

April 2017

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

## RA SKI ANNUAL GENERAL MEETING

**When:** Wednesday, April 25th, 7:00 PM

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

Mark April 25th on your calendar! It's our RA Ski Club's Annual General Meeting.

Your executive worked hard to set up this year's program. The best way you can thank them is by coming out to our Annual General Meeting, and volunteering to be on the executive and help plan next year's activities.

- See photo highlights of our activities over the past year. If you took part in any of our activities, you're probably in one of the photos.
- Let us know what you did and didn't like this year, and how we can improve
- Hear the reports from each of the executive portfolios.
- Elect the executive for next year. All positions are open for election.

We will also be asking for your approval for two changes to the club Bylaws:

1. Change the name of the club from "RA Ski & Snowboard Club" to "RA Ski & Outdoor Club".
2. Change the name of the executive position "Member-at-Large" to "Hiking & Cycling Chairperson."

Volunteer and help us run our programs next year! Nominate yourself or someone else. Send nominations to: secretary-2018[at]raski.ca.

## RA SKI ANNUAL POT-LUCK DINNER

**When:** Saturday April 14<sup>th</sup>, 6:30 PM

**Where:** Kanata (Small community centre at 100 Pine Hill)

### Directions:

Take Queensway west to Eagleson exit. Turn left onto Eagleson and go south, past Hazeldean Mall, a fire hall, and a Tim Horton's. After that turn left onto Stonehaven. At the stop sign after the traffic circle, turn left onto Pine Hill. The Community Centre is on your left after you pass three streets to your left, and has a small parking lot. You can also park on the street.

Come join in a celebration of the ski year just past and of the summer to come. We'll be celebrating with a potluck dinner at our usual location in Kanata. Bring a dish to share, and your own beverages. Guests are welcome.

A survey about RA Ski's past and future activities will be available at the potluck.

**YOU MUST LET US KNOW YOU ARE ATTENDING.**

Contact me **BY APRIL 7th** and let us know if you are coming and what category of food you'll be bringing (i.e. appetizer, main course, salad, dessert).

I am also looking for people to help set up the room in the community centre. If you can help, please let me know by March 31.

**Chuck Bain, Social Chair,** social-2018[at]raski.ca

## MESSAGE FROM THE EXECUTIVE

We are now firmly established as a four-season Club and we are about to begin our Spring programs. We'll soon commemorate the end of the skiing and snowshoeing season at our annual Pot Luck Dinner on April 14 (see details in the column to the left), and we will solicit your feedback and help from our membership at our Annual General Meeting on Wednesday, April 25 – 7:00 PM, in Courtside B.

We call upon all members to attend the AGM, or send in their proxy and comments. Listen to the Chair reports, bring constructive feedback and suggestions, volunteer for a role – big or small, and encourage your friends to take an interest in our Club. Our programs face challenges due to low attendance or poor registration. Due to various factors, including the fee structure, our membership numbers are dwindling and we need your help to build up our numbers. Do you have ideas to enhance our programs or draw new members? We believe that the Club has a lot to offer – ski hill and store discounts, and camaraderie in all our programs: alpine, cross-country skiing, snowshoeing, hiking, recreational biking, Ski Fit training, social pub nights, social outings of skating, golf, attending baseball games, local theatre, theatre in the park, etc. – but we're open to suggestions.

### **A Winter Wrap-up**

We faced yet another challenging winter as the region experienced plus temperatures and huge rainstorms leaving terribly icy conditions behind. Our XC, DH and snowshoe chairs and trip leaders rebounded with alternate day destinations where permitted, postponements when necessary, and add-ins where possible. Congratulations, team! Well done!

Our travel season kicked off with a fun trip to St-Sauveur followed by a successful weeklong to Panorama, receiving rousing reviews by both old and new members. Parc Dufresne at Val David offered spectacular XC and snowshoe conditions before midday Sunday departures were prompted by anticipated freezing rain arriving that afternoon. Our return to Mont Orford had mixed results, but the food and accommodation of the Hotel Cheribourg were excellent. Thanks to Orford's great grooming, Monday's day on the slopes was the best of the three. Unfortunately, Tuesday's rain put a damper on the slopes of Bromont.

As March roared in like a lion (well maybe a lion cub when compared to the whomping of North-East US and Maritimes), there was still good skiing to be had for our day outings and bus destinations.

