

September 2015

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

RA SKI 2016 WEEKLONG TRIP TROIS-VALLEES FRANCE

JAN. 29 – FEB. 6, 2016



The RA Ski Club is pleased to announce that this season the Weeklong Ski Trip will be to les Trois Vallées, France – the World's Largest Ski area! We'll be staying in Brides-les-Bains, an Olympic Village for the 1992 Winter Olympics, based in Albertville, France. This resort, in the Savoie region, is one of the larger ski resorts in France and has direct access to 600 km of downhill skiing, with 274 individual pistes, served by 196 ski lifts. We'll be staying low (600 m) and skiing high (highest lift 3200 m) with a vertical of 1950 m. Plan your day, apply sun cream, and fine tune ski boot buckles during the gondola ride to the Méribel snowfront. With pistes above 2500 metres, skiing and snowboarding is assured throughout the season. There are 33 kilometers (21 miles) of cross-country ski trails at Brides-les-Bains. All within a few minutes' walk, the village boasts a few attractions including several health spas, shops, a casino, discos, cinema, pubs and restaurants, and a few sites of historic or cultural interest, including the springs from which the town takes its name, a medieval church and a statue made out of piping titled "La Manche de Chapeau".



HOTEL

Our 4-star accommodation for 7 nights is at the Hotel Golf with daily buffet breakfast and multi-course dinner included, as well as all hotel gratuities.

(www.golf-hotel-brides.com)

SKI PASSES

Our 6-day ski pass is good for the Savoie region. An optional guided tour of the region (\$70 per person) is available on our first day - we will be split into groups of different levels of ability and experienced French Ski School instructors will give us a full day of orientation.

COST

The price for all this is a very reasonable \$2569 per person double occupancy. Variations may include: Single rooms (add \$250 pp for single) or a Superior room upgrade (add \$180 pp for upgrade) - Subject to availability; 'Frequent flyers' may deduct \$980 for a land-only package cost; Non-skiers and cross-country skiers may deduct \$340 from the package cost; Seniors skiers 65-74 may deduct \$40 from their ski pass; Senior skiers 75+ may deduct \$340 from their ski pass. Ski rentals are available at a discount when pre-ordered through our travel agent.

AIRLINE & TRAVEL ARRANGEMENTS

Air Canada is our carrier via the Ottawa VIA Rail Station (charter bus service) - Montreal - Geneva, and return. While this may change at any time, as of this writing Air Canada does not charge a fee to carry a ski/boot bag combo as a second piece of luggage. Flight deviations are permitted, but must be pre-arranged with our travel agent. Air Canada allows the return flight only to be delayed by up to 7 days maximum, and on an Air Canada operated flight only. The cost will depend on space availability on selected return date. Our travel agent will determine the deviation price, plus any difference in airfare.

PAYMENT

A non-refundable payment of \$350 is required at time of registration, with the balance owing on November 30th. The package price includes a discount for payment by cheque. Use of a credit card for package payment(s) adds a charge of \$60.

INSURANCE

Medical insurance is highly recommended and may be purchased through our travel agent or provided by your own supplier.

INFO PACKAGE & REGISTRATION FORM

Insurance rates, flight details, payment schedule and the four-page Trip Registration Form can be found in the WEEKLONG TRIP REGISTRATION PACKAGE on our website (www.raski.ca) and click on "Downhill Weeklong" on the index on the left.) Please note that applicants are requested to print their own Trip Registration Form.

TRIP INFO SESSION

When: Monday, September 21, 7:30 – 8:30 PM

Where: Bytown Room A, RA Centre (west end of building).

REGISTRATION

Registration opens Tuesday, September 29, at 7:00 PM in the Outaouais room of the RA Centre.

Registration closes Monday, November 30.

Trip leader: *Jaime Impey*, weeklong_2015@raski.ca

TIME TO RENEW!

It's time to renew your RA Ski Club membership to take full advantage of the great benefits offered.

Renew now if you're interested in any of: downhill, cross-country, snowboarding, snowshoeing, a weeklong ski trip to France, weekend ski trips, cycling, hiking, golfing, theatre or a summer ski trip to Chile.

Returning members have already received info from the RA. New members see www.raski.ca.

Note: Contrary to our April Fools Day Ski-Mail, when you register for the ski club you don't receive a free hall pass to all the halls and lobbies in the RA.

