

## HAPPY NEW YEAR, RA SKIERS!

We have again planned some wonderful ski outings for cross-country and downhill skiers and also snowshoers. Mother Nature doesn't seem to be too co-operative in providing snow this year but let's hope it will soon improve! Mid-week meet 'n' ski outings provide a perfect way to be on the slopes with our ski friends 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 Gatineau's and there are also several snowshoe outings planned, both mid-week and on weekends plus a moonlight ski/snowshoe at Mer Bleu in early February.

The bus trip to St-Sauveur on January 9<sup>th</sup> offered a good opportunity to get your ski legs in shape for the ski season. Several members took advantage of the skiing and a few paid the bus only option for the opportunity to shop, enjoy some spa time and a luxurious lunch in St-Sauveur. Get in early for the one to Mont Tremblant/Mont Blanc/Domaine St-Bernard in March too. 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 Tremblant 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/snowshoe trip to Jay Peak will provide some great skiing and snowshoeing. The registration deadline has past but we may still be able to accommodate you if we can get a room as part of our package or you can pay for bus only and make your own hotel arrangements. Don't miss out!

Skiers are heading to Morzine in France in mid-January for a week of great skiing, walking/snowshoeing in the French Alps and enjoying the scenery and fresh mountain air with our friends.

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 after 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](http://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 our outings and as usual, I'll be there on all our trips, snowshoe outings and social events!

Doris Dallaire,  
Chair, chair\_2015@raski.ca

## RA SKI CLUB ANNUAL GENERAL MEETING

Wednesday Apr. 15/15

Make your voice heard! Attend the RA Ski Club's AGM to thank your executive, volunteer to chair a portfolio, offer suggestions, and provide feedback.

At 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, but please consider taking on a position if you can because there will be vacancies. As an added

incentive, we will have a slide show of all our activities during the past year.

## WEEKLONG TRIP, MORZINE, FRANCE

About the only thing that's faster than *The Rocket* speeding down a mountain slope is the rate at which the RA Ski Club's Weeklong Trip is approaching. Only a couple of days away and 31 participants will be loading their ski equipment on the bus to begin their journey for a week of exciting alpine skiing in Morzine, France. Offering up to twelve linked resorts in the Portes du Soleil ski region, Morzine is a skiing hub with all the flavor of a true alpine village. And speaking of flavor, our hotel, L' Hermine Blanche will be serving their special four course dinners each evening in their rustic dining room. Judging from our last trip to France, we are in for some real French gastronomic delights, and surprises.



Morzine, France

Flights direct from/to Montreal - Geneva is with Air Canada and ski equipment goes free, a definite bonus nowadays. We've already had our draw for a pair of Downhill skis with Kate Tyrcha being the lucky winner. With all payments having been made and the organizational aspects under control, the only things left to do are to get in shape, pack, and go. Allons-y.

And *The Rocket*!! . . . . keep your eyes open for a red blur.

Roger Duffy, Weeklong Chair, weeklong\_2015@raski.ca

## SOCIAL

RASki is about more than skiing. Join fellow members off the slopes and trails for some different activities. Check the ski news emails and the website for other activities as they are added.

### 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:

- **Thurs. Jan. 8** - after weeklong rendezvous meeting
- **Wed. Feb 18** - during ski season frenzy and after the Jay Peak Rendezvous night
- **Thurs. Mar. 19** - last Pub for the season
- **Wed. Apr. 15** - following the Ski Club AGM

### Skating - Thurs, Feb 26

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.

### End-of-Season Pot-Luck Dinner - Sat. April 18

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](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 Saturday, **April 25**.  
Louise Cameron, Social chair, Social\_2015@raski.ca

## DOWNHILL DAY TRIPS

Hello downhill skiers! We've had a late start this year because of the weather, but are looking forward to some 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** at Calabogie (January 3)
- A day **bus trip to St-Sauveur** (Friday, January 9)
- A day **bus trip to Tremblant/Mont Blanc/Domaine St. Bernard** (Monday, March 16)

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



Dec, 19, 2014 – RA skiers at Mont Ste-Marie

### 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. 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! Contact Andrea at [downhill\\_2015@raski.ca](mailto:downhill_2015@raski.ca) if you are willing to help out.



Jan. 3, 2015 – RA skiers at Calabogie

To see our Meet'n'Ski schedule, go to [www.raski.ca](http://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 - Friday, January 9<sup>th</sup> - Great ski day !!!

Did you miss the opportunity to Ski, shop, or spa on our day bus trip to St. Sauveur! If so, don't delay and sign up today for the next DH / XC bus trip – see details below.

