

April 2014

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

## ANNUAL GENERAL MEETING

**When:** Wednesday, April 23rd, 7:00 PM

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

Mark April 23 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.

- 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 did and didn't like this year, and how we can improve.
- Hear the reports from each of the executive portfolios.
- Elect the executive for next year.
- Amend the club Bylaws to allow co-chairs to occupy an executive position.

All portfolios are up for election:

- Chair
- Vice Chair (includes Weeklong)
- Secretary
- Treasurer
- Membership Chair
- Publicity Chair (includes webmaster)
- 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\\_2014@raski.ca](mailto:secretary_2014@raski.ca).

## MESSAGE FROM THE CHAIR & SNOWSHOE CHAIR

What a winter! Skiing started late November until now, both downhill and cross-country. Conditions weren't as good in January for snowshoeing but February was great until mid-March allowing for 12 wonderful outings. There's a growing number of snowshoers, several of them new to club which is very encouraging. Despite a change of date and venue, Val David weekend saw a good number of skiers/snowshoers who greatly enjoyed it. Mont Ste-Anne/Le Massif had us a bit worried because we left in the pouring rain but they had snow instead which meant good ski conditions on the hills, fantastic conditions for X-C skiers and snowshoe enthusiasts alike. Our weeklong to St. Anton, Austria was enjoyed by 45 people, mostly skiers, but a couple of us who wanted to snowshoe. But we had to settle for just walking through some stunningly beautiful areas of the Alps instead, lots of sightseeing, pauses for scrumptious desserts, jagatee and other Austrian specialties. Our bus trip to St-Sauveur was enjoyed by all who went and the Mont Tremblant/Mont Blanc/Domaine St-Bernard had several guests from the RA and new members with an added twist of being an early St-Paddy's event with prizes for sporting the most Irish greenery or Irish genes. A fun trip we hope to repeat next year! Mid-week meet 'n' skis were again well attended as well as X-C and snowshoe mid-week and weekend outings. Again on all our outings and trips we had the pleasure of meeting some new members, and we hope to see them back next year and yet another group of new ones. Let's keep RASKi skiing, snowboarding and snowshoeing!

Thank you to our RA Recreation Club Services Manager, Nancy Kirkwood for her great ideas, support and help, as well as Sharron Malott, Isabelle da Silva and everyone at the RA for their valuable help and for space and equipment for our AGM, Open House night and Ottawa Ski Show. Thanks to RASKiers who helped at the Ski Show and Open House night. You help make our club known to a larger group of people. Thanks to those who volunteer to lead our outings and a special THANK YOU to members of the executive for their dedication. If you would like to help and be part of the executive, all positions are open. Come to our AGM, volunteer for one that interests you. There are no financial benefits, etc. but it's rewarding to see the results and that makes it all worthwhile. Thanks to all members who participate, you make it happen! Encourage your friends to join. We have lots of events lined up for spring, summer and fall seasons.

Doris Dallaire, [chair\\_2014@raski.ca](mailto:chair_2014@raski.ca)

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

**When:** Saturday April 12<sup>th</sup>, 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.

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 Cameron at [social\\_2014@raski.ca](mailto:social_2014@raski.ca) **BY APRIL 10<sup>th</sup>** 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](http://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](http://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. As of March 24, there is still a snow base of 33cm!



Dec. 21, 2013 – XC ski, Pine Road 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. For the second year in a row, we skied at the Nakkertok Nordic Ski Centre and everyone enjoyed the beautifully groomed trails and heated lodge.



Jan. 15, 2014 – Skiing from Makenzie King to Pink Lake

In early March, skiing at Mount Pakenham provided a nice change from the usual Gatineau Park outings. We started the day off bright and early with a pancake breakfast at Fulton's and followed this with a ski on the XC trails near Mount Pakenham. We will continue to include one or two outings outside of Gatineau Park each season. If you have recently skied at another locale that you think would suit the club, please let us know. We are always looking for ideas.