Remember: To participate in weeklong or weekend trips, membership is required.

RA SKI OPEN HOUSE WED. NOV. 4

When: Wed. Nov. 4, 7:00 – 8:30 PM

Where: Clark Hall, RA Centre, 2451 Riverside Drive

Complete information (prices, accommodations, dates) about club destinations and activities will be available in November at RA Ski's Open House. Get your RA Ski Club Program Guide with details on all our 2015-16 winter activities. There will be door prizes and presentations on all the RA Ski Club's programs. Win ski tickets to ski hills! Relax with a bevvie as you peruse each of our booths and vendors!

SNOWPHONE

Get the latest updates (reminders, additions or cancellations.) Check the **SNOWPHONE** at (613) 736-6235.

SKI-MAIL E-MAILS

Get the latest news and added events! Subscribe to our weekly Ski-Mail e-mails. To subscribe, go to our web site at www.raski.ca, and click on "E-Mailist" on the left.

MESSAGE FROM THE CHAIR

WELCOME BACK SKIERS/SNOWBOARDERS!

Although last season had a bit of a slow start with the mild spell in December, the steady cold weather from early January meant that we had uninterrupted skiing, boarding and snowshoeing from then well into April. Our trips to Morzine, France, Jay Peak and Mont Tremblant to ski Domaine St. Bernard had great conditions as did our bus trips to St. Sauveur and Mount Tremblant. The St. Patrick's Day costumes were a blast on that trip!

The warm mainly dry summer helped with the great success of our cycling and hiking outings. That should continue as our fall hiking program gears up. As always we have had a variety of social gatherings during the non-skiing season.

Many thanks to outgoing executive members Roger Duffy, Maureen Adamache, and Lorraine Norwood. They have done a wonderful job for you for extended periods. Welcome to new executive members Chuck Bain (Social co-chair), Kathy Burns (Weekend Chair), Bob Cavan (Membership Chair), Françoise Lecrouart (XC co-chair), and Elizabeth Hogan (Secretary) who have taken on their portfolios with great skill and enthusiasm.

The executive has met over the summer to plan this year's program and we hope you'll enjoy some fun ski outings and socializing in the upcoming season. We'll have the monthly pub nights and RA Ski Open House in early November, where you can get all the details, sign up for trips, and have a chance to win interesting prizes just for being there. We will also have an information night in mid September to give you details about our trip to Trois Vallées, France for this coming winter. We were able to obtain a fantastic price including transport of our skis and a four-star hotel in one of the world's largest ski areas, site of the ski events of the Albertville Olympics.

This February, our Laurentians car pool trip returns to Val David's Auberge de Vieux Foyer, which provides easy access to the fabulous XC and snowshoe trails of Far Hills. Downhillers have the choice of many local hills including nearby St-Sauveur and not too much farther, Mont Tremblant and Mont Blanc. Our three-day bus trip will again be a Sunday departure, this year in mid-March to Sunday River, Maine. This is a big mountain, big snow area with lots to ski for all levels as well as XC and snowshoe trails.

As always we are hoping to increase our membership and we'd like you to help. Tell your friends about RASki and bring them along on trips, or even better, encourage them to join up. Talk up RASki at work and at your other clubs and sports events. Tell them we're the friendly club with year-round activities. Become an ambassador by encouraging new members to join our fantastic Ski Club.



Please stay tuned to our amazing web site (www.raski.ca) and SNOWPhone for the latest details of our outings.

Bill Buck, Chairperson, chair_2015@raski.ca

WHY I BELONG TO RASKI

Here are comments from some of the executive.

- RASki has the most ski outings, either downhill or cross-country, of any ski club in town.
- So I can read the SkiMail and chuckle over Glen's weekly jokes. Otherwise, I have to slug my way through cold and deep snowdrifts to hear the banter of ski members.
- Good friends, lots of fun activities and trips to keep fit and enjoy!
- Because of the great people I meet at club activities.
- I particularly enjoy the Meet'n'Skis and the weeklong ski trip. Friendly and inclusive ski buddies! I should also mention the many non-ski activities including theatre, biking and hiking - something for everybody!

