

RASki & Outdoor Club

September 2021

WWW.RASKI.CA

More than just a ski club

Editor: Glen Campbell, publicity-2020@raski.ca

2022 WEEKLONG – FERNIE BC



January 29 – February 5, 2022

Double \$1,666, Single \$2,155 (tax included)

REGISTRATION NOW OPEN. CLOSES Tues Nov 23

Rising from 7,000' from 3,450', Fernie receives up to 35 feet of snow each year and offers a variety of terrain to appeal to all levels (2500 massive acres of terrain across 142 named trails - 30% novice, 40% intermediate, 30% advanced). The longest run is 3 miles/5 km (Falling Star). Experience 'above treeline' skiing off one of the highest peaks in the Lizard Range. Five vast, glorious alpine bowls spill down from the serrated limestone ridge of the Lizard Range, plus countless glades and chutes; Fernie is a steep as you want it to be... (www.skifernie.com/discover-fernie/resort-map)



ACCOMMODATIONS

Fernie Slopeside Lodge, located at the base of Fernie Alpine Resort, is a comfortable ski in/ski out hotel-style accommodation. Relax in your standard room, complete with two double-beds, cable television, coffee maker, fridge, ski lockers, and laundry facilities. Nearby is the Mountain Pantry, Legends Restaurant and the Slopeside Deli. Located steps from the village plaza, and 5 km from the city of Fernie, the Lodge offers convenience for guests to enjoy all that the Elk Valley has to offer in the winter. (www.fernieslopesidelodge.com)

DINING

A number of restaurants and cafes, casual and fine dining, are available for dining on mountain, at the resort, and in town. (www.fernieslopesidelodge.com/dining)

WINTER ACTIVITIES

Skiing and Snowboarding: a huge resort full of secret powder pockets and hidden mountain spots to keep you occupied throughout your skiing/riding week! 9 on-hill full-services restaurants.

Cross-Country Skiing: Resort offers 14 km of Nordic trails, regularly groomed and track set for classic cross-country skiing and skate skiing. Other trail areas are accessible from the town.

Snowshoeing: Learn about Fernie's history and the mountain environment on this interpretive program. A fun way to stay fit. Private tours run from Wednesdays – Sundays, for up to 5 people. Full day & Half Day tours are available.

Other Activities: Fat Bike Rentals, Sleigh Rides and Yoga and Stretching: (COVID protocols permitting)

AIRLINE & TRAVEL ARRANGEMENTS

RASki will be travelling with Air Canada Groups between Ottawa and Calgary. As part of the package, Air Canada is not charging a fee to check in a ski/boot bag combo as a 2nd piece of check-in luggage. Private coaches will transport us between the airport and the resort, with a short stop for groceries and supplies en route.

REGISTRATION

Doubles - please register in pairs as room-mates. Due to COVID-19 precautions, the Club will NOT attempt to pair solo roommates for double occupancy requests.

Solo travellers - you are offered the option of paying the extra fee required for a single person in a double room (minimum \$489.00) subject to availability.

Complete and submit a Trip Application Form. Both the Form and the Trip Information Package can be found on the Club website (www.raski.ca). A deposit of \$150 is payable immediately upon application. Balance is due November 23. Registrations will be accepted (subject to availability) until November 23 via email or at the RA Centre East Desk along with payment details.

Jaime Impey, Weeklong Coordinator, weeklong-2020@raski.ca

MESSAGE FROM THE EXECUTIVE

Hello all. We hope you are still enjoying your summer activities, as we prepare for the launch our 2021-22 Season. Your Club Executive has continued to work with the RA Centre to develop our **Return To Play** protocols. You will find important information, in the form of the Protocol living document, and the Activity Waiver on the Clubs & Programs page of the RA Centre website (www.racentre.com/adult-clubs-programs/ski-outdoor-club).

In keeping with the provincial re-opening stages, we are offering **Fall social outings and activities** within the permissible guidelines, including a calendar of Fall Hikes and SkiFIT classes to get you ready for the upcoming season! We look forward to seeing familiar faces again, and some new ones – bring a friend to check us out!

We have planned and scheduled Winter **day outings** for our Downhill, Cross Country and Snowshoe programs. Registration for our **Weeklong** trip is now open – this year's destination is Fernie BC at an extremely competitive price. Details are being finalized for **weekend** and multi-days trips, so keep an eye on our website (www.raski.ca) for info and registration forms as they are published.

We continue to monitor the practicalities of sharing rooms, rides, buses and planes once more! We are able to open our trips to not only people who share a household but also to friends who name each other, and acknowledge the risk of not being from the same household, etc. However, we hope that you will understand that it may be some time before we can return to our tradition of Club inclusivity to welcome all comers and match them with a roommate and potential new ski buddy.

Thank you for riding this out with us. Remember - all 2019-2020 members retained their active membership status for 2020-2021. With no lapse in membership, the RA association fee is waived this year, and you will receive a 10% discount on the Club fee when you return for the 2021-2022 season.

