



www.raski.ca

RASKi Club

September 2010

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



SNOWPHONE : (613) 736-6235

DH WEEKLONG TO VAL GARDENA, ITALY

Stopover in Venice on return trip!

Jan. 28-Feb. 6, 2011



Cost*: (including taxes): single occupancy **\$2455**, double occupancy, "standard room", **\$2290 pp**, "Comfort room" (more spacious), **\$2350**.
Prices are quoted for payment by cheque. For credit card, add \$60.
*does not include Air France excess baggage charge of \$50 each way to transport skis and boot bags.
* land only: deduct \$950. Cross-country: deduct \$275

Hotel: Hotel Hell ("bright" in German) is a 4-star hotel located slopeside, and a close walk to the centre of Ortisei. After a day on the slopes, the hotel offers a modern spa with Finnish sauna, Turkish bath, Kneipp pool, outdoor whirlpool, and a fitness room. Breakfast and dinner are included.



Hotel Hell

Price includes:

- Round-trip flights from Ottawa to Venice, flying Air France
- Current flight taxes and fuel surcharges of \$400
- 7 nights in Val Gardena at the 4 star Hotel Hell, Ortisei
- 1 night accommodation at the 4 star Hotel Bologna, Venice
- All hotel taxes, resort fees and hotel staff gratuities
- Half board meal plan in Val Gardena; breakfast only in Venice
- Private airport/hotel coach transfers as required
- 6 day Dolomiti Superski pass

Registration package: Available on our website www.raski.ca.

Alpine Skiing: Val Gardena includes the ski areas Selva, Castel-rotto, S.Cristina, Ortisei and Siusi. The area is connected with the Dolomiti Superski area and the nearby Alpe di Siusi. With the Dolomiti Superski pass, you have access to all lifts in the Dolomites with 500 km interconnected slopes surrounding the Sella Group, and a total of 1,220 km in 12 zones.

Cross Country skiing: Val Gardena is a special treat for XC skiers: the Vallunga in Selva Gardena, the Monte Pana in S. Cristina and the Alpe di Siusi offer a fantastic panorama. There are 98 km of XC ski trails.

Night In Venice: On the way home, we'll arrive in Venice by noon, leaving lots of time for sightseeing and dinner, before flying home on Sunday.

Travel Insurance is required. With your application, either provide proof of your own travel insurance, or purchase insurance when registering.

Passport: Passport must be valid for **at least six months** after your return.

Book early! The first 25 places go on sale at 6:30 PM Sept. 23rd, while the remaining 5 spaces are reserved for sale beginning at 7 PM on Trip Info Night, Nov. 3rd.

Booking deadline: Nov. 8. After Nov. 8th, space may still be available. However, acceptance of registration then is conditional upon suitable roommate combinations or payment of the single supplement.

Bill Buck, Weeklong Chair, weeklong_2009@raski.ca

ITALY & RA SKI SLIDE NIGHT

When: Wed. Sept. 15, 7:00 - 8:00 PM

Where: Courtside B, RA Centre (east end of building)
We'll show slides of RA Ski Club activities over the past year, and give you info about the upcoming weeklong trip to Val Gardena Italy. Pub night follows.

TRIP INFORMATION NIGHT WED. NOV. 3

When: Wed. Nov. 3, 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 INFO NIGHT. Get your Trip Info Newsletter with our complete 2010-11 program. There will be door prizes and presentations on all the RASKi Club's programs. Win ski tickets to ski hills!

MESSAGE FROM THE CHAIR

WELCOME BACK SKIERS/SNOWBOARDERS!

Despite the fact we only had one real snow storm, ski conditions this past winter gave us a chance to get in some good skiing, but unfortunately it was an early end to the season for cross-country skiers due to lack of snow in March. Participants really enjoyed the weeklong to Zermatt and the weekends to Killington and Val David.

We skipped going to Chile this summer and kind of missed our summer skiing. So there is talk of returning next summer again. The skiing is just too good to miss! Stay tuned for details.