RA SKI EXECUTIVE 2015 - 2016

Chairperson <i>Bill Buck</i>	chair_2015@raski.ca
Past Chair & Snowshoe <i>Doris Dallaire</i>	past_chair_2015@raski.ca
Weeklong Chair & Vice-Chair <i>Jaime Impey</i>	weeklong_2015@raski.ca
Treasurer <i>Linda Anderson</i>	treasurer_2015@raski.ca
Downhill Weekend Chair <i>Kathy Burns</i>	dhweekend_2015@raski.ca
Secretary <i>Elizabeth Hogan</i>	secretary_2015@raski.ca
Cross-Country Co-Chairs <i>Jane Rau & Françoise Lecrouart</i>	xc_2015@raski.ca
Downhill Day Chair <i>Andrea Conway</i>	downhill_2015@raski.ca
Member-at-Large & SkiFit <i>Marian Barton</i>	skifit_2015@raski.ca
Publicity Chair & Webmaster <i>Glen Campbell</i>	publicity_2015@raski.ca
Social Co-Chairs <i>Louise Cameron & Chuck Bain</i>	social_2015@raski.ca
Membership Chair <i>Bob Cavan</i>	membership_2015@raski.ca

OTTAWA SKI & SNOWBOARD SHOW

When: Saturday Oct. 24 - 10:00 a.m. - 5:00 p.m.
Sunday Oct. 25 - 10:00 a.m. - 5:00 p.m.

Where: Ernst & Young Centre (4899 Uplands Drive at Airport Parkway)

Cost: Admission is free!

Come visit the RA Ski Club's booth at the Ottawa Ski Show!

NEWSLETTER DELIVERY OPTIONS

The Winter Program Guide, (issued in November) contains everything you need to know about our ski program for 2015-16. You can pick up your copy at the RA Ski Open House, Nov. 4th. To save money on postage (have you looked at the price of a stamp lately?), we're not mailing that newsletter out to our members. If you're not at the open house, we are offering the following delivery options:

Electronic:

- Download from our website (www.raski.ca)
- Via email: Send an email to publicity_2015@raski.ca. The Guide will be sent electronically in PDF format.

Paper:

- In person:
 - Pick up the newsletter at RA Ski Open House.
 - After the Open House, from the RA East Desk.

RA SKI PHOTOS ON THE WEB

1. Go to www.raski.ca, and click on "photos" on the left side.
2. Click on "flickr".
3. Click on the set you want (XC, DH, Snowshoeing, or Social).

To see the photos as a slideshow:

1. Double-click on the little square icon on the top right under the number of photos. Wait a few seconds and the slideshow will start.

To download a photo:

1. Double-click on the photo.
2. On the bottom right, click on the down arrow on the bottom right of the page.
3. Click on "View all sizes".
4. Click on the size you want.
5. Right-click on the photo to save it to your computer.

DOWNHILL DAY TRIPS

We have a full schedule of downhill ski outings again this year. Mid-week **Meet 'n' Ski** days are scheduled from December until early April, alternating days and hills throughout the season. For those who are interested, carpooling provides company for the drive to the hill. As always, there will be RASki friends to ski with at the slopes.



Dec. 2014 – Meet'n'Ski to Mont Ste-Marie

CONTACT ME ASAP IF YOU ARE WILLING TO BE A TRIP LEADER for a Meet 'n' Ski - day, evening, or weekend.

Two **weekday bus trips** are being organized. Again this year, the bus trip to St.-Sauveur will offer a **Getaway Day** for skiers and non-skiers alike with options of skiing and/or indulging in spa, shopping and dining pleasures. **WATCH FOR EARLY BIRD SPECIALS!**

A second bus trip will again be scheduled for Mont Blanc/Tremblant/ Domaine St. Bernard. Book early and save \$\$\$. Non-skiers welcome!

All the details will be available in our 2015-2016 RA Ski "Winter Program Guide", which will be available at the RA Ski Open House on Nov. 4th.

Watch our website for further information at www.raski.ca and follow us on Facebook as "RA Ski and Snowboard Club": www.facebook.com/groups/123160745055

Andrea Conway, DH Day Chair, downhill_2015@raski.ca

CAMP FORTUNE \$149/\$119 PASSES

Deadline: Sept. 30

We will again coordinate groups of four or more to purchase the weekday/weeknight season passes to Camp Fortune or Mont Ste-Marie. Cost is \$149 for the weekday pass or \$119 for an evening pass, Monday to Saturday nights. For full details see <http://campfortune.com/season-passes/>

If you wish to join a group for either hill, or need someone to complete your group, email your name and phone number to membership_2015@raski.ca. We will try to put you in touch with others who want to join a group who want similar passes. Check the resorts' websites for details of the passes, and be sure to let us know which type of pass you would like. Please let us know you are interested at least 3 or 4 days before the offer expires.

