



RASki Club

January 2010

"friends to be with and ski with"

"Des amis(es) avec qui se retrouver et skier"

www.raski.ca

SNOWPHONE : (613) 736-6235



HAPPY NEW YEAR, RA SKIERS!

Your executive has planned some great outings, both cross-country and downhill! So far we've only had two Meet 'n Skis due to the late arrival of the snow. Coming up are more mid-week downhill Meet 'n Skis once a week to local ski hills. Come and join us....you'll be glad of the less-crowded conditions on the hills during the week. New this year will be two evening Meet 'n Skis to accommodate the working folks. Cross-country skiers meet every weekend for some great exercise and fun in the Gatineaus.

We've also got a bus trip to St-Sauveur - a good opportunity to get those ski legs in shape before going to Zermatt! Another cross-country/downhill day bus trip is planned in March for Mont Tremblant/Mont Blanc/Place St.-Bernard. Register early for these, if you wait 'til the last minute, it might just be too late!!! This year our weekend trip to Val David is again a sell-out, and participants are looking forward to the lovely cross-country trails of the area, while those who downhill ski can choose one of the hills in the Laurentians which are all within easy driving distance from the Inn. And our three-day downhill/cross-country weekend trip to Killington in February will also provide some great skiing. It's the biggest in the East!! If you are interested in a mid-week car pool trip to St-Sauveur in early March, contact our downhill chair as soon as possible so arrangements can be made. Our weeklong trip to Zermatt is also a sell-out with record numbers for a weeklong trip!

Don't forget, we don't just ski, we love to socialize too at our monthly pub nights, the first being on Jan. 21st, and possibly a skating event. The SkiFit program was again well attended this year (usually followed by refreshments by a good number of participants.) And to end the season, we'll be having our annual potluck dinner in April. When summer rolls around again, we'll have some meet 'n cycle outings, hikes, theatre in Strathcona park, etc. Keep up-to-date by checking out our fantastic website at www.raski.ca or by subscribing to our publicity emails or by checking the Snowphone.

Happy and safe skiing to all of you! Look forward to seeing you on some of those outings, because I will be there as much as possible!

Doris Dallaire, Chair, chair_2009@raski.ca.

ZERMATT, SWITZERLAND WEEKLONG

On the evening of January 29th, 33 club members will depart from Ottawa airport for a week of skiing in the shadow of the Matterhorn in Zermatt, Switzerland. Two keeners who left the week before will meet us with ski reports when we arrive. The trip will be a bit of an adventure as we fly from Ottawa to Montreal to Geneva, then take a bus to Tasch, where our luggage will be transferred to a train for the final leg of the trip, since Zermatt is not accessible by road. We will stay in the four-star Ambassador Hotel, where our package includes a breakfast buffet and five-course dinners. The hotel is only 200 metres from the lifts. Skiing should be great in this vast area. On a sunny day we can ski down the other side of the mountain for lunch in Cervinia, Italy. Before New Years, 42 of 55 lifts were running. Good to excellent conditions were reported even on the resort runs, and more snow is forecast. After six fabulous ski days we will retrace our steps with an early morning departure from Zermatt by train, and arrive back in Ottawa about 5:30 in the evening.

Bill Buck, Weeklong Chair, weeklong_2009@raski.ca

SOCIAL

Pub Nights

Don't miss our monthly pub nights. It's a great opportunity to catch up with other members and find out where everyone has been skiing. Pub nights are in the Fieldhouse Bar & Grill at the RA Centre at 7:30 PM:

- Thursday, January 21 – following meeting of weeklong (Zermatt) participants
- Thursday, February 11
- Thursday, March 11
- Wednesday April 14 – following RA Ski Club Annual General Meeting

End-of-Season Pot-Luck Dinner

Sat. April 10

Once again, we'll be holding this annual get-together at 6 p.m. in the community hall at 100 Pine Hill Road in Kanata. This dinner is open to all RASki Club members - both cross country and downhill skiers. Details will be available in late March via the SnowPhone, Ski-Mail and RASki web site (www.raski.ca).

