



www.raski.ca

RASki Club

Club de ski du RA

September 2009

"friends to be with and ski with"
"Des amis(es) avec qui se retrouver et skier"



SNOWPHONE : (613) 736-6235

DH WEEKLONG TO ZERMATT, SWITZERLAND

When: January 29-February 6, 2010

Ski at one of the world's most picturesque ski areas, in the shadow of the Matterhorn. Great conditions are virtually guaranteed at this year-round, car-free ski resort.

Hotel: The four-star Ambassador hotel is located in the heart of downtown Zermatt, only 200 metres away from lifts. The hotel has a great view of the Matterhorn, an indoor pool and sauna, a lounge and a great restaurant. Rooms have a private bathroom with a bath or shower, telephone, TV, hairdryer, mini-bar, balcony and a personal safe. The hotel offers a buffet breakfast and a five course dinner.

Cost: (including taxes): **\$2900** per person, double room, **\$3110** single occupancy. A "land only" package may be available. Contact weeklong_2009@raski.ca for details. Prices are quoted for payment by cheque. To pay by credit card, add 3%.

Price includes:

- Round-trip airfare from Ottawa to Montreal to Geneva via Air Canada
- Transfers from airport to resort by charter coach and train
- 7 nights hotel
- Daily breakfast and dinner
- 6-day downhill lift pass valid at Zermatt and Cervina, Italy
- All applicable taxes and current fuel surcharges

Travel Insurance is required. With your application, either provide proof of your own travel insurance, or purchase Skican's insurance for \$211 double or \$261 single occupancy.

Passport Required: A VALID PASSPORT is required and must be valid for **at least 6 months** after your return.

Book early! The first 20 places go on sale at 6:30 PM Sept. 17th, while the remaining 6 spaces are reserved for sale beginning at 7:00 PM on Trip Information Night, Nov. 4th.

Booking deadline:

Nov. 6/09. After Nov. 6th, space may still be available. However, acceptance of a registration then is conditional upon suitable roommate combinations or payment of the single supplement. The registration package is available on the club website www.raski.ca.

Find Out More at the Zermatt Info Meeting:

When: Monday Sept. 14, 7:00 - 8:00 PM, Courtside B, RA Centre. As part of the presentation on the Chile ski trip, we'll give a presentation on the Zermatt trip and answer questions. Pub night follows in the RA Fieldhouse.

Bill Buck, Weeklong Chair, weeklong_2009@raski.ca

TRIP INFORMATION NIGHT – WED. NOV. 4

When: Wed. Nov. 4, 7:00 – 9:00 PM

Where: Clark Hall, RA Centre, 2451 Riverside Dr

Complete information (prices, accommodations, dates) about Club destinations and activities will be available in November at **TRIP INFORMATION NIGHT**. There will be door prizes and presentations on all the RASki Club's programs. Win ski tickets to ski hills !

IMPORTANT – NEWSLETTER DELIVERY OPTIONS

The Trip Information Newsletter, which will be issued in November, contains everything you need to know about our complete ski program for the 2009-10 ski year. You can pick up your copy at Trip Information Night, Nov. 4th. To save money on postage, we're not mailing that newsletter out to all our members unless requested. If you're not at Trip Info Night, we are offering the following delivery options:

Electronic:

- Via email: Send an email to publicity_2009@raski.ca. The TIN package and any subsequent newsletters will be delivered electronically in PDF format.
- Download from our website (www.raski.ca)

Paper:

- In person:
 - Pick up the TIN package in person on Trip Info Night.
 - After the Info Night, from the RA East Desk.
- By mail: If you still wish a copy mailed to you,
 - E-mail your name to publicity_2009@raski.ca
 - Leave a note to "Publicity, RA Ski Club" at the RA West wing desk.

MESSAGE FROM THE CHAIR

WELCOME BACK SKIERS/SNOWBOARDERS!

The snow conditions this past winter gave us a chance to get some good skiing in, despite some mild spells. The hills did a great job of grooming, and it made for some good skiing.

But some of us were still not content, and we returned to ski in Chile in August where we enjoyed our favourite sport with mild ski temperatures and beautiful blue skies. Even the usually very snowy Andes were a little short on powder this year, but ski conditions were still fantastic, the sightseeing so interesting and the food and wine plentiful and delicious. You are all invited to attend a presentation about our trip on September 14th.

Over the wet summer, we've managed a few Meet 'n' Cycle days to try to stay in shape, and now we look forward to hiking both on weekends and mid-week and the always popular SkiFit program this fall. Don't forget the monthly pub nights just to socialize, and Trip Information Night where you can get all the details, sign up for trips, and have a chance to win interesting prizes just for being there. Of course, since skiing/snowboarding is our goal, we are hoping for another snowy winter to enjoy a great season. If it snows as much as it has rained all summer, it should be great!

