REAL SKI& OUTDOORCLUB

September 2018 More than just a ski club

www.raski.ca

SNOWPHONE : 613-736-6235

WEEKLONG 2018 - ANDORRA



The RA Ski and Outdoor Club weeklong trip is a much anticipated and popular annual excursion. Registration opens in mid-July each year and sells out almost immediately. Details on the trip planned for the winter of 2020 will be posted on the website at www.raski.ca in late Spring.

This January, RA Ski & Outdoor Club members will be heading to the ski region of Andorra.

Grandvalira, situated between 1,710-2,640m, has the highest slopes in Andorra, with 210 km of ski runs and 64 lifts spread over a total of 128 slopes of all different levels completely connected and accessible with a single ski pass. The 2003 merger of two of the oldest ski resorts in the Pyrenees - Pas de la Casa-Grau Roig and Soldeu-El Tarter-Canillo created the largest ski resort in the Pyrenees, one of the largest in Europe, which is made up of six different sectors of two of Andorra's seven "parishes" (or provinces). The Soldeu area enjoys reliable snow – most slopes are north-facing, with expanded snowmaking, and you can play in the powder amongst the trees above El Tartar. Enjoy après-ski on a number of terraces in the area. After 7 nights based in El Tartar, skiing Grandvalira, we're off to Barcelona for two nights!

HOTEL

We'll enjoy 4-star accommodations in both El Tartar, Andorra and Barcelona, Spain. The Hotel Nòrdic of El Tartar offers ski in/ski out from the ski lockers to the base of the lifts (40 m) with easy access to the nearby town of Soldeu for more shopping and nightlife (bus every 20 mins). Breakfast and dinner are included daily. There is live music every night from 9:30-11 PM. The hotel has a snack bar, souvenir shop, reading room, a bar and games room with free Wi-Fi, a TV room and free computers with internet, an indoor pool (cap obligatory), jacuzzi and steam bath, fitness centre, sauna and sunbeds (tokens 5€), relaxation and massage centre (€ fee) and a self-service washer/dryer.

After skiing 6 days at Granvalira, we depart for beautiful, historic Barcelona, staying in the Hotel Premier Dante (with breakfasts included). The hotel offers a bar/lounge, snack bar, café, restaurant, jacuzzi, self-service laundry, library, and a leisure/TV room. On our first afternoon, we'll enjoy a 2.5 hour guided tour. The next day and evening are open for exploration, before departing Barcelona for our return flights.

SKI PASSES

Our 6-day ski pass is good for the Grandvalira area: www.grandvalira.com, and a 5-day option as well. Seniors 65 and up should opt for the "non-skier" package. Upon arrival, skiers 65-69 can purchase their 5 or 6-day pass for €30 per day and skiers born in 1948 or earlier will ski for free (with proof of age).

OTHER ACTIVITIES: www.grandvalira.com/en/main-activities

CROSS COUNTRY and SNOWSHOE: there are limited Cross Country and Snowshoe circuits available.

TUBING, MUSHING and SNOWMOBILES: available in El Tartar, Soldeu and Grau Roig



SPAS: http://www.grandvalira.com/en/node/164

The fabulous Sport Wellness Spa has secured Soldeu's position as Andorra's classiest resort: facilities include spa, a large leisure pool, indoor and outdoor Jacuzzi, saunas, steam rooms, and a well-equipped gymnasium; plus a lush range of beauty and massage treatments are available in the spa's therapies suite.

The Caldea Andorra and Inúu, the largest mountain spa centre in Europe, offers a three-hour ticket for indoor and outdoor lagoons, saunas, jacuzzis, grapefruit bath, Indo-Roman baths, waterfalls, bubble beds, hot marble, massages, beauty treatments and much more.





For those members who have paid their deposit, please note the second payment is due October 10.

WEEKLONG INFO NIGHT

When: Wednesday, October 10 at 7:00 PM

Where: RA Centre, Outaouais Room

Why: Drop off cheques, sign forms (if emailed form was not scanned), apply for remaining spots

Jaime Impey, Trip leader, weeklong-2018{at}raski.ca

SSAGE FROM THE CHAIR

Welcome to our 2018-2019 season!

