



RASki Club

January 2012

"More than just a ski club"

www.raski.ca

SNOWPHONE : (613) 736-6235



HAPPY NEW YEAR, RA SKIERS!

Once again some wonderful ski outings have been planned for cross-country and downhill skiers. Mother Nature was not co-operative before Christmas and we've had to cancel most of our planned outings because of lack of snow. But the snow has arrived and coming up are lots of weekend and mid-week ski outings. Our ever popular mid-week meet 'n' ski outings give us a chance to be on the slopes when it's less crowded. This year we've scheduled two mid-week bus day trips to the Laurentians, one to St-Sauveur, and the other a choice of skiing either at Mont Temblant, Mont Blanc, or Domaine St-Bernard for the XC skiers. If anyone wants to lead a weekend meet 'n' ski to a local hill to accommodate the working folks, contact us so we can advertise it. XC skiers meet every weekend and during the week for some great exercise and fun in the Gatineaus.

The bus trip to St-Sauveur in January is a good opportunity to get those ski legs in shape before going to Colorado for the weeklong trip. Register early for this one and for the one to Mont Tremblant/Mont Blanc/Domaine St-Bernard. If you wait till the last minute, it might just be too late!!! We need to confirm with the bus company several days ahead of the trip date or risk losing a pile of money. Our weekend trip to Val David in mid-January will be an opportunity for skiing the lovely XC trails of the area, and enjoying fantastic food with friends. Downhill skiers are welcome and can ski one of the many nearby ski hills in the Laurentians. We've also added a three-day, XC/DH carpool trip to Quebec's Eastern Townships. Our three-day DH/XC weekend trip to Sugarbush in early March will also provide some great skiing. The registration deadline was extended to January 10th so don't miss out! Our weeklong trip to Winterpark, Colorado is filled and we are looking forward to a fantastic week of skiing there!

This year will mark our 45th anniversary as a ski club. Our motto has been "Friends to ski with and be with," but because we have evolved and do a lot more than just ski (biking, hiking, golfing, SkiFit), we felt it was time to change our motto to "More than just a ski club". And that includes as always, friends to ski with and be with. To end the ski season, we'll be having our annual potluck dinner in April, followed by the Annual General Meeting. When spring and summer roll around, we'll have a new schedule of activities. So stay informed 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 and as usual, I'll be there on trips and most downhill day outings and social events!

Doris Dallaire, Chair, chair_2012@raski.ca

WINTER PARK, COLORADO TRIP

After several wonderful but pricy weeklong ski holidays in Europe, and with the Canadian dollar now holding its own against the American dollar for the first time in a generation, 28 RA Skiers are eagerly looking forward to enjoying a week of mountain skiing at Winter Park Ski Resort in Colorado in early February. Lesser known than its two more upscale Colorado resorts, Winter Park is the favourite destination of native Coloradians due to its 3060 feet vertical drop, 143 trails, incredible snow, fine restaurants and its 'non-celebrity' prices. Flight departure is from Ottawa and travel time is about one third that of reaching a European destination. That alone almost amounts to a bonus day of holiday, something else to smile about. Another bonus is that the best way to get in shape for a wonderful trip like this, is to go skiing, often. Man, life is tough.

Bill Danson & Roger Duffy, Weeklong Co-chairs,
weeklong_2012@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 April 18) at 7:30 PM:

- **Thur. Jan. 26** - after Colorado rendezvous meeting
- **Wed. Feb. 15** - after the Vermont Rendezvous
- **Thur. Mar. 15** - last Pub for the season
- **Wed. Apr. 18** - following the Ski Club AGM

Skating - Fri. Feb. 24

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 - Fri. Feb. 10

Join us for some snowshoeing in the park along the Rideau River by the Rideau Tennis Club. We'll meet in the Tennis Club lobby. A LifeFit instructor will join us to give us some tips and a good workout. Bring your snowshoes. We will try to get some extras for those who don't have any, but please check our web site to confirm. After an hour of snowshoeing we'll visit a local pub to warm up. Check the SnowPhone, Ski-Mail and RA Ski web site (www.raski.ca) for more details in late January.

End-of-Season Pot-Luck Dinner - Sat. April 14

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 RA Ski Club members - both cross country and downhill skiers. Details will be available in late March via the SnowPhone, Ski-Mail and RA Ski web site (www.raski.ca).

Spring Hiking

Our first hike of the season will be an urban hike. We'll explore yet another Ottawa neighbourhood on **April 21**.



