

RASki & Outdoor Club

September 2019

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

WEEKLONG 2020 ST. MORITZ, SWITZERLAND

Jan 25 - Feb 2, 2020



St. Moritz has a reputation as a resort for the rich and glamorous, full of designer boutiques and Michelin-star restaurants, but in reality offers fantastic skiing, a relaxed atmosphere and non-existent lift queues. Setting St. Moritz apart from some of the other Swiss resorts is the fabulous skiing: 56 lifts for 350 km of slopes, soft, carving snow and pristine blue skies over 5 areas - Lagalb, Diavolezza, Corvatsch, Furtschellas and Corviglia. Our 6-day ski pass covers any lift in the Engadin valley. Five days of Alpine or XC group lessons by ESS instructors start on Mondays. Enjoy authentic cross-country skiing on over 170 km (105 miles) of trails around town. As an alternative to skiing, walks, there are snowshoe walks and Nordic walking (winter hikes) included.

The base area is divided into St. Moritz Bad, which is a better locale to access the lifts, and St. Moritz Dorf, which features an elegant shopping village. A funicular railway whisks skiers from the main bling-filled hub of St. Moritz Dorf (1,846 meters) into the heart of the slopes, from where lifts and runs spread across the mountain. The most accessible St. Moritz skiing can be found at the Corviglia and Corvatsch areas, which are the closest in proximity to Bad village.



Experts will find thrilling challenges spread out over the area's vast expanse. The black runs at Diavolezza and Lagalb are probably the most challenging. Diavolezza offers a renowned off-piste glacier route, and awesome Alpine views. Intermediates can explore nearly all of the ski areas thanks to St. Moritz' exceptional grooming capabilities but will especially love the numerous meticulously groomed blue runs of the Corviglia sector. Beginners have a couple good terrain options at Salastrains, or Corviglia.

HOTEL

Nestled at the foot of the snow-covered mountains, located in a quiet spot 15-minute walk from the Signal and Corviglia ski areas, Club Med Roi Soleil stands at an altitude of 1,750 metres (5740 feet), near the lake that lies by the town. Tucked away in this cosmopolitan and very select resort - the birthplace of alpine skiing - the Resort effortlessly combines luxury and tradition, and offers a wide range of unique non-ski pursuits including horse and greyhound racing, polo, or the famous "Cresta Run" on the nearby frozen lake.

There is a free valley shuttle bus to both the Corvatsch and Diavolezza ski areas departing 50 m from hotel. Full-board cuisine (including one on-mountain restaurant) and all-day snacks and drinks are included. Amenities include a fitness room, aquadynamics, steam room and/or sauna, indoor swimming pools, restaurants, bar/lounge(s).



Club Med Saint Moritz Roi Sole

OTHER ACTIVITIES

<https://ca.ski.com/st-moritz-activities>
<https://www.stmoritz.com/en/sports-wellbeing/>

Walks, snowshoe walks and Nordic walking (winter hikes) in group lessons are included activities. Activities for hire are snow-kiting, paragliding, ice skating and the high-speed thrills of bob sledding and tobogganing, as well as world-class dining and shopping.

AIRLINE & TRAVEL ARRANGEMENTS

RA Ski will be travelling with Air Canada Groups between Ottawa and Zurich. Air Canada is currently not charging a fee to check in a ski/boot bag combo as a 2nd piece of check-in luggage on overseas flights.

REGISTRATION / WAIT LIST

Forty spaces (\$3,317 double, \$3,918 single) sold-out within weeks. A wait list is being kept, subject to room/air seat availability and/or cancellation(s). Please contact [weeklong-2020\[at\]raski.ca](mailto:weeklong-2020[at]raski.ca) to add your name. A deposit of \$1,000 is due upon registration, with balance owing on November 15. You must be an RA Ski Club member to register. Please see the weeklong tab at www.raski.ca for the WEEKLONG TRIP INFORMATION PACKAGE and Trip Application form. Registration closes Friday, November 15.

REGISTRATION NIGHT

When: Tuesday, November 5 at 7:00 PM

Where: RA Centre, Outaouais Room

Why: Q&A, drop off cheques, apply for remaining spots

For complete info on the trip, go to

<http://www.raski.ca/index.php?target=weeklong>

Jaime Impey, Weeklong chair, [weeklong-2020\[at\]raski.ca](mailto:weeklong-2020[at]raski.ca)

MESSAGE FROM THE EXECUTIVE

Welcome to our 2019-2020 season!