Your hard-working executive has met over the summer to plan this year's program. We have great ski trips in store for you at some pretty exciting mountains in both the US and Switzerland and with the help of the weather office, it should be another fun winter.

We are hoping to boost our membership as always, and we'd like you to help. Tell your friends about RASki and bring them along on trips, or even better, encourage them to join up. Talk up RASki at work and at your other clubs and sports events. Tell them we're the friendly club with year-round activities.

Please stay tuned to our amazing web site (www.raski.ca) and Snow Phone (613-736-6235) for the latest news.

Doris Dallaire, Chairperson, chair_2009@raski.ca

DOWNHILL DAY TRIPS

We are still working on putting together a Meet 'n' Ski mid-week program to include Mondays to Fridays with location to coincide with the days particular hills offer two for one passes or discounts. Some weekend ones at local hills, and two night Meet 'n' Skis are also planned. This year we will have a bus trip to Mont St-Sauveur on Sunday, Jan. 24 and on Sunday, Mar. 14th to Mont Blanc/Mont Tremblant/Domaine St-Bernard. We will again offer a 3-day, mid-week car pool trip to the Laurentians.

Doris Dallaire, Chairperson, chair_2009@raski.ca

CAMP FORTUNE WEEKDAY \$99 PASSES

The RA Ski Club will coordinate groups of four to purchase the weekday/weeknight passes to Camp Fortune. E-mail your name and phone number to weeklong_2009@raski.ca and we will try to put you in touch with three others who want passes. Purchase deadline: Sept. 25th. There is one \$99 pass that entitles you to ski weekdays, and another for week nights. There is also a combined, full-access Fortune/Mont Sainte Marie pass for \$379 each, in groups of 4. For details, check Camp Fortune's web site at www.campfortune.com

RA SKI EXECUTIVE 2009-10

Chairperson <i>Doris Dallaire</i>	chair_2009@raski.ca
Vice-Chair/Weeklong Chair <i>Bill Buck</i>	weeklong_2009@raski.ca
Treasurer <i>Linda Anderson</i>	treasurer_2009@raski.ca
Downhill Weekend Chair <i>Arlene Buck</i>	dhweekend_2009@raski.ca
Secretary <i>Sue McMullen</i>	secretary_2009@raski.ca
Cross-Country Chairpersons <i>Cheryl Nakamura & Jean-François Mélançon</i>	xc_2009@raski.ca
Downhill Day Chairperson <i>Doris Dallaire</i>	downhill_2009@raski.ca
Member-at-Large & SkiFit <i>Marian Barton</i>	skifit_2009@raski.ca
Publicity Chair & Webmaster <i>Glen Campbell</i>	publicity_2009@raski.ca
Social Chairpersons <i>Louise Cameron & Jane Rau</i>	social_2009@raski.ca
Discounts <i>Arlene Buck & Jane Rau</i>	

SNOWPHONE AND WEEKLY SKI-MAIL E-MAILS

How can you find out about what events are planned?

- Check out the RASki club's amazing web site www.raski.ca
- Subscribe to the Ski-Mail e-mail list. (Go to our web site at www.raski.ca, and click on "E-Maillist" on the left.)
- Check the **SNOWPHONE** at (613) 736-6235.

Send an e-mail to currenthevents@raski.ca for a one-time bounce-back e-mail of what events are coming up

DOWNHILL / CROSS-COUNTRY WEEKEND TO KILLINGTON

When: Fri. Feb. 19 – Mon. Feb. 22

We're off to Killington, Vermont, for three days of skiing. We'll stay at the Holiday Inn in Rutland, with shuttle service to both the Killington ski area for the downhillers, and to the Mountain Top and Mountain Meadows cross-country ski areas for the cross-country folks. Price has yet to be finalized, but should be under \$550.00 Canadian funds for downhill skiers and around \$350.00 (plus their ski passes) for cross-country skiers.

Registration opens at Trip Information Night, Nov. 4.

Arlene Buck, DH Weekend chair, dhweekend_2009@raski.ca

SOCIAL

FALL BIKE RIDE – Sat. Sept 12

We'll do a remote-start bike ride in along the Rideau Canal. We will leave the RA at 9 AM, and car pool to a location near Kemptville then cycle along the Rideau Canal. There will be an option for both a short ride (30 km) and a longer ride (45 km) both ending up at a local restaurant for an early supper. Bring a lunch to eat at Burritt's Rapids.