Oct./10 Hike to Lusk Falls fire tower

*Louise Cameron & Jane Rau
Social co-chairs, Social_2012@raski.ca*

ANNUAL GENERAL MEETING

Wednesday Apr. 18/12

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 Saturday **Meet'n'Ski**
- A day **bus trip to St-Sauveur** (Jan. 23)
- A day **bus trip to Tremblant/Mont Blanc/Domaine St. Bernard** (Feb.16)

See the full schedule at www.raski.ca

WEEKDAY MEET'N'SKIS

Due to the lack of snow, we've had a slow start this season. That being said, we're optimistic that the snow gods will be generous for the rest of the season!

We've scheduled one Meet'n'Ski per week - each week on a different day and at a different hill. There are numerous advantages to joining our mid-week outings: much shorter lift lines, lower rates, friends to car pool with and, of course, friends to ski with.



Dec. 20: DH Meet'n'Ski to Camp Fortune

In addition, one Saturday Meet'n'Ski has been scheduled with the working folks in mind.

To see our Meet'n'Ski schedule, go to www.raski.ca and click on "downhill".

DOWNHILL DAY BUS TRIPS

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

Cost: \$88.00 (bus, lift ticket, and taxes 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/ DOMAINE ST. BERNARD**
Thursday, February 16th

Cost: \$52.00 (bus only, taxes included) Use your Ski Max tickets or buy your ticket at the resort.

Departure Time: 7 a.m. sharp! RA west parking lot

Notes: This is a combined downhill/cross-country bus-trip to Tremblant or 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.

Andrea Conway, Downhill Chair, downhill_2012@raski.ca

SKI ARGENTINA SUMMER 2012

We're off to Argentina for 10 days of downhill skiing Aug. 29 – Sept. 11. Watch our web site www.raski.ca and Ski-Mail for info once the trip is finalized. Contact me if you're interested, so we get an idea of numbers.

Glen Campbell, publicity_2012@raski.ca

SUGARBUSH & STOWE DH/XC WEEKEND

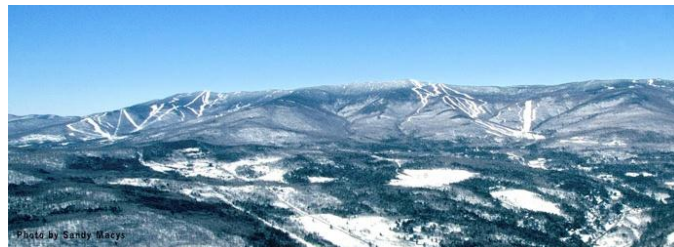
Thurs. Mar. 1 – Sun. Mar. 4

Cost (double): \$520 downhill and \$455 XC

Registration Deadline: Jan. 10

After more than a decade, we're returning to a Club favourite – a three-day combined downhill/cross country ski weekend to Sugarbush and Stowe, Vermont! By New Year's more than 44" have fallen and more to come. Sugarbush Inn's booking requirements relaxed to a deadline of January 10th, but you may still have a chance to join us. So shake off that Christmas turkey coma and New Year's fatigue - don't be left behind on this Mad River Valley adventure! Registration will only be subject to availability after January 10.

We'll be staying at the cozy Sugarbush Inn (hearty continental breakfast daily) for two DH days at Sugarbush (111 trails and 2,600' vertical) and one day at Stowe (116 trails and 2,160' vertical). XC skiers will enjoy two days at Ole's Cross-country Center (45 km of moderately rolling trails groomed for classic skiing and ski skating) and one day at Stowe Mountain Resort XC Center (45 km of groomed trails, 30 km of backcountry terrain and links with the Trapp Family network with 60 km of groomed trails).



Sugarbush, Vermont

Sugarbush Rendezvous Night

The pre-trip rendezvous will be in the Courtside A room at 7:00 p.m. on Wednesday February 15th. Roommate lists, itinerary, and other information will be distributed. We'll depart the RA Centre at 1:30 PM Thursday, March 1.

*Jaime Impey & Chuck Bain, DH Weekend co-Chairs
dhweekend_2012@raski.ca*

3-DAY MID-WEEK DH/XC TRIP TO EASTERN TOWNSHIPS

Tues. Feb. 21 – Thur. Feb. 23

This is a carpool trip and we'll stay at the Hotel Cheribourg near Mont Orford area, south of Montreal. Downhillers will ski at Mont Orford, and probably one or two of the other ski hill in the area (Bromont, Sutton, or Owl's head).

Cross-country skiers can ski in Mont Orford park, which has 13 trails totaling 50 km, including 26 km of skate-skiing trails.

