

September 2016

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

## RA SKI 2017 WEEKLONG TRIP SOLDEN, AUSTRIA

JANUARY 27 – FEBRUARY 5, 2017



Sölden is - an Alpine Ski World Cup venue and one of Europe's most renowned Ski & Snowboard Resorts. It has the marvelous BIG 3 vantage points - fantastic views provided by the three panorama platforms above 3,000 meters which are accessible by lifts or gondolas. Sölden is – Shopping and Pulsating après-ski and nightlife in the valley.

At that altitude, snow is absolutely guaranteed! The infinite number of slopes and ski trails for all levels and abilities (51 km Red, 69 km Blue, 28 km Black), coupled with the perfect grooming, make Sölden a truly unique winter sports center. Thirty-four ski and mountain lifts take you quickly and effortlessly on top of the most beautiful ski slopes. The BIG 3 Rally - where Expert skiers are invited to conquer the BIG3 mountains in one day over a 50 km route - ranks among the most beautiful ski trails around.

### HOTEL

Our 3-star accommodation for 7 nights is at the Hotel Tyrol with daily buffet breakfast and multi-course dinner included, as well as all hotel gratuities.



([www.tyrol-soelden.at/en.html](http://www.tyrol-soelden.at/en.html)) After a day skiing, you can relax and enjoy the bio sauna, steam room, ice grotto, Finnish sauna and foot whirlpool. Additionally, guests of the hotel receive a 10% discount on all entrance tickets to the Aqua Dome.

Our last evening will be spent at the 4-star Hotel Maritim in Munich ([www.maritim.com/en/hotels/germany/hotel-munich/hotel-overview](http://www.maritim.com/en/hotels/germany/hotel-munich/hotel-overview)) following a morning transfer and an afternoon walking tour of the central city.

### SKI PASSES

Our 6-day ski pass is good for the Sölden area:  
[www.soelden.com/ski-area-information](http://www.soelden.com/ski-area-information)

### CROSS COUNTRY and SNOWSHOE

There is an extensive Nordic and winter walking system in the Sölden area. By free ski bus you can reach all other cross-country centers of the valley beside Soelden.



Zwieselstein, Vent, Umhausen, Niederthai and especially Laengenfeld provide endless cross-country possibilities.  
[www.oetztal.com/cross-country-skiing](http://www.oetztal.com/cross-country-skiing)

Snowshoe hiking amid gorgeous landscapes promises fun for everyone. Discover the valley's most hidden spots on a snowshoe hike! <https://www.oetztal.com/snowshoe-hiking>

### AIRLINE & TRAVEL ARRANGEMENTS

Air Canada and Lufthansa provide round trip flights between Ottawa and Munich. Air Canada and Lufthansa are currently not charging a fee to check in a ski/boot bag combo as a 2nd piece of check-in luggage on overseas flights between Nov. 1/16 and Apr. 30/17. Flight deviations are permitted, but must be pre-arranged with our travel agent. The cost will depend on space availability on selected return date. Our travel agent will determine the deviation price per person.

### COST

The price starts at \$2795 per person double occupancy Classic room (one bed), and \$2905 per person double occupancy Superior room (2 twin beds). Variations include: Single rooms (add \$280 pp for single) or a Superior room upgrade (add \$110 pp for upgrade) – subject to availability; 'Frequent flyers' may deduct \$780 for a land-only package. Non-skiers and cross-country skiers may deduct \$380 from the cost. Seniors skiers may deduct \$50 from their ski pass. Ski rentals are available at a discount when pre-ordered through our travel agent.

### PAYMENT

A non-refundable payment of \$400 is required at time of registration, with the balance owing on Nov. 28. The price includes a discount for payment by cheque. Use of a credit card for package payment(s) adds a charge of \$60; use of American Express adds a charge of \$100.

### INSURANCE

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

### REGISTRATION INFORMATION & FORM

Please see the WEEKLONG TRIP INFORMATION PACKAGE for details on insurance rates, flight details, payment schedule and the registration process. Both it and the four-page Trip

Registration Form can be located and downloaded from our web page ([www.raski.ca](http://www.raski.ca)) under the Weeklong information tab. Complete instructions for the new online registration process are on the web.

