

RA SKI-MAIL, APRIL 1, 2014

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RA SKI CLUB TRIATHALON
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The NCC, in planning for next year's Winterlude, has asked the RA Ski Club to organize a ski activity. Club President Doris Dallaire has polled the club executive, and we have decided to organize a triathlon, so mark this date on your calendar!

DATE: Saturday, Feb. 7
COST: \$10 (cash, Visa or Mastercard. No bitcoins please.)
START TIME: 10:00 AM
START POINT: North end of the canal, by the National Arts Centre

EVENTS:

8 km skate

- National Arts Centre to Dow's Lake

5 km cross-country ski

- Two loops of the Arboretum, ending at Mooney's Bay locks

1 km swim

- Locks to Mooney's Bay beach

Participants will be returned to the starting point by OC Transpo bus. An OC Transpo bus ticket is included free as part of the registration package.

CHANGES TO NCC CROSS-COUNTRY FEES
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In view of cuts to the NCC's budget, the NCC has to come up with new sources of revenue. NCC chairperson Mergatroid Macgillicutty says, "As a result of our budget squeeze, Gatineau Park is going to start charging

cross-country skiers for the wildlife they see.□

At the trailhead, there will be a box with envelopes, and on the cover of the envelope, just check off the wildlife you see and deposit the corresponding amount of money in the envelope into the lock box. Cross-country skiers are basically very honest, and want to support the NCC's cross-country network, so the NCC doesn't think skiers will skip out of paying. It is the honour system, but ski patrollers will randomly check cameras of skiers, in order to look for photos of wildlife.

The price list is as follows:

- Woodpecker: \$1,75
- Chickadee 75 cents
- Squirrel: 90 cents
- Owl \$1.25
- Deer \$2.00 (full size), \$1.00 for a fawn.
- Fox: \$2.25
- Bear \$3.75

The new payment system will be introduced December 1, 2014. For the first week (1 Dec. □ 15 Dec.), there is a half-price sale.

(News Source: CBC radio program □This is That□)

WEEKLONG TRIP PARTICIPANTS - PLEASE NOTE!

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In light of the overwhelming response to the weeklong ski trip to Austria, and following numerous requests, The RA Ski executive has agreed to offer the following workshop, in preparation for our next European ski holiday. Date and Location to be announced.

HOW TO SAUNA, HOT TUB, and STEAM - THE EUROPEAN WAY

This workshop is intended to inform, advise, and allay any fears associated with sauna, hot tub and steam facilities in Europe. It is a respectful and yet straightforward guide to European protocols.

The following topics will be covered:

1. Facility Expectations
2. Showering: Before - After - or Both?
3. The Proper Uses for Your Towel in the Sauna
4. Sign Interpretation (e.g. No Bathing Suits)
5. Why Can't I wear My Bathing Suit?! Explanation, Exceptions, Relaxation Tips!

6. Q&A

Please Note: The RA Ski Club is More Than Just a Ski Club and we promote physical and social activities as well as camaraderie. We want all participants to feel comfortable and included, and that is why this course is a MUST for European ski enthusiasts and enthusiasts in general. Don't let your inhibitions get in the way of your European experience!

WEEKLONG 2015 - IGLU SKI CRUISE IN THE CARIBBEAN

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Feb. 7-14, 2015

For next winter, the RA Ski Club will take part in the ski & cruise trip organized by U.K.-based travel agency Iglu Cruise, which today announced a unique cruise scheduled for February 2015. The seven-night Caribbean cruise takes place onboard the company's first-ever cruise ship, creatively named Iglucruise, which is outfitted with a top-deck 150-metre ski slope. Covered in "Perma-Snow all weather ski carpet, and serviced by a poma lift," the slope also features a hot tub and an alpine-themed, après-ski bar "serving a collection of schnapps, gluhwein and more" at its base.

Price? Only \$199.99! What a bargain! But how can they keep the price so low you ask? Pay toilets. Each trip to the toilet costs \$25.00. Also, the ship is powered by electricity, generated from the exercise bicycles in the fitness room. Each passenger is expected to pedal 20 km daily on one of the exercise bikes. Surely you don't expect the 90-year-olds to pedal 20 km? Of course! They're adding weight to the ship, and you can't expect someone else to generate the electricity to run the ship's motors on their behalf.

Watch our web site, www.raski.ca for all the details!

RA SKI Q&A CORNER

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The RA Ski club reached into its mailbag to answer some important ski-related questions from our members.

1. Q: I'm a cross-country skier, and when I go down a hill sometimes I go too fast and get out of control. What should I do?

A: Excellent question. The RA Ski Club has a strong cross-country

program, and we are very concerned about the safety of our skiers. Consequently, before each of our outings, the trip leader goes over a safety briefing. This covers some of the rules of cross-country ski etiquette that includes things to do and not to do in order to make sure everyone has a safe ski.

2. Q: I am an intermediate skier that likes to stay on groomed runs. What should I look for when buying downhill skis?

A: The RA Ski club caters to downhill skiers of all levels. On our bus trips, whether you are a beginner, intermediate skier, or like the black and double-black runs, we make sure you have someone to ski with at your level. Our club motto is "Friends to Ski with and to Be With."

3. Q: I'm very concerned about frostbite when I ski on a very cold day. What are the symptoms of frostbite, and what should I do if I get frostbite?

A: Frostbite is something every skier should watch out for when skiing on a cold day. I remember skiing at Tremblant on a cold day two years ago, and at the top the wind was howling. That's the coldest I can ever remember skiing.

