



RASKi Club

September 2012

"More than just a ski club"



www.raski.ca

SNOWPHONE : (613) 736-6235

2013 DOWNHILL WEEKLONG TRIP GRINDELWALD, SWITZERLAND

JAN. 25 – FEB. 2, 2013

The RA Ski Club is pleased to announce that this season the Weeklong Ski Trip will be to Grindelwald Switzerland.



Grindelwald is one of several alpine ski villages in the Jungfrau Region of the Swiss Alps and is interconnected to them by more than 200 km of ski runs of various degrees of difficulty, 45 ski lifts and cable cars, and the always fun to ride cog railway. There are runs for experienced skiers/snowboarders, intermediate skiers, and novice skiers, 15 km of cross-country tracks, a 12 km snowshoeing track, and many winter footpaths and toboggan runs. Something for everybody.

Elevation of the main ski area varies from 1034 m (3393 ft.) to roughly 2500 m (8206 ft.) or, if you must, 2971 m (9748 ft.) for the diehards. The cog railway continues upwards to Jungfraujoch (pronounced Young-frou-yok), the mountaintop research station/restaurant/observation area at 3454 m (11,333 ft.) offering spectacular views of the mountains and glaciers of the Swiss Alps.

HOTEL

We will be staying for 7 nights at the Hotel Jungfrau Lodge with daily buffet breakfast and multi-course dinner included as well as all hotel gratuities.



Hotel Jungfrau Lodge

SKI PASSES

Our 6-day ski pass is good for the whole region. On our first day we will be split into groups of different levels of ability (max 12 per group) and trained mountain guides will give us a full day of orientation.

COST

The price for all this is a very reasonable \$2250 per person double occupancy, \$2450 per person single. 'Frequent flyers' may deduct \$880 from the package cost. Non-skiers and cross-country skiers may deduct \$300 from the package cost. Seniors 62 and over may deduct \$30 from their ski pass. Ski rentals are available at a 25% discount when pre-ordered through our travel agent.

AIRLINE & TRAVEL ARRANGEMENTS

Swiss Air is our carrier via the Ottawa VIA Rail Station (charter bus service) - Montreal - Zurich, and return. While this may change at any time, as of this writing Swiss Air does not charge a fee to carry a ski/boot bag combo as a second piece of luggage. Up to four persons may make trip deviations, on return flights only, at a base price of CAD \$50 per person, plus any difference in airfare. After four, deviations cost \$200 per person plus any difference in airfare. Use of a credit card adds a charge of \$60.

INSURANCE

Medical insurance is highly recommended and may be purchased through our travel agent or provided by your own supplier.

INFO PACKAGE & REGISTRATION FORM

Insurance rates, flight details, payment schedule and the four-page Trip Registration Form can be found in the WEEKLONG TRIP REGISTRATION PACKAGE which can be downloaded at www.raski.ca under Weeklong Trip Registration Package. Please note that applicants are requested to print their own Trip Registration Form.

TRIP INFO SESSION

When: Thur. Sept. 6, 7:00 - 8:00 PM

Where: Bytown A, RA Centre (west end of building).

REGISTRATION

Registration opens Thursday, September 13th, at 7:00 PM in the Courtside B room of the RA Centre. Registration closes Wednesday, November 7th.

Trip leader: *Roger Duffy, weeklong_2012@raski.ca*

RA SKI OPEN HOUSE WED. NOV. 7

When: Wed. Nov. 7, 7:00 – 8:30 PM

Where: Clark Hall, RA Centre, 2451 Riverside Drive

Complete information (prices, accommodations, dates) about club destinations and activities will be available in November at RA Ski's Open House. Get your Trip Info Newsletter with our complete 2012-13 program. There will be door prizes and presentations on all the RASKi Club's programs. Win ski tickets to ski hills! Relax with a bevvie as you wander by our booths and vendors!

SNOWPHONE

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

SKI-MAIL E-MAILS

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

MESSAGE FROM THE CHAIR

WELCOME BACK SKIERS, SNOWBOARDERS....AND SNOWSHOE ENTHUSIASTS!

Snow was not abundant this past winter and the season ended very early in March with a week of summer type weather, but we still managed to get in some good skiing for 2 1/2 months. The Val David and Sugarbush weekends for both cross country and downhill skiers saw good numbers of participants despite the ups and downs of the weather alternating between freezing rain and rain and then back to cold and a bit of snow. Luck would have it that for each of those weekends there was snow though at times the drive there was "interesting" to say the least! Our weeklong trip to Winterpark, Colorado was very well attended but there too, they didn't have the snow they normally get. But luck would have it there was enough that by the time we arrived, most runs of the mountains were open and we had lots of sunshine with a day of snow near the end that made for great powder skiing.