Feb. 16, 2014 – XC ski, Taylor Lake loop

There were 13 participants, including four new members, on the Val David trip to L'Auberge du Vieux Foyer in February this year, enjoying excellent conditions for cross-country skiing, snow-shoeing, and downhill. We had great meals, and spent long, comfy hours by the lovely fireplace and in the wonderful outside hot-tub. The conditions were excellent – well-groomed trails, no ice, light winds. The snowshoeing contingent is growing with every trip. Your Executive will continue to look at other alternatives for our annual XC trek to the Laurentians. Your input and suggestions on this would be most welcome and helpful.



Mar. 30, 2014 – XC ski to Lusk cabin

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.

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

*Jane Rau & Maureen Adamache,  
XC Co-Chairs, xc\_2014@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](http://www.raski.ca), and click on "e-Maillist". Ignore the part about you needing a Yahoo account.

## OTHER WAYS TO KEEP UP-TO DATE:

- Call the **SNOWPHONE** at **613-736-6235**
- Check out our web site [www.raski.ca](http://www.raski.ca)
- Send an e-mail to [currentevents@raski.ca](mailto:currentevents@raski.ca) for a one-time bounce-back e-mail of upcoming events.

## BE OUR FACEBOOK FRIEND

[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.

This season, we had frigid temperatures but lots of snow! RA skiers braved the cold and once again enjoyed the great outdoors. Again this year, local ski hill operators worked diligently to keep us skiing on well-groomed hills and conditions were excellent, even at the end of March.

**Meet 'n' Ski Outings**

Despite the chill, the twenty mid-week Meet 'n' Skis drew hearty skiers, though numbers were a little lower than last winter. We arrived at one ski area to find that it was too cold for the lift to operate! Skiers who braved the elements were usually surprised and delighted by the excellent snow conditions. Many thanks to our trip leaders who kept track of our skiers and ensured that everyone was included, both on the hill and during our lunch breaks.



**Feb. 18, 2014 – Meet'n'Ski at Mont Ste-Marie**

**Day Bus Outings**

This season, our mid-week bus trip to Mont St-Sauveur took place on January 14th with twenty-one skiers and two Getaway enthusiasts, for a total of twenty-three participants. Taking into account the RA fee, we were on the edge of breaking even after paying bus, lift tickets, gratuity, and snacks.



**Jan. 14, 2014 – RA ski acrobatic team at St. Sauveur**

Our second mid-week trip to Mont Tremblant / Mont Blanc, with cross-country/snowshoe at Domaine St-Bernard took place on March 7th. A total of thirty-five participants registered for the trip and we not only covered all costs, but made a little change as well. Our pre-St. Paddy's Day contest was well-received and fun for all – especially prize winners!

Following both bus trips, positive feedback was received from participants. Suggestions have been greatly appreciated and implemented wherever possible.

The ongoing marketing in the form of Specials, EBlasts, web notices, publicity email notices and Facebook advertising is keeping the bus trips in people's minds and, ultimately, seems to be paying off. We have not had to cancel a bus trip since initiating this form of advertising.

*Andrea Conway, Downhill chair, downhill\_2014@raski.ca*

The RA Ski Club 2014 Weeklong Trip is over already. It's hard to believe that so much planning goes into such a short holiday, but one with such wonderful results. Forty five people came from as far away as Thunder Bay and travelled by various routes to arrive in the Alpine village of Flirsch where we stayed in the beautiful Hotel Basur, our headquarters for a week of alpine skiing, snowboarding, cross country skiing, hiking and snowshoeing in St Anton and the Arlberg Region of the Austrian Alps. As we were a large group we were housed in two buildings but all activities centered in the original rustic hotel complete with old wooden beams, a fireplace, and a comfy cozy atmosphere. Since WiFi was only available in the main lobby it became the gathering place for one and all each evening and a livelier place you'd be hard pressed to find. It was great. Those with I-pads, P-pods, Doo-dads and what-have-you willingly shared their toys with the rest of us Luddites who just couldn't believe how technological the world has become. Breakfasts and wonderful four course dinners were served in the dining room where tables were arranged with 2,4,6,or 8 seats per table, a perfect way to encourage group mixing and meeting new friends. The hotel sponsored free cocktail hour on the first evening didn't hurt either.