RA Ski & Outdoor Club is more than just a ski club – in addition to our alpine, cross country and snowshoe programmes, we offer activities and outings throughout the year, enjoying the outdoors in all four seasons!. The Club has been quite active since our Season's End Potluck and Annual General Meeting. Spring hikes led to Summer cycling, continuing on through to September's planned trip to the Lachine canal.

We hope you'll plan to join us and enjoy the outings scheduled for the Fall and leading into our Winter season. There will be many chances to meet new and familiar faces at social nights and our Open House, currently scheduled for November 20th. Be sure to check the website for activities and 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!

Your Executive has been busy planning Winter's programs. Our Weeklong trip is our first visit to a winter all-inclusive – the Club Med Roi Soleil of St. Mortiz Switzerland. It is proving to be popular, with the original offering of 40 places sold out in the first weeks of Registration. However, our Uniglobe travel agent is sourcing additional spaces, and cancellations may occur, so do not hesitate to register for our waiting list if you wish to enjoy this fantastic trip (contact [weeklong-2020\[at\]raski.ca](mailto:weeklong-2020[at]raski.ca)). See www.raski.ca under Weeklong for trip details.

Planning for our annual XC Laurentian weekend and DH multi-day trip are underway. For the day trippers, there will be a full slate of XC, DH, and snowshoe outings on the Club calendar, including two bus trips. Volunteer trip leaders are welcome to contact the Chairs to help out. See the details in this and the November newsletters.

In April, we said a big THANK YOU to a number of former Chairs for their years of service to the Club.

- Downhill Chair Roger Duffy masterfully scheduled the meet'n'ski program which ran well into April this year.
- Hiking & Cycling chair Maureen Adamache organized a comprehensive series of outings and volunteer trip leaders for the hikes in Spring and Fall and the Summer bike outings, setting us up until the start of Winter.
- Social Chair Chuck Bain filled our calendar with unique opportunities to get together and socialize.

Your contributions have been greatly appreciated by the Executive and Membership. Additionally, Chair Bill Buck has stepped back to assume the Past Chair and continues to participate with the Executive – thank you.

With that said, we do have some openings on the Executive – Social Chair, and Hiking & Cycling Chair. If you interested in participating on the Executive, contributing to the programs and decision-making processes, contact me below.

As always we are hoping to increase our membership and we'd like your 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.



Jaime Impey, Vice-Chair, [weeklong-2020\[at\]raski.ca](mailto:weeklong-2020[at]raski.ca)

RA SKI EXECUTIVE 2019-2020

Chairperson	vacant
Weeklong Chair & Vice-Chair <i>Jaime Impey</i>	weeklong-2020[at]raski.ca
Secretary <i>Françoise Lecrouart</i>	secretary-2020[at]raski.ca
Treasurer <i>Chris Hutton</i>	treasurer-2020[at]raski.ca
Membership Chair <i>Bob Cavan</i>	membership-2020[at]raski.ca
Publicity Chair & Webmaster <i>Glen Campbell</i>	publicity-2020[at]raski.ca
Downhill Weekend Chair <i>Louise Lefebvre</i>	dhweekend-2020[at]raski.ca
Downhill Day Chair <i>Bob Cavan</i>	downhill-2020[at]raski.ca
Cross-Country Co-Chairs <i>Jane Rau & Louise Cameron</i>	xc-2020[at]raski.ca
Snowshoe <i>Doris Dallaire</i>	snowshoe-2020[at]raski.ca
Social Chair	vacant
Hiking & Cycling Chair	vacant

RA SKI OPEN HOUSE WED. NOV. 20

When: Wed. Nov. 20, 7:00 – 8:30 PM
Where: RA Courtside B 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 2019-20 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. 19 - 9:00 a.m. - 5:00 p.m. &
Sunday Oct. 20 - 10:00 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!

RA SKI CLUB INFO

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 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.

- **SNOWphone:** 613-736-6235

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.



15 Dec. - First DH ski of the season, Mont Cascades

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.

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.



Jan. 10 – Meet'n'Ski at Cascades
(too cold to take a photo outside!)

