In Recognition Celebrating Our Members

On September 24, 2015, Diana Monnet, President of the RA Board of Directors, welcomed over 150 volunteers to this year’s ‘In Recognition Gala’. This event is held bi-annually to celebrate with those who give so freely of their time and expertise to better the Association. This year, the RA honoured 14 individuals, all of whom were nominated by their peers. Here is a snapshot of these knowledgeable and innovative people that we are so lucky to claim as our own.

Club Life Membership Award
The Club Life Membership Award is presented to an individual for the outstanding achievements and actions that have made a significant contribution to their Club. This year, six individuals were nominated by their respective clubs to receive the Club Life Membership Award. This year, the award winners were Louise Cameron (Ski Club), Janice Clark (Archery Club), John Elliott (Photo Club), Vic Hosson (Curling Club), Brian Lamarre (Duplicate Bridge Club) and Peter Mathews (Fitness Club on Blair Road).

In closing the evening, Ms Monnet thanked the members who served in a volunteer capacity as members of the RA’s Recognition and Awards Committee: Chairperson, Robert Butko, and members Elizabeth Ward, Kathy Liu and Walter Gerus. Through their efforts and attention to detail, the evening’s festivities proved to be a resounding success!

Did You Know?

- Congratulations to RA Badminton Member Andrew D’Souza, who won silver in Badminton Men’s Single at the 2015 Pan Am Games in Toronto.
- Congratulations to Alex Bruce, RA Badminton Member who won silver in Badminton Mixed Double and bronze in Badminton Women’s Double at the 2015 Pan Am Games in Toronto.
- RA Photo Club Member, Nix Wadden, is holding a book signing. Gower Street is about the early days adventures in Newfoundland from the 1930s to early 50s. Nix will be signing copies at Coles Bookstore in Billings Bridge on Saturday, November 28, from 1:00pm to 3:00pm.

The President’s Award
The President’s Award recognizes individuals for their significant contribution where their actions enhance the quality of experience for the members of the Association. This year, the award winners were Sharon Allard (Health Club Santé), Guy Blier (Squash Club), Pierre Gauthier (Photo Club), John Mertens (Rideau Tennis Club), Alan Smith (Squash Club), Diana Smith (Rideau Tennis Club), Neil Richards (Archery Club) and Rita St. John (Fifty Plus Club).

Want to connect to our community?

RACentreOttawa
RideauTennisClub.RTC

@RACentreOttawa
@RASportsLeagues
@RideauTennis

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Gerald Chen
Promoted to Black Belt

The RA Judo Club is proud to announce the recent promotion within their membership and congratulate Gerald Chen on his promotion to black belt first grade (Shodan). Gerald has been a member of the RA Judo Club for many years. Earlier this spring Gerald and his training partner Tony Canadell presented to a provincial grading board for an examination. Several months of preparation were at stake during the day long examination. His promotion officially took effect in the spring and Gerald was officially presented with his black belt before the club upon his return from the summer vacation. Gerald will now join the instructor’s team and help deliver the youth and adult Judo programs at the RA Judo Club. Congratulation Gerald for this achievement!

Q & A: Talking with Bill Broughton
RA O50 Hockey League Member

Fame that gives recognition to active hockey players 80 years of age or older. Along with this prestigious honour, he stays active by swimming competitively. In recent years Bill has won several age group medals in both Canadian and World Masters Swim Championships.

You can find Bill playing hockey every Tuesday afternoon, or up in the RA Fieldhouse enjoying a few stories and drinks with teammates.

Not many people can say they first started coming to the RA in the 1960s. Bill Broughton, however, can claim this. He first started coming to the RA in 1962 to play basketball when he was stationed in Ottawa with the Navy. He also played bridge with the RA’s Duplicate Bridge Club with his 79 year old grandma, at the age of 27.