THE (updated) HISTORY OF SNOWBOARDING =====

by: Prof Aaron Dee B.S'r.

With the aid of satellite imagery and supported by the latest in high-def Drone photography, archaeologists have located and unearthed a here-to-fore wait a minute... . Have you ever wondered why some people are called archaeologists when they have nothing to do with arches? They dig holes and trenches and scrape away sand and rocks and stuff. They should be called digologists or something like that. Hell, lets just call them Diggys. Right. A team of Diggys from the University of Toke in Columbia have recently uncovered a 3200 BC Egyptian burial chamber in the northern bank of the Nile River. In it is the prerequisite mummy and wait a minute.... . Have you ever wondered why these cadavers are all called mummies when some of them have an appendage that clearly indicates that they are not and have never been a mummy? Hmm! Anyway, this 'mummy' was an 18 to 20 year old male who apparently died of a broken neck. In this chamber were many objects that were dear to him during his lifetime. Found closest to him was a tablet or board about 125 cm X 25 cm. It had rounded corners, scuffed edges and many unique symbols on one side.

Further examination revealed that it seemed to have a bit of flex but this is unconfirmed as the Diggys were careful not to destroy it.

Now it is the mandate of Diggys to study the articles discovered and try to piece together a narrative of what life was like at that time. In this case they believed they had uncovered clear evidence of duneboarding, a sport virtually unknown up to this time, and, quite obviously, a precursor of what we know today as snowboarding. This of course will come as a shock to those who had previously believed that snowboarding originated as a winter substitute for summer ocean surfing. Tough bananas. The key here was the youth's broken neck. No mummy had ever before been found having died with a broken neck. Incidentally, in light of his broken neck and the assumption that he broke it while carelessly duneboarding, they were going to name both him and the discovery Tut Tut, but realizing that this was a bit redundant decided instead to use the label Crick, as in a sore neck.

Of course basing this conclusion of duneboarding on only these two clues was a bit presumptuous but further study revealed more clues. Chief among these was the realization that the evidence has been right in front of our faces for thousands of years. Almost every ancient tomb unearthed from that period has drawings on the walls depicting the same duneboarding activity.

Had any of the mummies in those tombs died of a broken neck this conclusion might have been arrived at much earlier. For years Diggys have studied wall drawings just like these and entirely missed the obvious. Most tomb drawings of humans show a person standing with his body facing the viewer while both feet are planted in a sideways facing direction as though affixed to a duneboard/snowboard. The face is also looking in the same sideways direction and he is most often wearing a large black helmet. In many instances, affixed to the top of this helmet is a small object, usually a symbolic falcon or cat. While photography had not been invented at that time, surely this was some sort of Sport-cam as is used by many snowboarders today. In most cases the individual is wearing goggles to protect his eyes from grit/snow.

Also note that instead of wearing sandals and a burnoose which is the usual garb common to most people who live in hot dry climates, these duneboarders wrap thongs midway up their calves and wear form fitting dress-like garments gathered at the waist with a cummerbund. There was obviously a desire to dress unconventionally. Commonly seen in these wall images is a staff or pole held by some of these individuals. Oddly, they have a curl at the top which would indicate a type of strap or handle, yet all seem to hold their pole just below this feature. As today's snowboarders don't use ski poles or the like, one might conclude that the use of these poles did not evolve with the sport. The drawings in Crick's

tomb conforms in all these points.

Scholars reading the writings on the walls of these tombs had great difficulty understanding what was written and thus believe that the duneboarders seemed to use a language all their own.

Now as all skiers/snowboarders know, there are never enough big hills and there is never enough snow. Similar concerns existed in ancient times. Though there were always dunes available, one could never rely solely on the weather to form dunes high enough or challenging enough and it became apparent that it was time to build something artificial. Diggys got a real break here as they didn't have to dig anywhere to find these. In what we today refer to as an Olympic year, the rulers of the day decided to build three large artificial hills on which duneboarding competitions could be held. Previous studies have concluded that these venues ended up being incredibly more costly than planned and were completed well beyond the time frame allotted. These man made hills were called pyramids. With each pyramid having four faces, sand would be deposited on the leeward side regardless of the wind direction thereby ensuring ample opportunity for duneboarding at any given time. Definitely a winning situation.

Getting to the top was not a problem because deep within each pyramid is a series of pathways leading to the top and connecting various chambers. While in most cases only the VIP lounge has been examined so far, Diggys expect to find more chambers in the future, notably a bar, a cafeteria and washrooms. Getting from these pathways to slopeside remains a bit of a mystery as no opening has yet been discovered. However with all the information uncovered about the interior of the pyramids plus what we now know about the outside activities, all evidence points to the fact that in one form or another, duneboarding/snowboarding has been with us for about 5000 years, quite possibly the father of all sports.

Prof. Aaron Dee B.S'r.

Professor Dee (emeritus) freelances for the monthly archaeological magazine DIG IT where his articles are routinely discarded in favour of advertisements which generate revenue. He is a frequent guest on late night Pay per View which you are advised to avoid at any cost.

SPORTS CORNER

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World Cup Skiing

Canadian men and women surprised everyone at last weekend's downhill races in Lenzerheide, Switzerland, by how well they did. Here are the final results for the Canadians.

- Ladies' giant slalom: Marie-Michelle Gagon 2:02.60
- Men's downhill: Eric Guay 1:22.1
- Men's Super-G: Manual Osborne-Paradis 1:32.09
- Ladies' Slalom: Marie-Pier Préfontaine 2:07.73

Congratulations to our Canadian skiers! We're proud of you!