RASki Club is more than just a ski club. We have a full fourseason program! In season, we offer alpine, cross country and snowshoe programmes. In the summer we offer a full slate of recreational cycle and hiking as well as frequent social outings for members and of course our Season's End Potluck and Annual General Meeting (AGM).

We hope you'll plan to join us and enjoy the outings planned for the fall and leading into our winter season. There will be many chances to meet new and familiar faces at pub nights and our Open House, currently scheduled for November 7th. Be sure to check the website for updates. A number of hikes and cycling outings are already on the RASki Calendar (www.raski.ca) and SkiFit will start in early October to get those ski legs ready for the trails!

We are hard at work planning this season's ski trips. Our Weeklong trip is to a novel destination, Andorra, with two days afterward in the historic heart of Barcelona, Spain. It is proving very popular, with the original offering of 40 places sold out in a few days. However, our resourceful travel agent is hard at work searching for more space, and cancellations sometimes occur so do not hesitate to register for our waiting list if you wish to enjoy this fantastic trip. See www.raski.ca for details.

We are saying a big THANK YOU TO FORMER Weekend Chair Louise Lefebvre for her great work organising our last few weekend downhill trips, and for her sage advice at all our executive meetings. We are delighted that she has volunteered to continue working with us to help develop a plan to grow the club membership. Other members of the executive are pitching in to finish planning the weekend trip for next winter, which Louise had put in motion before she found it necessary to step back. A volunteer to help by working with executive members with this project would be appreciated, and provide a member with a way to see how the club works without a long-term commitment. If interested, contact me through the link for Chair on the club website, www.raski.ca.

For the day trippers, there will be a full slate of XC, DH, and snowshoe outings on the Club calendar, including two bus trips. See the details in this and the November newsletters.

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.

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

- Website www.raski.ca
- Ski-mail Sign up for our e-mail with the latest club news: go to <u>www.raski.ca</u> and click on "e-Maillist" in the "Stay Informed" box on the lower left side of the page.
- Visit us on Facebook to learn Facebook about upcoming events, read members comments, and much more! Go to RA Ski and Snowboard Club of Ottawa and ask to join in.
- SNOW phone 613-736-6235



RA SKI EXECUTIVE 2017-2018

Chairperson Bill Buck

Weeklong Chair & Vice-Chair Jaime Impey

Secretary Francoise Lecrouart

Treasurer Chris Hutton

Membership Chair Bob Cavan

Publicity Chair & Webmaster Glen Campbell

Downhill Weekend Chair

Downhill Day Chair Roger Duffy

Cross-Country Co-Chairs Jane Rau & Louise Cameron

Snowshoe Doris Dallaire

Social Chair Chuck Bain

Maureen Adamache

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secretary-2018{at}raski.ca

treasurer-2018{at}raski.ca

membership-2018{at}raski.ca

publicity-2018{at}raski.ca

vacant

downhill-2018{at}raski.ca

xc-2018{at}raski.ca

snowshoe-2018{at}raski.ca

social-2018{at}raski.ca

Hiking & Cycling Chair

hikes-2018{at}raski.ca

RA SKI OPEN HOUSE WED. NOV. 7

When: Wed. Nov. 7, 7:00 - 8:30 PM Where: RA Courtside A room, east end of building

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 2017-18 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!

OTTAWA SKI & SNOWBOARD SHOW

When: Saturday Oct. 20 - 9:00 a.m. - 5:00 p.m. Sunday Oct. 21 - 9:00 a.m. - 5:00 p.m. Where: EY Centre (4899 Uplands Drive at Airport Parkway) Cost: Admission is free!

Come visit us at the club's booth at the Ottawa Ski Show!

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-Maillist" on the left-hand side.

Bill Buck, Chair, chair-2018{at}raski.ca

DOWNHILL DAY TRIPS

Alpine skiing, why does it have to be so expensive? Well it doesn't, that is it doesn't for most RA Ski Club members. That's because most club members have the basics already, skis, warm clothes, helmet, mitts, they're past the expensive part.