Hotel Cheribourg has a complete sports complex with swimming pool, gymnasium, exercise room, saunas, tennis, badminton and volleyball courts. You can view the hotel's web site at www.hotelsvillegia.com/en/hotel-cheribourg.

Participants will carpool to the area. We have 5 double-bed rooms reserved, two rooms at \$277.98 for two nights, and three rooms at \$232.40 for two nights.

How to Sign Up

Contact the downhill co-chair at dhweekend_2012@raski.ca or 613-238-2031. He will add your name to the reserved room list, and assist in coordinating the carpooling. While every attempt will be made to ensure everyone has a ride, the club cannot be held responsible for carpool travel arrangements.

Pre-Trip Meeting

We will have a pre-trip meeting in the Courtside A room, RA Centre, Wednesday Feb. 15th at 7:00 pm, right after the weeklong meeting.

CROSS-COUNTRY

The cross country season started with a sold out waxing clinic and then . . . Guess what, another late start to the season. We are happy to report that one XC outing turned into a successful hike. Now, if everyone will join us in a snow dance, we'll make up for it in the new year!



Dec. 11 – XC hike to Healey cabin via the snowshoe trail

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 we have continued to expand our weekday trips this year.

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.



Boxing Day XC ski to Renaud cabin

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 and be ready to ski as soon as possible after arriving at the parking lot.

Waxing Clinic Launches Season

Twenty three people attended the waxing clinic on November 17th. Borden Hum arranged to have Nicolas Perrier from Holmenkol Canada (Head) show us cross country ski waxing from stem to stern (seriously, you start in the front and move towards the back). From cleaning to hot waxing and then adding the racing finish, Nicholas skilfully led us through best practice, all the while, fielding question from curious skiers.

Day Trip to Tremblant and Domaine St. Bernard, Thurs, Feb 16

The day bus trip to Domaine St. Bernard, Mt. Tremblant and Mt. Blanc features XC skiing at Domaine St Bernard.

Moonlight Ski, Friday, Feb 17

Strap on your headlamps and join members on the annual 8 kilometer ski in the moonshine. Make sure to dress warmly!

Day Trip to Pakenham, Feb 25

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

Val David XC/DH weekend, Friday, Jan 13- Sunday, Jan 15

Join 31 friends and skiers at our annual visit to l'Auberge du Vieux Foyer, Val David. This traditional trip provides access to the Park Dufresne trails formerly associated with the Far Hills Inn and the trails associated with scenic Petit Train du Nord.



Jan. 2011 – Cross-country skiing at Val David

You have great skiing topped off by a wonderful spa and the best of Quebec dining. Downhill skiers who join us will have a selection of available ski hills.



The Auberge's triple chocolate truffle cake

3 Day Mid-week Carpool Trip to the Eastern Townships, Tue. Feb. 21 - Thur. Feb. 23

Join downhillers on a three day trip to the Eastern Townships; cross-country skiers will ski in Mont Orford Park. Participants will book directly with the hotel and carpool to the area.

The Combined Downhill XC Weekend Trip, Thur. Mar. 1 – Sun. Mar. 4

We're staying at the Sugarbush Inn for a three day weekend trip. XC skiers will ski two days at Ole's Cross-country Center (30 miles of trails) and one day at Stowe Mountain Resort XC Center. Stowe Mountain XC Center has 45 km of groomed trails, and links with the Trapp Family network with 60 km of groomed trails.

*Michael Ryan and Jean-François Mélançon,
xc_2012@raski.ca, Cross-Country Co-Chair*

SKIFIT

SkiFit Hikes

For the third 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, with very few other hikers on the trails, and at times, we had the entire cabin to ourselves. Only one hike had to be cancelled because of rain. Otherwise, we had wall to wall sunshine to encourage us to go out and play in the beautiful Autumn leaves.

We had an opportunity to take in the changing beauty of the Gatineau Park 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. Twenty five skiers registered and came out with enthusiasm to strengthen and make their bodies ready for the demands of skiing and snow-boarding. The exercise program was very rewarding.

For those of us who have already been out on the trails or on the slopes, we can boast 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_2012@raski.ca

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. 31/11

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

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/en/stations/snow-conditions.html

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

www.canadacapital.gc.ca/places-to-visit/gatineau-park/ski-conditions

Reports from skiers about Gatineau Park trail conditions

http://skitrails.xcottawa.ca/skitrails_gatineau_park.php

Cross-country ski conditions in Canada and the US

http://xcski.org/snow_conditions.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

Daily photos of outdoor activities in Gatineau Park

<http://musicianonskis.ca/blog/>



Mid-week XC ski to Healey cabin, Dec. 30/11