



RASki Club

January 2014

"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 and also snowshoers. Mother Nature was generous with snow before Christmas this year and there have been some excellent cross-country and downhill conditions resulting in many members having great outings. Let's keep it coming! Our ever popular mid-week meet 'n' ski outings give us a chance to be on the slopes when it's less crowded. We have scheduled two mid-week bus day trips to the Laurentians, one to St-Sauveur, and the other a choice of skiing either at Mont Tremblant, Mont Blanc, or Domaine St-Bernard for the XC skiers and snowshoers. 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 and there are several snowshoe outings planned, both mid-week and on weekends in the Gatineaus or the Greenbelt.

The bus trip to St-Sauveur in January is a good opportunity to get those ski legs in shape before going to Austria for the weeklong trip and also gives an opportunity for some shopping, spa time and a luxurious lunch in St-Sauveur for those who don't want to ski. Register early for this one and for the one to Mont Tremblant/Mont Blanc/Domaine St-Bernard in March. 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 car-pool weekend trip to Val David in early February will be an opportunity for cross country skiing and snowshoeing on the lovely trails of the area, and enjoying fantastic food with friends after a day's outing. Downhill skiers are welcome and can ski one of the many nearby ski hills in the Laurentians. Our three-day DH/XC weekend trip to Mont Ste-Anne/Le Massif in late February will also provide some great skiing and snowshoeing. The registration deadline is January 9th so hurry - don't miss out! Our weeklong trip to St-Anton, Austria is filled and we are looking forward to a fantastic week of skiing there!

Though we are "More than just a ski club" we are still friends to ski with and be with so you won't have to ski alone, we'll help you find someone at your level. 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 like hiking, cycling, golfing and theatre in the park. 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 all our trips and snowshoe outings and social events!

Doris Dallaire, Chair, chair_2014@raski.ca

RA SKI CLUB ANNUAL GENERAL MEETING

Wednesday Apr. 23/13

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.

In the meeting, we will present reports on all our activities and elect the executive for next year. We promise not to pressure you to run for a position. As an added incentive to attend, we will have a slide show of all our activities during the past year.

WEEKLONG TRIP, ST-ANTON AUSTRIA

In recent years the RA Ski Club has been evolving into a kind of mecca for enthusiastic skiers looking to enjoy a full week of glorious mountain skiing either in the North American Rockies or in the European Alps. Our reputation for presenting friendly and enjoyable Weeklong Trips is spreading far and wide with the number of participants increasing steadily year after year. Currently we have forty-four (and counting) participants eager to queue up for an early morning run on January 26th, the first of another six full days of great alpine skiing, this time in St Anton in the Arlberg Region of the Austrian Alps. Participants in this trip are coming from a variety of locations starting locally with Ottawa and Gatineau, west from Westport and Tweed, Toronto, and even as far away as Shuniah. Sorry, you'll have to Google that one yourself. Hint: it's in Ontario. One participant who last year came all the way from Kelowna BC to be with us in Grindelwald recently moved to Ottawa just to be closer to our club and to again join us on this trip. Those weren't exactly her words but I'd stake your life on it. Despite registration having closed in early November we have managed to squeeze in a few latecomers thanks to our very helpful travel agent who has a knack for always booking us into comfortable accommodations, noted for having that special European charm a person looks forward to experiencing. Now all that's left to do is wait, pack and go. Yahoo...or should I say, *Yodel-hoo!*

Weeklong Chair: Roger Duffy, weeklong_2014@raski.ca

SOCIAL

We are saying goodbye to Social Chair Jane Maxwell for several months while she ventures on to a volunteer position in Sri Lanka. Our best wishes go with Jane on her exciting adventure. Louise Cameron will be handling the social activities for the rest of the year.

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 at 7:30 PM:

- **Thur. Jan. 16** - after Austria Rendezvous Meeting
- **Thurs. Feb. 13** - during ski season frenzy
- **Thur. Mar. 20** - last regular Pub for the season
- **Wed. Apr. 23** - following the Ski Club AGM

Skating - Thurs, Jan 9

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.

Pancake Breakfast - Saturday, Mar 8

At Fulton's Pancake House in Pakenham. Meet the cross-country skiers at the RA at 8AM as they leave for a day of skiing at Pakenham with a big breakfast beforehand.

End-of-Season Pot-Luck Dinner - Sat. April 12

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 Saturday, **April 26**.

