



RA Ski Club

Club de ski du RA

April 2013

www.raski.ca

More than just a ski club



SNOWPHONE : 613-736-6235

ANNUAL GENERAL MEETING

When: Monday, April 22nd, 7:00 PM

Where: Courtside B, RA Centre (East end of the building)

Mark April 22 on your calendar! It's our RA Ski Club's Annual General Meeting (AGM.)

Your executive worked hard to set up this year's program. The best way you can thank them is by coming out to our AGM.

- Modify the RA Ski Club bylaws. (See the attachment.)
- See photo highlights of our activities over the past year. If you took part in any of our activities, you're probably in one of the photos.
- Let us know what you liked this year.
- Let us know what you didn't like, and how we can improve.
- Hear the reports from each of the executive portfolios.
- Elect the executive for next year.

All portfolios are up for election:

- Chair
- Vice Chair (includes Weeklong)
- Secretary
- Treasurer
- Membership Chair
- Publicity Chair
- Social Chair
- DH Weekend Chair
- DH Day Chair
- Cross-Country Chair
- Member-at-Large (includes SkiFit)

Volunteer and help us run our programs next year! Nominate yourself or someone else. Send nominations to: secretary_2012@raski.ca.

MESSAGE FROM THE CHAIR

With good snowfalls in the area and despite some mild weather, it was a great winter for all skiers and for those of us who snowshoe! Many of us had prepared our bodies at SkiFit in the fall and were keen for winter. Our weekend trip to Val David saw a good number of members, both cross-country and downhill as well as snowshoers enjoy the great snow that fell that weekend making for excellent conditions. The weekend trip to Jay Peaks, unfortunately had to be cancelled but other clubs had the same problem so we were not alone. Our weeklong trip to Grindelwald, Switzerland saw the largest number of participants ever!! And it was a great holiday as well as a ski trip because of the breath taking scenery, the Swiss atmosphere, and although the ski conditions were not always the best, everyone thoroughly enjoyed their trip and did a lot of skiing. Our bus trips to St-Sauveur and Mont Tremblant/Mont Blanc were also a success and everyone loved the weekday short lift lines and great ski conditions. The mid-week and weekend cross country and downhill meet 'n' skis were very well attended this year. Again on all our outings and trips we had the pleasure of meeting and welcoming some new members, and hope to see them back next year and yet another group of new ones. Let's keep RASki skiing and snowshoeing! Now that this season is coming to an end, be sure and join us for cycling and hiking until next winter and attend some of our social outings.

In closing, I'd like to thank our recreation supervisor Nancy Kirkwood, as well as Sharron Malott, Isabelle da Silva and everyone at the RA for their valuable help with registration, making posters, photocopies, newsletters and providing space and equipment for our AGM last April, Open House night and at the Ottawa Ski Show. Thanks also to those who volunteered to help at the Ski Show and Open House night. It wouldn't be possible to make our club known to a larger group of people without you. Also thanks to those who volunteered to lead outings and obtain discounts, and an especially BIG THANK YOU to the members of the executive who worked so many hours to put the program together and to obtain discounts at local hills and sports stores.

And very important – thanks to all of you for participating, you really make it all happen and it's rewarding for the organizers to see all of you on our outings and at our various social activities throughout the year!

Doris Dallaire, chair_2012@raski.ca

END-OF-SEASON DH/XC POT-LUCK DINNER

When: Saturday April 13th, 6:00 PM

Where: Kanata (Small community centre at 100 Pine Hill)

Come join in a celebration of the ski year just past and of the summer to come. We'll be celebrating with a potluck dinner at our usual location in Kanata. Bring a dish to share, and your own beverages. Guests are welcome.

This year, we are asking for a donation to the Food Bank.

A survey about RA Ski's past and future activities will be available at the potluck.

YOU MUST LET US KNOW YOU ARE ATTENDING.

Contact Louise and Jane at social_2012@raski.ca **BY APRIL 11th** and let us know if you are coming and what category of food you'll be bringing (i.e. appetizer, main course, salad, dessert).

PHOTOS AND TRIP REPORTS

Photos and trip reports from most of our outings are on the RA Ski web site, www.raski.ca.

Trip Reports

On the sidebar on the left, click on "Trip Reports", then on either "Cross-Country" or "Downhill".