Bob Cavan, Membership chair, membership_2015@raski.ca

MID-WEEK 3-DAY DH SKI TRIP

SUNDAY RIVER, MAINE

Sun. Mar. 13 to Wed. Mar.16, 2016

This winter's three-day combined downhill/cross-country ski mid-week trip will be to Sunday River Ski Resort in Maine. We will be staying at The Snow Cap Inn which combines all the charm of a cozy New England lodge with the convenience of a short walk to the slopes. Each room offers standard rooms with two queen beds. The Inn features an outdoor hot tub and is located a short walk from the slopes and is also served by the resort trolley. Included in the Group Package are 3 nights lodging, 3 day lift tickets and 3 complimentary adult perfect turn clinics. Our cross-country skiers are invited to join us to enjoy the trails at the Bethel Inn, Carters Cross Country and The Outdoor Center. We are finalizing the cost and will post shortly.



Sunday River, Maine

Sunday River has eight interconnect, snow covered peaks with 135 trails. Total vertical is 2,340' with 870 skiable acres. 15 lifts including 1 high-speed gondola and 4 high-speed quads.

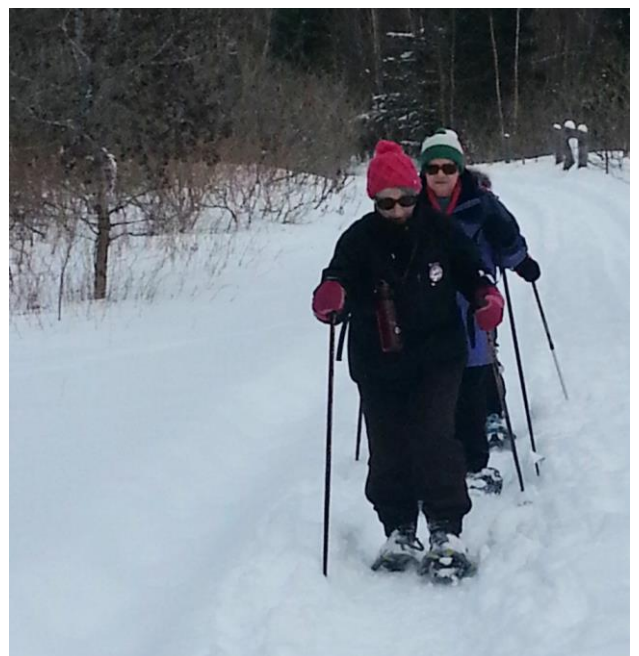
Look for additional details later in October on our website www.raski.ca.

Registration: Opens at the RA Ski Open House, Weds. Nov. 4th.

Kathy Burns, DH Weekend Chair, dhweekend_2015@raski.ca

SNOWSHOEING

Despite the steady and often extreme cold this past winter, we still managed about a dozen snowshoe outings! Our outings included the Greenbelt, Gatineau Park, Wakefield, a very beautiful trail at Calabogie, Domaine St-Bernard near Tremblant, Jay Peaks area and a very special guided outing in the lovely Alps at Morzine, France. Several outings had been cancelled in early January due to lack of snow over an icy crust but the rest of the winter was great despite the cold. It was encouraging to see so many of you coming out to snowshoe and get a wonderful breath of fresh winter air while getting some not too strenuous and safe exercise.



Feb. 2015 – Snowshoeing at Bruce Pit

Once more I will be organizing snowshoe outings this year and hope to see lots of you out there again. More outings can be added if you are willing to organize one to a favourite location of yours or to try a new trail. Just let me know and I'll get it posted and publicized on our web site and SnowPhone.

Tell your friends who perhaps don't ski anymore or who would like to try snowshoeing about our outings, bring them along and maybe they'll decide to join us! It's a lovely way to enjoy nature on a winter's day, friends, relatively low investment in equipment and it doesn't cost much per outing as most snowshoe trails are free of charge. It's a win-win situation so do join us!