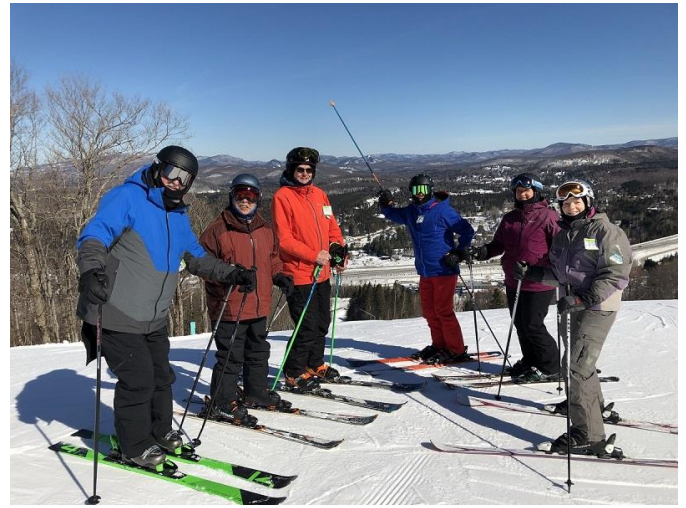
New members quickly discover how much fun it is to come skiing on a regular basis with others sharing the same enthusiasm. Just look at the ski calendar in the Winter Program Guide coming in November and plan your ski days up front. Schedule your other appointments around the ski days and bingo, suddenly 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.

This winter, we have Meet'n'Skis scheduled for:

- Calabogie
- Camp Fortune
- Edelweiss
- Mont Cascades
- Vorlage

To see our full downhill schedule, go to <http://www.raski.ca/index.php?target=downhill>

DAY BUS TRIPS



March 18 – DH bus trip to Mont Blanc

Two day bus-trips are scheduled in 2020::

- **Mon. January 13 - St. Sauveur**
- **Fri. March 13 (good luck) - Mont Tremblant, Mont Blanc, and Domain St. Bernard.**

For the Tremblant trip, downhillers can ski at either Mont Tremblant or Mont Blanc, while cross-country skiers and snowshoers can do their thing at Domaine St-Bernard.

Both trips depart from the RA at 7:00 am. Prices to be announced shortly.



March 2019 – DH bus trip to Mont Tremblant

Bob Caavan, Downhill Day Chair, [downhill-2020\[at\]raski.ca](mailto:downhill-2020[at]raski.ca)
(Thanks to Roger Duffy for the writeup!)

3-DAY DH & XC SKI WEEKEND MYSTERY DESTINATION

Late February or early March

We're still working out the details. Watch the Ski-Mails, website www.raski.ca and Facebook for info.

CAMP FORTUNE \$189/\$139 PASSES

Deadline: Sept. 30

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

Cost is \$189 for the weekday pass or \$139 for an evening pass, Monday to Saturday nights. For full details see <https://campfortune.com/en/season-passes>

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 once again be returning to the Val David area for a weekend of great XC skiing and snowshoeing.

Both weekend and mid-week day trips 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.

We welcome skiers of all levels, although we do not provide lessons. Skiers are expected to have some skiing experience. The first few outings are usually on easy trails to allow everyone to ease into the ski season. 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. Joining us on some of the many hikes planned in and around Ottawa and Gatineau is another way to stay fit for the upcoming season.

DAY OUTINGS

The cross-country day trips to Gatineau Park start in early December and run until early April, depending on conditions. We generally 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.



Mar. 24, 1019 – XC ski to King Mountain

We also offer a number of Greenbelt and urban skis, usually remote starts at 10 a.m. These outings are sometimes joint activities with our snowshoe members, doubling the fun!!

Here are some highlights of what we are planning for the 2019-20 season:

- Ski outings on Boxing Day and New Year's Day
- Good variety of easy Greenbelt and urban skis
- Moonlight Ski
- Ever popular day trip to Montebello

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 season.

CALLING ALL POTENTIAL TRIP LEADERS!!

All of our weekend and day trips are led by Ski Club Volunteers. We usually plan anywhere from 25 to 30 day trips so we desperately need trip leaders. If you are interested in leading a day trip, please send an email to Jane at xc-2020[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.

As an added bonus, the RA will be offering free First Aid and CPR classes for all leaders.

Jane Rau, XC Co-Chair, xc-2020[at]raski.ca

CROSS-COUNTRY / DH WEEKEND VAL DAVID, QUE.