We hope you will renew your membership for the Winter season and share with us your suggestions for new trails or votes for returns to old favourites. Feel free to contact any of the Club Executive with your ideas! We have a few vacancies on the Executive this year and would welcome members who are interested in helping out.



Jaime Impey

On behalf of the RA Ski & Outdoor Club Executive,
Jaime Impey, Vice Chair, weeklong-2020@raski.ca

RETIRING EXECUTIVES

Several members of your executive have retired.

Francoise Lecrouart has been our very efficient secretary since 2017. She was always very quick to supply us with the minutes after our executive meetings. Thank you, Francoise!



Francoise Lecrouart

Maureen Adamache has been looking after our hiking and cycling program for the last 5 years, and she greatly expanded the number of bike outings. Thanks Maureen!



Maureen Adamache

Jane Rau joined the executive in 2006 and was Social Co-Chair for 6 years. Then in 2012 she moved over to be the cross-country co-chair, a position she has held for the past 9 years. Jane increased the number of XC outings, and added the mid-week skis. Thank you for your many years of service, Jane!



Jane Rau

CURRENT EXECUTIVE

With the club in suspension for the 2020-2021 season, we were unable to hold our Annual General Meeting to elect a new executive. Until we can hold the AGM, the old executive remained in place, but shifted around to fill some of the gaps left by retiring members.

We are planning to hold our Annual General meeting once COVID restrictions are relaxed and the RA gets back up to full speed.

In the interim, here's the list of who is doing what.

Chair	Vacant
Vice Chair (weeklong):	Jaime Impey, weeklong-2020@raski.ca
Treasurer:	Chris Hutton, treasurer-2020@raski.ca
Secretary:	Louise Lefebvre, secretary-2020@raski.ca
Past Chair:	Bill Buck, pastchair-2020@raski.ca
Downhill Day Chair:	Bob Cavan, downhill-2020@raski.ca
Downhill Weekend:	Chris Hutton, dhweekend-2020@raski.ca
Membership Chair:	Bob Cavan, membership-2020@raski.ca
Publicity & Web:	Glen Campbell, publicity-2020@raski.ca
Social Chair:	Doris Dallaire, social-2020@raski.ca
XC Chair:	Louise Cameron & Jane Rau, XC-2020@raski.ca
Snowshoe Chair:	Vacant
Hiking and Cycling:	Vacant

SKIFIT CLASS

SkiFIT is the Club's 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.

Whether you cross country, downhill, telemark, snowboard, or snowshoe, you will enjoy the snow season much 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 hope to improve flexibility, balance and upper body strength, 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.

Oct. 14 to Dec. 16, 2021 Thursdays, 6:00pm to 6:45pm

FEE (plus HST). Ski Club members: \$ 90, non-members: \$110

To register, go to <https://www.racentre.com/adult-clubs-programs/ski-outdoor-club/skifit-classes/>

DOWNHILL DAY TRIPS

Bob Cavan, Downhill Day Chair, downhill-2020@raski.ca

The 2022 Winter Olympics are less than 5 months away, and RA Ski members will be on the slopes well before that with a full program of Meet n'Ski day trips, special theme ski days and a bus trip or two that will, hopefully, round out our first full program in a long time !!



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

You have probably started seeing messages and postings from ski hills announcing their plans to be fully open for business this ski season, and we plan to be there with our skis on, masks up, and ready to go !!

Tremblant SkiMax Tickets: are available again this year but the process to purchase them is easier! Ski Club members can purchase on-line using our club promo code – **Mx-RASKI**. Here's how you do it: Pull up the [SkiMax website](#), select "Buy SkiMax Tickets", choose the number you wish to purchase and proceed to the checkout. Before you provide payment information, enter our Promo code (Mx-RASKI) to access the discount. Then pay! Please be aware that SkiMax tickets will only be available through on-line purchase. Also note the two discount deadlines: Purchase between now and Oct 26 for a 38% discount
Purchase between Oct 7-Dec 7 for a 34% discount

Our **downhill day program** is posted on our website www.raski.ca, and we have:

- **24 Meet n' Ski days** with trip leaders and local destinations
- **13 (lucky number!!) "Fortune Fridays"** where skiers can just show up at Camp Fortune and look for some familiar friendly RAski members to enjoy a ski day.
- **2 bus trips** (tentative)
 - **Mon. Jan. 17 to St. Sauveur**
 - **Mon. Mar. 21 to Tremblant/Mont Blanc**

! NEW ! this year:

- **"POP-UP" ski days** where a local ski destination will be announced on the Sunday preceding the destination date. If you have

a destination in mind, let us know and we'll be glad to post it and promote it.

- **Ski Lessons** – weekly group lessons at a local hill (weekday or evening) - a great opportunity to meet Club members and get your ski legs for the season (minimum registration permitting)

For the “down”hill day program, things are looking “UP” !!!

CROSS-COUNTRY

Louise Cameron & Jane Rau, XC Co-Chairs, xc-2020@raski.ca

Although last RASki season was cancelled, many of us did manage to connect and get together informally in small groups to ski and snowshoe. The weather was kind to us all - no extended cold spells, just the right amount of snow and no melt-freeze cycles.