The non-expensive part is the mid-week discount prices at the hill, the two-for-one coupons they pick up at the Ottawa Ski Show and at our RA Ski Club Open-House. Sure you have to pay \$8 parking at the Ottawa Ski Show but the value is repaid ten-fold with the perks picked up at the many exhibitor booths. And the RA Ski Club Open House is free, parking included, with more two-for-ones plus bonus prizes as well.



Feb. 2018 – DH Meet'n'Ski at Mont Ste-Marie

For our Meet n' Ski events which are intentionally scheduled mid week on the bargain days at the local venues we offer car-pool drives to the hill du jour thereby cutting travel expenses and fostering friendship on the drive. Bring your own lunch and your ski day can usually be had for about \$25.



Feb. 2018 – DH weekend at Mont Orford

So! Is skiing expensive? Not if you know how to 'play the game', and we do. The 'we' are the members of this ski club. The 'we' are mostly retired people who still love the rush of schussing down the hills on crisp winter days with friends eager to share the excitement. No fuddy-duddies here, spirited doers all. Retired, not dead.



March 2018 – DH bus trip to Mont Blanc



March 2018 – DH bus trip to Mont Tremblant

New members quickly discover how much fun it is to come skiing on a regular basis with others sharing the same enthusiasm. Just look at the ski calendar in the Winter Program Guide coming in November and plan your ski days up front. Schedule your other appointments around the ski days and bingo, suddenly you'll find yourself asking, "Where did the winter go?" Meet n' Ski days, day Bus trips, Weekend getaways, Weeklong trip, Pub nights, I've got the feeling already. C'mon winter.



13 April 2018 – Final DH ski of the season, Camp Fortune Roger Duffy, Downhill Day Chair, *downhill-2018{at}raski.ca*

3-DAY DH & XC SKI WEEKEND MYSTERY DESTINATION

Thurs. Feb 28 –Sun. Mar. 3

February 28 departure with three days of skiing March 1-3, and return after skiing March 3. We are working with the RA's travel partner on a trip to New England or the Eastern Township. Watch the ski-mails, website *www.raski.ca* and Facebook for details coming soon.

CAMP FORTUNE \$179/\$139 PASSES

Deadline: Sept. 30

No more groups! All mid-week season passes are now individual.

Cost is \$179 for the weekday pass or \$139 for an evening pass, Monday to Saturday nights. For full details see <u>https://campfortune.com/en/season-passes</u>

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 Val David area for some great XC skiing and snowshoeing.

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



12 Dec. 2017 – First XC ski of the season

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. The Greenbelt and urban trails are generally more forgiving in this respect. If you want to get a head start on your fitness before the ski season, consider attending the SkiFit classes starting in mid-October and come out on some of the many hikes planned in and around Ottawa and Gatineau.

The first few outings are usually on easy trails to allow everyone to ease into the ski season.

DAY OUTINGS

The cross-country day trips to Gatineau Park start in early December and run until early April, depending on conditions. We alternate 9:00 am Saturday and noon Sunday departures, as well as various mid-week day trips starting at 9:30 am. There are occasional exceptions so always check before heading out. We will also add last minute outings from time to time to take advantage of some good conditions. With a few exceptions, participants generally meet at the RA West Wing lobby to sign in, receive a trip briefing from the leader, and plan carpooling. Participants share gas costs. We ski for two to three hours and then adjourn for a meal at a restaurant. Note that there is a daily trail fee to ski in Gatineau Park, or you can buy a season cross-country pass.

We also offer a number of Greenbelt and urban skis, usually remote starts at 10 a.m.

Here are some highlights of what we are planning for the 2018-19 season:

- $\cdot\,$ Ski outings on Boxing Day and New Year's Day
- Good variety of easy Greenbelt and urban 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.