Photos

For photos, on the left sidebar, click on "Photos", then on the appropriate album ("Cross-country", "Downhill", "Snowshoeing", or "Biking Hiking and Skating".) Click on "Slide Show" to cycle through all the photos in a larger format. Click on "Show Info" to see the titles for the photos.

We also put "RA Ski Photos of the Week" on our home page raski.ca

Thanks to our RA Ski photographers for providing us with some great pictures of our weeklong, weekend and day trips.

CROSS-COUNTRY NEWS

As we go to press with this newsletter, we are still enjoying the abundant snow in Gatineau Park in one of the best seasons we've had in several years.

Our XC ski season was officially kicked off, in the fall, with a waxing clinic. A Holmenkol rep led the session showing participants the various steps in the waxing process. However, with a lower than average attendance, we may consider making this a biennial rather than an annual event.



Feb. 2, 2013 – XC ski from P19 to Herridge

Both weekend day trips and weekday trips were very successful this year with an average of 9 skiers participating on each outing. A few trips had to be cancelled or rerouted for lack of snow or poor conditions but, for the most part, trips went as planned.

We enjoyed two day outings to locations outside of Gatineau Park. One, to Nakkertok Nordic Ski Centre was a real hit with members and will be repeated again next year.

A second outing to Mont Rigaud occurred in early March on a sunny, warm spring-like day and concluded with a hearty meal. We will continue to include one or two outings outside of Gatineau Park each season.



14 Feb. 2013 – XC skiing at Nakkertok

The weekend combined XC-DH-Snowshoe trip to Val David was well attended; the Snow Gods favoured us with 25 cm of fresh, fluffy snow and some of the best skiing we've had in years. Despite some inconveniences related to accommodation, most members enjoyed the weekend. Your Executive will be looking into some alternative accommodation for next year and, hopefully, our annual XC trek to the Laurentians will form part of our program for the 2013-14 season.



Jan. 2013 – XC weekend at Val David

Your XC co-chairs would like to extend a very special thank you to the people who led trips this year. To put it quite simply, without these generous volunteers, we would not have a XC program. If you haven't volunteered in the past, you might want to consider this for next year. Speaking from experience, it is a very satisfying and rewarding opportunity and the more leaders we have, the better.



Mar. 9, 2013 – XC skiing at Rigaud, Que.

Your feedback on any aspect of the x-country program is welcome. E-mail your comments to:

Jean-François Mélançon & Jane Rau, XC Co-Chairs, xc_2012@raski.ca

PUT YOURSELF ON OUR SKI-MAIL LIST

Keep up to date with our weekly Ski-Mail e-mail. Learn about late-breaking events, like hikes or bike trips. But... you have to put yourself on the list. It's easy! Go to our web site www.raski.ca, and click on "e-Maillist"

OTHER WAYS TO KEEP UP-TO DATE:

- Call the SNOWPHONE at 613-736-6235
- Check out our web site www.raski.ca
- Send an e-mail to currentevents@raski.ca for a one-time bounce-back e-mail of upcoming events.

BE OUR FACEBOOK FRIEND

www.facebook.com/groups/123160745055

You don't have to have a Facebook account to check out our Facebook page and find out about our activities. Our members post info on our activities as well as trail reports from our skiers. Only if you want to get e-mails of our ski reports, or if you want to post something yourself, do you need to have a Facebook account and join the group: RA Ski & Snowboard Club.

DOWNHILL NEWS

Haven't we had a wonderful season of downhill skiing - cold weather and all!

Meet'n'Ski Outings

Nineteen Meet'n'Skis were well attended with anywhere from 3 to 15 skiers per outing, depending on the weather. Once again, our trip leaders kept track of our skiers and ensured that everyone was included, both on the hill and during our lunch breaks. I have received very positive feedback regarding the welcoming atmosphere at the Meet'n'Skis.



Jan. 8, 2013 – DH Meet'n'Ski at Mont Sainte-Marie

Day Bus Outings

Hallelujah - Our Bus Trips Were a GO!

The St-Sauveur Ski and Getaway trip was very successful this year with 31 skiers and one snowboarder enjoying the slopes while 2 shoppers enjoyed the boutiques in beautiful St-Sauveur.

