



# RASki Club

January 2013

"More than just a ski club"

www.raski.ca

SNOWPHONE : (613) 736-6235



## HAPPY NEW YEAR, RA SKIERS!

Once again we have a good selection of both X-country and downhill ski outings planned and we've already had several wonderful ski days thanks to the holiday season snowfalls. Our popular mid-week meet'n'skis give us a chance to ski when it's less crowded. We've scheduled two mid-week bus day trips, one to St-Sauveur (with an option for bus only for those who wish to shop, dine and spa), and the other a choice of skiing either at Temblant, Mont Blanc, or Domaine St-Bernard for the XC skiers or snowshoers. XC skiers meet every weekend and mid-week for some great exercise and fun.

This year we are introducing some snowshoe outings, some to coincide with XC and DH outings so we can socialize with them at lunch and to car pool. Planned outings are on our website. If you are interested in snowshoeing or in leading an outing to a favourite area, please let me know and if I have to cancel one due to weather or add a new one, I can email you with the information.

The bus trip to St-Sauveur in January is a good opportunity to get those ski legs in shape before going to Grindelwald for the weeklong trip. Register early for our bus trips. 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 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 and/or snowshoeing, and enjoying fantastic food with friends. Downhill skiers are welcome and can ski one of the many nearby ski hills. Our three-day DH/XC weekend trip to Jay Peak in February will also provide some great skiing. Our weeklong trip to Grindelwald is full, and we are looking forward skiing in the Alps!

To end the ski season, we'll have 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](http://www.raski.ca), by subscribing to our publicity emails or by checking the SnowPhone. Happy and safe skiing or snowshoeing to all of you! Look forward to seeing you on some of those outings and as usual, I'll be there on most trips and snowshoe outings and social events!

Doris Dallaire, Chair, [chair\\_2012@raski.ca](mailto:chair_2012@raski.ca)

## GRINDELWALD, SWITZERLAND WEEKLONG

Recognizing a wonderful opportunity when they see one, forty-six club members are poised to enjoy the thrill of glorious skiing in the Jungfrau Region of the Swiss Alps from January 25th to February 2nd. Unheard of in recent club history, this trip sold out, indeed, was oversold long before the scheduled registration deadline approached, a clear sign of how important it is to sign up early for all our club trips.

With all breakfasts and dinners included in our Jungfrau Lodge Hotel in the alpine village of Grindelwald, we can look forward to skiing in the over 200 kilometers of ski slopes linking us to either of three more villages in the region just for the excuse of finding the perfect sun drenched patio to savour a mouth-watering European lunch and a Rugenbrau to wash it down while we admire the beautiful scenery surrounding us.

Is that heavy or what! Yes it is, but it's all true, and nine of us already know this because our club went there eight years ago and we're all eager to return. We also know that the way to get the most out of a trip like this is to be in good shape before the trip starts, so I encourage everybody, whether on the trip or not, to get out there and start skiing as soon as the snow hits the ground. Yodeleolddayyahoo!

Roger Duffy, [weeklong\\_2012@raski.ca](mailto: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. 16** - after Grindelwald rendezvous meeting
- **Wed. Feb. 13** - after the Jay Peak Rendezvous
- **Thur. Mar. 21** - last Pub for the season
- **Mon. Apr. 22** - following the Ski Club AGM

### Skating - Thurs. Feb 7

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.

### Spa Day - Thurs. March 14

What could be more social than relaxing in hot tubs and saunas with fellow skiers? Following a downhill ski day at Fortune and a cross-country ski in Gatineau Park, skiers will be meeting at La Nordik in Old Chelsea to relax. Even if you haven't been skiing, you are welcome to join us.

### End-of-Season Pot-Luck Dinner - date TBD

Once again, we'll have a closing pot luck dinner - 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](http://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 20**.



April./12 Urban Hike in New Edinburgh

Louise Cameron & Jane Maxwell  
Social co-chairs, [Social\\_2012@raski.ca](mailto:Social_2012@raski.ca)

## ANNUAL GENERAL MEETING

### Monday April 22

**Where:** Courtside B room, RA Centre (east wing), 7 p.m.

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:

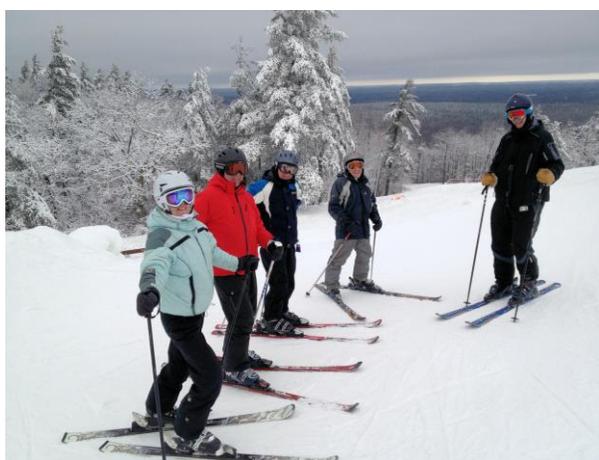
- Our mid-week Meet'n'Ski day trips to local ski hills.
- One Saturday Meet'n'Ski
- A day bus trip to St-Sauveur (Jan. 11)
- A day bus trip to Tremblant/Mont Blanc (Feb.28)

See the full schedule at [www.raski.ca](http://www.raski.ca)

### Weekday Meet'n'Ski

Despite the lack of snow, our first ski day was December 7th. According to Trip Leader Glen, the conditions at Camp Fortune were excellent!

