



RASki Club

January 2011

"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 a few 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. This year we will be have a Meet 'n' Ski on a Sunday in February to accommodate the working folks as well as one in March at Edelweiss for their Evening Jam towards the end of March. Cross-country skiers meet every weekend for some great exercise and fun in the Gatineaus and we also have some mid-week X-Country ski days.

We've also got a bus trip to St-Sauveur - a good opportunity to get those ski legs in shape before going to Italy! 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 chose one of the many ski hills in the Laurentians. Our three-day DH/XC weekend trip to Mont-Ste.Anne/Le Massif in February will also provide some great skiing. Our weeklong trip to Val Gardena, Italy 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, and possibly a skating event. The SkiFit program was again well attended this year (usually followed by refreshments by many participants.) To end the season, we'll be having our annual potluck dinner in April. When summer rolls around, we'll have some meet 'n' cycle outings, hikes, theatre in Strathcona park, golf days, etc. Keep up-to-date by checking out our fantastic website at www.raski.ca, 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

VAL GARDENA, ITALY TRIP

37 club members are eagerly awaiting departure from the Ottawa Via terminal by Air France bus to Montreal, from where they will fly to Venice via Paris for six days of skiing in the vast Val Gardena ski area. We'll stay in the four-star Hotel Hell and the top three-star Hotel Maria in Ortesei, one of 6 ski villages in the valley. Our group is too large for one hotel! Our package includes a breakfast buffet and four-course dinners. Hotel Hell is only 200 metres from the lifts while Hotel Maria is a mere 50 m. from the main gondola. Skiing should be great in this vast area. Many of us are hoping to do the famed "Sella Ronda" tour, a 26 km tour around the highest peak in the region. The early storms in Europe have left great conditions and weather is warming. All 81 lifts in Val Gardena are now running. Good to excellent conditions are reported on all runs including the resort runs.. After six fabulous ski days we will return to the Venice airport at that relatively civilized time of 9:30 am, and check into our hotel near the Venice airport, leaving much of the afternoon and evening to go to Venice, a short trip by train. Sunday morning a private shuttle will transfer us to the airport at 7:30 am, and we will arrive back in Ottawa in the evening.

*A note to the "veteran" members of the group: If you are 66 on the day we arrive, bring a photocopy of your passport to the pre-trip rendezvous on January 20 (7:00 pm, Courtside B room) and we may be able to obtain a \$30 discount on your lift ticket!

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 (except for March 10th) at 7:30 PM:

- **Thur. Jan. 20** - after Val Gardena rendezvous meeting
- **Wed. Feb. 9** - after the Mont Ste-Anne Rendezvous
- **Thur. Mar. 10** - at the Rideau Tennis Club for a change (1 Donald Street)
- **Wed. Apr. 13** - following the Ski Club AGM

Skating - Sat. Mar. 5

Join us at the outdoor skating rink at historic Rideau Hall from 7:00-8:30 pm for an old-fashioned skating party. We will follow this with a trip to a New Edinburgh pub.

Snowshoeing

Look for more info on the web site about a proposed snowshoeing evening in January or February in the park along the Rideau River by the Rideau Tennis Club - our final destination that evening to warm up. Check the SnowPhone, Ski-Mail and RASki web site (www.raski.ca) for an update.

End-of-Season Pot-Luck Dinner - Sat. April 9

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).

Spring Hiking

Our first hike of the season will be an urban hike. We'll explore yet another Ottawa neighborhood on **April 16**. Please check the SnowPhone and RASki web site (www.raski.ca) in April for more information.



Oct./10 Hike to Lusk Falls fire tower

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

ANNUAL GENERAL MEETING

Wednesday Apr. 13/11

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

This year, the RA Ski Club's downhill day program consists of:

- Our mid-week **Meet 'n' Ski** day trips to local ski hills.
- One evening **Meet 'n' Ski** for night skiing
- One weekend day **Meet 'n' Ski**
- A day **bus trip to St-Sauveur** (Jan. 23)
- A day **bus trip to Tremblant/Mont Blanc** (Mar. 6)
- See the full schedule at www.raski.ca

WEEKDAY MEET'N'SKIS

In spite of the lack of snow, three of our four scheduled Meet'n'Ski outings got off to excellent snow conditions, thanks to the excellent job of grooming done at Mont Sainte-Marie, Edelweiss and Camp Fortune.

At Mont Sainte-Marie, the variety and expertise of the RASki club was well represented, when snowboarding, alpine skiing and telemarking were showcased by some of our most enthusiastic club members.



RA snowboarder at Mont Sainte-Marie



RA telemark skier



Jan. 7/10 - RA Meet'n'Ski at Calabogie

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

The advantages of joining us on our mid-week Meet'n'Skis are much shorter lift lines, lower rates, and of course friends to ski with.

DOWNHILL DAY BUS TRIPS

- **DOWNHILL BUS TRIP TO ST. SAUVEUR**
Sunday January 23rd

Cost: \$84.50 (bus and lift ticket included)

Departure time: 7 a.m. Sharp! RA west parking lot

Notes: On our return to Ottawa, join us for dinner at a local restaurant.