**Support your club and register early – bring a friend or colleague and introduce them to “your club”.**

- DOWNHILL BUS TRIP TO TREMBLANT/MONT BLANC/DOMAINE ST. BERNARD Monday, March 16<sup>th</sup> – REGISTER NOW

This bus trip drops the downhillers off at either Mont Tremblant or Mont Blanc. Cross-country and snowshoe enthusiasts are dropped off at Domaine St-Bernard. Following their XC ski/snowshoe, they will be picked up and bussed back to Tremblant, where they can enjoy meeting up with downhill skiers to compare notes!

**Check the web for pricing and details.** Use your Ski Max tickets or buy your tickets at the hill.

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

**Return:** Last pick-up at 4:30 pm. Dinner at Ottawa restaurant for those who are interested.

*Andrea Conway, Downhill Chair, [downhill\\_2015@raski.ca](mailto:downhill_2015@raski.ca)*

## SKIING MID-WEEK AT JAY PEAK

You may still be able to join us!

On Sunday, March 1, RASkiers will be heading to Vermont for three crowd-free days of alpine or Nordic skiing and snowshoeing. The registration deadline has passed and RASki has released the extra rooms of the original reservation due to the hotel's cancellation penalties. However, at the time of publication, we have an opening for one male in a double-occupancy room. All other interested participants will be accepted on a wait list and we will do our best to obtain additional rooms at the package price: DH - \$591, XC/SS - \$486. If not, the participant is welcome to make their own accommodation arrangements and travel with us on a bus-only package for \$153.

If you've been to Jay Peak, you know the reputation is deserved - the most snow in eastern North America where trails, slopes, terrain parks and glades await you, but the nooks and crannies are what really set Jay Peak apart - 9 lifts and 78 trails. We're staying at the new 85-room Stateside Hotel & Basalodge which offers ski-in, ski-out access to the slopes; non-smoking rooms with 1-King or 2-Queen beds, mini-fridge, microwave and coffee maker, free Wi-Fi, HD flat screen TVs and an outdoor hot tub.

**Jay Peak Resort's** Nordic Center offers a trail network that features 12 miles (19 km) of groomed trails for classic and skate skiing for novices and experts alike, winding through the golf course (*included*).

**Jay's Snowshoeing Trails** offers 10 miles of specially designated trails provide a variety of beautiful routes for people who wish to see nature up close on snowshoes.



*Jaime Impey DH Weekend Chair, [dhweekend\\_2015@raski.ca](mailto:dhweekend_2015@raski.ca)*

## CROSS-COUNTRY

A rather disappointing start to the season compared to last year. We had one or two days in November and a few in December when the conditions were quite good but the thin layer of snow did not last long. However, it is still early and there is every reason to hope that we will get lots of snow and great skiing this season. We have lots of interesting outings planned this year. 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".

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



Dec. 20/14 – XC Ski from P9 to P5

### 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 three important 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.



Dec. 18/14 – XC ski from P7 to Huron

### DAY TRIP HIGHLIGHTS

- **Greenbelt Moonlight Ski – Mon. Feb. 2**  
An easy paced ski and snowshoe outing is planned along the greenbelt trails.
- **Day Trip to Nakkertok – Wed. Feb. 11**  
Try some new trails at Nakkertok Nordic Ski Centre. Trail fees \$14 pp (seniors \$12).
- **Day Trip to Montebello – Sat. Feb. 14**

Avoid the crowds at the Gatineau Loppet and try the XC trails at Montebello. Trail fee \$10 pp. After skiing, we'll stop at one of the nice little restaurants for some refreshments.

- **Day Trip, Tremblant & Domaine St-Bernard – Mon. Mar. 16**  
The day bus trip to Mt. Tremblant and Mt. Blanc features XC skiing at Domaine St Bernard. Trail fees \$18.50 pp (50% discount with Gatineau Park ski pass).

### MONT TREMBLANT XC/DH/SS WEEKEND TRIP

Fri. Feb. 6 – Sun. Feb. 8

Join friends/skiers on our annual visit to the Laurentians – this year, to Le Grand Lodge in Mont Tremblant. Direct access to Domaine Saint-Bernard XC trails, with Mont Tremblant XC and snowshoe trails nearby. On site amenities: Indoor pool, whirlpool, sauna, steam baths, skating rink, equipment rentals and spa services. Free shuttle bus to Mont Tremblant downhill. Holders of a Gatineau Park season's pass will receive a 50% discount on trail fees (normally \$19). There is also a 20% discount with a CAA membership. Discounts cannot be combined. Snowshoe rate is \$9/day.