Over the years, Bill has tried his hand in many different areas of the Association. His RA story began with Basketball and broadened in the 80s when he and his wife Dora became members of the Seniors Club and enjoyed Friday afternoon contract bridge. They also partook in line dancing classes under instructors Evelyn and George Sparks. Bill and Dora started a legacy. Because of their enjoyment of the RA, all three of their children participated in the RA’s day camps, as have several of their eight grandchildren.

Bill retired in 1990 and one of his neighbours brought him out to senior skating on Tuesday mornings. Thus began Bill’s career with RA Hockey. In 2001, he was spotted skating by a member of the Over 50 Hockey and suggested that he join the league. Bill was convinced to join by his son and has played once a week every year since the 2002-2003 season.

Having been a part of the RA family for so long, it was difficult for Bill to pick out his best experience so far. He didn’t have just one, but instead replied with “I enjoy the camaraderie and fun of the hockey games”. He went on to say “Everyone on the teams that I’ve been on has been friendly. And it matters not how well you do or don’t play the game, there very rarely is any pointed criticism, only polite advice and encouragement”.

Bill’s commitment to staying active at the age of 80 has not gone unnoticed. Recently he was honoured with being inducted into the 80+ Hockey Hall of Fame that gives recognition to active hockey players 80 years of age or older. Along with this prestigious honour, he stays active by swimming competitively.

Dance the Night Away in the Clark Hall
with Randy and Louise from Celebrity DJs, playing the hits of today & yesterday
6:00 p.m. to 1:00 a.m. | Buffet served at 7:00 p.m.
Hot & Cold Buffet featuring Prime Rib & Seafood
Glass of Bubbly at Midnight

Tickets are on sale at the RA Centre’s East Member Services Desk. Monday to Sunday from 8:00 a.m. to 9:00 p.m. or by phone at 613-736-6224 Monday to Friday 11:00 a.m. to 5:30 p.m.
The RA is excited to welcome Chartwell Retirement Residences as partner to sponsor the refurbishment of the Curling Lounge. The partnership will span three years and includes the renaming of the Curling Lounge to “The Chartwell Curling Lounge.”

“Our partnership with Chartwell Retirement Residences is very exciting,” shared Chief Executive Officer Tosha Rhodenizer. “Working with a company of this quality offers RA members an opportunity to benefit from their support, with a refreshed lounge where members can socialize post-game. We’re happy to partner with an organization that aspires to make people’s lives better every day.”

Chartwell Retirement Residences is the largest operator of senior housing in Canada, with over 175 retirement and long term care residence across four provinces. With a vision of “Making People’s Lives BETTER,” Chartwell is dedicated to providing residents with a happier, healthier and more meaningful life experience, while simultaneously providing their families with the peace of mind they deserve, knowing their loved one is leading an active and engaging lifestyle in a warm, friendly and secure environment.

After meeting with the RA, the partnership felt like a natural fit for Chartwell. “We have a strong community presence in Ottawa, with nine homes across the region. Our staff and residents are very passionate about giving back to their communities,” explains Patricia Courtney, Director of Regional Sales with Chartwell Retirement Residences. “We’re so happy to be partnering with the RA in support of the Curling Club, especially as club members take pride in leading active and social lives just as our residents do. We look forward to the curling season with great excitement and anticipation.”

Curling Club members are also very excited to have their first major community supporter. “It is just terrific,” says Paul Armstrong, Chair of the RA Curling Club. “Our club is built on the social connectedness of our members. We play hard, we live socially-active lives and we share a great many experiences, so to partner with an organization as established as Chartwell Retirement Residences, who believes in that same philosophy, is like drawing to the button for the win!”

Look for Chartwell Retirement Residence Staff members to be curling and supporting RA events throughout the next few years.

Recreation Association of the Public Service of Canada
A partnership created to make you life better!

Chartwell is Canada’s largest retirement home operator. We’re committed to helping seniors enjoy their retirement years with comfort, an engaging lifestyle and the peace of mind they deserve.