GOLF – Sun Sept. 20

We will book a few tee off times at Pine View Executive golf course and have a fun golf day. Green fees are \$33. You must notify Louise at social_2009@raski.ca by Sept 12 if you are interested.

FALL HIKES

We will again do some Fall hikes, where we can enjoy the changing colours, good company and fresh air. For hikes in Gatineau Park, we carpool, leaving from the SE corner of the Supreme Court Building on Wellington St., usually meeting at 9:45 for a 10 AM departure. We may stop after at a local establishment to eat. Hikes to other destinations may have a different departure point and time, as noted.

Note that Ski-Fit is running some weekday hikes as well, with a different meeting point. (See "Ski-Fit Weekday Hikes".)

Sat. Sept. 26 - Lusk Caves: We'll hike to the caves and spend some time exploring. There will be a choice of routes (easy and moderate). Bring a lunch to enjoy at the caves.

Mon. Oct. 12 - Wolf Trail: Hike from Meech Lake to a fantastic lookout. A great way to work off some of your Thanksgiving dinner. Bring a snack and something to drink. After the hike, we'll stop at a restaurant for a late lunch. **Since it's a holiday, we'll start later than usual. Meet at 10:15 for a 10:30 departure.**

Sat. Oct. 24 – Lac Philippe to Lusk Lake

Sun. Nov. 8 - Meech Lake to Western: Hike up from Meech Lake to Western Lodge where we can stop for a snack or early lunch. On the way back we'll take a different route that will take us part way along trail #9.

Sat. Nov. 21 – Pine Road to Herridge Cabin: This is an easy walk for late November. Bring a lunch to eat at Herridge. For details and cancellation notices, check our web site at www.raski.ca or the SnowPhone (613 736-6235). For the hikes, always bring along plenty of water and a lunch, and wear good sturdy shoes, and clothing appropriate for the weather.

PUB NIGHTS

Pub nights are in the Fieldhouse at the RA Centre.

Thurs. Sept. 17: Meet in the Fieldhouse any time after 7 PM. This is the night that registration for the weeklong opens.

Thurs. Oct. 15: This is "Meet the Executive" night. Join us at 7:30 PM and meet up with your old and new ski buddies.

Wed. Nov. 4: Right after the Trip Information Night

Thurs. Dec. 3: Last Pub Night for 2009. Starts at 7:30 PM.

*Louise Cameron & Jane Rau, Social co-chairs,
social_2009@raski.ca*

RA SUMMER ACTIVITIES

The summer social scene started off with a pot luck where RASki's cooking talents were enjoyed by all. Hiking in Gatineau Park then ensued, sometimes even in the rain.

After the bugs started overpowering the RASki hikers, we turned to biking. A few days had to be rescheduled due to rain, but we successfully biked along the Rideau from Burritt's Rapids to Merrickville, in Ottawa/Gatineau to Lac Leamy, along the Ottawa River to Shirley's Bay, along the Ottawa River on the Gatineau side to Aylmer, along the St. Lawrence River from Upper Canada Village, from Blackburn Hamlet to Petrie Island and around Beachburg.

However, life isn't only about being physical. RASki's like to get some culture! We enjoyed music at the Black Sheep Inn in Wakefield and laughed at the Company of Fools performing "Much Ado about Nothing" in the park.

The coming of the fall will provide more opportunities to get together in social situations.

SKI-FIT CLASSES

WHEN: Thursday nights from 6:35 to 7:20 PM
Oct. 8- Dec. 10

SkiFit is the name of the Club's intensive Fall Conditioning Program designed specifically for skiers. SkiFit classes are a 10-week regime to strengthen core muscles, improve balance and upper body strength, increase lactic acid threshold and make you supple and resilient. Whether you cross country, downhill, telemark or snowboard, you'll enjoy the snow season much more without the pains and strains of the weekend warrior if your body is ready for your demands. Even if you never ski, SkiFit will make you look and feel like you do!

All are welcome at SkiFit. There is also a drop-in rate so you can pay as you go. Any amount of SkiFit is better than none. Get to know fellow skiers by joining them for refreshments and comradeship at the Fieldhouse after SkiFit classes.

"Friends to be with and exercise with"

Call the RA registration desk at (613) 733-5100 and register now! We're still working out the cost. Contact the RA.

*Marian Barton, Member-at-large
Skifit_2009@raski.ca*

SKI-FIT WEEKDAY HIKES

Come hike with us on weekdays! Get fit early, enjoy the Fall colours and meet new friends. After the hike, we'll have lunch at a location designated on the day.