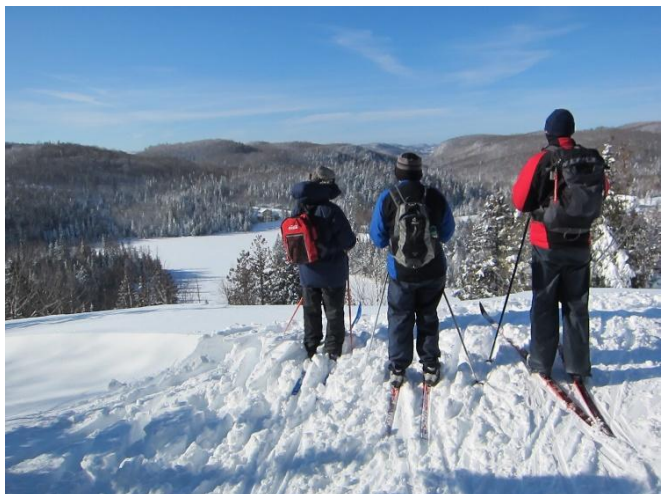
Fri. to Sun. Feb. 7-9, 2020

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 (Chanteclair 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, 2019

Louise Cameron, XC co-chair, xc-2020[at]raski.ca

SNOWSHOEING

Despite the cold, ice and all the snow, we had 12 successful snowshoe outings last season. Some were after a good snowfall such as the weekend at Val David. It was snowshoe paradise!

I'll be making up another schedule for the coming season which will include some of our favourite trails and hopefully a few new ones we've been hoping to try out for a couple of years but always ended up cancelling due to weather that particular day.

The full schedule will be in our November newsletter and on our website. Also I will post on Facebook each outing about a week before the date.



23 Nov. 2018 – Relaxing at Bruce Pit

Hopefully you will join us, not much equipment required other than a pair of snowshoes, a good fitting pair of boots and possibly some poles, especially if we are going somewhere hilly, such as in the Laurentians or Gatineaus.

No expertise required, if you can walk, you can snowshoe! And the great feeling you get after the exercise outdoors, the beauty of nature all around, the quietness in the woods, will make you happy you came. Of course, being with friends and socializing afterwards is also a plus of coming out with us.



Mar. 2, 2019 – Snowshoeing at Montebello

This year, I absolutely need some volunteer leaders so please, please consider leading an outing of your choice, location and date. If I know soon enough, I can include you in the schedule I will be making up, if it's a later decision on your part, I can add your outing.

However, this year, the RA is asking that all trip leaders or someone in the group be First Aid and CPR certified. This is for our own safety in case of an injury or other event where such training would be needed. Because of this requirement, they are offering us free training which will be given sometime this fall, dates to be determined. If you already have such training but need to be recertified because it's longer than two years since you were trained, that opportunity also exists. For that reason I would encourage you to contact me as soon as you can to let me know you are interested in leading an outing so that you can be included in the training times. The instruction and skills you will receive through the training is something which can be used at any time in your day to day living should the need arise. This is a great opportunity!

Doris Dallaire, Snowshoe Chair, [snowshoe-2020\[at\]raski.ca](mailto:snowshoe-2020[at]raski.ca)

SKIFIT EXERCISE CLASSES

Oct 17 - Dec 19, 2019

When: Thursdays 6:30-7:30 pm

Where: TBD

Cost: Full session (10 weeks). Add HST

- \$71 RA Ski Club members
- \$96 RA non-Ski Club members

Please note that when you see it on PlayRA (<https://www.racentre.com/how-to-register/play-ra>), the non-member price shows up. Members will be able to pay \$55. (Our new system does subtract the \$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.



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 19th 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!

If you signed up last year in August or September, it's time to renew your RA Ski Club membership to take full advantage of the great benefits offered. If you signed up anytime other than that, you will be prompted to renew at the one-year mark.

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

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

Note: Contrary to the 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.

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-2020\[at\]raski.ca](mailto:hikes-2020[at]raski.ca)) and provide a cell phone contact number.