We are already planning for the coming winter with a good variety of outings planned on both sides of the river. This winter for our outings we will be doing a Tuesday, Saturday, Thursday, Sunday rotation, holidays excepted. We spent some time looking at past years and picked what seem to be the most popular routes along with a few new ones like the Ottawa West Winter Trail and the Ottawa Rideau Trail. All of these are now posted on the web site calendar.

Our outings are on our website, www.raski.ca



Feb. 2020 – XC skiers at Huron cabin

We are in need of leaders particularly for the outings on the Ottawa side of the river. Let us know if you can help.



Feb. 2020 – XC ski to Taylor Lake yurt

And, last but not least, we are planning to return to the Laurentians in February for a weekend of XC and downhill skiing and, of course, snowshoeing. Stay tuned!

SOCIAL

Doris Dallaire, Social Chair, social-2020@raski.ca

GOLF



Sept. 2021 – Golfing at Anderson Links

We had a best ball golf day on Friday, September 10th at Anderson Links Golf Course. We had one in August that was enjoyed by 8 avid golfers, despite warnings of thunderstorms, stifling heat and other dire possibilities. We defied the odds, enjoyed ourselves under cloudy skies but no rain and the sun didn't come out until we were sitting in the shade on the patio enjoying refreshments post-game.



SepSept. 2021 – 19th hole at Anderson links

CYCLING

Thursday Sept. 23 - Cataraqui Trail (rain date: Sept. 24)

A few of us also went on a bike ride on the Cataraqui Trail south of Westport area to see if it would be a good spot for Roger to do one of his Roddles. We enjoyed the 20 or so kilometers, but it is close to two hours from Ottawa. It is a drive on very scenic back roads and the trail is stone dust most of the way with a bit of hard packed earth areas. After posting photos on Facebook, many people expressed an interest in doing this. It should be beautiful with the leaves changing colours both on the drive and the ride. Details to follow on our webpage, Ski-Mail and Facebook.

GATINEAU PARK HIKES

- **Sat. Sept. 25 – Lusk cabin**

Meet at Parent Beach at 10AM for a hike along then lake, then up to Lusk Cabin. (approx distance 12-14 km) Bring a lunch and water.
Trip leader - Cathy McGregor



Oct. 2014 – Lusk cabin

- **Tues. Oct. 5 – P16 to Herridge**

Meet at P16 (Pine Road) to leave at 10:30 AM for a hike to Herridge. Bring a lunch. 10 km round trip.
Email xc-2020@raski.ca by 7 PM on Oct 4 if you plan to attend.



May 2009 – Hikers at Herridge cabin

- **Sat. Oct. 16 - P7 to Keogan**

Note change in location to a bigger parking lot during leaf season. Meet at 10:30 AM at P7 to hike to Keogan Cabin and back. Approx distance 8.5 km round trip.
Trip Leader - Louise Cameron



Oct. 2009 – Keogan cabin

- **Sun. Oct. 24 – P7 to King Mountain**

Details to come. Check website later. www.raski.ca



April 2006 – King Mountain view

- **Thurs. Nov. 4 – P17 to Brown cabin**

Details to come. Check website later. www.raski.ca

HILL & STORE DISCOUNTS

We are working on renewing the RA Ski discounts we enjoyed at selected retail stores and ski hill destinations as well as the Gatineau Park x-country/snowshoe pass - stay tuned for more details.

Don't forget Special Renewing Member 10% discount – All 2019-2020 RASki members who choose to renew will receive a 10% discount on their 2021-2022 RASki membership fee in recognition of their commitment to the Club throughout the COVID break (no RA association fee required).

NO MORE SNOWPHONE

Our SnowPhone was useful for updating events at the last minute. However, as an economy measure the RA has revised its phone system, so we no longer have a SnowPhone.

To find out the last-minute status or changes to any of our events, go to our website www.raski.ca and click on the calendar entry on the right-hand side of our home page.

Alternately you can check our Facebook page “RA SKI & OUTDOOR CLUB OF OTTAWA”:
<https://www.facebook.com/groups/123160745055/>

SOCIAL MEDIA UPDATES

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

- **SKI-MAIL**

Sign up for our e-mail with the latest club news: Send an email to: RASkiClub+subscribe@groups.io using the email address you wish email to be sent to.

NOTE: If you haven't been receiving Ski-Mails since December, you need to re-subscribe, as we had to change our e-mail provider.

- **WEBSITE**

www.raski.ca

- **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.



Jan. 2019 – Weeklong at Sölden, Austria

PHOTOS & TRIP REPORTS

Photos and trip reports from most of our outings are on the RA Ski web site, www.raski.ca.

TRIP REPORTS

Downhill and cross-country trip reports for the last month are put on our web site 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.

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



May 2018 – Cycling, Dow's Lake tulips

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RA members receive special offers or incentives in booking their Car, Hotel, Vacations and Domestic/International Flights. To speak to one of our professional, proactive travel specialist please

call 613-789-7800.