If you are ready to explore retirement living, visit chartwell.com

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A partnership created to make your life better!

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If you are ready to explore retirement living, visit chartwell.com

Recreation
Clubs & Classes
Aikido  |  Archery  |  Badminton  |  Bridge
Canoe Camping | Chess | Curling
Fencing | Judo | Fifty Plus Club
Gun Club | Photography
Racquetball | Squash | Stamp
Ski & Snowboard | Tennis
and more...

RA Gift Certificates
The perfect gift idea. Available in any amount.

RA Centre | 2451 Riverside Dr., Ottawa, ON K1H 7X7 | 613-733-5100 | www.racentre.com
Little Ace Program at the Rideau Tennis Club

Under the direction of Head Tennis Professional Zhenya Kondratovski and with the support of Tennis Ontario Regional Coordinator John Wins Purdy the Rideau Tennis Club was very excited to launch the Little Aces program this October. It is a wonderful compliment to the repertoire of other tennis programming at the Rideau with its focus towards beginners, recreational and pre-competitive children ages 6 to 12 years. Tennis professional Sacha Krishna instructs the Rideau Tennis Club’s Little Aces program. The program is essentially the equivalent of a kids community soccer league but on the tennis court. The goal is for kids to enjoy playing tennis in a team environment on age appropriate courts while learning the basic skills, rules and etiquette of the game.

The program uses an age appropriate developmental approach in which youngsters play ½ court and ¾-court using graduated balls, racquets, laid down lines, and nets to scale the game down to an appropriate level. Participants are put into teams and each team practices and competes against each other in a fun, competitive format. Opponents of similar abilities are matched against one another to ensure fun and engaging competition. Parents are encouraged to volunteer to help with assisting with court set up, team practices and score keeping which keeps the cost to participate low.

With Little Aces kids can develop faster and better and enjoy themselves along the way.

Little Ace Program are on Sundays from 2:30 pm to 4:00 pm. For more information contact the Rideau Tennis Club Member Services at 613-749-6126 (320).

Happiness is ... first tracks on fresh snow!

RA Ski Club is celebrating our 50th ski season!

Started in the 1966-1967 season, and led by Jean Davis (Club Founder and Chairperson), an eight person executive developed the Club’s first calendar of activities. Jean, who in the 70’s was named “Sportswoman of the Year”, received the “Past President’s Award” as well as RA Ski Club “Life Member” for her founding of, and contributions to, the RA Ski Club.

The Club catered to both adults and juniors in those days and was all about “Friends to Ski With and Be With” as illustrated by the strong social aspect from the start. Long-time Club members speak fondly of friendships (and romances) that blossomed on the trails and off, thanks to the social dances, parties and activities.

Cross-country took its place in the Club portfolio in the 1973-74 season, with the addition of a Cross-Country Chair. The Club has been making you “SkiFIT” for the trails for more than 25 years and added Hiking to the off-season program as well. Snowboarders were welcomed in the 90s and, in 2012, Doris Dallaire (President’s Award recipient) developed our Snowshoe portfolio.

Now in its 50th season, we continue to be “More Than Just A Ski Club” to members, adding to the legacy of memories, good friends and good times in the RA Ski Club.

New Club member Qun Yu says…

“I used to not like winter, but now I can’t wait for the snow! I love the beautiful Gatineau Park!”

$60

Transferable ticket | Valid 7 days a week | Direct access to lifts

– A great deal for RA members –

Until November 25th

SKIMAX TICKET BENEFITS
Valid every day of the 2015-2016 season, until December 11, 2016. Fully transferrable, person to person.

REGULAR PRICING FOR 2015-2016 SEASON
- Royalty & taxes included.
Adult: $84, Senior (65+): $74, Youth (13-17): $59, Child (6-12): $49, PeeWee (5-9): $8.44

ON SALE NOW!