RA Canoe & Camping Club

We look forward to liaising with the RA Canoe and Camping Club for some social events this year. Their main activities are in the opposite season from ours and they are a new addition to the RA. See www.raccc.ca for details on their club.

Louise Cameron, Social chair, Social_2014@raski.ca

DOWNHILL DAY TRIPS

Hello downhill skiers! We've had an early start this year and look forward to many weeks of excellent skiing this winter.

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 (January 4)
- A day **bus trip to St-Sauveur** (Tuesday, January 14)
- A day **bus trip to Tremblant/Mont Blanc/Domaine St. Bernard** (Friday, March 7)

See the full schedule at www.raski.ca. Why not join us on Facebook to get members' ski reports, news and comments? Visit our website and click on "Facebook".

WEEKDAY MEET'N'SKIS

As usual, 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 and eat lunch with. This year, we will have a number of combined outings with XC and snowshoe enthusiasts.



Dec. 3: DH Meet'n'Ski to Edelweiss

In addition, one Saturday Meet'n'Ski has been scheduled with the working folks in mind. We'll be happy to schedule more - just need volunteers to act as trip leaders! Feel free to contact Andrea at downhill_2014@raski.ca if you are willing to help out.

To see our Meet'n'Ski schedule, go to www.raski.ca and click on "downhill". Don't forget to call the SnowPhone before you head out - 613-736-6235!

DOWNHILL DAY BUS TRIPS

- **DOWNHILL BUS TRIP TO ST. SAUVEUR**
Tuesday, January 14th

Ski, shop, or spa on our day bus trip to St. Sauveur! Ski mid-week and avoid the crowds, and relax while we drive you to the ski hill and back. The **\$85 price** includes the bus and lift tickets, or **\$45 for bus** if you want to shop at the Outlet Mall, visit an Art Gallery, relax at a Spa and enjoy lunch at one of St. Sauveur's quaint Bistros.

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

Notes: For the return home, we leave the hill at 4:30 p.m. On our return to Ottawa, join us for dinner at a local restaurant.

- **DH/XC BUS TRIP TO TREMBLANT/ MONT BLANC/ DOMAINE ST. BERNARD**

Friday, March 7th

This bus trip drops the downhillers off at either Mont Tremblant or Mont Blanc.

The trip also welcomes those who want to enjoy the trails at Domaine St-Bernard while they snowshoe and cross-country ski. Following their XC ski/snowshoe, they will be picked up at 2:30 and bussed back to Tremblant, when they can enjoy meeting up with downhill skiers to compare notes!

Cost: \$45.00 (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/snowshoe enthusiasts. For the return home, we leave the last pick-up point at 4:30 p.m. After returning to Ottawa, join us for dinner at a restaurant.

Andrea Conway, Downhill Chair, downhill_2014@raski.ca

MONT STE-ANNE/LE MASSIF DH/XC WEEKEND

Fri. Feb. 21 – Monday Feb. 24

RASKI is returning to Club-favourite destinations Le Massif and Mont Sainte-Anne for a three-day ski weekend. Staying in the recently renovated rooms of the Château Sainte-Anne, downhill skiers will enjoy the ski-in, ski-out convenience at the base of the South Side.

Cross-country skiers are invited to enjoy Canada's largest network of trails (208 km groomed) at Parc du Mont Sainte Anne. Snowshoeing is also located at the Mont Sainte-Anne Cross-Country Ski Center at Rang Saint-Julian or the Base.



Le Massif – photo by Alain Blanchette

Bring all your toys! Mont-Sainte-Anne is renowned for its long seasons (mid-November to April), great snow conditions, grooming and expert area. Mont-Sainte-Anne will have a new lift in its expert sector - a detachable quad chair that replaces the old triple chairlift, reducing the ride time in half and serve more skiable terrain. Merely 33 km east of Mont Sainte-Anne, Le Massif boasts the highest vertical East of the Canadian Rockies, with 52 trails and glades, and some of the finest lunchtime cuisine ever tasted at a ski resort cafeteria. Home of the National Alpine Downhill Training Centre, you can challenge yourself to one of the three trails of the toughest women's downhill World Cup circuit. Since club membership is only \$18.00 per season....this trip is well worth joining the club!