### **Thank You**

In addition to the usual cadre of RA Staff who assist the Club in so many ways, we welcomed a new Recreation Coordinator this year, Jill Pomeroy, who worked to support our programs in concert with long-time friend to the Club, Nancy Kirkwood, Manager of Recreation Club Services. Thank you, all.

A big "thank you" for the work of our Executive, and the other volunteers who have pitched in at various activities, led outings, or have stepped up to lead Spring hikes and bike outings. Be sure to review the Social calendar to date in this Newsletter and keep checking www.raski.ca, following us on Facebook (find RA Ski and Snowboard Club of Ottawa and ask to join in), subscribing to our ski-mails or by checking the Snow Phone at 613-736-6235.

On behalf of the RA Ski Club Executive,

**Jaime Impey, Vice-Chair,** weeklong-2018[at]raski.ca

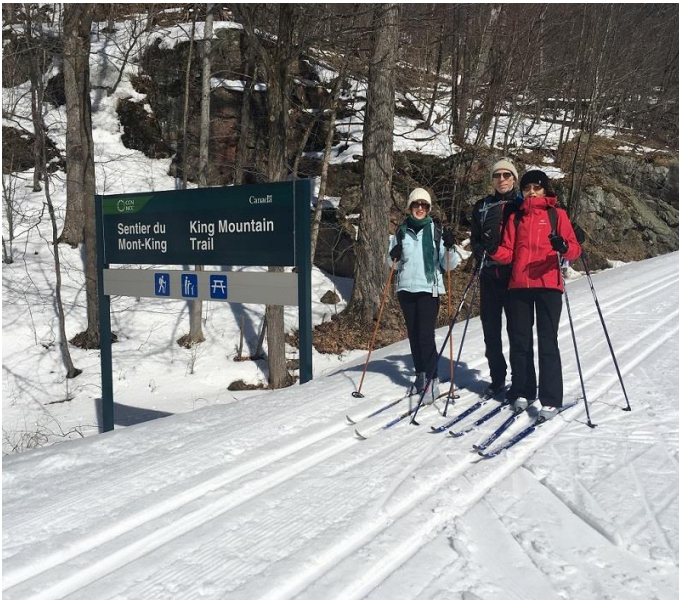
## CROSS-COUNTRY NEWS

### DAY TRIPS

It was not one of our best years for XC skiing. When there was snow, it was fantastic, but it was less so during some of the thaws and rainy days. The snow coverage everywhere, both Gatineau and Greenbelt, is pretty thin but a cooler March has kept it all from melting. In fact, we may end the season declaring March as the best ski month all winter long! Who would have thought it?

In Gatineau Park, many of us have marvelled at the wonderful grooming Demsis has done this year, especially considering what little snow they had to work with. Our city and Greenbelt XC ski trips were not as lucky. Although some of the trails were groomed and track set, there was still a lot of ice which meant several of our local outings had to be cancelled.

Attendance on both weekend day trips and weekday trips was down from last year. In fact, overall attendance seems to be declining over the past several years. A few trips had to be cancelled or rerouted this year due to rain, ice, cold or lack of snow, but the outings, whatever the route, were enjoyed by everyone.



**Mar. 25 – XC ski to King Mountain**

We had a good turnout for our Montebello day trip in early March. Unsure of the trail conditions, many people brought skates, walking boots and swim suits to take full advantage of all the activities on offer at the Chateau.

Last but not least, a great big shout out of thanks to a wonderful team of trip leaders who made all these outings possible this season.



**Mar. 17 – Taylor Lake loop. XC skiers at Renaud cabin**

### WEEKEND TRIP – VAL DAVID

This year's weekend cross-country trip saw 11 members head to Val David for a few days of skiing.

The conditions were FANTASTIC, to put it mildly. Lots of fresh snow, well groomed.

Several skiers got in a decent ski on Friday afternoon, before gathering for a drink and dinner.



**Feb. 10 – Skiing in the falling snow**

On Saturday, most of us headed to the Far Hills Centre to enjoy the trails there. The variety of trails give opportunity to all levels of skiers. A couple of participants chose to relax and shop that day.



**Feb. 10 – Skiers at Val David**

The hot tub hosted many participants after they had enjoyed the outdoors.

Skiing was still fantastic on Sunday. In fact a couple of participants who had planned to snowshoe that day decided that the ski conditions were just too good to pass up. Everyone got off the trails but not necessarily home before the freezing rain started.