This summer was so hot, with little rain but we had some lovely spring hikes, good Meet 'n' Cycle days, a mid-week golf day, a sportsday/potluck dinner at Lac Philippe and the always popular theatre in the park. Now we look forward to hiking both on weekends and mid-week and our excellent SkiFit program this fall to get ready for skiing....and **new this year - SNOWSHOE outings!** These will be scheduled to avoid the cross-country outings and most downhill outings both mid-week and weekends because many of you do both types of skiing. Based on our survey this spring, a very good number of you showed interest in this new activity so I will be devoting my time to organizing these outings since it's unlikely I will ever ski again. We are hoping it will also attract new members who may no longer be into skiing but want to keep fit outdoors in winter instead of lying on a beach in the south or sitting in their armchair waiting for summer.

Over the summer, your executive has worked hard to plan this year's program and we hope you'll enjoy some fun ski outings, some snowshoeing and socializing in the upcoming season. We'll have monthly pub nights just to socialize, and RA Ski Open House, 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 6th to let you know a bit about what the club did over the past year, and to give you details about the weeklong to spectacular Grindelwald, Switzerland this coming winter. We are offering this trip at an exceptional price to a location where even non-skiers can come and have a fantastic time in the Alps, with breathtaking scenery all around and plenty to explore. The January car-pool trip to Val David which was so enjoyed last year is a repeat, staying at the same hotel, same price as last year but scheduled a week later.

Your **help is needed** to help boost our membership. Tell your friends about RASki and bring them along on outings, or even better, encourage them to join up. Talk up RASki at work and at your other clubs and sports events. Our motto was changed to "More than just a ski club" but tell them we're the friendly club with year-round activities and a good opportunity to make fantastic new friends. Become an ambassador by encouraging new members to join RASki.

I take this opportunity to thank all of you very warmly for your help, visits, phone calls, emails and all your support following my accident in March. It was a real moral booster which helped so much in my recovery, something I will cherish always, and proved without a doubt that we are "more than just a ski club"! Please stay tuned to our amazing web site (www.raski.ca) and SNOWPhone.



Doris Dallaire, Chairperson, chair_2012@raski.ca

OTTAWA SKI & SNOWBOARD SHOW

When: Saturday Oct. 20 - 10:00 a.m. - 5:00 p.m.
Sunday Oct. 21 - 10:00 a.m. - 5:00 p.m.

Where: **NOTE NEW LOCATION:**

CE Centre (4899 Uplands Drive at Airport Parkway)

Cost: Admission is free!

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

RA SKI EXECUTIVE 2012 - 2013

Chairperson <i>Doris Dallaire</i>	chair_2012@raski.ca
Weeklong Chair <i>Roger Duffy</i>	weeklong_2012@raski.ca
Treasurer <i>Linda Anderson</i>	treasurer_2012@raski.ca
Downhill Weekend Co-Chairs <i>Jaime Impey & Chuck Bain</i>	dhweekend_2012@raski.ca
Secretary <i>Lorraine Norwood</i>	secretary_2012@raski.ca
Cross-Country Co-Chairs <i>Jane Rau & Jean-François Mélançon</i>	xc_2012@raski.ca
Downhill Day Chair <i>Andrea Conway</i>	downhill_2012@raski.ca
Member-at-Large & SkiFit <i>Marian Barton</i>	skifit_2012@raski.ca
Publicity Chair & Webmaster <i>Glen Campbell</i>	publicity_2012@raski.ca
Social Co-Chairs <i>Louise Cameron & Jane Maxwell</i>	social_2012@raski.ca
Membership Chair <i>Bill Buck</i>	membership_2012@raski.ca

NEWSLETTER DELIVERY OPTIONS

The Trip Info Newsletter (issued in November) contains everything you need to know about our ski program for 2011-12. You can pick up your copy at the RA Ski Open House, Nov. 2nd. To save money on postage, we're not mailing that newsletter out to all our members. If you're not at the open house, we are offering the following delivery options:

Electronic:

- Download from our website (www.raski.ca)
- Via email: Send an email to publicity_2012@raski.ca. The TIN package and any subsequent newsletters will be delivered electronically in PDF format.