Doris Dallaire, Past Chair, pastchair_2015@raski.ca

CROSS-COUNTRY

The cross-country program features a full array of day trips on both weekends and weekdays, as well as a weekend trip to the Laurentians. This year, we will be returning to the Far Hills area – an old favourite with the XC skiers.

Our weekend day trips are very popular and include a wide variety of routes and level of difficulty. The mid-week day trips allow retirees and those with flexible work schedules to experience the freedom of skiing on trails that are less busy than on weekends.

As always, we welcome skiers of all levels. Gatineau Park does have hills so you should ensure that you can comfortably execute a snowplow stop and a snowplow turn before joining us. If you want to get a head start on your fitness before the ski season, consider attending the SkiFit classes starting in mid-October.



Apr. 5/15 – Taking a break at Mulvihill Lake

The first few outings are on easy trails to allow everyone to ease into the ski season. As the season progresses and we move to more intermediate trails, there is sometimes a shorter or easier way to get to the same destination.

We are also planning to offer a backcountry clinic to more experienced skiers (“intermediate+” level) interested in exploring some of the many backcountry trails in Gatineau Park. One of our members has kindly volunteered to run this for us so stay tuned for more information!!

DAY OUTINGS

The cross-country day trips to Gatineau Park start in early December and run until early April, depending on conditions. There are 9:00 am Saturday and 12:00 pm Sunday departures on alternating weekends, as well as various mid-week day trips starting at 9:30 am. Participants meet at the RA Centre West Wing lobby to sign in, receive a trip briefing from the trip leader, and plan carpooling. Participants share gas costs. We ski for two to three hours and then adjourn for a meal at a nearby restaurant. Note that there is a daily trail fee to ski in Gatineau Park or you can buy a ski pass that is good for the whole season.

Here are some highlights of what we are planning for the 2015-16 season:

- Backcountry clinic January/February (both classroom and on-trail)
- Ski outings on Boxing Day and New Year's Day
- Greenbelt Ski in February
- Moonlight Ski (Mer Bleu) in February
- Mid-week day trip in February to Nakkertok
- Weekend day trip to la Petite Rouge in February

GATINEAU PARK GROUP RATE XC SKI PASSES

The details of where and when you can get an annual ski pass at a group rate will be in the Winter Program available at our November Open House and on the RA Ski Club web site closer to the start of the ski season.

CALLING ALL POTENTIAL TRIP LEADERS!!

All of our weekend and day trips are led by Ski Club Volunteers so, with over 30 trips planned, we **desperately** need trip leaders. If you are interested in leading a day trip, please send an email to Jane at xc_2015@raski.ca. We can provide guidelines and sign-in sheets, and would be happy to answer any questions you may have concerning trip leader responsibilities.

Jane Rau, XC Co-Chair, xc_2015@raski.ca

CROSS-COUNTRY / DH WEEKEND

VAL DAVID, QUEBEC

Fri. – Sun. February 19th to 21th, 2016

We are heading to the Val-David area, which is the largest XC ski centre in the Laurentians, with more than 100 km of groomed trails. We will stay again at the Auberge du Vieux Foyer, with direct access to the trails at Parc Dufresne. This is a carpool trip. Check the RA Ski web site later for prices.



Auberge du Vieux Foyer

Downhillers are also welcome and can ski either at one of the nearby hills (Chantecler or Saint-Sauveur), and it's only 45 minutes from Tremblant. And let's not forget the 30 km of trails for snowshoeing.



View from Mont Iceberg, Val David

The package includes a welcome drink on Friday, and breakfasts as well as fine dining at the Auberge on both Friday and Saturday nights. It also includes the daily pass for the Parc and access to the outdoor hot tub and sauna.



On trail #8, Val David

Registration opens: RA Ski Open House, Wed. Nov. 5.

Francoise Lecrouart, XC co-chair, xc_2015@raski.ca

SUMMER SKIING – CHILE 2016

If going six months without skiing makes you all depressed and grumpy, join us for some of the best skiing in the world in the Andes – in August! We'll have seven days of skiing at two of Chile's best ski resorts – at Portillo, with its stunning scenery, and at the Nevados de Chillan volcano, interspersed with seven days of sightseeing, including Chile's capital (Santiago), Chile's main seaport (Valparaiso), wineries, a spa, and more!