17 Oct. 2018 – Laurialt trail

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. Here are the hikes to come this fall. (Some are remote starts, some start at the RA, and some start at the Supreme Court, so please check the calendar for the meeting point):

- **Wed. Sept. 4** – Mud Lake
- **Thurs. Sept. 19** - P11 to Carbide Mill
- **Thurs. Sept. 26** – Keogan to Western (leader needed)
- **Thurs. Oct. 3** – Pink Lake (leader needed)
- **Wed. Oct. 9** – P7 to Skyline
- **Wed. Oct. 16** – McCloskey from P12.(leader needed)
- **Sat. Oct. 19** – Wolf Trail (leader needed)
- **Thurs. Oct. 24** – Morris Island Conservation Area
- **Sat. Nov. 9** – Laurialt Trail.
- **Wed. Nov. 13** – P7 to Keogan

Maureen Adamache, hiking & cycling chair,
[hikes-2020\[at\]raski.ca](mailto:hikes-2020[at]raski.ca)

CYCLING



21 May 2019 – Cycling to see Dow's Lake tulips

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.



2 Aug. 2019 – Cycling along the St. Lawrence River



22 June – Cycling to Lac Leamy

We've already enjoyed eight cycling trips this year. Still to come are these meet 'n cycle events:

- **Thurs. Aug. 29** – new ride! **Marshes Golf Course to Pinhey's Point**
- **Wed. Sept. 11** – **Kanata to Carp**. Cycle from the Richcraft Recreation Centre to the ever-popular Alice's Café.
- **Sat. Sept. 21** – **Ice Cream Crawl** – We'll hit two of Ottawa's best ice cream shops: the Sundae School on Beechwood, and the Beachconers at Britannia.
- **Sat. Sept. 28** – **Lachine Canal, Montreal** (rain date Sun. Sept. 29)
Day trip to cycle 26 km round trip on flat bike paths. Meet Saturday morning at 9:45 am for a 10 am start at Rene Levesque Park (398 Chemin du Canal, Lachine), which has free parking. We'll stop for lunch at Muxbox in Old Montreal. We'll also stop at the Atwater Market, and, a microbrewery. Contact me if interested.

Maureen Adamache, Cycling & Hiking Chair,
[hikes-2020\[at\]raski.ca](mailto:hikes-2020[at]raski.ca)

SOCIAL

We've had some fun times this summer socializing, exercising and enjoying the arts.

In June we had a golf day at Pineview where two foursomes enjoyed a beautiful day on the links. We then went across the street to enjoy our tales of our great and not so great shots as well as some refreshments and food.

There were some evenings at the ball park watching the Champions win or lose, but those who attended enjoyed the evening.

Two theatre in the park evenings were scheduled, and ten of us attended the Odyssey Theatre's version of *The Bonds of Interest*, followed by a talk-back session with the actors after the performance. A beautiful and fun evening.

The next play was Company of Fools' rendition of Romeo and Juliet, another very well done and humorous performance of this classic Shakespeare play. (I don't recall Elvis being in the original version.) Unfortunately, the threat of thunderstorms and showers kept many people away and only two of us joined the rest of the attendees that evening. It turned out to be a lovely evening with no rain to chase us away. Three other RA skiers attended the following night.



Company of Fools *Romeo & Juliet*

GOLF

Another golf day is planned for Sunday, September 15th (rain date September 22nd), this time at Anderson Links in the east end of Ottawa. Do let me know if you are interested in coming to play so I can organize foursomes and give you a tee-off time. Again we'll play nine holes and you don't have to be like Brooke Henderson, we don't keep score (unless you want to), we lose balls, we pick some up and move them to a better location, we just have fun and good exercise. So come and join us.



June 2019 – Golfing at Pineview Golf Course

PUB NIGHTS

There will also be some pub nights scheduled in the coming season, often coinciding with another event at the RA such as our Open House, trip information nights, etc. So keep an eye on our publicity emails, our website and Face Book so you can join us.

If you have a suggestion for some fun activity, please let me know and we'll schedule it in.

Doris Dallaire, Social Chair, [social-2020\[at\]raski.ca](mailto:social-2020[at]raski.ca)

NEWSLETTER DELIVERY OPTIONS



The Winter Program Guide, (issued in November) contains everything you need to know about our ski program for 2019-20. Pick up your copy at the RA Ski Open House, Nov. 20th. 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 PHOTOS ON THE WEB

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.



22 June – Cycling to Lac Leamy



28 Feb. RA skiers at Huron cabin



Jan. 2019 – Andorra weeklong



Oct. 25 – Hike at Morris Island



Aug. 2 - Cycling on the St-Lawrence River bike path



Jan. 2019 – Andorra weeklong



Feb. 2019 – Val David weekend



18 May – Roger's Roddle to Merrickville



11 Apr. 2019 – Last DH ski of the season, Camp Fortune



New Year's Day – XC ski at Asticou