**Mont Iceburg viewpoint, Val David**

**Jane Rau & Louise Cameron, XC co-chairs,**  
*xc-2018[at]raski.ca*

## DOWNHILL NEWS

The 2017-18 Downhill ski program was set up this year with high hopes of another great season with lots of snow and many sunny days. I guess we neglected to check in with Mother Nature first because a conflict of plans became apparent as the season unfolded. Nevertheless, through self determination and commitment many members made the most of what was offered and enjoyed a lot of good skiing.

The Meet and Ski participants tested all the local ski hills and were very impressed with the excellent conditions everywhere thanks to man-made snow and the superhuman effort of the staff at these hills. Louise Lefebvre's trip to Orford & Bromont had both poor and good weather/conditions yet left everybody with the buzz of having had a wonderful three-day holiday. Andrea Conway's bus trips to St-Sauveur and to Mont Tremblant proved very enjoyable, with excellent ski conditions. Jaime Impey's weeklong trip to Panorama BC was a huge success, with great skiing, great weather, and loads of fun for all participants.

All these events made for a fun Downhill ski season despite the vagaries of Nature, but only for those who took part. Club membership without participation is kind of missing the point if you know what I mean. Many thanks to those who did participate. You make it all worthwhile.

### Day Bus Outings

This year a decision was made to welcome non-members, and also members of other ski clubs, to join one of our day bus outings. This latter decision contributed to the success of both bus trips, and we made a small profit on each day trip. For our Tremblant bus trip in March, we picked up skiers in Gatineau. I would recommend that this practice continue, as a way of encouraging more participants.



Mar. 19 – RA skiers at Mont Tremblant



Mar. 19 – RA skiers at Mont Blanc

### • St-Sauveur, Mon. Jan. 15

There were 28 participants, and 22 of them enjoyed downhill skiing at St-Sauveur. The other six were cross country skiing at Morin Heights, and shopping/spa-ing in St-Sauveur. Skiers enjoyed bright sunshine and excellent ski conditions. Guests were again welcome, in the hope that they will become members of our club. Après ski brought all participants together to share refreshments and swap stories before heading back to Ottawa.

Trip Organizer: Andrea Conway

Trip Leader: Doris Dallaire

### • Mont Tremblant/Mont Blanc/Domaine St-Bernard, Mon. Mar. 19

RASki bus trip organizer, Andrea Conway, though currently on the skiers' disabled list nevertheless, met the participants bright and early to see them on their way with last minute fill-in trip leader, Jaime Impey. Thirty-four RASkiers and Club friends joined our second bus trip of the season and visited their destination of choice on a crisp, sunny day in March. Nine chose Mont Blanc, three enjoyed XC and snowshoe at Domaine St-Bernard, and the rest enjoyed the fabulous conditions at Tremblant. In fact, it was mid-winter snow conditions, the grooming was excellent with no crowds at both resorts. Domaine St-Bernard participants reported things to be just as favourable at the Parc. Après-ski was at the La Diable bar at Tremblant, before everyone hopped on the bus to return to Ottawa. A good day was had by all!

Roger Duffy, Downhill Chair, *DH-2018{at}raski.ca*

Andrea Conway, RA Ski volunteer

## ORFORD/BROMONT 3-DAY TRIP

Feb 18-20, 2018

Twenty-one participants registered on this carpool trip. The flu and injuries may have reduced our number to 16 but not our tenacity and good cheer. This was the club's first trip to the beautiful region of the Eastern Townships in many years.

And now the weather report... As in the past few years, the weather has been challenging. On our first day, conditions were rather fast at Mont Orford, however the second day was magnificent, delivering spring-like temperatures and a warm sun, perfect for enjoying après-ski refreshments outdoors. Cross-country skiers also reported two excellent ski days at the Orford Park ski centre. Tuesday was the penalty we paid for our perfect day, as temperatures rose and heavy rain and fog moved in. Only one brave soul fought the fog and rain at Bromont.



Downhill skiers at Mont Orford

Accommodation at Hotel Chéribourg in Orford was great and the amenities (hot tub and pool) were enjoyed by many.

By all accounts the trip was a fun adventure in a rediscovered ski region not too far from Ottawa.