### TRIP INFORMATION SESSION

**When:** Wednesday, September 21, 7:00 PM  
**Where:** RA Centre, room to be announced. Check SnowPhone.

### REGISTRATION

Online Registration opens Sunday, September 25, at noon at [weeklong-registration@raski.ca](mailto:weeklong-registration@raski.ca)

You must be an RASki Club member. Registration closes Monday, November 14.

### REGISTRATION NIGHT

**When:** Wednesday, September 28, 7:00 PM  
**Where:** RA Centre, room to be announced. Check SnowPhone.  
**Why:** Drop off cheques, sign forms (if emailed form was not scanned), register for remaining spots

**Jaime Impey**, Trip leader, [weeklong-2017@raski.ca](mailto:weeklong-2017@raski.ca)

## MESSAGE FROM THE CHAIR

### WELCOME BACK SKIERS/SNOWBOARDERS!

As usual, your executive has been very busy through the spring and summer planning a great program for the coming season. We are excited to have booked a return to Solden, Austria for this year's weeklong trip. This is a great ski area with excellent snow conditions, and a glacier to ensure there will be snow no matter what Mother nature dreams up. Solden is one of the most fun ski towns I have visited. The package also includes an afternoon and evening with a tour in Munich on the return trip to make the travel easier. Munich is famous for its beverages, but is also a scenic and historic city. An information evening then a registration night will be help in September.

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.

The warm dry weather has been a boon to our summer cycling outings and promises to continue as our fall hiking program gears up.

We welcome Roger Duffy (Downhill) Maureen Adamache (member at Large for hiking) and Chris Hutton (Treasurer) back to the executive.

This February, our car pool trip returns Grand lodge near Mont Tremblant, which provides easy access to the fabulous XC and snowshoe trails of Domain St, Bernard and Mount Tremblant as well as proximity to downhill skiing at Tremblant and Mt. Blanc.

Our three-day bus trip will be a Friday departure, this year in late February. This year we return to the popular Mt. Ste Anne, with a day at Le Massif, and great cross country skiing and snowshoeing next door at Parc Mt. Ste Anne.

We will also have a full slate of XC and DH carpool outings.

See the details provided in the relevant items in this newsletter.

This year sees a new fee structure for all RA members. Your feedback on the new fees is welcome at [chair-2017@raski.ca](mailto:chair-2017@raski.ca). We will pass your thoughts on to the RA. The base RA fee has disappeared for returning members. Instead members pay a fee for each club. Only first time members (and in some cases those rejoining after an absence) pay an extra \$46. This will impact the ski Club in a variety of ways. For many of you there will be only a small change in your fee. However a few, mainly those who are superannuated government workers, will see an increase of about a third in their fee. New members will also be hit hard as their fee the first year to join only the ski club will be \$100.

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](http://www.raski.ca)) and SNOWPhone for the latest details of our outings.

*Bill Buck, Chairperson, chair-2017@raski.ca*

## RA SKI OPEN HOUSE WED. NOV. 9

**When:** Wed. Nov. 9, 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 2016-17 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](http://www.raski.ca), and click on "E-Maillist" on the left.