This summer was hot and mostly sunny, and we've managed a lovely spring hike, some good Meet 'n' Cycle days to try to stay in shape, as well as a mid-week golf day and theatre in the park. Now we look forward to hiking both on weekends and mid-week and the always popular SkiFit program this fall.

Your hard-working executive has met over the summer to plan this year's program and we hope you'll enjoy some fun skiing outings and socializing. We'll have 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. We will also have an information night on September 15th to let you know a bit about what the club did over the past year, and to give you details about our trip to Val Gardena, Italy this winter. With the Loonie doing so well, the Euro not so well, and our survey indicating that you wanted a European destination again, we were able to get a fantastic package price and could not pass it up. Our weekend cross-country and downhill bus trip is to ever-popular Mont Ste-Anne. The mid-January car-pool trip to Val David which was so enjoyed last year is a repeat, staying at the same hotel.

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. Become an ambassador for the club by encouraging new members to join our fantastic Ski Club.

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

SNOWPHONE

Get the latest updates (reminders, additions or cancellations.) Check the **SNOWPHONE** at (613) 736-6235.

SKI-MAIL E-MAILS

Get the latest news! Subscribe to our weekly Ski-Mail e-mails. To subscribe, go to our web site at www.raski.ca, and click on "E-Mailist" on the left.

RA SKI EXECUTIVE 2010-11

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>Chris Hutton</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
Arlene Buck & Jane Rau

NEWSLETTER DELIVERY OPTIONS

The Trip Info Newsletter (issued in November) contains everything you need to know about our ski program for 2010-11. You can pick up your copy at Trip Info Night, Nov. 3rd. To save money on postage, we're not mailing that newsletter out to all our members. If you're not at Trip Info Night, we are offering the following delivery options:

Electronic:

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

Paper:

- In person:
 - Pick up the newsletter at Trip Info Night.
 - After the Info Night, from the RA East Desk.
- By mail: If you want 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.

SKI CHILE – AUGUST 2011

We're off to ski the Andes again! We'll ski Chile's best ski areas and do some sightseeing. Details to follow.

DOWNHILL DAY TRIPS

We have a full schedule of downhill day ski trips this year. There will be two weekend day bus trips; one to Mount St.-Sauveur in January and a second to Mount Blanc/Tremblant in March. Mid week Meet "n" Ski trips are scheduled each week, alternating days and hills throughout the season. We will also have one evening Meet "n" Ski, and one weekend Meet "n" Ski for the working folk. Watch the newsletter for updates and additions.

Chris Hutton, Downhill Day Chair, downhill_2009@raski.ca

CAMP FORTUNE / MONT STE-MARIE \$99 PASSES

The RA Ski Club will again coordinate groups of four to purchase the weekday/weeknight passes to Camp Fortune or Mont Sainte-Marie. If you wish to join a group to purchase a pass for either hill, or need someone to complete your group, email your name and phone number to weeklong_2009@raski.ca. We will try to put you in touch with three others who want similar passes. Purchase deadline: Sept. 30th. Check the resorts' websites for details of the passes, and be sure to let us know which type of pass you would like.

Chris Hutton, Downhill Day Chair, downhill_2009@raski.ca

DOWNHILL/CROSS-COUNTRY WEEKEND TO MONT SAINTE-ANNE

Fri. Feb. 18 – Mon. Feb. 21



Le Massif

We're returning to Chateau Mont Sainte-Anne for a three-day, weekend trip. Downhill skiers will ski two days at Mont Sainte-Anne and one day at Le Massif. Cross-country skiers will ski at Parc Sainte-Anne. All passes for three days for downhill and cross-country are included. Tentative prices are: downhill \$530; cross-country \$435. Single supplement: add \$205.

Registration: opens at Trip Information Night, Nov. 3rd.