- **DH/XC BUS TRIP TO TREMBLANT/ MONT BLANC & ST. BERNARD**
Sunday March 6th

Cost: \$51 (bus only) Use your Ski Max tickets or buy them at the resort.

Departure Time: 7 am Sharp! RA west parking lot
This is a combined downhill/cross-country bus-trip to Tremblant/Mont Blanc for the downhillers, and to Domaine Saint-Bernard for the cross-country enthusiasts. For the return home, we leave the last pick-up point at 5 p.m. After returning to Ottawa, join us for dinner at a restaurant.

Chris Hutton, Downhill Chair, downhill_2009@raski.ca

MONT SAINTE-ANNE/LE MASSIF DH/XC WEEKEND

This winter's three-day combined downhill/cross country ski weekend is planned for departure Friday February 18. We'll ski Saturday, Sunday and Monday, and return after skiing Monday February 21. Downhill skiers and boarders will ski two days at Mont Sainte-Anne (with 2050 feet of vertical and 66 runs) and one day at Le Massif (with 2526 feet of vertical and 48 runs). Cross-country skiers will be at Parc du Mont Sainte-Anne.

We will stay at the ski-in, ski-out Chateau Mont Sainte-Anne. It's a 4-star hotel, with an outdoor hot tub, indoor swimming pool, saunas, and exercise room. The rooms have two queen size beds and a kitchenette (coffee makers, microwave and/or hot plate, dishes and utensils, toaster, mini refrigerator and sink). There is a ski storage room.

As of January 6th, there is room for one male to share a room with another male. We have asked for more rooms but have not received an answer yet.

We will leave the RA Center, west parking lot at 1:30 pm sharp. The bus will arrive at 1:00 for boarding. We should avoid traffic and get to Sainte-Anne for a late dinner so we can take full advantage of the ski day on Saturday. Note: Park together in the middle of the west parking lot to allow for snow removal.

Mont Sainte-Anne Rendezvous Night

The pre-trip rendezvous will be in the Outaouais room at 7:00 p.m. on Wednesday February 9th. Roommate lists, itinerary, and other information will be distributed then.

Arlene Buck, DH Weekend Chair
dhweekend_2009@raski.ca

SKI CHILE – SUMMER 2011

We're off to Chile for 18 days of skiing and sightseeing in August. Watch our web site www.raski.ca for details and cost. Contact me if you're interested.
Glen Campbell, publicity_2009@raski.ca

SKIFIT

SkiFit Hikes

For the second year, the RA Ski Club offered SkiFit hikes as a way to improve fitness during the Autumn months. Weekday hikes in 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 cabin 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. 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 plus 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.

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, Felicity, 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

After a promising early snowfall at the end of November, lack of snow, followed by rain put us back to square one over the December holiday period. If everyone does their snow dance, hopefully we'll make up for it in January! To see the trip schedule, go to www.raski.ca and on the left side of the page, click "X-Country". People of leisure will notice that there are more weekday trips this year.



5 Jan./11 – End of XC ski from P8 to P9

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.

Help your fellow skiers to stay warm

Even on the mildest winter days, it can get cold standing around waiting for everyone in the group to get ready to ski. Here are some tips to ensure a safe and enjoyable outing for all:

1. Meet the group at the RA Center, rather than at the trailhead. This ensures that you receive the safety briefing, the trip leader knows who you are, and you arrive at the parking lot at the same time as everyone else.
2. If you think you need extra time to prepare once you arrive at the parking lot, let the trip leader know. They can give you a head start from the RA Center.
3. Wax your skis before you arrive at the parking lot.
4. Be ready to ski as soon as possible after arriving at the parking lot.

Waxing Clinic

Twenty two people attended the waxing clinic on November 18th. Borden Hum cleaned and hot waxed a pair of skis and patiently answered questions that he has probably been asked dozens of time. He has volunteered to do a quick wax for skiers before one of the Sunday trips. Check the web site for an update.

Day Trip to Pakenham, Feb 26

For something different, we're going to experience the 20 km of groomed trails at Mount Pakenham.



18 Dec./10 – RA skiers on the way to Renaud cabin



18 Dec./10 – RA skiers at Renaud cabin

Val David XC/DH weekend Jan. 14-16

Our stay at l'Auberge du Vieux Foyer, which is becoming a tradition, has once again translated into a sold out trip. The RA Ski Club will have every room at the inn for the second year in a row with 44 people! That is another record broken as we had 41 people last year.



Jan./10 - RA skiers at Mount Iceberg lookout, Val David

Mont Sainte-Anne/Le Massif DH/XC Weekend Feb. 18-21

Cross-country skiers will be joining the downhill skiers for this trip where they will enjoy the 208 km of trails at Parc du Mont-Sainte-Anne and the amenities of the Chateau Mont Ste-Anne.

*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 a larger version of an individual photo, either double-click on "Slideshow" to run through the whole set, or double-click on an individual photo. Then click on "Actions" and "View all sizes."



SkiFit hike to Keogan cabin, Oct. 18/10

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

Reports from skiers about Gatineau Park trail conditions
http://skitrails.xcottawa.ca/skitrails_gatineau_park.php

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