ALTERNATIVES FOR DAY TRIP DESTINATIONS

One of our members has volunteered to head a group to look into alternatives for day trip destinations, routes, etc. that would help us continue with our outings despite the rain, ice and thaws that have unfortunately been part of our winters the last few years. If you are interested in helping out please let Jane know (<u>xc-2018{at}raski.ca</u>) and we will arrange to meet in the coming months.

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*-*2018{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-2018{at}raski.ca

CROSS-COUNTRY / DH WEEKEND VAL DAVID, QUE.

Fri. to Sun. Feb. 15-17, 2018

We are heading back 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, Parc Dufresne

The package includes 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 large, outdoor hot tub and sauna.

Registration opens: November 7, 2018

Louise Cameron, XC co-chair, xc_2018{at}raski.ca

SNOWSHOEING

It was not a good winter for snowshoeing this past season. But we are not giving up by any stretch! Mother nature is bound to cooperate this year.

More outings will be planned for this coming season locally and I will have the schedule ready to include in our November newsletter, our website and also notices in the Publicity emails. Snowshoeing is such a good way to exercise and enjoy a lovely winter's day. I do hope you will come out with us and have a nice outing in the snow all the while enjoying nature.



Jan. 2018 – Snowshoeing at Panorama

If you have never tried snowshoeing, you will find it's not an expensive sport, if you can walk you can snowshoe and you'll be pleasantly surprised at how much fun it is. Our outings are usually no longer than 5 km. We can also snowshoe at Val David, Quebec during our weekend trip on Feb. 15-17. See the Cross-Country section for more details.

Volunteer leaders would be greatly appreciated and if you have any suggestions for a destination, please contact me. It's easy to volunteer, just show up and greet people and help organize people to carpool and enjoy the company!



4 Feb. 2018 – Snowshoeing at Pine Grove forest

Doris Dallaire, Snowshoe Chair, snowshoe-2018{at}raski.ca

SKIFIT EXERCISE CLASSES

Oct 11 - Dec 13, 2018

When: Thursdays 6:45-7:45 pm Where: TBD Cost: Full session (10 weeks). Add HST - \$55 members

- \$80 non-members

Please note that when you see it on PlayRA (https://www.racentre.com/how-to-register/play-ra), the nonmember price shows up. Members will be able to pay \$55 (our new system does top dollar minus a \$25 member discount).

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.



Oct. 12/17 - SkiFit class

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 11 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, crosscountry, snowboarding, snowshoeing, a weeklong ski trip to Andorra, 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 last year's 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

Hiking is a wonderful opportunity to meet "Friends to be with, friends to ski and snowshoe with", and to get in shape before the winter season starts.

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, and sunscreen. Consider also bug spray cell phone, hiking poles, "yak trax" (ice grippers) and 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 afterwards. If you carpool but don't want to participate in the "après-hike", please let the leader know as soon as possible. If you wish to drive directly to the trailhead, you must notify the leader in advance (e-mail: hikes-2018{at}raski.ca) and provide a cell phone contact number.

Hope to see you on the trail!

Please check the 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 the unavailability of a leader.

We are always looking for hiking leaders.

We already enjoyed a couple of hikes earlier in the year. (See Summer Activities above.) Here are the hikes to come this fall. (Some are remote starts, some start at the RA, and some start at the SCC, so please check the calendar for the meeting point):

- Sat. Sept. 1 Lusk Falls
- Thurs. Sept. 6 Mud Lake
- Wed. Sept. 12 P11 to Carbide Mill
- Sun. Sept. 16 Lac Philippe to Lusk Lake
- Thurs. Sept. 27 Keogan to Western
- Thurs. Oct. 4 Pink Lake
- Sun. Oct. 7 P7 to Skyline
- Sun. Oct. 14 Gatineau Park, destination TBD
- Wed. Oct. 17 McCloskey from P12.
- Thurs. Oct. 25 Morris Island Conservation Area
- Sat. Nov. 3 Wolf Trail
- Sat. Nov. 10 Lauriault Trail.
- Wed. Nov. 14 P7 to Keogan

Maureen Adamache, hiking & cycling chair, hikes-2018{at}raski.ca

<u>CYCLING</u>

Note that we are leisurely cyclists, and take time to stop and smell the flowers. If you are training for the Olympics, there are other bike clubs that would suit you.