Getting to the hotel in the first place was kind of interesting for when we arrived at the Zurich Airport there were four busses waiting for several groups like ours, but no drivers. One organizer with a group of 90 was particularly annoyed, especially when his group had to remove their skis from our bus. Apparently our driver was standing in the greeting area as expected but his sign reading EUROPEAN TOURS didn't click with any of us who were expecting to see RA SKI CLUB. Fortunately the five of our group arriving from Toronto had better luck than the rest of us and their train and taxi connections all fell into place as planned.

Skiing in the Alps is always a treat though some of us found the runs in this region a little more challenging than those we've skied on in other regions of the Alps. The brochures advertised the runs as 40% easy, 50% intermediate and 10% advanced. The catch was that each run was 40% easy, 50% intermediate and 10% advanced. It was like going down a set of stairs every time. Few runs were consistently one level only. Nonetheless this trip will always be notable for not resulting in any injuries. Truth be told though, I must confess that there were four legs broken and the sudden disappearance of one of our group in one stunning crash. With many of us enjoying an aperitif while watching a ski race on TV in the common room, courtesy of Janet by the way, Weeklong Glenn Campbell, not to be confused with SnowPhone Glen Campbell, suddenly disappeared under the table when his chair reached its Best Before date and just disintegrated beneath him. Seeing Glenn rise to the surface with a big grin was a relief to all of us, especially to the owner of the hotel who was as shocked as the rest of us.

In contrast to that chair, the Arlberg ski lifts are a marvel of engineering. One lift seated eight at a time. Per chair. It brings to mind lounging on the sofa in one's den. Not only that, but I have to give the next fact its' very own sentence. **THE SEATS WERE HEATED.** Put that in your pipe and smoke it Mt Tremblant. Another lift, gondola type, had each gondola detach from the main cable, ride a Ferris like wheel down to pick up passengers, then reconnect to the cable again. This is not your basic humdrum detachable quad. Notably missing this year was the usual moshing at the base of each lift. Courtesy reigned supreme. The only real crowd I experienced was when riding the 46 person gondola up to the Valluga lookout. It was so crowded that anyone stuck in the middle probably could have lifted their feet off the floor and remained suspended in the air for the whole ride. Of course the Canadian flag came out once we were at the very top. It always has. It always will.

We had a really good trip this year. Lots of fun, lots of skiing, lots of friendship. This was possible because everybody jumped in and took part. From all the well wishers and international singers at Oliver's birthday, to everyone who helped load and unload the buses, to all those who assisted in rounding up our group at Dorval Airport upon our return, to those who helped download Boarding Passes for others in Flirsch, virtually to you all, thank you for making this a wonderful trip. You all made it work.

Thank you,

*Roger Duffy, Weeklong co-chair, weeklong\_2014@raski.ca*

## DH/XC TRIP TO MONT STE-ANNE & LE MASSIF

Friday, February 21<sup>st</sup>, 27 RA Ski participants boarded the bus in the pouring rain to depart for three days of skiing at Mont Sainte-Anne and Le Massif. Along the way we discovered that we could get the Olympic men's hockey semi-finals on the radio. Obviously they listened to the coach's advice to "Play like girls!" (i.e. the Canadian women's Gold Medal Champions...), since the Canadian boys played to a 1-0 win over the US team to earn their spot in the Gold Medal game against Sweden! Thanks go to Lynn and Francine who provided us a comedy for the bus' DVD player and our journey passed very quickly.