SkiMAX tickets may be purchased in person at the RA’s East Member Services desk or by phone (credit card sales only) at 613-736-6224.
Mary Patrick:
On a journey to the 2017 National Junior Team

The RA Gun Club is proud to congratulate Mary Patrick on her accomplishments at the 2015 Halloween Airgun Championships. The shoot took place at the Pan American Legacy Centre in Cookstown, ON (North of Toronto). Mary Patrick is a junior member of the RA Gun Club who is on a journey to become a member of Canada’s 2017 National Junior Team and the 2020 Olympic Games.

On Halloween weekend 2015, Mary Patrick took part in an Airgun Shooting competition. She shot against current and former members of the Canadian National Team who regularly compete against international athletes. On the first day of competition, Patrick hit a score of 398.0/400 on the electronic target which placed her in third. With the top 8 competitors heading to the first day of finals, Mary was on her way! “The finals on the first day were my first finals ever!” said Mary. Patrick finished fifth on the first day.

On the Friday evening there was a Halloween Shoot. Teams were dressed up in silly Halloween costumes and competitors were allowed to use loud music and blow horns behind the shooters as distractions. These distractions were not distracting to Mary’s performance as she was a fraction of a millimeter from a perfect shot of 10.9! Richard Saucier, Mary Patrick’s coach and a member of the RA, won best original costume that night.

On the second day of competition, Mary Shot 399.2/400 moving her into the finals for a second day in a row! During the finals, Mary watched the score boards to see who was in danger and who was safe from elimination. After shuffling between placing first and second, she secured first place and never looked back. Mary was hugged by her competitors with fans and the crowd going wild!

Overall Patrick finished third place woman senior/overall in air rifle and top female junior. Coach Saucier says “You [Mary Patrick] caught the eye of a lot of people and more people will be watching out for you - including more international athletes!”

RA Members are Truly Angels!
It starts with a gift... but it’s so much more!

For over 15 years the members of the RA have generously supported the RA’s Angel Tree Holiday Gift Drive. It starts with a gift but it is so much more! “We are always so amazed with the generosity of members at this time of year!” says Brenda Hamm, Manager, LifeFIT Canada, “with the support that RA Members offer, children from more than 200 families will be opening presents during this holiday season.”

The RA is pleased to partner with Better Beginnings Better Futures. Better Beginnings Better Futures provides support and services to families with children 0 to 5 years old. They primarily offer programs for families servicing the Albion, Heatherington, Banff and Fairlea neighbourhoods and the Richlin apartments at 1500 Walkley Road. Better Beginnings Better Futures works closely with parents, community members, volunteers and other service providers to promote optimal development in young children. Through all of this the organizations supports the parents role in development and ensures the programs are helpful and accessible to families.

This year, the RA is accepting donations of unwrapped gifts for boys and girls from newborns to 12 years of age. If you would like to participate, you can place a gift under the Angel Tree located in the central lobby of the Riverside Drive facility or drop your gift off with any of the RA’s East Member Services or LifeFIT Staff at any of our locations! Donations will be accepted until Wednesday, December 16.

Thank you for your generous support of this charitable campaign. The RA staff and members can take comfort in knowing that our support will bring a smile to a child during the holiday time!

The RA is pleased to announce a new Member Advantage.
RA members now receive discounts with CAA North East Ontario.

If you require more information or wish to take advantage of this offer, please don’t hesitate to contact RA Member Services at 613-733-5100 or visit the Member Benefit section on the RA’s website at www.racentre.com
RA to be featured during

**RBC Sports Day in Canada**

To mark this year’s **RBC Sports Day in Canada** on November 21, 2015, a national celebration of sport, the RA will contribute the RA Centre as one of three broadcast locations for the national telecast happening on CBC Sports. This event is a celebration and invitation for the community of Ottawa to try a variety of sport and fitness activities.