## RA SKI EXECUTIVE 2016-2017

|  |                          |
|--|--------------------------|
| <b>Chairperson</b><br><i>Bill Buck</i>                                 | chair-2017@raski.ca      |
| <b>Snowshoe</b><br><i>Doris Dallaire</i>                               | snowshoe-2017@raski.ca   |
| <b>Weeklong Chair &amp; Vice-Chair</b><br><i>Jaime Impey</i>           | weeklong-2015@raski.ca   |
| <b>Treasurer</b><br><i>Chris Hutton</i>                                | treasurer-2017@raski.ca  |
| <b>Downhill Weekend Chair</b><br><i>Louise Lefebvre</i>                | dhweekend-2017@raski.ca  |
| <b>Secretary</b><br><i>Elizabeth Hogan</i>                             | secretary-2017@raski.ca  |
| <b>Cross-Country Co-Chairs</b><br><i>Jane Rau &amp; Louise Cameron</i> | xc-2017@raski.ca         |
| <b>Downhill Day Chair</b><br><i>Roger Duffy</i>                        | downhill-2017@raski.ca   |
| <b>Member-at-Large (Hikes)</b><br><i>Maureen Adamache</i>              | hikes-2017@raski.ca      |
| <b>Publicity Chair &amp; Webmaster</b><br><i>Glen Campbell</i>         | publicity-2017@raski.ca  |
| <b>Social Co-Chair</b><br><i>Chuck Bain</i>                            | social-2017@raski.ca     |
| <b>Membership Chair</b><br><i>Bob Cavan</i>                            | membership-2017@raski.ca |

## OTTAWA SKI & SNOWBOARD SHOW

**When:** Saturday Oct. 22 - 10:00 a.m. - 5:00 p.m.  
Sunday Oct. 23 - 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. 9th. 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](http://www.raski.ca))
- Via email: Send an email to [publicity-2017@raski.ca](mailto:publicity-2017@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.

## SOCIAL – PUB NIGHTS & BIKING

- **Sat. Sept. 24 - Biking, RA to Mousette Park, Hull Meet:** 10:00 a.m. at the RA west wing doors. 40 km round trip on a flat bike path.

**PUB NIGHTS:** Join us in the RA Fieldhouse. Here's your chance to meet other RA Skiers!

- **Wed. Sept. 21** (following trip info session)
- **Wed. Sept. 28** (following trip registration night)
- **Thurs. Oct. 20**
- **Thurs. Nov. 17**
- **Thurs. Dec. 15**

## DOWNHILL DAY TRIPS

Although it is still summer the planning for the upcoming ski season is well under way and no less so for the Downhill skiing enthusiasts. The popular Mid-week Meet n' Ski program in which we rotate our destination to include all the local hills as the ski season progresses will be highlighted again. As most of you already know we go on a different day each week, a plan designed to allow those of you who are committed to a regularly scheduled activity to join us on the weeks that avoid that day. Car pooling and mid-week pricing make it both convenient and affordable for everyone.

I invite those of you who would come to a Saturday or Sunday Meet n' Ski to contact me at the address below and if there is enough interest I will include that in the schedule too.



Jan. 25/16 – Meet'n'ski at Edelweiss

We also have plans for two one-day bus trips as well. One to St-Sauveur, which may include some factory outlet shopping, and a second one offering the option of being dropped off at Mont Blanc, Mont Tremblant or Domain St. Bernard, a Cross Country venue. Perhaps this is a good time to speak about our bus trips. Bus trips always start with an up-front charter coach deposit in excess of \$1200.00. It goes up every year. We budget for a minimum of 25 participants, always hoping to get more. Ski passes purchased at a group discount rate are then added to make up the trip cost. This is not a profit centred venture. We do our best to prepare an attractive/competitive package.



Jan. 15/16 – Bus trip to St-Sauveur

In the past we have had to cancel some bus trips because of low participation. Other, larger ski clubs can fall back on their reserve budget to ensure their bus trips are never cancelled, but being a smaller club we don't have that luxury. This can be very disappointing for the people who have already registered for the trip and is a nail biting time for the organizers who must decide whether to wait till the last minute hoping enough people will register, or cancel the trip before the four day ahead deadline comes up whereupon we could lose our \$1200.00 deposit. I'm sure you can see how much we need and appreciate your support. As with many things in life, there is a risk/reward factor to consider when signing up for a bus trip. Might I suggest that when considering our bus trips the small risk is well worth the big REWARD. We have fun.

Look for the full Downhill ski schedule in our 2016/17 RA Ski 'Winter Program Guide', available at the RA Ski Open House coming up in early November. See you there.