Paper:

- In person:
 - Pick up the newsletter at RA Ski Open House.
 - After the Open House, from the RA East Desk.
- By mail: If you want a copy mailed to you:
 - E-mail your name to publicity_2012@raski.ca
 - Leave a note to "Publicity, RA Ski Club" at the RA East wing desk

RA SKI PHOTOS ON THE WEB

1. Go to www.raski.ca, and click on "photos" on the left side.
2. Click on "flickr".
3. Click on the set you want (DH, XC or Biking/ Hiking),

To see individual photos:

4. Click on "detail" to see larger photos.
5. To see the photo in its largest size, double-click on the photo, then click on "Actions" and "View all sizes."

To see the photos as a slideshow:

4. Click on "slideshow" to cycle through a large version of all the photos in the set.

DOWNHILL DAY TRIPS

We have a full schedule of downhill ski outings this year.

Mid-week **Meet 'n' Ski** days are scheduled from December until early April, alternating days and hills throughout the season. For those who are interested, car pooling provides company for the drive to the hill. As always, there will be RASki friends to ski with at the slopes.

Evening and weekend Meet 'n' Ski's will also be offered, if trip leaders can be found. Please help by leading one trip!
CONTACT ME ASAP IF YOU ARE WILLING TO BE A TRIP LEADER for a Meet 'n' Ski - day, evening, or weekend.

Two **weekday bus trips** are being organized. This year, the bus trip to Mont St.-Sauveur will offer a **Getaway Day** for skiers and non-skiers alike with options of skiing and/or indulging in spa, shopping and dining pleasures. Spread the word so that this outing will be successful. We want to fill the bus!

A second bus trip will again be scheduled for Mont Blanc/Tremblant. The date will be announced soon so please mark it in your calendar and plan to participate. These trips can only succeed if we have enough skiers to cover the cost of the bus.

All the details will be available in our 2012-2013 RA Ski "Trip Information Newsletter", which will be available at the RA Ski Open House on Nov. 7th. Call the SNOWphone for updates.

Andrea Conway, DH Day Chair, downhill_2012@raski.ca

CAMP FORTUNE / MONT STE-MARIE \$109 PASSES

We will again coordinate groups of four to purchase the weekday/weeknight season passes to Camp Fortune or Mont Ste-Marie. For full details see <http://campfortune.com/season-passes/>

If you wish to join a group for either hill, or need someone to complete your group, email your name and phone number to membership_2012@raski.ca. We will try to put you in touch with three others who want similar passes. Check the resorts' websites for details of the passes, and be sure to let us know which type of pass you would like.
Purchase deadline: Sept. 28th.

Bill Buck, Membership chair, membership_2012@raski.ca

3-DAY FEBRUARY WEEKEND & MID-WEEK DH/XC TRIP

Now that the weeklong dates are in place, your Downhill Weekend chairs are working hard to set up the DH/XC weekend and mid-week ski trips.

This season, the Club will once again offer a 3-day coach weekend in February, location to be determined, and a mid-week carpool trip in the Laurentians or Quebec's Eastern Townships. We are exploring old favourites (with a twist?) and new options in an effort to offer you an enjoyable ski getaway with your companions and friends-to-meet of the RASki Club!

Look for details later in September on our website www.raski.ca and on the SNOWphone 613-736-6235.

Registration: opens at the RA Ski Open House, Nov. 7th.

Jaime Impey & Chuck Bain, DH Weekend Chairs

AUG. 2012 CHILE SKI TRIP

As this newsletter goes to press, the RA Ski Club's annual summer ski trip to Chile is underway. We'll be enjoying a week skiing in the powder snow at our favorite ski resort, Portillo, nestled in high up the Andes next to the Argentinian border.

SNOWSHOEING

New feature for this year! We are adding a number of snowshoe outings to the calendar. Check our Trip Info Newsletter!

SKI-FIT EXERCISE CLASSES

Oct. 11 until Dec. 13, 2012

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

WHERE: RA second floor gymnasium

COST: Full Session (10 weeks). Add HST.

- \$45.00 RA Ski Club members
- \$8.00 Drop in for a workout

SkiFit is the Club's intensive Fall conditioning program designed specifically for skiers. As a gradual progression from the sedentary to the more challenging, it will get you fit and keep you fit until you're on the snow. These weekly workouts will be led by a qualified instructor from the RA Centre's fitness staff.

SkiFit will strengthen core muscles, improve balance and upper body strength, increase your lactic acid threshold, and make you supple and resilient. Whether you cross country, downhill, telemark or snowboard, you will enjoy the snow season much more without as many pains and strains, if your body is ready for the demands of your chosen sports. Even if you never ski, SkiFit will make you look and feel like you do!