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, eat lunch with and, of course, friends to ski with.



Dec. 20, 2012 - Meet'n'Ski to Calabogie

One **Saturday Meet'n'Ski** has been scheduled with the working folks in mind. If anyone is willing to be Trip Leader on other evening or weekend days, I'll be happy to schedule you in.

On January 17th, XC skiers will ski the trails at the Madawaska Nordic Centre, then meet up with us downhillers at Calabogie Peaks for lunch.

To see our Meet'n'Ski schedule, go to [www.raski.ca](http://www.raski.ca) and click on "downhill".

### Downhill Day Bus Trips

- **DOWNHILL BUS TRIP TO ST. SAUVEUR**  
Friday January 11th  
Cost: \$85.00 (bus, lift ticket, and taxes included)  
\$45 for non-skiers who want to shop or spa.  
Departure time: 7 a.m. sharp! RA west parking lot

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

### BOOK NOW SO YOU WON'T BE DISAPPOINTED!!

- **DH/XC BUS TRIP TO TREMBLANT/ MONT BLANC/ DOMAINE ST. BERNARD**  
Thursday, February 28th  
Cost: \$46.00 (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: Upon our return to Ottawa, join us for dinner at a restaurant.

### BOOK NOW SO YOU WON'T BE DISAPPOINTED!!

Andrea Conway, Downhill Day Chair  
[downhill\\_2012@raski.ca](mailto:downhill_2012@raski.ca)

## SKI CHILE SUMMER 2013

April to December is too long to go without skiing, so in August we're off to Chile for seven days of downhill skiing, interspersed with seven days of sightseeing. We plan to ski at Nevados de Chillan volcano (3610 feet of vertical), and our favorite, Portillo.



Portillo, Chile, Aug. 2009

Watch our web site [www.raski.ca](http://www.raski.ca) and Ski-Mail for info once the trip is finalized. Tentative dates are about Aug. 10-26, and the limit will be six people, so please contact me if you're interested, and we'll keep you posted. .

Glen Campbell, [publicity\\_2012@raski.ca](mailto:publicity_2012@raski.ca)

## SKIFIT

### SkiFit Hikes

For the fourth year in a row, the RA Ski Club offered hikes in Gatineau Park on weekdays. The hikes were a joy in which to participate. Only one hike of the six 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. There were very few other hikers on the trails, and at times, we had the entire cabin to ourselves. All participants agreed that it was an enjoyable way to improve fitness during the autumn months and get ourselves in shape for the upcoming ski season.

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 as well as lower body strength. Twenty three skiers registered and came out with enthusiasm. It was a great way to get in shape for the ski season, with sport-specific training for skiing and snowboarding.

We were blessed, on most occasions, with a senior staff member from the life-fit program, Brenda Hamm. She not only involved us in strenuous workouts, but also gave us tips on keeping our bodies strong and healthy as we continue into the ski season. She also helped us with cardiovascular fitness, endurance, balance and flexibility.

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. For those of you who have not tried our SkiFit program, please put it on your agenda for Autumn of 2013.

On most evenings, many participants gathered in the Fieldhouse Pub for après-workout socializing. Many friendships were renewed at this time. We also had the bonus of finding new ski friends among the participants of this pre-season conditioning program

Thank you, Brenda, for leading us to be better coordinated skiers. Now let's hit the slopes! Until we meet again, happy skiing!

Marian Barton, Member-at-Large, [skifit\\_2012@raski.ca](mailto:skifit_2012@raski.ca)

## DH/XC WEEKEND – JAY PEAK VT.

Registration Deadline: Friday Jan. 4

Have you seen the new Jay?



Returning again to another favourite this year, RA skiers (and snowshoers) have an opportunity to explore the Jay Peak Resort and the {new} ski-in/ski-out Hotel Jay for 3 days this February. By early December, nearly 3 feet of snow had fallen and Jay was reporting a base between 18” and 48”. The Weather Experts are predicting a wonderful season of snow and the conditions should be fantastic by February. If you haven’t been recently, it’s time to go again – it’s a whole new resort, new accommodations, activities, restaurants and cafes, but with the same great skiing and glade runs you remember. Register by January 4 to ensure that minimum registration numbers are met and the trip is a go! Don’t miss out!

Staying at the Hotel Jay provides three days of access, not only to the alpine, cross country and snowshoe trails of the resort, but to an amazing 50,000ft<sup>2</sup> indoor waterpark – right in the hotel!



Pumphouse Waterpark at Jay

For DH skiers, there are 76 trails and 9 lifts spread over 385 acres and 2,153 vertical feet, including 100+ acres of glades. In addition to trails at the resort, for XC skiers, there will be Saturday and Sunday transport to the Hazen’s Notch, with 40 miles of groomed and marked trails through 2,500 acres. Snowshoe enthusiasts Hazen’s has 10 miles of snowshoe trails.