Louise Lefebvre, Weekend Chair, *dhweekend-2018{at}raski.ca*

## WEEKLONG TO PANORAMA, BC

Bright and early on January 27, RASkiers departed for Panorama on our purely Canadian adventure. Upon landing in Calgary, we were whisked away for a short provision stop and then hit the highway to BC. We arrived at the resort with sufficient time to check in and explore our condos, and a bit of the resort, before regrouping at the historic T-Bar & Grill for a meal.

On the first ski day, most took advantage of one of the best features of the resort – Mountain Friends! Awesome volunteers show up each day, twice a day, to share their love of the trails with visitors. Breaking into groups by chosen levels, two Friends accompanied each group to explore the mountains and share history and stories of Panorama. Since you can't cover the entire area in one two-hour tour, some met the Friends again in the afternoon to cover more territory. It was a great introduction for the week, and many of us joined the Friends again, days later.



Panorama - group photo

Conditions and temperatures were good all week, with snow lowering the visibility only on our last day. One evening of rain at lower elevations made lower trails seem like home to eastern skiers, but upper trails were covered in fresh powder. We had a few days of cloud with sunny periods, but Wednesday proved to be the best of all - overnight snow and sunshine most of the day.

A variety of activities ensued during our stay: two RASkiers took up the challenges of Kicking Horse's advanced slopes; another went Heli-skiing - all returned safe and thrilled with their experiences. To break bad habits they'd developed, a few went to the Ski School for hints and tips, because techniques have changed as equipment evolved, you know! Some took advantage of the groomed trails of the Panorama Nordic Centre in the lower village, reporting good amenities and snow conditions. Others enjoyed an afternoon or two of snowshoe tours including hot cocoa and s'mores or bannocks. Another couple of groups visited Invermere to try out the Skateway or browse the shops and dining options.



Trip leader Jaime Impey (left) & Bob Cavan

In contrast to the half-board typically included in a European trip, we stayed in fully equipped condos where majority made their own breakfasts. Some folks opted in for a few lunches and dinners as well. Trip Leader, Jaime, made great efforts to encourage après-ski meet ups as often as possible.

We took advantage of the Panorama Springs Lodge lounge (or hot pools) daily to meet up and form dinner groups. Sunday, RASki hosted a Welcome Reception at restaurant elevenFIFTY. Chopper's Landing (well worth the walk) opened just for our group reservation on Monday. Tuesday, Jaime hosted a BYOB'n'Cheese appetizer party in the lounge. Everyone turned out and generous donations of additional items (wine, pita, hummus, vegetables, popcorn, and freshly made brownies) filled the table. We gathered for our second dinner reservation on Wednesday, at elevenFIFTY. Thursday evening, folks were free to dine as they pleased and many took the opportunity to clean out their fridges for very interesting pot-lucks!

After a full ski day on Friday, we departed for an evening in Banff, Alberta. Unfortunately, Banff (and Calgary) had been experiencing MUCH colder temperatures, and storms, so Saturday's exploration of Banff was cut short in favour of huddling in the warmth of the stores or our hotel prior to departure for the airport.

From all reviews, this trip was a happy success. Registrants were also polled for suggestions for next year's destination and we'd like to hear from you, too – where would you like to spend a week in 2019?

Jaime Impey, Weeklong Chair, [weeklong-2018@raski.ca](mailto:weeklong-2018@raski.ca)

## SNOWSHOEING

The snowshoe season started off nicely with lots of snow at Christmas time, but followed by severe cold that called for cancelling outings. Then came mild spells with rain, then cold to ice things up again and in the end only three of the outings planned for January went ahead, with one of them being on poor trail conditions despite the sunshine.



Feb. 4/18 – Snowshoeing, Pine Grove trail

February was equally abysmal with only one outing going ahead as planned. Snow conditions were great for that one as it had snowed quite a bit the day before which meant we were breaking trail. Although conditions were great at the Val David weekend, people who might have snowshoed really wanted to enjoy the fantastic cross-country ski conditions. The outings at the end of the month had to be cancelled, again due to weather.

Our planned outing to Domaine St-Bernard in March had only one snowshoer but she enjoyed her day in the sunshine, sheltered from the wind, on the beautiful trails there and feeding the chickadees.

All in all it was a very poor year weather-wise for snowshoers. It's very discouraging when the weather won't co-operate and hopefully next year will be a better year. I will keep at it and hopefully things will work better next year.

Doris Dallaire, Snowshoe Chair, [snowshoe-2018@raski.ca](mailto:snowshoe-2018@raski.ca)

## SOCIAL

### The Past Year

The official social start of last year was the pub night following the Annual General Meeting on April 19th.