Skating Night

We will have a skating night at historical Rideau Hall on Friday, March 5 from 7 - 8:30. There is a warm-up hut at the rink, and afterwards we'll go to a local pub on Beechwood to really warm up. Entrance to the Rideau Hall grounds is via the Princess Gate. Check the SnowPhone, Ski-Mail and RASki web site (www.raski.ca) for any more details.

Spring Hiking

Our first hike of the season will be an urban hike around Ottawa on April 24. Please check the SnowPhone and RASki web site (www.raski.ca) in April for more information.



Oct./09 Wolf trail hike

*Louise Cameron & Jane Rau
Social co-chairs, Social_2009@raski.ca*

ANNUAL GENERAL MEETING

Wednesday Apr. 14/10

Where: Courtside A room, RA Centre, 7 PM

You can thank your executive, volunteer to chair a portfolio, offer suggestions, and make your voice heard by attending the RA Ski Club's annual general meeting.

DOWNHILL DAY TRIPS

Weekday Meet n' Skis

Of the four Meet'n' Skis scheduled to date, only two have gone due to lack of snow and runs being open. Five of us enjoyed a perfectly wonderful ski day at Camp Fortune with very good conditions just before Christmas.



Dec. 21, 2009 - Meet'n'Ski to Camp Fortune

Then the first week of January, eleven of us enjoyed a great day at Mont Sainte-Marie. Hopefully the New Year will bring more snow so we can enjoy other hills too.



Jan. 4, 2010 - Meet'n'Ski to Mont Sainte-Marie

We'll have a Meet 'n' Ski once a week, different day each week, different hill, and new this year we'll have two evening Meet 'n' Skis to accommodate the working folks. To see our Meet'n Ski schedule, go to www.raski.ca and click on "downhill".



Jan. 4, 2010 - Meet'n'Ski to Mont Sainte-Marie

Jan. 24: Downhill Bus Trip to St-Sauveur

Cost: \$77.00 (bus and lift ticket included)

Departure time: 7 a.m. sharp from RA west parking lot

Relax on the bus, and get your ski legs in shape for Zermatt and for the season and ski at St-Sauveur. Tons of runs, something for all levels of skiers. At the end of the day we'll return to Ottawa where those wishing can get together for a group dinner at a local restaurant.

Mid-Week Get Away March 10-12 – St-Sauveur

Once again we are offering a mid-week car-pool get-away, this time to St-Sauveur. Cross-country and downhill skiers can enjoy less crowded conditions and ski either three days or two. Check our website for price and location. A block of rooms will be held for us at a local hotel/inn and participants will be expected to book their own room using their credit card. We have some cross-country skiers going as well as downhill skiers so don't feel you'll be alone to ski! Let me know soon, at the latest February 18th, if you are interested so I can know how many rooms to block off for us.

Mar. 14: Tremblant/Mont Blanc/Domaine St-Bernard DH/XC Bus Trip

Cost: \$49.00 (bus only)

Departure time: 7 a.m. from RA west parking lot

This trip is open to both downhill and cross-country skiers. We'll drop the downhill skiers at the hill of their choice, either Mont Blanc or Tremblant. We'll also drop the cross-country skiers off at Domaine St. Bernard. We will return to Ottawa right after skiing, and those wishing can get together for a group dinner in Ottawa on our return. Downhillers will purchase their own lift tickets at the ski hill, or use their Ski-Max tickets. Cross-country skiers will buy their own trail passes at the Domaine St-Bernard cross-country ski centre.

*Doris Dallaire, Downhill Chair,
downhill_2009@raski.ca*

KILLINGTON DH/XC WEEKEND

This season's three-day weekend trip is planned for departure Friday February 19th. Ski Saturday, Sunday and Monday, and return after skiing Monday February 22nd. Killington, Vermont is the largest ski area east of the Rockies, with over 3000 feet of vertical, and nearly 200 runs. Annual snowfall averages around 250". For cross country skiers, there are two nearby XC resorts.