**Roger Duffy**, DH Day Chair, downhill-2017{at}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. 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, or need someone to complete your group, email your name and phone number to [membership-2017{at}raski.ca](mailto:membership-2017@raski.ca). We will try to put you in touch with others who want to join a group who want similar passes. Check the [Camp Fortune website](http://campfortune.com) 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-2017{at}raski.ca](mailto:membership-2017@raski.ca)

## 3-DAY DH SKI WEEKEND MONT STE-ANNE / LE MASSIF

**February 24-27, 2017**

This winter's three-day combined downhill/cross country ski weekend will feature Mont Sainte-Anne and Le Massif (Québec). We will be staying slope-side at the Chateau Mont Sainte-Anne. Cross-country skiers are invited to also join us to enjoy the trails at Le Parc du Mont Sainte-Anne and Le Petit Sentier des Caps at Le Massif. Snowshoeing is located at the Mont Sainte-Anne Cross-Country Ski Centre.

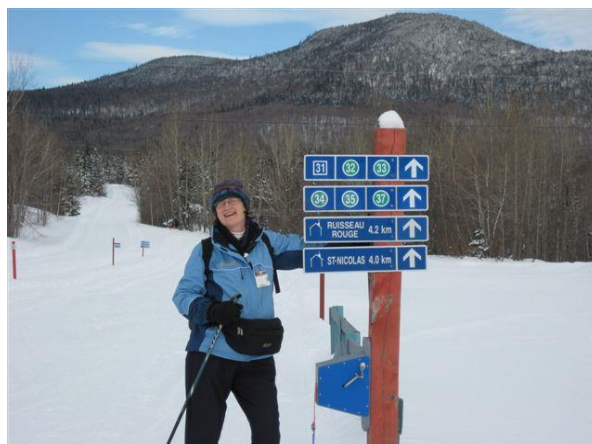
Only 30 minutes from downtown Québec City, Mont Sainte-Anne is renowned for its impeccable snow conditions, grooming and expert area. The downhill skiable terrain includes 71 trails and 4 snow parks spread across 3 sides of the mountain. After sundown, 19 trails remain floodlit and become the highest vertical drop for night skiing in the country.

Less than 35 km east of Mont Sainte-Anne, Le Massif boasts the highest vertical East of the Rockies, with 52 trails and glades, and some of the finest lunchtime cuisine. Many trails offer exceptional river views from the easy (15%), intermediate (30%), black diamond (20%) and other expert trails (35%).



Downhill skiing at Le Massif

Mont-Sainte-Anne Cross-country Center features 200 km of trails, including a 191 km network for skate skiing, which makes it the largest cross-country ski center in North America!



Cross-country skiing at Mont Ste-Anne

**Registration:** Opens at the RA Ski Open House, Nov. 9.

**Louise Lefebvre**, DH Weekend Chair, [dhwkweekend-2017{at}raski.ca](mailto:dhwkweekend-2017@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 Mont Tremblant area for some great XC skiing and snowshoeing. .

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.



### Jan. 22/16 – XC ski to Herridge cabin

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.

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.

### 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 2016-17 season:

- Skiing on Boxing Day and New Year's Day
- More Greenbelt Skis
- Moonlight Ski
- One or two day-trips to areas outside Gatineau Park.

**We'd like to hear from you about where you would like to ski. Please contact Jane to let her know.**

### 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-2017{at}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-2017{at}raski.ca**

## CROSS-COUNTRY / DH WEEKEND MONT TREMBLANT

Feb. 10-12, 2015

For the 17th straight year we're headed to the Laurentians but this year, as we did in 2015, we will be staying at Le Grand Lodge Mont Tremblant ([www.legrandlodge.com](http://www.legrandlodge.com)) with direct access from the hotel to the intermediate cross-country trails of the Domaine St-Bernard and a short drive away from the beginner cross-country trails of the Domaine and the cross-country trails of the Mont-Tremblant resort ([www.skidefondmont-tremblant.com/en](http://www.skidefondmont-tremblant.com/en))



Le Grand Lodge

There are 100 km of cross-country trails in all, plus good snowshoeing trails.

The package includes Friday and Saturday nights in a classic resort hotel, a 3-course dinner on Friday and Saturday evening in a private dining room reserved for the RA ski club, a full buffet breakfast on Saturday and Sunday mornings, and free parking at the hotel.