**On our way to Mont Ste-Anne**

The other good news was that the rain in Ontario and North Eastern US was snowfall in the Quebec areas and fresh snow surrounded our lodgings at Château Mont Sainte-Anne. For the most part, the days offered periods of sunshine mixed with occasional cloudy periods. We experienced very good conditions and better than expected weather and temperatures.

Friday evening, we quickly got our room keys, lift/trail passes, dragged our luggage to our rooms and then we were warmly welcomed at our group reservation at the nearby Le Brez Fondu/Euro Pizza where we enjoyed our post-trip evening meal in comfort.

Bright and early on Saturday, the downhillers trekked out to the gondola, next to our hotel, to start our day on the slopes. With only the usual first bunch of the morning and after lunch at the gondola, we experienced very little lift line waits for the rest of the day. A little later in the morning, our cross-country and snowshoe contingents were taken by coach to the beautiful cross-country centre to enjoy their renowned trail systems. While downhill temperatures seemed mild-to-moderate with a bit of a wind depending on the North vs. South sides, the cross-country skiers reported near body-bending gusts in their area. At day's end, RASkiers ebbed and flowed through the hot tubs and met for a cocktail reception, courtesy of Ski Evolution, before 21 people headed into Québec to sample the gourmet delights of the Old City.



## Skier and snowboarder at Mont Ste-Anne

On Sunday, the downhillers were transported to Le Massif. Along the way, through intermittent radio transmission in the Charlevoix area, we were able to make out Canada cementing their skate to Gold with goal # 3. We were in the lodge to see the medal ceremony playing out on TV screens throughout the building and on the slopes before the closing ceremony began.

Ski conditions matched our buoyant mood and we the enjoyed the challenges of the soft-packed groomed trails of Massif. Meanwhile, back at the Chateau, the coach was once again available to transport our cross-country skiers and snowshoers to the park. A few discovered the interlinking trails back to the hotel and base trails, and they skied back. As the Massif lifts closed, the downhill skiers congregated in the Summit Pub were joined for a pint by some XCers who went for the ride when the bus came to get us. More medicinal visits to the hot tub later and the majority of the RASki group were transported to an old favourite, the St-Bernard resto-pub for our evening meal. Afterwards, some RASkiers lounged in their rooms watching the highlights of the Olympic closing ceremonies.



**Skiers at Le Massif**

Monday was our last day of skiing and snowshoeing. Everyone seemed to have scoped out where they wanted to spend their time and after stowing luggage for the day, there was a mass exodus from the hotel for the trails. It was another day of intermittent sun and cloud and good conditions from all reports. Between 3:00 and 3:30, RASkiers trickled into the holding room and began to load the bus for the trip back. Thanks to the staff of Scores in Drummondville, we were able to choose from a tasty menu with quick service, and we were on the road and home in excellent time.



**Jaime Impey, our trip leader, at Mont Ste-Anne**

*Jaime Impey, DH Weekend Chair,  
dhweekend\_2014@raski.ca*

## SOCIAL

### RA SKI ANNUAL POT-LUCK DINNER – Sat. Apr. 12

6 p.m., 100 Pine Road, Kanata

Join your fellow skiers for delicious food! See page 1 for all the details.

### 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 26:** 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.
- **Sat. May 10:** Gatineau Park, Pine Road to Herridge cabin. 10 k round trip on an easy trail. Bring a lunch.
- **Tuesday, May 13:** Meet at the RA Centre at 10AM for a weekday hike in Gatineau Park, destination to be determined.
- **Sun. May 25:** Gatineau Park, along Burma Road to the Ramparts.
- **Sun. Aug 17:** on the some of the trails near Wakefield, followed by a chance to explore the town.



April 20, 2013 - Urban Hike along Preston St.