Jane Rau and Maureen Adamache, Cross-Country Co-Chairs  
[xc\\_2014@raski.ca](mailto:xc_2014@raski.ca)

## SKIFIT

### SkiFit Hikes

The RA Ski Club has offered SkiFit hikes as a way to get out and improve fitness during the autumn months. This was a new addition to our program approximately six years ago, to compliment the weekend activities. It has given members an extra opportunity to become acquainted and participate in weekday activities to accommodate those who have some time during the week to enjoy the trails when there is less activity in Gatineau Park.

After hikes, we usually went to a coffee house or restaurant to continue our conversations and plan our winter activities. All participants agreed that they enjoyed themselves tremendously on these hikes. Thank you to everyone who participated. Come join us again in the fall as we continue with our SkiFit hikes.

### Ski-Fit Classes

The ski-fit classes have come to a close after 10 weeks of challenging exercises to improve balance, upper body as well as lower body strength. Many skiers, and a few guests, registered and came out with strengthened bodies ready for the demands of skiing, snowshoeing and snow-boarding. The exercise program was very rewarding.

This activity also attracted some new participants who have made new friendships. We spent 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, hopefully our bodies are less fatigued after skiing. Thank you to Felicity, RA Fitness Instructor, for leading us to being stronger and fitter and having fun doing it! Until we meet again, happy skiing!

Marian Barton, Member-at-Large, [skifit\\_2015@raski.ca](mailto:skifit_2015@raski.ca)

## SKI CHILE – AUGUST 2015

Fri. Aug. 7 – Tues. Aug. 22

If your idea of perfect skiing is groomed powder, uncrowded hills, long runs, and temperatures just below freezing, then join us for next summer's ski trip in the Andes! In August!

We'll have six days of skiing at two of Chile's best ski resorts – Portillo and Nevados de Chillan, interspersed with nine days of sightseeing, including Chile's capital (Santiago), Chile's main seaport (Valparaiso), wineries, a spa, and more!

**Portillo**, 140 km NE of Santiago, is Chile's most spectacular ski area, as it is surrounded by 15,000 high peaks and centered on the stunning Inca Lake. Portillo has 19 runs and 2,487 feet of vertical. The hill is not crowded, as only the hotel guests ski there, plus a very limited number of day skiers.

**Nevados de Chillan** is on a volcano, and is 480 km south of Santiago. The ski hill has 3610 feet of vertical, and has 28 runs, including the longest one in South America (13 km.)

Cost is estimated at about \$6,000 including all incidentals. We'll have an info meeting in February, once we get a firm price. Contact me to learn more.

Glen Campbell, Publicity Chair, [publicity\\_2015@raski.ca](mailto:publicity_2015@raski.ca)

## USEFUL LINKS

RA Ski SnowPhone 613-736-6235  
RA Ski Web Site [www.raski.ca](http://www.raski.ca)

### DOWNHILL

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

Québec DH ski conditions  
<http://www.maneige.com/en/ski-areas/snow-conditions.html>

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

### CROSS-COUNTRY

Gatineau Park XC phone line 819-827-2020

Gatineau Park XC ski conditions – NCC website  
[www.canadacapital.gc.ca/places-to-visit/gatineau-park/ski-conditions](http://www.canadacapital.gc.ca/places-to-visit/gatineau-park/ski-conditions)

Reports from skiers about Gatineau Park trail conditions  
[http://skitrails.xcottawa.com/skitrails\\_gatineau\\_park.php](http://skitrails.xcottawa.com/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  
<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)

List of XC ski areas in Canada and the US  
<http://www.cross-countryski.com/resorts.html>

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

## 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 Yahoo groups 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

## RA SKI ON FACEBOOK



We are on Facebook under "RA Ski and Snowboard Club of Ottawa".

On our Facebook page you will find:

- Our members' reports on snow conditions (both downhill and cross-country.)
- RA ski Club news
- Upcoming events
- Facebook posts from local ski hills.

## PHOTOS AND TRIP REPORTS

### TRIP REPORTS

Downhill and cross-country trip reports for the last month are put on our home page at [www.raski.ca](http://www.raski.ca). To view 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 the set you want ("downhill", "cross-country", snowshoeing, or "biking, hiking and skating".) You will see all the photos in that set.
3. To see a larger version of an individual photo, double-click on the photo. To see the largest size, click on the down arrow on the lower right. Then click on "View all sizes." Then click on "Original."



Oct. 27/14 – Hike from Pine Road to Healey cabin



Aug. 2013 – Portillo, Chile - RA skiers and Inca Lake.



Feb. 2014 – Snowshoeing at Cascades