This year we will leave at 1:30 p.m. to avoid traffic, and get to our hotel in Rutland in time for a late dinner so we can take full advantage of the ski day on Saturday. Transportation to the hill and cross country areas will be provided by our charter coach, or for those who wish to ski shorter days, by shuttle services provided with a voucher from the hotel.

At the time of writing in late December, we are just a couple of people short of meeting our minimum numbers, with over 20 downhill skiers and half a dozen cross country skiers already registered. Don't delay registering because we will need to release unused hotel space in the next week or so! You can register by phone (736-6224 weekdays, 10 am – 6 pm) using credit cards, or in person at the east desk with credit card, bank card or cheque.

Killington Rendezvous Night

The pre-trip rendezvous will be in the Bytown A room above the west desk at 7:00 p.m. on February 11. Roommate lists, itinerary, and other information will be distributed then.

*Arlene Buck, DH Weekend Chair
dhweekend_2009@raski.ca*

SKI-FIT

Ski-Fit Hikes

This new addition to the programs offered by the RA Ski Club's SkiFit was proposed as a way to improve fitness during the Autumn months. Weekday hikes in the Gatineau Park were a joy in which to participate. There were very few other hikers on the trails; indeed, there were times when we had the entire cabins to ourselves.

We seemed to be blessed with wall-to-wall sunshine and blue skies most days, with only one hike cancelled because of rain. We had an opportunity to take in the beauty of the changing colours of the Autumn leaves, and saw many small animals and birds on our walks. After hikes, we usually went to a pub or restaurant to continue our conversations and plan our Winter activities. All participants agreed that they enjoyed themselves tremendously on these hikes and hoped that they would be continued next year. Thank you for participating.

Ski-Fit Classes

The ski-fit classes have come to a close after 10 weeks of challenging exercises to improve balance and upper body strength. Thirty skiers registered and came out with enthusiasm to strengthen core muscles to make their bodies ready for the demands of skiing and snowboarding. The exercise program was very rewarding. Debbi, our instructor, said that she could see continuous progress in our fitness.

For those of us who have already been out on the trails or on the slopes, we can attest to the fact that our bodies are indeed stronger, and we were less fatigued after skiing. Thank you, Debbi, for leading us from being sedentary, to being stronger and fitter. Now let's hit the slopes! Until we meet again, happy skiing!

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

CROSS-COUNTRY

It's not a good start to the ski season when, of all the planned outings, the waxing clinic has the weather best suited for the event. Unfortunately, lack of snow and freezing rain have caused more trips to be cancelled than have actually occurred so far this year. The few outings that did go were very well attended; clearly we are all eager to get out and enjoy the great skiing that Gatineau Park usually provides. Hopefully the New Year will see temperatures more conducive to snow.



Dec. 20, 2009 – XC Ski to Huron Cabin

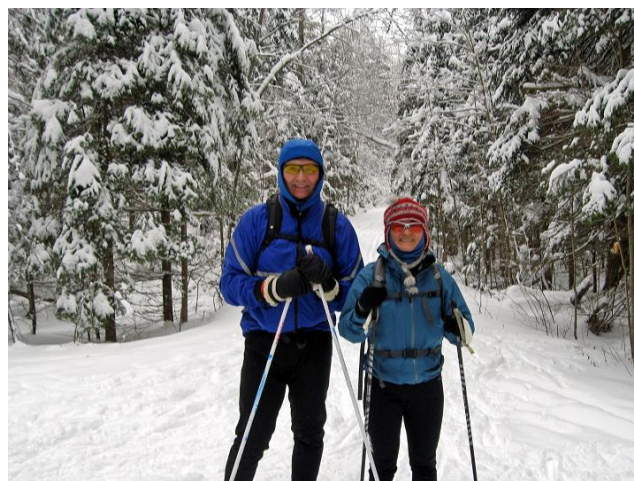
Day-Trip Schedule

We will continue with the current schedule as posted. See www.raski.ca and click on "X-country". Note that there are two weekday trips to Gatineau Park this year in January and February. If these trips prove to be popular, we hope to expand the weekday trips next year.