Accommodation will be in rooms with 2 queen size beds, bathroom, TV, coffee-maker, microwave and small refrigerator.

Le Grand Lodge has a 20-metre indoor pool, a giant indoor whirlpool, a sauna, steam baths, exercise room, game room, beach volleyball court on snow, pool and ping pong tables and a skating rink.

The package does not include cross-country, downhill or snowshoe passes. Cross-country passes were \$20 per day last year, which includes access to both the Domaine St-Bernard and the Mont Tremblant trails. Snowshoe passes were \$10. Note - Discounts have been offered in the past to holders of Gatineau Park passes and CAA members.. Spa services (massage etc.) are available for additional fees. Cross country & downhill skis, snowshoes and ice-skates can be rented on site. Snow-tubing is available nearby. Downhill fees will depend on the hill chosen.

Downhillers are also welcome and can ski at Mont Tremblant or Mont Blanc, with a free shuttle bus from the hotel to the Mont Tremblant hill. Or you can combine a day of XC or snowshoeing, with a day of downhill.

Arrangements will be made Friday evening so that everyone has someone to ski or snowshoe with.

Mont Tremblant and nearby St-Jovite have lots of shops, good restaurants and nightlife.

This is a carpool trip. Space will be limited, so you'll have to sign up promptly.

### COST

Prices will be **\$368 per person** for double occupancy or **\$548 per person** for single occupancy, for the first 9 rooms, which includes service and taxes but does not include cross country/downhill/snowshoe passes. Late registrants may be required to pay an additional charge for upgraded accommodation, depending on availability.

### REGISTRATION

Registration opens at the RA Ski Open House on Wednesday November 9th.

**Louise Cameron, XC co-chair, xc-2017{at}raski.ca**

## SNOWSHOEING

Once again we had a good number of snowshoe outings despite not so good weather or conditions at times. We did several in different parts of the Greenbelt, two days in the Val David area which included a very wet day but the next day was clear with beautiful conditions and we broke our record for number of people coming on that outing. While on the weeklong trip in France, three of us enjoyed a guided snowshoe hike in the lovely Alps with a very knowledgeable and interesting guide who also explained the fauna and geology of that particular area. A moonlight outing to Mer Bleu with the cross-country skiers was a pleasant addition this year. Our Calabogie and Wakefield outings were well attended and offered great conditions, but plans for further outings had to be cancelled because the temperature began to warm up and the snow melted earlier than we had hoped.



Jan. 16/16 – Snowshoeing in Pinegrove forest

Soon it will be time to plan for the upcoming season and this year, I would really appreciate if some of you could volunteer to lead an outing to one of your favourite trails. You can contact me and I will put it on the schedule or if you just want to lead one that is already on the schedule, that would also be just super! Remember, snowshoeing is a great way to stay in shape while enjoying nature and a nice winter day in good company.

**Doris Dallaire**, Snowshoe chair, [snowshoe-2017@raski.ca](mailto:snowshoe-2017@raski.ca)

## RA SKI SUMMER ACTIVITIES

It's been an active summer!

The winter season ended with a Potluck Dinner, and the spring hiking season was officially kicked off on April 23rd with an urban hike around Sandy Hill and into Overbrook, led by Louise Cameron. We also had seven meet 'n cycle events.



May 23/16 – Cycling to Dow's Lake

This included Dow's Lake to see the tulips, Aylmer, Lac Leamy, Shirley's Bay, the St. Lawrence River, and Les Brasseurs du Temps pub. We also enjoyed two outdoor theatre events staged by Company of Fools and Odyssey Theatre. Club members spent a summer evening cheering the Ottawa Champions baseball team.

**Chuck Bain**, Social chair, [social-2017@raski.ca](mailto:social-2017@raski.ca)

## SKIFIT EXERCISE CLASSES

Oct. 13th - Dec. 15, 2016

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

**WHERE:** TBD

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

· \$55.00 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.



Oct. 15/15 – SkiFit class

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 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 that they are attending.