The Mont Tremblant/Mont Blanc/Domaine St. Bernard trip had slightly fewer participants than St-Sauveur with 26 downhill skiers/snowboarders and two cross country skiers registered for the trip. Despite a major snowstorm that deterred some skiers and grounded our Thunder Bay participant at the Toronto airport, enthusiastic RA skiers enjoyed fantastic snow conditions at all three locations.



Feb. 28, 2013 – DH bus trip to Mont Blanc

More active marketing for both bus trips seems to have paid off. Overall lower prices with Christmas and Valentine Day Specials attracted a higher number of participants. The collaboration and support of our manager of Recreation Club Services, Nancy Kirkwood, was critical to the success of these bus outings.

Camp Fortune/Mont Ste-Marie Mid-week Season Passes

Deadline: Apr. 30

Camp Fortune is now selling mid-week season passes for next year. Cost is \$119+ tax either for a mid-week pass or an evening pass for groups of four people. If you don't have four people, contact me (Andrea) and I will coordinate people wanting to form a group. (No guarantees.) For info, go to www.campfortune.com.

Andrea Conway, Downhill chair, downhill_2012@raski.ca

WEEKLONG TO GRINDELWALD, SWITZERLAND

This year, 46 RA Ski club members enjoyed a wonderful week of skiing and fun in the Swiss Alps at Grindelwald Switzerland. With an all-inclusive pass good for six days of skiing and train travel to anywhere in the Jungfrau Region, there was lots of opportunity to fill our days with downhill skiing, cross country skiing, snowshoeing, and sightseeing.



Jan. 2013 – Skiing at Grindelwald

Breakfasts and dinners were served in our comfortable hotel and all the meals were delicious. There was always joy and laughter during and after our dinners and the daily "Yo" announcements kept everybody well informed with the latest news.

We had three injuries during the week which wasn't so great for those injured, but out of 46 people skiing for a possible six days, you'd have to say we had a pretty safe trip. Testing that record were a few brave souls who took time out to ride the 800 metre Zip Line at close to 85 km/h down the mountain. All survived. Although we had a few flat-light days, the skiing was excellent as only mountain skiing can be.

Après-ski walks through the mountain village for shopping and gawking allowed us to savor the European experience in a personal way. Being there is so much better than merely wishing you were, a fact acknowledged and appreciated by those with us who were on their first European trip.



RA skier at Schilthorn

Our departure from Grindelwald during a fluffy snow storm was very picturesque. Not much later we drove down into a valley and the snow disappeared with the countryside looking very spring like. Then we started climbing up over another ridge and the snow became thick and the road slippery. So much so that our driver had to stop the bus and put on chains. Up and over the pass we went and back down again and off came the chains. In a two and a half hour period we travelled through Winter, Spring, Winter, and Spring, and we hadn't aged a bit. Indeed, though tired, after six days of healthy exercise we were probably in better shape at that point than we had been at the beginning of the trip.

Both of our flights were good, although long. An added bonus flying SWISS AIR was that we didn't have to pay extra for any of our luggage, a fact almost unheard of in today's travel industry.

With only a few months to go before we start planning for next year's trip, I encourage all of you to start your planning now to join us on the Club's 2014 Weeklong Trip, destination unknown, good times guaranteed.

Roger Duffy, Weeklong co-chair, weeklong_2012@raski.ca

SOCIAL

DH/XC ANNUAL POT-LUCK DINNER – Sat. Apr. 13

6 p.m., 100 Pine Road, Kanata

Join your fellow skiers for delicious food! See page 1 for all the details. Please bring a donation for the food bank.

HIKES

Meeting point (unless posted otherwise):

Supreme Court Building (east side) on Wellington at 9:45 AM for a 10:00 AM car pool departure.

- **Sat. April 20:** Urban hike to explore another neighbourhood in Ottawa, destination TBD after some reconnaissance forays. Meeting place depends on the destination. Check the SnowPhone and the website.
- **Sun. April 28:** Gatineau Park, Pine Road to Herridge cabin. 10 k round trip on an easy trail. Bring a lunch.
- **Sat. May 11:** Gatineau Park, destination to be determined. Bring a lunch.



Nov. 17, 2012 – Hike to Healey cabin

GOLFING

- **Sat. June 15:** In the afternoon at Falcon Ridge and Raceview Golf Course, Albion Road. Check our web site and SnowPhone in June for more details.

CYCLING

Note that we are leisurely cyclists, and are not training for the 2016 Olympics.

