend", argued one skier.

We'll update you on the route the missing skiers took once they are found.

Trip leader: XXXX XXXX (Name censored to protect Glen from lawsuits.)

#### RA INSTALLS INDOOR DOWNHILL SKI RUN

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Members of the RA Ski & Snowboard Club can now ski year-round. The RA bowling alley has been modified for summer skiing. Alleys 1 & 2 have been raised at one end to make a green run. Alleys 3 & 4 are a blue run, and alleys 5 & 6 are a black diamond. Snow is provided by the Zamboni shavings from the RA hockey rink.

"We kept the project within the RA's low budget," says RA recreation manager Nancy Kirkwood. "Rather than going to all the expense of installing a lift, after each run the skiers simply walk up the stairs to the second floor gym. The runs start at the hole in the gym floor."

RA Ski Chairperson Doris Dallaire added, "Next year the RA will install a double black diamond run on alleys 7 & 8. The run will start from a hole in the RA's roof. The RA is still looking for ideas about how to handle the rain."

Members of the RA Seniors Bowling Club are thrilled with the modifications. Says RA senior Florencia McSquidgeon, "It's great for the RA seniors. We love it as now our bowlers don't have to throw the ball as hard." Players from the RA basketball league like it too. "Basketball was getting a bit boring," says RA basketball player Mergatoid McGillicutty. "It's much more interesting and fun now that we have to work around the big hole in the gym floor,"

#### WESTJET OFFERS CHILD-FREE CABINS

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Are you tired of flying with screaming kids running up and down the aisle

of the airplane? Then when you travel on your next ski vacation, fly WestJet! On select flights, WestJet is offering a new service called Kargo Kids, creating quieter and more relaxing experience. For full details, go to <http://www.youtube.com/watch?v=M4SkoJy3D0M>

#### FROM THE RA SKI EXECUTIVE MINUTES

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Meeting of 11 March 2013:

After a heated hour-long discussion, it was decided by a vote of 7 to 6 that contrary to the claim of our Publicity Chair, who slipped on the ice and injured his head carrying his skis from his garage to his car, that his claim is denied that his injury was a ski accident.

#### HEALTHY-LIVING CORNER

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It's time to think about getting in shape for next winter's ski season. Here are some more dieting tips:

1. If you drink a diet pop and eat a chocolate bar, the calories in the chocolate bar are cancelled out by the diet pop.
2. Foods that are frozen have no calories because calories are units of heat. Examples are ice cream, frozen pies, and Popsicles.
3. Carrot cake counts as a serving of vegetables.

#### SPORTS CORNER

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The Canadian men and women surprised everyone at the World Cup downhill race in Mirabel France. Here are the results:

##### MEN'S SUPER-G RESULTS

1. 1:45.00
2. 1:45.01
3. 1:45.34
4. 1:45.38
5. 1:45.51
6. 1:45.55

As you can see, the men's race was a real squeaker, with only 1/100th of a second separating first and second place.

##### WOMEN'S SUPER-G RESULTS

1. 1:19.48
2. 1:19.74
3. 1:19.85
4. 1:20.15
5. 1:20.23
6. 1:20.27

Congratulations to the Canadian women! We're proud of you!