Hike the Gatineau Park and join new and old friends for refreshments. Be sure to bring a hat, whistle, water, a snack, your hiking boots, and a smile. Carpoolers are expected to contribute financially to the gas of drivers.

Meet: 9:30 AM at RA west wing doors
Check the RA Ski website (www.raski.ca) or the SnowPhone (613-736-6235) for our schedule.

Marian Barton, Member-at-large, skifit_2009@raski.ca

CROSS-COUNTRY

We welcome skiers of all levels, especially new skiers. Requirement to ski with us are that you should be able to do a snowplow stop and a snowplow turn. The first few outings are on easy trails, as even the experienced skiers need to get their muscles back in shape. Even as we move to intermediate trails as the season progresses, there is often an easy way to get to the same destination.

DAY OUTINGS

The cross-country day trips to Gatineau Park will start in early December, and run through until the end of April, depending on conditions. On alternating weekends there will be Saturday morning departures at 9:00 sharp, and Sunday afternoon departures at 12:00 sharp, both from the RA Centre West Wing lobby. Participants should expect to share gas costs and pay modest trail fees or buy an annual ski pass. We will ski for two to three hours and then adjourn for a meal at a nearby restaurant.



Jan./09: XC Ski to Lusk Cabin

WAXING CLINIC

There will be a ski waxing clinic in November at the RA Centre. Details will be available in the Trip Information Package brochure or on the RA Ski Club web site closer to the date.

HIGHLIGHTS OF THE DAY PROGRAM

For the second year, we will be staying at Auberge du Vieux Foyer for our very popular weekend trip to Val David in January. Day trips are in Gatineau Park, including a full moon night ski in February and Norway Day in March. There will also be a day trip to La Petite Rouge.

- Ski outings on Boxing Day and New Year's Day
- A moonlight ski
- La Petite Rouge day trip
- Long ski outings

GATINEAU PARK GROUP RATE SKI PASSES

The details of where and when you can get an annual ski pass at a group rate will be in the Trip Information Package brochure and on the RA Ski Club web site closer to the start of the ski season.

CALLING ALL POTENTIAL TRIP LEADERS!!

If you are interested in leading a day trip, please send an email to xc_2009@raski.ca. Note that the trip leader gets to choose the après-ski restaurant.

*Cheryl Nakamura and Jean François Mélançon,
Cross-country co-chairs, xc_2009@raski.ca*

CROSS-COUNTRY / DH WEEKEND

VAL DAVID, Quebec

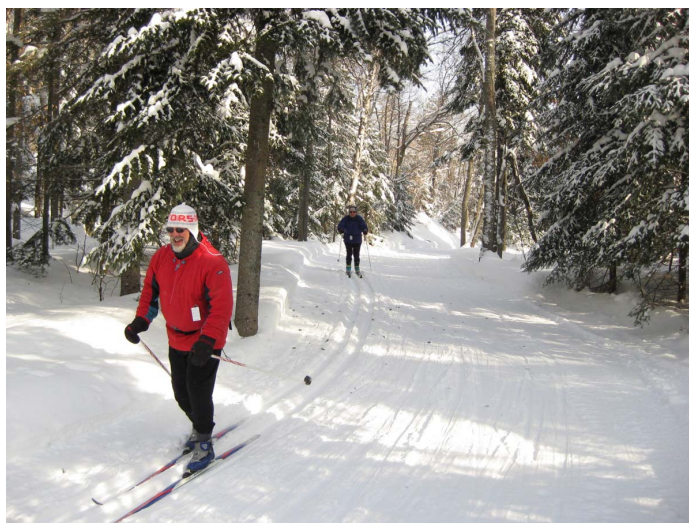
Jan. 15-17, 2010

For the 12th straight year we're headed to the Far Hills area. This is the largest XC ski centre in the Laurentians, with more than 100 km of groomed trails. We'll stay again at the Auberge du Vieux Foyer, right on one corner of the ski trails at Parc Dufresne (formerly Far Hills.) The package includes breakfasts as well as fine dining at the Auberge on both Friday and Saturday nights.



Cross-Country Weekend at Val David, Jan. 2009

Downhillers are also welcome, and can ski either at one of the nearby hills (St. Sauveur is 20 km away, and Chanteclair is even closer), Mont Tremblant, or combine their trip with one day of XC and one day of downhill.



RA XC Skier at Val David

This is a car-pool trip. Space will be limited, so you'll have to sign up promptly. We'll let you know when registration opens, as well as the price, via our website, the SnowPhone, and Ski-Mail.

Registration opens at Trip Information Night, Nov. 4th.