## 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](http://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.

Hiking is a wonderful opportunity to meet “Friends to be with, friends to ski and snowshoe with”, before the winter season starts. This year we will be combining what used to be SkiFit hikes and social hikes into one hiking program of midweek and weekend hikes.

Please be sure to bring a snack, water, ID (including your health card), “in case of emergency” name and telephone number, sturdy footwear, rain jacket, sunhat, sunscreen, sunglasses, bug spray and cell phone. You may also want to bring hiking poles, “yak trax” (ice grippers) or binoculars.

When carpooling, each car shares the cost of gas (plus parking fees at some NCC lots in summer). We usually stop at a local pub, ice cream or coffee shop after a hike before returning to the RA or the Supreme Court on Wellington – if you carpool but don’t want to participate in the “après-hike”, please let the leader know as soon as possible. All participants will be expected to sign in before participating in the hike. **If you wish to drive directly to the trailhead, you must notify the leader in advance and provide a cell phone contact number.**



**Oct. 10/15 – Hike to Lusk Falls**

Hope to see you on the trail!

**Maureen Adamache**, *hiking coordinator, hikes-2017{at}raski.ca*

## THE HIKES

*Please check RA ski club calendar and Snowphone at (613) 736-6235 before leaving home – leaders and times may change, and hikes may be cancelled in case of inclement weather or unavailability of leader.*

**SCC** = SE corner of the Supreme Court of Canada parking lot on Wellington St.

**RA** = West wing lobby of the RA Centre

- **Tues. Sept. 6** – Urban hike - Mud Lake – meet 9:30 at RA or 10:00 at Ron Kolbus Centre, Britannia Park. Leader: Maureen Adamache
- **Sat. Sept. 10** – Beechwood Cemetery stroll – meet 10:00 at 280 Beechwood Avenue. Leader: Chuck Bain
- **Tues. Sept. 13** – easy – Lauriault/Waterfall trails, Mackenzie King Estate – meet 9:30 at RA or 10:15 Mulvihill parking lot, Champlain Parkway. Leader: Louise Cameron
- **Sat. Sept. 17** – intermediate - Etienne Brule Lookout to Ramparts – meet 9:30 at SCC or 10:15 at Etienne Brule lookout, Champlain Parkway. Leader: Yolanda Banks
- **Thurs. Sept. 22** – intermediate - Keogan to Western – meet 9:30 at RA or 10:15 at Keogan parking lot, Fortune Lake Parkway. Leader: Gillian Huntley
- **Sun. Sept. 25** –intermediate - King Mountain – meet 9:30 at SCC or 10:15 at King Mountain, Champlain Parkway. Leader: Louise Cameron