Portillo, Chile

We are working on the itinerary and pricing, but ballpark cost will probably be around \$6,000, including airfare, transportation, lift tickets, hotels, meals, and all incidentals.



Nevados de Chillan volcano, Chile

Let me know if you are interested. We'll have an info night sometime in February, so watch the RA ski website. If you want more info, contact me.

Glen Campbell, Publicity chair, publicity_2015@raski.ca

SKIFIT EXERCISE CLASSES

Oct. 15th - Dec. 17, 2015

WHEN: Thursday nights from 7:00 to 7:45 PM

WHERE: RA Courtside B, near Fieldhouse

COST: Full Session (10 weeks). Add HST.

- \$50.00 RA members
- \$8.00 Drop in for a trial workout

SkiFit is the Club's intensive fall conditioning program designed specifically for skiers. As a gradual progression to more challenging, it will get you fit and keep you fit until you're on the snow. These weekly workouts will be led by Felicity, who was our instructor last year and is a qualified instructor from the RA Centre's fitness staff.

The RA Ski Club promotes cross training as a year round lifestyle choice called SkiFitBeFit. Members are actively encouraged to maintain their fitness level all year. Members are provided with SkiFit exercise classes and with off-season group fitness activities. For autumn activities, please refer to the mid-week hiking dates on the

web calendar.

Whether you cross country, downhill, telemark, snowboard, or snowshoe, you will enjoy the snow season much more without as many pains and strains, if your body is ready for the demands of your chosen sports. SkiFit will strengthen core muscles, as well as hips, legs, shoulders and arms. We will also be spending time in class working on flexibility for the same muscle groups. We hope to improve balance and upper body strength, increase your lactic acid threshold, and make you supple and resilient. We will provide progressive exercises for all levels and make sure to give loads of options and precautions to help participants meet their goals.

Even if you never ski, SkiFit will make you look and feel like you do! Please register at the RA Centre East Wing desk in advance of October 15 for the ten classes. Those registering at a later date must bring proof of purchase of the intended classes to their first class.

Note that there is also a drop-in rate of \$8.00 for single classes. Persons attending a "drop in" class MUST register with the RA East Wing desk PRIOR to the desired class AND bring proof of registration to the class which they wish to attend.

Marian Barton, SkiFit, Member-at-large, skifit_2015@raski.ca

SKIFIT WEEKDAY HIKES

All hikers should meet at the RA West Wing lobby at 9:30 AM for a 9:45 departure.

Please be sure to bring a snack and water. Please have ID with you that provides an "in case of emergency" number and name of someone who could be contacted on that day, in case of injury. All participants will be expected to sign in before participating in the hike.

Participants will share gas costs, probably about \$2.00 per person in the car. We will probably stop at a local pub in Chelsea for a snack before returning to the RA.

In case of inclement weather, a hike may have to be cancelled. If in doubt, please check the SnowPhone at (613) 736-6235. It may not be possible to reschedule an alternate day

This is a wonderful opportunity to meet "Friends to be with, friends to ski with" during the upcoming winter season. Hope to see you at the RA West Wing lobby.

WEEKDAY HIKE DATES

- **Monday, Sept. 21**
P11 to Wilson Carbide Mill, and along Meech Lake
- **Monday, Sept. 28**
Keogan parking lot to Western
- **Monday, Oct. 5**
Pink Lake parking lot around Pink Lake

For more weekday hikes in October, please check the RA Ski calendar. **Note that there are more hikes under "Social."**



Sept. 30/13 - SkiFit hike, stopping at Shilly Shally

SOCIAL

FALL 2015 HIKES

The fall is a wonderful time to enjoy the out-of-doors, the beautiful changing colours and the good company of our RA Ski Club friends. We are lucky to have access to some of the prettiest trails in the province, both in Gatineau Park and surrounding areas.

Please note that for all hikes to Gatineau Park, we carpool, leaving from the SE corner of the Supreme Court Building on Wellington St., usually meeting at 9:45 for a 10 a.m. departure.

We often stop at a local establishment in Old Chelsea or Wakefield for refreshments after the hike.

Note that SkiFit is running weekday hikes as well, with a different meeting point. (See "SkiFit Weekday Hikes".)

Mark these weekend hiking dates in your calendar and check the website and Snow Phone (613-736-6235) for updates as to destination and hike leader, as well as last minute cancellations. For the hikes, always bring along plenty of water and a lunch, and wear good sturdy shoes and clothing appropriate for the weather.