- **Sat. May 18:** Mystery destination, remote start. Depart 9:30 a.m. from the RA west parking lot.
- **Sat. June 9:** RA to Britannia Beach. From the RA we'll bike via Mooney's Bay, and the experimental farm to get to Britannia Beach. We'll return along the Ottawa River and the canal. Depart 10 a.m. from the RA west wing. Bring a lunch.
- **Sat. June 22:** Bate Island to Shirley's Bay. Depart 10:00 a.m. (from Bate Island, Champlain Bridge). Bring a lunch.
- **Sat. July 6:** RA Centre to Lac Leamy. Bring a lunch. Departure time (from RA west wing) 10:00 a.m.
- **Sun. July 28:** Parc Moussette to Aylmer. Bring a lunch. Departure time (from Parc Moussette) 10:00 a.m.
- **Sat. Aug. 17:** Aviation Museum to Petrie Island. Bring a lunch. Departure time (from Aviation Museum parking lot) 10:00 a.m.



July 22, 2012 – Bike trip to Aylmer Marina

WALK FOR ALS – Sat. June 15

ALS (Lou Gehrig's disease) is a paralyzing, life-ending condition with a prognosis of 2 to 5 years of life. ALS attacks and kills the motor neurons in the body, denying you the ability to move, to speak and finally to breathe. It has no known cause, no effective treatment and no cure. ALS Ontario provides equipment and support services, ensuring each client has what they need to live each moment with dignity, while the ALS Society of Canada funds breakthrough research towards treatments and a cure.

To support this worthy cause, and in memory of one of our skiers, Arlene Buck, the RA Ski Club will take part in a 5 km walk from the War Museum. If you can't join us (or even if you can), consider sponsoring Arlene's Team at <http://my.e2rm.com/personalPage.aspx?registrationID=1764410&langPref=en-CA>. Registration starts at 10 a.m. and the walk starts at 11. For information on ALS and the walk, go to www.walkforals.ca/ontario.

THEATRE IN APRIL

"Murder at The Howard Johnson's".

When: Thursday April 11, 8:00 p.m.

Join us for this light and funny suspense comedy performed by the community theatre group Phoenix Players at The Gladstone Theatre - 910 Gladstone just west of Preston St. Tickets are \$18 and \$15 for Seniors (65+). A group of RA ski members will be attending. Buy your tickets on-line at www.thegladstone.ca/phoenix.html. We'll meet in the theatre lobby around 7:40 pm. Go to phoenixplayers.ca for more information.

OUTDOOR SUMMER THEATRE

In July, join us for some outdoor theatre with the Company of Fools in Strathcona Park. This summer's production is Shakespeare's "Merry Wives of Windsor." Check our web site and SnowPhone later for all the details.

In August, we will see George Bernard Shaw's witty comedy "Arms and the Man" in Strathcona Park. Check our SnowPhone and website for details. Odyssey Theatre's website is www.odysseytheatre.ca.

HIKING/CANOEING/KAYAKING & POTLUCK

Where: Lac Philippe

When: Sat. July 20 (rain date: July 21)

AND MORE...

We are also considering an outing to **The Black Sheep Inn** in Wakefield for a Sunday afternoon concert (4 p.m.), and the upcoming **Calabogie Blues Fest**, Aug. 16-18th.

If you would like to lead one of these events or have ideas for other RA Ski Club social activities, please contact Jane Maxwell or Louise Cameron, Social Coordinators at social_2012@raski.ca. We welcome your input, especially over the summer holiday months. Please keep checking the RA Ski Club website, SnowPhone and Ski-Mail for updates and for news of more upcoming social events. And finally.....keep checking our web site, SnowPhone and Ski-Mail for updates and for news of more upcoming social events.

*Louise Cameron & Jane Maxwell
Social Co-Chairs, social_2012@raski.ca*



Jan. 2, 2013 – First ever RA Ski snowshoeing, at Cascades



Feb. 9, 2013 – XC ski to Western cabin



Jan. 2013 – RA skiers at Grindelwald, Switzerland



Jan. 1, 2013 – XC ski from Asticou to Pink Lake



Jan. 2013 – Skiing at Grindelwald, Switzerland



Mar. 9, 2013 – Snowshoeing at Rigaud, Que.



Feb. 2013 – XC ski from Lac Philippe to Herridge



Mar. 12, 2013 – DH Meet'n'ski to Cascades