**Fri, Feb 22 – Mon, Feb 25, 2013**

**PRICE** (Non-members: add 10%)

**Double:**

- DH (hotel): \$575 (studio): \$625
- XC (hotel): \$495 (studio): \$545

**Single:**

- Hotel only: add \$250

**Jay Peak Rendezvous Night**

The pre-trip rendezvous will be in the Courtside A room at 7:00 p.m. on Wednesday February 13<sup>th</sup>. Roommate lists, itinerary, and other information will be distributed. We’ll depart the RA Centre at 1:30 PM Friday, February 22.

*Jaime Impey & Chuck Bain, DH Weekend co-Chairs  
dhweekend\_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](http://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](http://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.”



Hike to Lusk Lake, 8 Oct./12

## 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](http://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](http://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 Yahooogroups 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](mailto:currentevents@raski.ca) for a one-time bounce-back e-mail of what events are coming up

- **FACEBOOK**

[www.facebook.com/groups/123160745055](http://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.

## CROSS-COUNTRY

A very interesting start to the season with ice and heavy snows felling trees and branches resulting in most trails being closed. But the trails that are skiable are amazing! The really good news is that the Accuweather forecast for our area is for a bit of a slow start, then a good old fashioned winter in January and February. So 2013 might just be a winter to remember!!

To see the trip schedule, go to [www.raski.ca](http://www.raski.ca), and on the left side of the page, click "X-Country". People of leisure will notice that we continue to offer our weekday trips this year.

Remember to check the website ([www.raski.ca](http://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.



Dec. 20/12 – XC ski, Fortune Parkway to Huron

### 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. We 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

Our waxing clinic was not as well attended as in previous years. We may look at other ways to present waxing tips next year.

### Day Trip Highlights

- **Day Trip to Tremblant and Domaine St. Bernard, Thurs, Feb 28**  
The day bus trip to Mt. Tremblant and Mt. Blanc features XC skiing at Domaine St Bernard.
- **Moonlight Skis, Tue. Jan 22 and Thur. Feb 21**  
Strap on your headlamps and join members on a couple of 8-10 kilometer skis in the moonshine. Be sure to dress warmly!
- **Day Trip to Nakkertok, Feb 14**  
Try some new trails at Nakkertok Nordic Ski Centre. Trail fees \$12 pp.
- **Day Trip to Rigaud, Mar 9**  
Ski L'escapade trails at Mont Rigaud and enjoy a hearty sugar shack meal afterwards.

### Val David XC/DH weekend

Friday, Jan 18 - Sunday, Jan 20

Join friends and skiers at our annual visit to l'Auberge du Vieux Foyer, Val David. This traditional trip provides access to the Park Dufresne XC and snowshoe trails formerly associated with the Far Hills Inn and the trails associated with scenic Petit Train du Nord. You will 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 and there are also several snowshoe trails in the area.

### Jay Peak Downhill/XC Weekend Trip

Fri. Feb 22 – Mon. Feb. 25

Three days of skiing!

We're staying at the Jay Peak Resort for a three day weekend trip. XC skiers will ski two days at Hazen's Notch (40 miles of trails) and one day at Jay Peak Resort's Nordic Center (19 miles of trails).

*Jane Rau and Jean-François Mélançon,  
xc\_2012@raski.ca  
Cross-Country Co-Chairs*

## USEFUL LINKS

RA Ski SnowPhone            613-736-6235  
RA Ski Web Site            [www.raski.ca](http://www.raski.ca)  
RA Ski on Facebook:  
[www.facebook.com/groups/123160745055](https://www.facebook.com/groups/123160745055)

### DOWNHILL

Local DH ski conditions    [www.skiottawa.com](http://www.skiottawa.com)

Quebec DH ski conditions  
[www.conditionsdeneige.com/en/stations/snow-conditions.html](http://www.conditionsdeneige.com/en/stations/snow-conditions.html)

World-wide ski conditions  
[www.skicentral.com/skiereports.html](http://www.skicentral.com/skiereports.html)

### CROSS-COUNTRY

Gatineau Park XC phone line    819-827-2020

Gatineau Park XC ski conditions – NCCwebsite  
[www.canadascapital.gc.ca/places-to-visit/gatineau-park/ski-conditions](http://www.canadascapital.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](http://skitrails.xcottawa.ca/skitrails_gatineau_park.php)

Cross-country ski conditions in Canada and the US  
[http://xcski.org/snow\\_conditions.php](http://xcski.org/snow_conditions.php)

List of XC ski areas in Quebec  
[www.cross-countryski.com/quebec.html](http://www.cross-countryski.com/quebec.html)

List of XC ski areas in Canada  
[www.canadatrails.ca/xc\\_ski/index.html](http://www.canadatrails.ca/xc_ski/index.html)

Daily photos of outdoor activities in Gatineau Park  
<http://musicianonskis.ca/blog/>



XC ski to Pink Lake lookout, Boxing Day