RBC Sports Day in Canada, celebrated on Saturday, November 21, 2015, is a national celebration of the power of sport to build community and get Canadians moving. The official day caps off a week of more than 1,100 events and includes a special broadcast on CBC Television. RBC is the title sponsor of RBC Sports Day in Canada, which is presented by ParticipACTION, in partnership with CBC Television, ICI Radio-Canada Télé and True Sport, working in collaboration with national sporting organizations and their networks of coaches, athletes and sports enthusiasts across the country. RBC Sports Day in Canada is generously supported by Sport Canada. For more information about RBC Sports Day in Canada, please visit: http://sportsday.cbc.ca

“Sport has had a profound effect on my life. Soccer has been a passion of mine since childhood and it has allowed me to make a career out of being a professional athlete. I’m very proud to have the opportunity to give back to Canada’s youth as a coach and speaker during Sport Day in Canada,” shares Mason Trafford, Ottawa Professional Soccer Player, Pro Futsal Training and RA Soccer Camps Coach.

“Being able to help the next generation of players realize their potential in the sport is something I take very seriously. When I look back on this time, it may have a greater impact on soccer than anything I have done on the field.”

RBC Sports Day in Canada is supported by True Sport, representing the powerful notions of good sport—meaning fair, safe and open—and ethical sport, meaning sport that is organized and practiced with ethical intent. It stands for and recognizes sport as striving towards excellence at every level. True Sport understands that to be significant and to have meaning—in other words to be “true”—sport must be competitive, with winners and losers. That is what makes sport, sport and is what differentiates it from physical activity for the sake of health and well-being or communal activity for the sake of socializing and camaraderie.

“When sport is inclusive, fair and fun, Canadians and their respective communities are able to reap the benefits associated with a positive sport experience,” said Karri Dawson, Director of True Sport Operations at the Canadian Centre for Ethics in Sport. “Good sport instills character in our kids, strengthens our communities and increases opportunities for personal excellence.”

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**RA News** November 2015
Fun Activities for Children during the Christmas Holidays

Join us this winter for the RA’s Holiday Camp! This one-of-a-kind camp allows parents to register for one day or all six, December 21, 22 and 23 and December 28, 29 and 30. Campers will enjoy a wide variety of indoor activities such as bowling, squash, basketball while incorporating some outdoor winter fun with a camp-wide snowman competition and skating on our indoor rink! We are thrilled to be bringing the fun of our fantastic summer camps to your child (ren)’s winter break!

This holiday season, the RA is pleased to have the enthusiasm and skills of some of our terrific staff to deliver this camp. We are thrilled to be able to offer a wide variety of daily programing; combining sportsmanship, creativity, and tons of fun! Register now online at PlayRA, by telephone at 613-736-6224 and in person at our member services desk. Our member service staff will be happy to answer any of your questions.

Here’s what some of our Summer Camp parents have to say:

“I have never seen my child so enthusiastic and comfortable in a camp setting. She did not stop talking about all of the wonderful things she did...your staff brought out the best in her.” — Cathy H.

“Great camp, lots of variety and with tons of outdoor fun it keeps us coming back year after year!” — Alex M.

“We’ve had 5 successful years in a row at the RA Centre Camp. Can’t wait for number six!” — Caroline F.

RA Holiday Camp - 6 to 9 years old

When school’s out, fantastic fun is in! The RA Holiday Camp delivers a daily schedule of age-specific activities including daily arts and crafts and outdoor fun. This program encourages cooperation, increases self-confidence teaches new skills and promotes growth development. Register for a single day or the entire program.

Camp Hours: 9:00am to 4:00pm
Complimentary Pre-camp Supervision: 7:45am - 9:00am
Complimentary Post-Camp Supervision: 4:00pm - 4:45pm

Fees per day: $39 RA Member $44 Non-RA Member
Fees for all six days: $230 RA Member $255 Non-RA Member

Campers must be 6 years old by the commencement of the session for which they are registered. A 6:1 camper to staff ratio is the norm for this program.