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

SKI-FIT CLASSES

WHEN: Thursday nights from 6:35 to 7:20 PM

Oct. 14 until Dec. 16

COST: \$45.00 plus HST

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 with less pains and strains if your body is ready for the demand of outdoor sports. 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 line at (613) 736-6224 or drop by the desk and register now!

Marian Barton, Ski-Fit, 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, or we will stop for a coffee and snack, usually in Chelsea.



Sept. 2009 Ski-Fit hike to Healey cabin

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 or for changes due to weather.

The hike schedule is as follows:

- Thurs. Sept. 30: P16 (Pine Road)
- Mon. Oct. 4: Pink Lake
- Wed. Oct. 13: Keogan to Huron
- Wed. Oct. 20: P7 (Kingsmere) to Keogan
- Mon. Oct. 25: P12 (Meech) to Western cabin

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

SOCIAL

FALL BIKE RIDE – Wed. Sept 22

This bike trip will be a mid-week remote-start bike ride from the Rideau Family restaurant just outside of Kemptville, up the river to Merrickville and back to the Restaurant. The ride will be about 50 Km along quiet paved secondary roads with flat to low rolling hills. The shoulders of the road are compacted gravel but we should be able to stay on the road most of the time.

Please meet at the RA Centre West wing parking lot at 9:15 AM for a 9:30 departure to the start point, the Rideau Family restaurant. We'll carpool and I assume there will be enough cars with bike racks who will be willing to bring a passenger and bike.

If you would like to meet us at the Rideau Family restaurant, it is just 3 km outside of Kemptville on Hwy 44, and we should be there at 10:00. Bring your lunch. After the ride we will stop at the Rideau Family Restaurant for refreshments.

GOLF – Sat Sept. 25

We will book a few tee off times at Pine View Executive golf course and have a fun golf day. Green fees are about \$36. You must notify Louise at social_2009@raski.ca by Sept .17th.

FALL HIKES



Sept. 2009 hike to Lusk Caves

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. Oct. 2 – Lac Philippe: We'll hike around the lake and enjoy a picnic along the way. Bring your lunch.

Mon. Oct. 11 - 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. 23 – Lusk Falls to the fire tower: We'll climb up the west side of the Gatineau Hills to the fire tower at the top.

Sat. Nov. 6 - Meech Lake to MacDonald Bay: A pleasant hike to a picturesque bay, with a stop to explore the ruins of the old carbide mill.

Sun. Nov. 21 – Pine Road to Herridge Cabin: This is an easy walk for late November. Bring a lunch to eat at Herridge Cabin.

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. 23:** Meet in the Fieldhouse any time after 7 PM. This is the night that registration for the weeklong opens.
- **Thurs. Oct. 14:** This is "Meet the Executive" night. Join us at 7:30 PM and meet up with your old and new ski buddies.
- **Wed. Nov. 3:** Right after the Trip Information Night
- **Thurs. Dec. 2:** Last Pub Night for 2010. 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 RASKiers' cooking talents were enjoyed by all. Hiking in Gatineau Park then ensued, sometimes even in the rain. The hiking season actually kicked off at the end of March with an urban hike in the Vanier quarter of Ottawa. Several bike excursions followed, with rides to Aylmer, Shirley's Bay, Lac Leamy, Petrie Island, and Bate Island to the Experimental Farm.

A mid-week golf afternoon was finally held in July after 2 previous attempts were rained out.

On the cultural side of things, RA skiers laughed at the antics of the Company of Fools as well as the Odyssey Theatre during their stage productions at Strathcona Park.

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

CROSS-COUNTRY

Due to their popularity last year, we have added more weekday trips to Gatineau Park to the schedule. Hopefully those who experience the freedom of skiing on near-empty trails during the week will still attend the weekend day trips!

As always, we welcome skiers of all levels. Gatineau Park does have some hills so you should ensure that you can do a snowplow stop and snowplow turn before joining us. If you want to get a head start on your fitness before the ski season, consider attending the SkiFit classes starting in mid October.