Jean-François Mélançon, XC Co-Chair, xc_2009@raski.ca

CHILE SKI TRIP – AUG. 2-17/08

What's your dream ski area? Groomed powder snow, long runs with few people, and spectacular scenery. Hey, you've just described skiing in Chile! Seven RA skiers had the trip of a lifetime: seven days of skiing – in August! plus a week of sightseeing. We skied three ski areas, all at around the 8,000 to 12,000-foot level, and all above the tree-line:

- **Termas de Chillan** is a volcano 500 km south of Santiago. It has the most vertical of the three areas, 3610 feet (1500 feet more than Tremblant!), and has 9 lifts and 28 runs. Our first day began with moderate visibility, which soon became poor with light snow. Our second day had high clouds with excellent visibility, so we took the chair to the top of the ski area, which is about 500 feet below the top of the twin-peak volcano. The scenery was spectacular, as we were level with many of the other mountain peaks in the area. Runs were wide, with packed powder snow, and few skiers.



Skiing at Termas de Chillan

- **Portillo**, surrounded by 15,000-foot peaks, is the most spectacular of the three. It's 145 km NE of Santiago. Portillo has 2,487 feet of vertical, and packed powder which doesn't get skied off during the day, as the owner limits the number of skiers to 450, so no crowds! Adding to the excitement is the road up – a narrow road with 30 switchbacks (changes in direction on a steep hill.) We skied four days in absolute perfect ski conditions – brilliant sunny days with bright blue skies, temperatures above freezing, and groomed powder.



RA Skiers at Portillo

- **Valle Nevado** is the largest ski area in Chile, with 2,657 feet of vertical and 11 lifts. Valle Nevado is only 70 km

from Santiago, but it takes an hour and a half, as the steep road has 61 switchbacks. The road is only one lane, adding excitement to the drive. Valle Nevado is much larger than Portillo, and is also much more spread out, as the peaks are further away. The hotel is at 10,000 feet. There are 34 groomed runs. Only four of us skied there, as the forecast was for light snow becoming a blizzard in the evening. The others stayed in Santiago to shop. On our first ride up the lift, we got about three towers up the hill, when all the lifts were stopped because of gusty winds. We sat there for 20 minutes, with high winds and the occasional blinding snow squall, before the lift re-started in order to get the skiers off the lift. Ski conditions were not the best, as the wind cleaned off the loose snow, leaving a crust. Two of us did a couple of runs, and the two harder ones (=ski fanatics), skied the rest of the morning, using poma lifts. We all agreed that the trip was worth it, as a bad day of skiing is a lot better than a day of not skiing.



Skiing at Valle Nevado

Sightseeing

We interspersed our skiing with seven days of sightseeing. Our first day was the coastal city of Concepcion, where our first stop was the Bata shoe store in a shopping mall, as we needed to buy rubber boots because of the heavy rain. Just as we left the shoe store, the rain stopped. We spent a day in Valparaiso – Chile's largest sea port. We visited two wineries, and tasted some of Chile's finest wines. We had a day touring Santiago (again in the rain), a day along the picturesque coastline north of Valparaiso, had lunch at a tiny fishing village, and saw magnificent beaches as well as big waves crashing on rocky shores.

To summarize the trip and the skiing: WOW! The ski hills are as modern as those in Canada. Chile is a beautiful country. Many thanks to our enthusiastic guide, Pato Milla of Vagabundo Tours, who went out of his way to show us the real Chile.

CHILE PHOTO NIGHT

When: Monday Sept. 14, 7:00 - 8:00 PM

Where: Courtside B, RA Centre (east end of building)

Find out what it's like to ski in Chile! We'll show pictures of our trip, including the three ski areas we hit, as well as some of the sights there are to see in this beautiful country. Don't worry, although the seven of us took a total of 3,000 pictures, we'll delete a couple of them due to lack of time.

The Chile slideshow will be followed by a presentation on the Zermatt weeklong trip. After, we'll head for the RA Fieldhouse for a pub night.

RA SKI ACTIVITES 2008-2009



Meet'n Bike to Lac Leamy, June 2009



Mont Blanc/Grey Rocks 3-day get-away, March 2009



Hike to Healey cabin, March 2009

SEE OUR WEB SITE FOR MORE PHOTOS

Go to www.raski.ca, and click on "photos", then click on "flickr". Click on the set you want (DH, XC or Biking/Hiking), then click on "detail" to see larger photos. Or, click on "slideshow" to cycle through a large version of all the photos in the set.



Downhill Trip to Gray Rocks, March 2009



Downhill Weeklong to Lake Louise, February 2009



Downhill Weekend to Mont Sainte-Anne, February 2009



XC Ski to Keogan, November 2008