We celebrated the ski season last year with our annual potluck dinner in Kanata on April 8<sup>th</sup>, with about 30 attendees who shared a great variety of food. During the evening, a slideshow ran to show some of the highlights of the weeklong trip.

In June and again in August we cheered on the Ottawa Champions baseball team. The Ottawa River cruise in July had low attendance.



**June 2017 – Watching an Ottawa Champions baseball game**

We attended two excellent plays put on by the Phoenix Players, Plan B” in April, and “Office Hours” in November. The Company of Fools entertained us again outdoors in Strathcona Park this year with “A Midsummer Night’s Dream” on July 18th. Then a group saw Odyssey Theatre’s production of “The Amorous Servant” in Strathcona Park on August 15th.



**August 2017 – Odyssey Theatre “Amorous Servant”**

### 2018 RA SKI ANNUAL POTLUCK DINNER

**Sat. Apr. 14, 6:30 p.m.**

Pine Meadows Community Centre at 100 Pine Hill Drive, Kanata. See page 1 for all the details.

### AND MORE...

We are still lining up more:

- **Theatre-in-the-park**
- **Baseball**
- **Golf**

Keep checking the RA Ski website, Facebook, or sign up for our Ski-Mail e-mails to keep up with events as they are added.

**Chuck Bain, Social Chair, [social-2018@raski.ca](mailto:social-2018@raski.ca)**

## HIKING

### LAST YEAR’S HIKING SEASON

In 2017, we enjoyed five Gatineau hikes to old favourites like Carbide Mill and Skyline, but flooding in Gatineau Park unfortunately brought an early end to the hiking season in the park. We also enjoyed Greenbelt hikes to Mud Lake and Morris Island, and an urban hike in Manotick.



**Oct. 18 – Stopping at Huron cabin on the way to Western**

### 2018 HIKING SCHEDULE

This year we have some great hikes planned. Meet at 9:45 for a 10 a.m. departure either by carpool or at the trailhead unless otherwise posted.

- **Sat. Apr. 21** – Vanier urban hike - (rain date Sunday April 22) – Meet: Richelieu-Vanier Community Centre at the end of Pere-Blanc Ave.
- **Sat. Sept. 1** - Lusk Falls – Meet: Ease side of the Supreme Court building on Wellington St.
- **Wed. Sept. 6** – Easy hike – Mud Lake - Meet at the Ron Kolbus Centre in Britannia Park .
- **Thurs. Sept. 20** – Gatineau Park - P11 to Carbide Mill - Meet: RA west wing lobby.
- **Thurs. Sept. 27** – Gatineau Park - Keogan to Western – Meet: Keogan cabin parking lot.
- **Wed. Oct. 10** – Gatineau Park, Skyline trail. - Meet at P7 Kingsmere.
- **Wed. Oct. 17**– Gatineau Park, McCloskey Trail – Meet: RA west wing lobby.
- **Thurs. Oct. 25** – Easy hike – Morris Island Conservation Area - Meet at the Ron Kolbus Centre in Britannia Park.
- **Sat. Nov. 3** - Gatineau Park, Wolf trail - Meet: P13 Blanchet Beach.
- **Sat. Nov.10** - Gatineau Park, Lauriault Trail - Meet: RA west wing lobby.
- **Wed. Nov.14** - Gatineau Park, P7 to Keogan cabin - Meet at P7 Kingsmere.

Please check the RA Ski Club website, SnowPhone and Ski-Mail for updates and for news of more upcoming hikes.

If you have suggestions for hiking dates or destinations, please contact me.

**Maureen Adamache, Hiking & Cycling Coordinator**  
[hikes-2018@raski.ca](mailto:hikes-2018@raski.ca)

## CYCLING

As all RASki members are aware we are MORE THAN JUST A SKI CLUB, and part of our varied program is cycling.

However there is a difference. A cycling club is often composed of keeners riding super lightweight bicycles while wearing the approved 'uniform' of skin tight multi labelled polyester tees, the latest in cycling shorts, clip on shoes/pedals, gloves, helmets and who knows what all. Our biking club is way more casual than that. Cycling shorts, helmets and hybrid and occasionally electric bikes are us.

Our goal as a club is to enjoy the ride, not to race. The tempo is geared to getting some exercise at a comfortable pace, something suitable for everyone.