- **Sun. Sept. 20 – Lusk Lake**
Lebreton Beach at Lac Philippe to Lusk Lake
- **Sat. Oct 3 – MacDonald Bay**
P11 along Meech Lake to MacDonald Bay
- **Thanksgiving Mon. Oct. 12** – Since it's a holiday, we'll give you a chance to sleep in a bit and leave at 10:30, but we don't have a leader yet. If you're interested contact the social co-chairs. Destination – your choice!
- **Sat. Oct 31 - Western**
P12 to Western
- **Sun. Nov. 15th – Wolf Trail**
Wolf Trail from P13.
- **Sat. Nov. 28rd - Herridge**
P16 to Herridge. A good hike to end the season. A little bit of snow won't matter and a lot means bring your skis!

CYCLING

We are planning one bike outing this fall.

- **Sat. Sept. 12 – Mousette Park to Aylmer**
Meet: 10:00 a.m. at Mousette Park in Hull. Bring a snack.

PUB NIGHTS

Pub nights are in the Fieldhouse at the RA Centre.

- **Sept. 21:** 8 pm. Following weeklong ski trip information session, meet in the Fieldhouse at 8 pm.
- **Sept. 29:** 8 pm. Following registration for weeklong ski trip,
- **Thurs. Oct. 15th:** 7:30 pm.
- **Thurs. Nov. 19th:** 7:30 pm. Following Ski Fit class, meet in the Fieldhouse at 7:30 pm.
- **Thurs. Dec. 17th:** 7:30 pm. following the last Ski Fit class, meet in the Fieldhouse for some holiday cheer.

RA SKI SUMMER ACTIVITIES

The winter season ended with a Potluck Dinner, and the spring hiking season was officially kicked off in mid-April the following week, with an urban hike in Mechanicsville and Hintonburg led by Louise Cameron. Another spring hike took place in Gatineau Park, along with a summer hike starting in Wakefield and climbing the back of Vorlage. We also had six meet 'n cycle events. This included a new double header with the more enthusiastic cyclists heading up to Old Chelsea after waving goodbye to the leisurely group who followed the river to Aylmer. Several members enjoyed two outdoor theatre events staged by Company of Fools and Odyssey Theatre. Club members spent a couple of summer evenings cheering the Ottawa Champions baseball team.



April 25 – At Lemieux Island, a picturesque refuge in the city visited on the Urban Hike



July 23 – Hiking on Petrie Island after the bike ride there



Aug 8 – Cycling to Old Chelsea

WALK FOR ALS – JUNE 13

Once again, several RA Ski members joined Bill Buck in the annual Walk for ALS, on June 13. They took part in memory of Bill's wife, Arlene, who passed away from ALS. Bill thanks all the RA skiers who donated money in honour of Arlene.



June 2015 – Walk for ALS

*Louise Cameron & Chuck Bain, Social co-chairs
social_2015@raski.ca*



Feb. 2015 – Snowshoeing at Mont Tremblant weekend



Apr. 11/15 - Final XC ski of the season, to Pink Lake



Apr. 2014 – RA skier caught speeding



Dec. 19/14 – DH Meet'n'Ski to Mont Ste-Marie



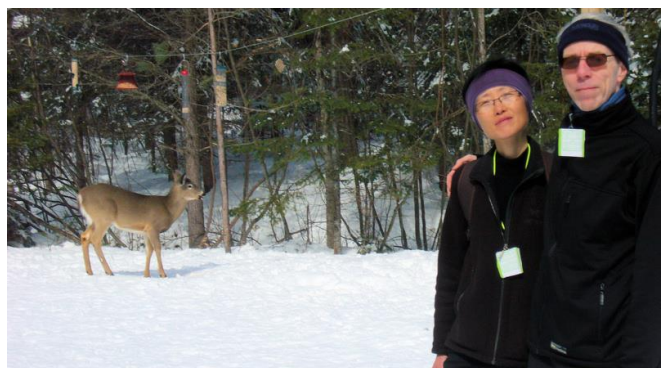
July 2 – Cycling to Les Brasseurs du Temps



May 18 – Cycling at Dow's Lake to see the tulips



Jan. 2015 – Skiing at Morzine, France



Mar. 18 – XC skiing at Domaine St- Bernard