The RA Ski Club promotes cross training as a year round lifestyle choice called SkiFitBeFit. Members are actively encouraged to maintain their fitness level all year. Members are provided with SkiFit exercise classes and with off-season group fitness activities. For Autumn activities, please refer to the hiking dates on the web calendar.

Please register at the RA Centre East Wing desk in advance of October 11 for the ten classes. Note that there is also a drop-in rate of \$8.00 for single classes. Persons attending a "drop in" class must register with the RA and bring proof of registration to the class which they wish to attend.

Marian Barton, Member-at-Large/SkiFit, skifit_2012@raski.ca

SKI-FIT WEEKDAY HIKES

Meet: RA West Wing lobby at 9:30 AM for a 9:45 departure.

Please be sure to bring a snack and water. Please have ID with you that provides an "in case of emergency" number and name of someone who could be contacted on that day, in case of injury. All participants will be expected to sign in before participating in the hike. Participants will share gas costs. We will probably stop at a local pub in Chelsea for a snack before returning to the RA.

In case of inclement weather, a hike may have to be cancelled. If in doubt, please check the SNOWphone at (613) 736-6235. It may not be possible to reschedule an alternate day.



Oct. 2011: SkiFit hike around Pink Lake

This is a wonderful opportunity to meet "Friends to be with, friends to ski with" during the upcoming winter season. Hope to see you at the RA West Wing lobby.

- **Mon. Sept. 24:** P-11 to Wilson Carbide Mill, and along Meech Lake
- **Mon. Oct. 1:** Park at Pink Lake parking lot and go around it and beyond
- **Thurs. Oct 11:** Keogan parking lot to Western
- **Mon. Oct. 15:** P-16 Pine Road to Herridge or Healey Cabin
- **Thurs. Oct 25:** P-12 to Western
- **Mon. Oct 29:** P-7 to Keogan

Marian Barton, SkiFit, Member-at-large, skifit_2012@raski.ca

SOCIAL

GOLF – Sat., September 22

We will book a few tee-off times at Pine View Executive golf course and have a fun golf day. Green fees are \$36 for 18 holes (\$33 for seniors 60+). It is best ball and, if you can hold a golf club in your hands, then you can join us! You can also join us for refreshments and dinner after we're done. This would be an afternoon tee-off time.

You must notify Louise at social_2012@raski.ca by Sept. 15.

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. (Note the exception for September 30.) 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 SkiFit is running some weekday hikes as well, with a different meeting point. (See "SkiFit Weekday Hikes".)

- **Sat. Sept. 15 – Penguin Picnic Field to Skyline Trail**
Starting from the parking lot at Penguin Picnic parking lot on the Gatineau Parkway, we'll head up the hill to the Skyline Trail (#6). There is a great view up there of the Ottawa and Gatineau Valleys. We'll stop for refreshments in Old Chelsea on the way back.
- **Sun. Sept. 30 – Mystery Hike**
We were planning to hike from P11 on Sept 30, but found out just before press time that the bridge by the end of Meech Lake is closed until late November. We are planning a new hike route. Check the web site for our destination.
- **Thanksgiving Monday, Oct. 8 – Wolfe Trail**
From the parking lot P13 on Meech Lake, we will head up the ridge to some fantastic lookouts of the park and Ottawa River. Bring a snack and something to drink. After the hike, we'll stop at a restaurant in Old Chelsea for a late lunch.
- **Sat. Oct. 20 – Lusk Lake**
Starting from the parking lot at Parent beach at Lac Philippe, we'll follow the Lusk caves trail through the forest past Lusk caves, then turn right and continue up the hill to Lusk cabin on Lusk Lake, where we'll stop for a picnic lunch. We'll return via the road (XC ski trail #54) to our starting point. Round trip: 8 km. We'll stop at a restaurant in Wakefield on the way back.



Sept. 2011 – Hike to Lusk Lake cabin

- **Sun. Nov. 4 – Meech Lake to Western Cabin:**
We'll climb from parking lot 12 up to the ridge to Western Cabin where we can enjoy the awesome view of the Ottawa Valley. Bring a lunch to eat at the cabin.

- **Sat. Nov. 17 – Pine Road (P16) to Healey Cabin:**
The wide open views at the start of the trail are beautiful in late autumn and the path through the woods is wide and easy with just a few rolling hills. Bring a lunch to eat at Healey Cabin (10 km. round trip).

For details, trip leaders 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.