Monday, December 21
Let It Snow!
Snowman Competition, Bowling, Gym Games.
Cutt: Frosty the Snowman Hat
Program Code: 8176

Tuesday, December 22
Outdoor Fun!
Outdoor Obstacle Course, Gym Games, Squash, Dojo Games.
Cutt: Macaroni Snowflakes
Program Code: 8177

Wednesday, December 23
Winter Olympics!
Outdoor Mini Olympics, Skating, Bowling, Squash, Dojo Games.
Cutt: Olympic Rings
Program Code: 8178

Monday, December 28
Snowglobe Magic!
Snowglobe Outdoor Fun, Dojo Games, Racquetball.
Cutt: Snowglobes
Program Code: 8179

Tuesday, December 29
Igloos, A Polar Adventure
Building Outdoor Igloos, Squash, Bowling, Skating.
Cutt: Sugar Cube Igloo
Program Code: 8180

Wednesday, December 30
Let’s Party!
Scavenger Hunt, Bowling, Dojo, Minute to Win it Games
Cutt: Balloon Drop "Time Square Balls"
Program Code: 8181

RA Jr Holiday Badminton Camp - 10 to 17 years old

This camp is designed for players who are keen and competitive, who participate in tournaments and who want to reach their full potential on the court! Javier Montes and his assistants will teach fundamentals skills at the highest level possible and introduce the players to advanced stroke production and movement. Each day’s training will be intensive and physical.

Camp Hours: 11:00 am to 4:00pm
Camp schedule:
11:00 am to 1:30 pm - Off court warm-up drills
11:30 am to 3:30 pm - On court time
3:30 pm to 4:00 pm - Off court cool down and strategy session

Javier Montes - Assistant Badminton Pro at the RA Centre
Degree in Physical Education with a specialization in racquet sports and badminton. Former Spanish National Team Member.

One-Day Session: (Program Code)
Monday, December 21 8185
Tuesday, December 22 8186
Wednesday, December 23 8187
Monday, December 28 8188
Tuesday, December 29 8189
Wednesday, December 30 8190

Fees per day: $45 RA Member $50 Non-RA Member

Six-Day Session: (Program Code)
December 21-23 & 28-30 8191

Fees for all six days: $240 RA Member $275 Non-RA Member
We Did It!

Thank you RA Members, Staff and Supporters! The “Because of Me” RevitAlization Campaign was a resounding success. Over the course of 2015 the members, staff and supporters ran events, made personal asks and talked to corporations to seek contributions to the campaign. With tremendous effort we raised over $165,000 to support capital development at the RA Centre and Rideau Tennis Club. This was an amazing amount of fundraising that dramatically surpassed our $120,000 goal.

So what has occurred with the raised funds… just a few things that would never have happened without the fundraising:

- The Rideau Tennis Club saw new paths to the dome installed, repairs to the deck and the grounds.
- The Curling Club has been the recipient of a renovated lounge including new carpet, refreshed bar, new chairs, new millwork and new cutting screens.
- The RA Fieldhouse saw the installation of a 70" television from the staff portion.
- The Bridge Club is getting new chairs.
- The RA boardroom received a new table, chairs and projector from Advanced Business Imaging.

In fact over $140,000 in repairs have been made to the RA properties since the start of the campaign. With funds still trickling in, expect a serious of new improvements over the next few months.

Thanks to everyone that contributed and supported the campaign through donations, time or materials. It is never too late to contribute and be a part of the “Because of Me” Campaign. If you are interested in contributing please talk to your club Executive or an RA Staff member.

A Smoke – Free RA!

As of January 1, 2016, the RA Centre and the RA’s Rideau Tennis Club will be totally smoke free!

As an Association we know, smoking has become less pervasive in public areas (remember when people smoking in the RA Centre was normal?) and the health implications clearly defined. Our facilities (Rideau Tennis Club and RA Centre) represent locations to pursue health, wellness and fun. Our play places represent outlets where people can strive to improve their bodies, minds and spirits in a safe and welcoming environment although our buildings are already smoke-free, we received numerous requests to eliminate smoking on our fields and around building entrances.