### CYCLING

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

- **Mon. May 19:** A Victoria Day cycle along the Rideau River and Canal. Depart 10 a.m. from the RA west parking lot.
- **Sat. June 7:** Parc Moussette to Aylmer. Bring a lunch. Departure time (from Parc Moussette) 10:00 a.m.
- **Sun. June 22:** Bate Island to Shirley's Bay. Depart 10:00 a.m. (from Bate Island, Champlain Bridge). Bring a lunch.
- **Sat. July 5:** RA Centre to Lac Leamy. Bring a lunch. Departure time (from RA west wing) 10:00 a.m.
- **Tues. July 15:** Bearbrook Road to Petrie Island. Bring a lunch. Departure time (from the P25 parking lot on Bearbrook between St. Joseph and Innes) - 10:00 a.m.

- **Mon. Aug. 4:** Holiday ride - 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.



July 22, 2012 – Bike trip to Petrie Island

### THEATRE IN APRIL - "The Diary of Anne Frank".

**When: Tuesday April 15, 7:30 p.m.**

Join us for this classic play 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+). Several of us have purchased tickets in rows A, B, C on the left side of the theatre. We'll meet in the theatre lobby around 7:15 pm. If you wish to meet for dinner beforehand, let us know at [social\\_2014@raski.ca](mailto:social_2014@raski.ca). Go to [phoenixplayers.ca](http://phoenixplayers.ca) for more information and to purchase tickets.

### OUTDOOR SUMMER THEATRE

In July, join us for some outdoor theatre with the Company of Fools in a local park. This summer's production is Shakespeare's "As You Like It". Check our web site and SnowPhone later for all the details.

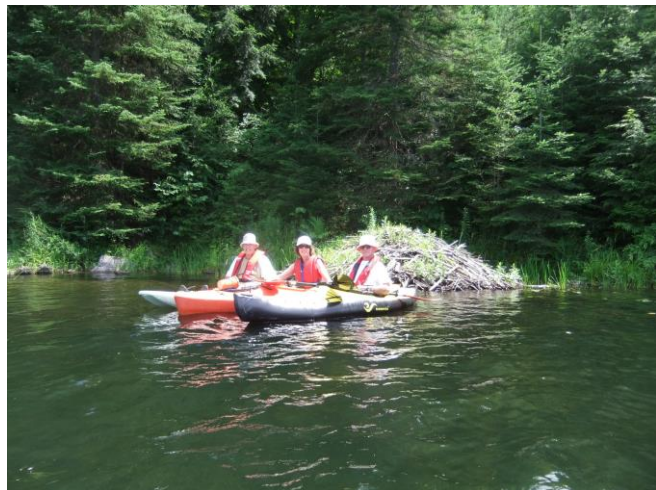
In August, we will see Odyssey's Theatre's production of **Joanne Miller's *The Financier***, an original adaptation of Alain-René Lesage's *Turcaret* in Strathcona Park. Check our SnowPhone and website for details.

### HIKING/CANOEING/KAYAKING & POTLUCK

**Where:** Lac Philippe

**When:** Sat. July 26 (rain date: July 27)

Bring a dish to share and whatever summer activity toys you want.



July 20, 2013 - Kayaking at Lac Philippe

### AND MORE...

There will be more cycling and hiking in the fall and we may add other summer events as they come up.

**If you would like to lead one of these events or have ideas for other RA Ski Club social activities, please contact Louise Cameron, Social Coordinator at [social\\_2014@raski.ca](mailto:social_2014@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.

*Louise Cameron, Social Chair, [social\\_2014@raski.ca](mailto:social_2014@raski.ca)*



Jan. 2014 – Roger Duffy, our trip leader at St Anton



Feb. 16, 2014 – XC ski, Taylor Lake loop



Jan. 2014 – RA Skiers at St Anton, Austria



Jan. 9. 2014 – RA Ski skating team at the Governor-General's



Jan. 2014 – RA Skiers at St Anton, Austria



Feb. 2014 – RA snowshoers at Cascades



Mar. 7, 2014 - Tremblant bus trip  
Winning team in the St. Paddy's day contest



Mar. 14 – Skiers on Olympic run at Edelweiss