### LAST SEASON

In 2017, we enjoyed 14 bike rides, including a 4-day trip along the Petit Train du Nord, and a trip to the Governor General's to enjoy the culinary event "Savour Fall".



July 20 – Cycling to les Brasseurs du Temps pub

### RA SKI CLUB 2018 CYCLING SCHEDULE

This year we have some old and new destinations. Meeting point is the west wing doors at the RA Centre at 9:45 a.m. for a 10 a.m. departure, unless otherwise posted.

- **Wed. May 16** - RA to Dow's Lake. Meet: RA west wing
- **Sat. May 19** - Easy Cycling – Burritt's Rapids to Merrickville – the "Roddle"
- **Sat. June 2** – Meet at Bate Island to cycle to Shirley's Bay – "refreshments in Britannia Village"
- **Sat. June 16 to Sun. June 17** – Overnight cycling trip – meet at 9 a.m. at the RA Centre to carpool to the 1000 Islands Parkway – (choice of cycling 0-37 km per day) **Sat. June 23** - RA to Lac Leamy
- **Sun. July 15** – Meet at Moussette Park to cycle to Aylmer
- **Thurs. July 19** – Meet at Bate Island to cycle to Lac Leamy
- **Sat. July 28** – Meet at Andy Haydon Park to cycle to Stittsville's "Quitters"
- **Thurs. Aug. 9** - Long Sault to Cornwall – Meeting place TBD
- **Sun. Aug. 19** – Meet at Moussette Park to cycle to Old Chelsea
- **Mon. Sept. 3 (Labour Day)** – Meet at the Aviation Museum to cycle to Petrie Island
- **Sat. Sept. 22** (date to be confirmed) - RA to Governor General's "Savour Fall". Meet at the RA west wing doors.

Please check the RA Ski Club website, SnowPhone and Ski-Mail for updates and for news of more upcoming cycling events.

If you have suggestions for cycling dates or destinations, please contact me.

**Maureen Adamache, Hiking & Cycling Coordinator**  
hikes-2018[at]raski.ca

## PHOTOS & TRIP REPORTS

Photos and trip reports from most of our outings are on the RA Ski web site, [www.raski.ca](http://www.raski.ca).

### Trip Reports

Downhill and cross-country trip reports for the last month are put on our web site [www.raski.ca](http://www.raski.ca). Click on "Trip reports" on the left-hand sidebar on our home page.

### Photos

For photos, on the left sidebar click on "Photos", then on the appropriate album ("Cross-country", "Downhill", "Snowshoeing", or "Biking Hiking and Skating".) To see the photo larger, double-click on it.

### 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. Click on the right arrow to advance to the next slide.

**Downloading photos:** (Unfortunately you now need a Yahoo account.)

1. Double-click on the photo.
2. On the bottom right, click on the down arrow with the bar underneath it.
3. Click on the size you want (i.e., "Original".)
4. Click on "Save File", then click on "OK."

Your file will be downloaded to your directory "Downloads."

We also put "RA Ski Photos of the Week" on our home page [raski.ca](http://raski.ca)




June 26 – Cycling to Lac Leamy

Thanks to our RA Ski photographers for providing us with some great pictures of our weeklong, weekend and day trips.

## SOCIAL MEDIA & SNOWPHONE UPDATES

You can find or receive news and updates about Club activities through a number of methods:

- **SnowPhone** 613-736-6235. The SnowPhone gives you last-minute status, changes and additions to our trips.
- **Website** [www.raski.ca](http://www.raski.ca)
- **Ski-mail** Sign up for our e-mail with the latest club news: go to [www.raski.ca](http://www.raski.ca) and click on "e-Maillist" in the "Stay Informed" box on the lower left side of the page.
- **Facebook**  Visit us on Facebook to learn about upcoming events, read members' comments, and much more! Go to **RA Ski and Snowboard Club of Ottawa** and ask to join in.

**MORE PHOTOS**



**Sept. 9 – Cycling to Petrie Island**



**Boxing day XC ski to Taylor Lake**



**Feb. 27 – Downhill Meet'n'Ski at Mont Ste-Marie**



**Jan. 15 – DH bus trip to St- Sauveur**



**Feb./18 - Snowshoeing at Panorama**



**Jan. 13 – XC ski to Keogan cabin**



**Nov. 11 – Hiking on the Lauriault trail**



**Feb. 2018 - Cross-country skiing at Panorama**