These types of smoke free policies and practices are not new and in fact in April 2012 the City of Ottawa implemented smoke free regulations to prohibit smoking on all municipal properties, including parks, playgrounds, beaches, sports fields, fruit and vegetable markets and outdoor areas around City facilities. That was followed by the Ontario Government, as of January 1, 2015, implementing smoking bans province-wide on all bar and restaurant patios and within a 20 meter radius of all playgrounds and sports fields.

Therefore, beginning January 1, 2016 all RA properties will be tobacco and smoke free, including outdoor fields and play spaces, walkways, around entrances or in the parking lots. This means that members or guests cannot smoke or use tobacco products on RA property at any time.

We thank you in advance for your support.

The RA Photo Club is hosting Christmas Portrait Sessions

Just in time for Christmas!

A Donation to the RA Photo Club’s RevitAlization Campaign

For each session, a minimum donation of $40 (includes portrait session and process time)

- 60 minute session
- Image CD
- Groups (max. 8 adults)
- Family pet welcome

Book your appointment with RA’s Member Services staff or visit www.racentre/photo-club for more information.

Please note: Maximum of 8 adults per group (no 16 within our studio). Family pets are welcome. Maximum of five different poses per session. Payment must be received when the reservation is confirmed. Cancellations will be accepted up to three days prior to the reservation. Refunds will be subject to a $ 20 administration fee. Post processing as an option, but with an added cost - dependent upon the number of images and time. Minimum donation of $40 - all funds generated from these portrait sessions will be donated to the RA Photo Club’s RevitAlization Campaign.

Notice of Annual General Meeting

November 26, 2015

The Annual General Meeting of the Recreation Association of the Public Service of Canada will be held Thursday, November 26, 2015 in the Canada Room, 2451 Riverside Drive, Ottawa commencing at 7:30 pm.

All members are encouraged to attend.

Meeting packages will be available for members to pick up from the Member Services Desks as of Thursday, November 19.

At this meeting proposed changes to the Association’s Constitution & Bylaws will be presented for ratification by the voting members.

10% RA Member’s Discount on Ottawa SENATORS Tickets! On sale now!

Support your association and save! Receive a 10% discount on all Gold, Silver & Bronze games to the 2015-2016 season.

To order, tickets visit www.capitaltickets.ca/promo and key in promo code: RAPERKS.
It Pays to Visit the RA!

As many members and visitors have discovered, the RA Fieldhouse Bar & Grill and SUNdeck were very lucky places to visit over the last few months. Just ask Ron Francoeur, a member of LifeFIT and past Squash member who visited the RA Fieldhouse on October 6 for our Portage Party. On that night patrons played a few games, including giant Jenga, bean bag toss and answered trivia questions. We gave away tickets to the REDBLACKS, 67s and Ottawa Fury games and offered Portage Party food specials. All Ron did was enjoy the games, food and drinks, and he walked away with a brand new Old Town $1,200 canoe to enjoy. Not bad!

Prior to the Portage Party the RA hosted the Ottawa Region’s Coors Light Games Qualifiers. Originally, the plan was to give out one trip to the National Coors Light Games to a lucky winner and three friends. However, the Fieldhouse/SUNdeck staff did not want to minimize the experience, so through some negotiation with Coors Light a second trip was added as well as a portable karaoke/Bluetooth speaker and a backyard cooler. Each trip was worth $5,000 and two members were super happy to be the recipients. RA Sports League members John and his wife enjoyed the night of backyard games on the SUNdeck before AND after their softball game. They earned numerous entries into the contest by winning games such as grass hockey, giant Jenga, foam target shooting and were lucky enough to have one of their ballots drawn as the Grand Prize winner of one of the trips. They were having so much fun that they brought their team to the SUNdeck after their game. And as luck would have it, their teammate Greg and his new wife won the second trip!