And now for something completely different - Scottish Country Dancing

Some of our members who have been participating in this activity have extended an invitation to us. Come to Parkdale United Church Memorial Hall (NE corner of Gladstone and Parkdale) on Sept. 7th at 7:30 pm. Meet and dance with members of the Royal Scottish Country Dance Society (Ottawa Branch) and find out how much fun this activity can be. Bring a partner or come alone. You can sign up for introductory classes in Ottawa (Churchill Social Centre - 345 Richmond Rd) starting Sept. 11, 2012.

For further information, contact Mike Ryan or <http://rscdsottawa.ca/testpe/>.

PUB NIGHTS

Pub nights are in the Fieldhouse at the RA Centre:

- **Thurs. Sept. 13:** Meet in the Fieldhouse any time after 7 PM. This is the night that registration for the weeklong trip opens.
- **Thurs. Oct. 18:** This is "Meet the Executive" night. Join us at 7:30 PM after Ski Fit and meet up with your old and new ski buddies.
- **Wed. Nov. 7:** Join us during the Open House in Clark Hall for a pub night.
- **Thurs. Dec. 13:** Christmas Pub Night - 7:30 PM.

Louise Cameron & Jane Maxwell, Social co-chairs
social_2012@raski.ca

RA SUMMER ACTIVITIES

The summer social scene started off with a pot luck dinner where RA skiers' cooking talents were enjoyed by all. The hiking season was officially kicked off in mid-April with an urban hike in New Edinburgh. In June we participated in the Walk for ALS (Lou Gehrig's disease), in support of one of our members. Several hiking and biking outings were held throughout the spring and summer, along with a picnic at Lac Phillippe in July. Our hot, dry weather encouraged participation.

A mid-week golf afternoon was held in June.

On the cultural side of things, RA skiers laughed at the antics of the Company of Fools, both indoors and outdoors as well as the Phoenix Players in a bedroom farce and the Odyssey Theatre in Strathcona Park.



30 July: Theatre-in-the-Park: Enjoying the Company of Fools production of Henry V

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

CROSS-COUNTRY

The cross-country program features a full array of day trips on both weekends and weekdays, as well as a weekend trip to the Laurentians.

Our weekend day trips are very popular and include a wide variety of routes and level of difficulty. The mid-week day trips allow retirees and those with flexible work schedules to experience the freedom of skiing on trails that are less busy than on weekends.



Feb. 2012 – XC skiers on Taylor Lake loop

As always, we welcome skiers of all levels. Gatineau Park does have hills so you should ensure that you can comfortably execute a snowplow stop and a 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. As we move to intermediate trails as the season progresses, there is often a shorter or easier way to get to the same destination.

There will be a ski waxing clinic in November at the RA Centre. Details will be available 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 mid-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.



March 18, 2012 – King Mountain, last XC ski of the season

Here are some highlights of what we are planning for the 2012-13 season:

- Ski outings on Boxing Day and New Year's Day
- Two Moonlight Skis in January and February
- Mid-week day trip (XC/DH combined) in January to Madawaska Nordic XC Centre in Calabogie
- Mid-week day trip in February to Nakkertok
- Weekend day trip in March to L'Escapade in Rigaud
- Norway Day in March

GATINEAU PARK GROUP RATE XC 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!!

All of our weekend and day trips are led by Ski Club volunteers so, with close to 30 trips planned, we need trip leaders. If you are interested in leading a day trip, please send an email to xc_2012@raski.ca. We can provide guidelines and sign-in sheets and would be happy to answer any questions you may have concerning trip leader responsibilities.

Jane Rau & Jean François Mélançon,
Cross-country co-chairs, xc_2012@raski.ca

CROSS-COUNTRY / DH WEEKEND

VAL DAVID, Quebec Jan. 18-20, 2013

For the 15th 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).



Val David – View from Mont Iceberg

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. And let's not forget snowshoeing! There are 20 km of great snowshoe trails in areas that are not usually accessible by skis.

This is a carpool trip. Space will be limited, so you'll have to sign up promptly. Registration opens at the RA Ski Open House.

Check the RA Ski web site later for prices.

Jean-François Mélançon, XC Co-Chair, xc_2012@raski.ca



8 Jan./12 XC skiers at Herridge cabin



June 17/12: RA skiers take part in the Walk for ALS



20 March/12: Final DH ski, at Camp Fortune



7 July: RA cyclists on their way back from Lac Leamy



22 April/12: Urban hike through New Edinburgh



22 July: Biking to the Aylmer Marina



12 May: Hike to King Mountain



Aug. 2011: Summer skiing at Portillo, Chile