- **Tues. Sept. 27** – intermediate - Pink Lake – meet 9:30 at RA or 10:15 at Pink Lake (second parking lot, not the one at the viewpoint), Gatineau Parkway. Leader: Marian Barton
- **Sat. Oct. 1** –advanced - Lac Philippe to Lusk Caves – bring flashlight and old shoes if you want to go into the caves. Meet 9:30 at SCC or 10:30 at Parent Beach, Lac Philippe. Leader: Louise Cameron
- **Tues. Oct. 4** – easy - Mer Bleu - meet 9:30 at RA or 10:00 at P21, Anderson Road. Leader: Louise Cameron
- **Mon. Oct. 10** – Thanksgiving – advanced - Lusk Falls. Meet 9:30 at SCC or 10:30 at Lusk Falls, Highway 148. **Leader needed.**
- **Thurs. Oct. 13** – intermediate - Kingsmere to Keogan - meet 9:30 at RA or 10:15 at P7, Kingsmere Road. Leader: Jane Rau
- **Tues. Oct. 18** – intermediate – McCloskey Trail (P12 to Western) – meet 9:30 at RA or 10:15 at P12, Meech Lake Road. Leader: Jane Rau
- **Sat. Oct. 22** – intermediate - Champlain, Etienne Brule, Huron Lookouts – meet 9:30 at SCC or 10:15 at Champlain Lookout, Champlain Parkway. **Leader needed.**
- **Wed. Oct. 26** – easy – Morris Island Conservation Area – meet 9:30 at RA or 10:30 at Morris Island Drive, Fitzroy Harbour. Leader: Maureen Adamache
- **Sun. Oct. 30** – intermediate – Mackenzie King Estate to Pink Lake – meet 9:30 at SCC or 10:15 at P6, Champlain Parkway. Leader Chris Hutton
- **Thurs. Nov. 3** – intermediate - Lac Philippe to Brown Lake/Wakefield Mill – meet 9:30 at RA or 10:30 at P17, Highway 366. **Leader needed.**
- **Sat. Nov. 5** – advanced - Wolf Trail – meet 9:30 at SCC or 10:15 at P13 Blanchet Beach, Meech Lake Road. Leader: Yolanda Banks
- **Tues. Nov. 8** – intermediate - Kingsmere to Skyline – meet 9:30 at RA or 10:15 at P7, Kingsmere Road. Leader: Maureen Adamache
- **Fri. afternoon, Nov. 11**, Remembrance Day – intermediate - O’Brien Beach to Carbide Willson ruins – meet 12:30 p.m. at RA or 1:15 at P11, Meech Lake Road. **Leader needed.**
- **Sun. Nov. 13** – intermediate - Meech Lake to Western – meet 9:30 at SCC or 10:15 at P12 Meech Lake Road. Leader: Jane Rau
- **Wed. Nov. 16** – easy - Stoney Swamp – meet 9:30 at RA or 10:00 at P11 West Hunt Club Road. Leader: Doris Dallaire.
- **Mon. Nov. 21** – easy - Shirley’s Bay – meet 9:30 at RA or 10:00 at P2 Carling Avenue. Leader: Doris Dallaire
- **Sat. Nov. 26** – intermediate - Meech Valley to Herridge – meet 9:30 at SCC or 10:15 at P16 Pine Road (off Highway 105. Leader: Jane Rau
- **Sun. December 3**– urban hike – Rideau Canal – meet 10:00 at Ottawa Public Library, Bank & Sunnyside. Leader: Louise Cameron
- **Sun. April 30, 2017** - urban hike – Lansdowne mystery tour – meet 10:00 at Ottawa Public Library, Bank & Sunnyside. Leader: Louise Cameron

## RA SKI PHOTOS ON THE WEB

1. Go to [www.raski.ca](http://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.



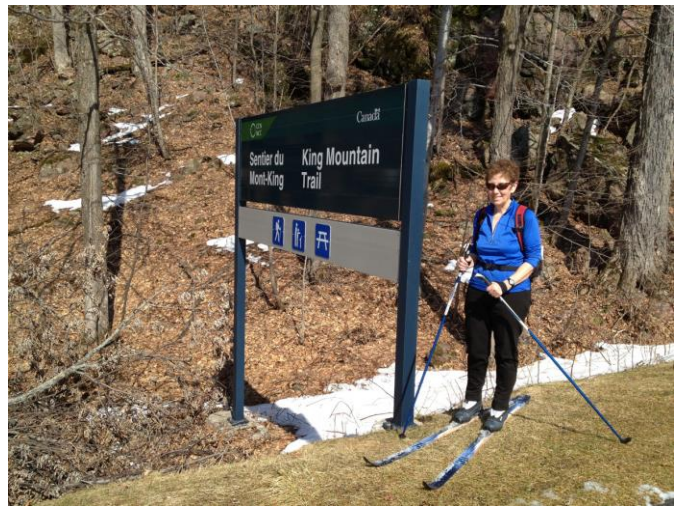
Feb. 18/16 – XC ski & snowshoe at Mer Bleu



Feb. 2016 – Weekend trip to Trois Vallées, France



May 28/16 - Cycling to Shirley's Bay



As long as we can find snow, we will ski!



May 7/16 – Hike to King Mountain



26 Mar./16 – Final XC ski of the season (Biathlon to Mulvihill Lake)



21 Mar./16 – Final DH ski of the season (Camp Fortune)