The RA, Molson Coors and winning are starting to become synonymous with each other. With the end of the summer, the latest promotion is the launch of the 2015-16 Molson Canadian Ottawa Senators Hockey Headquarters contests. Every few weeks a patron will win two tickets to the Molson Canadian Zone at Canadian Tire Centre. All entries are added to the draw for a trip to Florida in March to watch the Sens battle the Florida Panthers in “Operation Sandstorm”. The trip includes travel, accommodations, tickets and most of the food and beverages you need. Get into the RA Fieldhouse and enjoy our selection of Molson Canadian products and enter this great contest!

It’s that time of year again!!!

Fieldhouse Holiday Lunch Buffets are back!

December 1 to December 18

Enjoy our delicious buffets served in the Fieldhouse Tuesday to Friday from 11:00am to 1:30pm

- Tuesdays to Thursdays Buffet Menu -
  Hot Dishes
  Varied Specials Menu, Vegetables, Potatoes
  Cold Dishes
  Salads, Deli Meat and Cheese Platter, Crudité and Dip
  Dinner Rolls, Seasonal Desserts, Coffee and Tea

- Fridays Buffet Menu -
  Traditional Christmas Dinner

$14.95 (tax included)

Enjoy an Ice Cold MOLSON CANADIAN (draft or bottle) anytime during the regular NHL season and enter for a chance to WIN TICKETS to an OTTAWA SENATORS home game.

RA Fieldhouse

Your Social HQ

Ottawa Senators Game Day Special

Catch all the OTTAWA SENATORS NHL ACTION here and enjoy an Ice Cold Molson Canadian 20oz DRAFT for $6.00 on game days!

MUST BE LEGAL DRINKING AGE. FOR A LIMITED TIME ONLY. SEE SERVER FOR DETAILS. MOLSON CANADIAN IS A REGISTERED TRADEMARK OF MOLSON CANADA 2005. OTTAWA SENATORS AND FORWARD FACING SENATOR LOGO ARE REGISTERED TRADE-MARKS OF CAPITAL SPORTS & ENTERTAINMENT INC. USED UNDER LICENSE.
We Need You!!  Aging and diabetes can affect your ability to perform physical activity.
Lead-Principal Investigator, Glen P. Kenny (PhD)

The RA is happy to support local research projects. From time to time, young researchers or those affiliated with local research projects will approach the RA. In particular, the following group is affiliated with the University of Ottawa. Please note that the RA is not involved with this study other than providing members with this notice.

Did you know that performing any kind of work or exercise causes the body to heat up quickly? This heat is lost mainly by evaporating sweat from the skin, which keeps the body cool. However, when the body is unable to sweat enough to keep cool, fatigue can develop, which can quickly lead to heat-related illnesses. As we age, our body’s ability to lose heat is reduced and the effect is more pronounced in individuals with diabetes.

When combined with the age-related reductions in physical capacity, older adults and individuals with diabetes can experience greater fatigue when performing exercise or work, especially in the heat.

If you want to learn about your physical fitness and are interested in helping researchers at the University of Ottawa study the effects of exercise-induced heat stress in older adults and individuals with diabetes, give us a call at 613-619-4678 or email Martin Poirier at mpoir026@uottawa.ca - Qualifying participants receive a free fitness assessment ($650 value).

GROUP AUTO AND HOME INSURANCE

One call could put YOU in the DRIVER’S SEAT of a Ford Mustang!

Discover the savings you may get on quality auto and home insurance and be entered for a chance to WIN one of six new vehicles or a $100 gas card.

June 2015
Ford Mustang

August 2015
MINI Cooper

October 2015
Toyota RAV4

December 2015
Jeep Cherokee

February 2016
Chevrolet Equinox

April 2016
BMW 4 Series

Ford Mustang draw date is June 5, 2015. Prizes may not be exactly as shown.

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