New Year's Day Ski along Lac Philippe

Remember to check the website (www.raski.ca) or SNOWPhone (613-736-6235) for the latest updates to the schedule before heading out to the RA Centre. The SNOWphone is updated with the latest information about one hour before the scheduled departure time.



Jan. 3, 2010 - XC Ski, Loop from P19 (Lac Philippe)

Waxing Clinic

Eighteen people attended the waxing clinic on Nov. 19th. Borden Hum, who is a waxing technician for SWIX and has waxed for the Canadian Special Olympics ski team, gave a great clinic. He answered many questions from people eager to learn how to wax their own skis and gave everyone a coupon for a free hot wax from a local ski shop. Borden has volunteered to do another clinic before one of the Sunday trips. Check the web site for an update.

Weekend Trip - Parc Regional Dufresne, Val David Jan. 15-17

The buzz from last year's stay at Auberge du Vieux Foyer has translated into a sold out trip this year. The RA Ski Club will have every room at the inn – 41 people!!

Day Trip to Petite Rouge, Feb 6

This trip is a change from the Montebello trip. Petite Rouge is about a 90 minute drive northeast of Ottawa and has 25 km of groomed trails.

Killington Vermont XC/DH Weekend, Feb 19-22

Cross-country skiers will be joining the downhill skiers for this trip. Cross-country skiers can choose between Mountain Meadows XC Ski Resort or Mountain Top Nordic Ski & Snowshoe Center.

Cheryl Nakamura and Jean-François Mélançon
xc_2009@raski.ca, Cross-Country Co-Chairs

PHOTOS AND TRIP REPORTS

Trip reports

Downhill and cross-country trip reports for the last month are put on our home page www.raski.ca. For older trip reports, click on "Trip Reports" on the left-hand box on our home page.

Photos

Our RA ski photographers supply us with a steady stream of photos from many of our trips. With the subject's permission, we have put these photos on the web. To see them:

1. Go to our home page, www.raski.ca, and click on "photos" in the left-hand box
2. Click on "flicker photos"
3. Click on the set you want ("downhill", "cross-country", or "biking, hiking and skating".)
4. Click on "Detail" to see the photos and their captions.
5. To see a larger version, either double-click on "Slideshow" to run through the whole set, or double-click on an individual photo.



**Hike to Keogan Cabin
Oct. 21, 2009**

USEFUL LINKS

RA Ski SnowPhone **613-736-6235**
RA Ski Web Site **www.raski.ca**

DOWNHILL

Local DH ski conditions www.skiottawa.com
Quebec DH ski conditions www.conditionsdeneige.com
World-wide ski conditions www.skicentral.com/skireports.html

CROSS-COUNTRY

Gatineau Park XC phone line 819-827-2020

Gatineau Park XC ski conditions

http://www.canadascapital.gc.ca/bins/ncc_web_content_page.asp?cid=16297-16299-10170-49899-51135-51137-60245&lang=1&bhpcp=1

List of XC ski areas in Quebec

www.cross-countryski.com/quebec.html

List of XC ski areas in Canada

www.canadatrails.ca/xc_ski/index.html

KEEP INFORMED

How can you find out about what events are planned?

- **WEB SITE**
Check out the RASki club's amazing web site www.raski.ca
- **SKI-MAIL**
Subscribe to the RA Ski club's Ski-Mail e-mail list. (Go to our web site at www.raski.ca, and click on "E-Maillist", in the box on the left.) The Ski-Mail provides you with the latest information on ski club events. Ski-Mails are issued weekly during the ski season, and as events occur during the rest of the year. As we use Yahoogroups to distribute the Ski-Mail, you have to put yourself on the list – we can't do it for you. You can un-subscribe at any time you choose.
- **SNOWPHONE**
Check the **SnowPhone** at **(613) 736-6235**. This phone message is updated regularly, and provides the latest information on upcoming events.
- **ONE-TIME E-MAIL**
Send an e-mail to currentevents@raski.ca for a one-time bounce-back e-mail of what events are coming up