The first few outings are on easy trails to allow everyone to ease into the ski season. Even as we move to intermediate trails as the season progresses, there is often a shorter or easier way to get to the same destination.



Feb. 28/10: On Trail #3 between P9 and Huron cabin

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 website closer to the date.

DAY OUTINGS

The cross-country day trips to Gatineau Park start in early December and run until early April, depending on conditions. There are 9:00 am Saturday and 12:00 pm Sunday departures on alternating weekends, as well as various week day trips starting at 9:30 am. Participants meet at the RA Centre West Wing lobby to sign in, receive a trip briefing from the trip leader, and plan carpooling. Participants share gas costs. We ski for two to three hours and then adjourn for a meal at a nearby restaurant. Note that there is a daily trail fee to ski in Gatineau Park or you can buy a ski pass that is good for the whole season.

HIGHLIGHTS OF THE DAY PROGRAM

Day trips are in Gatineau Park, including a full moon night ski and Norway Day in March. This year the day trip outside of Gatineau Park will be to Pakenham.

- More weekday trips to Gatineau Park
- Ski outings on Boxing Day and New Year's Day
- Pakenham day trip Sunday February 20
- Norway Day Sunday March 6
- Moonlight ski Saturday March 19

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!!

We need trip leaders for the additional weekday trips. If you are interested in leading a day trip, weekend or weekday, please send an email to xc_2009@raski.ca.

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

CROSS-COUNTRY / DH WEEKEND

VAL DAVID, Quebec

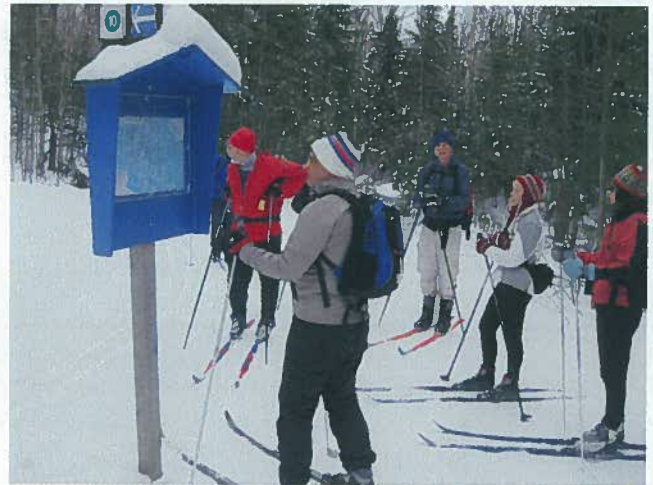
Jan. 14-16, 2011

For the 13th straight year we're headed to the Val-David 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. It's worth signing up just for the food!

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

This is a carpool trip. Space will be limited, so you'll have to sign up promptly. Registration opens Trip Information Night, Nov. 3rd. Check the RA Ski web site later for prices.

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



Cross-country weekend at Val David, Jan. 2010

OTTAWA SKI & SNOWBOARD SHOW

When: Friday Oct. 22 – Sunday Oct. 24

- Friday 4:00 p.m. - 9:00 p.m.
- Saturday 10:00 a.m. - 5:00 p.m.
- Sunday 11:00 a.m. - 5:00 p.m.

Where: Lansdowne Park

Come visit the RA Ski Club's booth at the Ottawa Ski Show!

RA SKI ACTIVITES 2009-2010



Meet'n Bike to Lac Leamy, July 2010



Zermatt, Switzerland: St. Bernard rescues RA Skier



Hike to Herridge cabin, April 2010



Downhill weekend to Killington Vermont, Feb. 2010



July 2010 – Theatre-in-the-Park: Odyssey Theatre's "Midsummer Night's Dream"



21 March 2010: Last XC ski of the season



Jan./10: Weeklong to Zermatt, Switzerland

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". Or, click on "slideshow" to cycle through a large version of all the photos in the set.