We've already enjoyed nine cycling trips this year. (See Summer Activities above.) Still to come are these meet 'n cycle events:

- Mon. Sept. 3 Green's Creek toboggan hill to Petrie Island, to listen to music on Petrie Island.
- Sat. Sept. 22 TO BE CONFIRMED RA to Governor General's for Savour Fall culinary event
- Sat/Sun Sept. 29-30 -1000 Islands Parkway bike path overnight, staying at the Glen House Resort

Maureen Adamache, Hiking & cycling chair, hikes-2018{at}raski.ca

SOCIAL

- Tue. Sept. 18 Pub night location TBD
- Tue. Oct. 23 Pub night location TBD
- Thur. Nov. 15 "Skiing in New Zealand" Glen Campbell will talk about his 7-day, 6-hill ski trip to New Zealand in August. Pub night follows.



Treble Cone, New Zealand, Aug. 2018

- Tues. Nov. 20 (To be confirmed) Phoenix Players Theatre, "The Penultimate Problem of Sherlock Homes"
- Tues Dec. 11 Dinner, restaurant TBD (maybe Colonnade on Metcalfe St.)



June 20 – RA skiers at Ottawa Champions baseball game

Chuck Bain, Social Chair, social-2018{at}raski.ca

NEWSLETTER DELIVERY OPTIONS



The Winter Program Guide, (issued in November) contains everything you need to know about our ski program for 2018-19. Pick up your copy at the RA Ski Open House, Nov. 7th. If you're not at the Open House, we are offering the following delivery options:

Electronic:

Download from our website (www.raski.ca)

Paper:

- 1. RA Ski Open House
- 2. After the Open House, from the RA East Desk.

RA SKI SUMMER ACTIVITIES

It's been an active summer!

The winter season ended with a Potluck Dinner on April 14th.

- The spring hiking season was officially kicked off by two hikes::
 - an urban hike around Vanier, led by Louise C.; and
 - a hike around Stony Swamp led by Steve C. where we saw lots of birds and photographers with big lenses.

The hikes still to come this fall are listed below under "Hiking".



June 10 - Golfing

So far this summer we've enjoyed nine meet 'n cycle events:

- RA to Dow's Lake to see the tulips, led by Glen
- the "Roddle" from Burritt's Rapids to Merrickville led by Bob C. this year
- Bate Island to Shirley's Bay, followed by refreshments in Britannia Village
- Perth to Murphy's Point led by Bill D.
- RA to Moussette Park, led by Glen
- Bate Island to Lac Leamy and BDT pub and beer museum, led by Glen
- Maurice-Lapointe School in Kanata to Stittsville, points beyond and Quitters café, led by Doris
- St. Lawrence River pathway from Long Sault to Cornwall, led by Roger,
- Moussette Park to Aylmer Marina, led by Chris H.

For more cycling events to come, see below under "Cycling".



July 19 – Cycling to BDT pub - At Chaudiere Falls

We also enjoyed two outdoor theatre events staged by Odyssey Theatre and the Company of Fools.

In addition, club members spent two summer evenings cheering the Ottawa Champions baseball team.

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

Maureen Adamache, Hikes & cycling chair, hikes-2018{at}]raski.ca

SKI PHOTOS ON THE W RΔ

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

To see the photos as a slideshow:

1. Double-click on the slide you want to start with. 2. Click on the right chevron ">".

- 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.



10 Feb./18 - XC skiing at Val David



11-Aug. Cycling to Aylmer



Jan. 2018 – XC skiers at Huron cabin



July 2018 – Cycling to Mousette park



Jan. 2018 - Panorama weeklong - Group photo



June 2018 – At Shirley's Bay



Jan. 2018 – XC ski to Pink Lake



July 2018 – Pub night at New Edinburgh Tennis Club



Feb. 2018 – DH skiers at Mont Orford



April 2018 – Urban hike through Vanier



9 Aug./18 – Cycling at Cornwall