*Jaime Impey & Chuck Bain, DH Weekend co-Chairs
dhweekend_2014@raski.ca*

CROSS-COUNTRY

What an amazing start to the season! On December 25, Gatineau Park reported a snow base of 22 cm and 99% of trails open. Many of us were skiing in November and the ski conditions in December have been awesome. This is quite a change from last year when a significant number of trails were closed for the season after trees and branches littered the trails after two bad storms.

We have lots of interesting outings planned this year. To see the trip schedule, go to www.raski.ca and, on the left side of the page, click "X-Country".



Dec. 21/13: XC ski to Herridge cabin

Remember to check the website (www.raski.ca) or SnowPhone (613-736-6235) for changes 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 Huron 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 Centre, 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 Centre.
3. Wax your skis before you arrive at the parking lot and be ready to ski as soon as possible after arriving.

DAY TRIP HIGHLIGHTS

- **Day at Madawaska Nordic Centre – Tues. Jan. 21**
Joint activity with the snowshoe and downhill crowd.
Trail fees \$2 pp
- **Day Trip to Nakkertok – Wed. Feb. 12**
Try some new trails at Nakkertok Nordic Ski Centre.
Trail fees \$12 pp.
- **Day Trip to Tremblant and Domaine St. Bernard – Fri. Mar. 7**
The day bus trip to Mt. Tremblant and Mt. Blanc features XC skiing at Domaine St Bernard.
Trail fees \$18.50 pp
- **Day Trip to Mount Pakenham – Sat. Mar. 8**
We'll have an early breakfast at Fulton's Pancake House followed by skiing at Mount Pakenham.
Trail fees \$12 pp
- **Day Trip Ski n' Spa – Thurs. Mar. 13**
Ski Gatineau Park followed by relaxation at le Nordique Spa with the DH skiers.

VAL DAVID XC/DH WEEKEND TRIP

Fri. Feb. 7 – Sun. Feb. 9

Join friends/skiers at our annual visit to l'Auberge du Vieux Foyer, Val David. This visit includes access to cross-country and snowshoe trails in Park Dufresne and the linear park Petit Train du Nord. There is an ever-popular, large outdoor hot-tub at l'Auberge. Other activities include ice-skating, and downhill skiing at Mont Tremblant, St-Sauveur, Chantecler and Belle Neige nearby.



Val David, Que.: View from Mont Iceberg

MONT STE-ANNE WEEKEND TRIP

Fri. Feb 21 – Mon. Feb. 24

Join the downhillers on their ski trip to Mont Ste Anne. We'll ski three days at the Mont Ste Anne cross-country centre – Canada's largest cross-country ski area with 208 km of trails, including a 128 km network for skate-skiing.



Cross-country skiing at Mont Ste-Anne

*Jane Rau and Maureen Adamache, Cross-Country Co-Chairs
xc_2014@raski.ca*

SKIFIT

SkiFit Hikes

Once again, The RA Ski Club has offered SkiFit hikes as a way to improve fitness during the autumn months. This was a new addition to our program approximately five years ago, to compliment the weekend activities. It has given members and friends an extra opportunity to become acquainted and participate in weekday activities to accommodate those who are so lucky as to have some time during the week to enjoy the trails when there is less activity in the Gatineau Park. Weekday hikes in Gatineau Park were a joy in which to participate, and at times, we had the entire cabin to ourselves. Only one hike had to be rerouted because of rain. Otherwise, we had wall to wall sunshine (almost) 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 as well as lower body strength. Twenty five skiers as well as a few guests 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.

This activity also attracted some new participants who have made new friendships which, hopefully, will encourage them to join in other ski club activities. We also spend our après ski fit time at the Fieldhouse restaurant, sharing experiences and enjoying each other's company.

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, Brenda, for leading us to being stronger and fitter and having fun doing it! Now let's hit the slopes! Until we meet again, happy skiing!

Marian Barton, Member-at-Large, skifit_2014@raski.ca

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/fr/stations/conditions-deneige.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 – NCC website
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

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/>



SkiFit hike to Herridge cabin, Oct. 17/13

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
- **FACEBOOK**
We are on Facebook under "RA Ski and Snowboard Club of Ottawa". Our members have been putting reports of snow conditions (both DH and XC) on our Facebook site when they go skiing.

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 the set you want ("downhill", "cross-country", or "biking, hiking and skating".) You will see all the photos in that set.
3. To get a larger version of an individual photo, double-click on the photo. To see the largest size, click on the three small dots on the right-hand side at the middle of the page. Then click on "Original."