

RASki & Outdoor Club

www.raski.ca

More than just a ski club

SEPTEMBER 2022

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

VOLUNTEERS NEEDED

WE NEED VOLUNTEERS FOR THE SKI CLUB!

Some of our council members have retired, so we need people to fill these slots.

It is important to note that if no one volunteers, parts of our program cannot be run.

If you're concerned about long meetings, don't be. We meet once a month and meetings generally only last an hour and a half.

For all these positions, we can help you to get you started. We would like to have these slots filled now (informally), and the positions will be officially filled at our Annual Club Meeting in October.

OPEN POSITIONS:

CHAIRPERSON

Shall provide leadership to and oversee the activities of the Club Council.

TREASURER

Shall provide general supervision of financial activities of the club within the RA approved operational budget.

DOWNHILL WEEKEND CHAIR

Organizes our downhill weekend (or mid-week) trip.

SNOWSHOE CHAIR

Plans our snowshoe day program and finds leaders for the outings.

SOCIAL CHAIR

Plans our social program. In the past this has consisted of theatre, watching baseball games, golfing, skating, and our annual pot-luck dinner.

DISCOUNTS (not officially part of the council)

Contacts ski hills and sports stores to get discounts for ski club members.

IF YOU ARE INTERESTED, OR HAVE QUESTIONS,

please contact Jaime Impey, Vice-Chair,

weeklong-2020@raski.ca

CURRENT COUNCIL

With the club unable to run the 2020-2021 season, we were not able to hold our Annual Club Meeting to elect new council members. Until we can hold the Annual Club Meeting, the current council will remain in place, but will shift around to fill some of the gaps left by retiring members.

We are planning to hold our Annual Club Meeting in October 2022.

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

Chairperson

VACANT

Weeklong Chair & Vice-Chair

Jaime Impey

weeklong-2020@raski.ca

Secretary

Louise Lefebvre

secretary-2020@raski.ca

Treasurer

VACANT

Membership Chair

Bob Cavan

membership-2020@raski.ca

Publicity Chair & Webmaster

Glen Campbell

publicity-2020@raski.ca

Downhill Weekend Chair

VACANT

Downhill Day Chair

Bob Cavan

downhill-2020@raski.ca

Cross-Country Co-Chairs

Jane Rau & Louise Cameron

xc-2020@raski.ca

Snowshoe

VACANT

Social Chair

VACANT

Hiking & Cycling Chair

Jane Maxwell

hikes-2020@raski.ca

2023 WEEKLONG – WORKING ON IT

We are continuing to work with our package supplier for final details of a weeklong trip to a destination in France, with a back up plan to a Canadian destination (Silver Star) if necessary. Unfortunately, our package provider has experienced difficulties obtaining details and quotes from the suppliers, but we hope to have something concrete soon.

Thank you for your continued interest and support of our weeklong trip.

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

SKIFIT CLASS

NOTE that we have switched our SkiFit classes to Wednesday **MORNINGS** (was previously an evening class).

SkiFIT is the Club's fall conditioning program designed specifically for skiers. As a gradual progression to more challenging exercises, it will get you fit and keep you fit until you're on the snow.

Whether you enjoy cross country, downhill, telemark, snowboard, or snowshoe, you will enjoy the snow season much more if your body is ready for the demands of your chosen sport(s).

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. 12 to Dec. 14, 2022
Wednesdays, 9:30 – 10:30am

LOCATION: LifeFIT Centre

FEE (plus HST): \$99 (RA member), \$120 (non-member)

TO REGISTER, and for more details, go to
<https://www.racentre.com/enterprise/program/3895>

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.

Renew now if you're interested in any of the following: downhill, cross-country, snowboarding, snowshoeing, a weeklong ski trip, weekend ski trips, cycling, hiking, golfing, or theatre.

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

Note: Contrary to the April Fools' Day SkiMail, when you register for the ski club you don't receive a free hall pass to all the halls and lobbies in the RA. Sorry about that!

DOWNHILL DAY TRIPS

"Snow –filled" "Shake, Shiver and Shovel" "It's snow joke" ...are the words the Farmer's Almanac uses for our region's weather forecast for this coming winter, so get ready for a full ski season!



Feb. 10/21 – Fortune Friday at Camp Fortune

Our downhill day program will get you up & down more hills and to more local destinations than any other ski club in town. Between our weekly Meet n'Ski days to local hills, our "Fortune Fridays" destination to Camp Fortune and our last-minute, "Pop-Up" destinations to take advantage of special offers and good ski conditions, or just the whimsy of one our members that plan a fun-filled day.... we'll have it all mapped out for you.



Feb. 16/21 – Meet'n'Ski at Edelweiss

By now, you might have already seen season pass offers and winter programs from local ski hills, and the good news is that all hills are planning to be in full operation both on-hill and for indoor chalet services.... something we have all missed the last few years.

Stay tuned for our full program.

Bob Cavan, Downhill Chair, dh-2020@raski.ca

CROSS-COUNTRY

Our cross-country program features a variety of day trips on both weekends and weekdays. In addition to these day outings, we are hoping that we will be able to return to the Laurentians after a 2-year hiatus. An old favourite, Far Hills Inn has now reopened, and we are looking into the possibility of going there for a multi-day trip in February. The Inn provides ski in/ski out access to 100 km of amazing trails in the Val David area.

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.



Mar. 5/22 – XC Skiers, Lac Philippe to Herridge

As we have for the past few years, we will be including a good number of outings in the Greenbelt and on Ottawa urban trails. And, of course, we will continue to offer outings to Gatineau Park. Depending on conditions the cross-country day trips start in early December and run until early April. We will plan at least one outing per week, sometimes more.

Generally, weekday outings start at 10:30am and weekend outings at 10:00am (Saturday) and 12:00pm (Sunday). 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 good conditions. Last year, due to COVID-19, we met at the trail head/parking lot. We may consider meeting at the RA centre this year as a carpool option. This is yet to be determined.



Mar. 13/22 – Rideau Winter Trail

We are also hoping to be able to return to Montebello for a day trip this year and, perhaps, another destination outside of Gatineau Park and Ottawa.

Gatineau Park Season Passes

Assuming the NCC will be offering group passes this season, an email will go out to all active members sometime in October with details on how to purchase a Gatineau Park ski pass at a group discount.

Trip Leaders Needed

Finally, we are in need of volunteers to lead some of our outings. If you are interested in leading a day trip, please send an email to Jane at xc-2020@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. Please, consider helping out.

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

DISCOUNTS

Our club has the power of group purchasing to obtain discounts at many local ski hills, sports stores, and other venues. Check out the current offerings at <https://www.raski.ca/index.php?target=discounts> and make any suggestions for other discounts to your Council members.

The more places we get... the more we save.

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

SOCIAL

With the impact of the pandemic on everyone, it seems that everyone is now trying to get organized to do more activities, and many of our members have been doing various trips near and far, catching up on doing things they haven't been able to do these past two years.

But we have organized one social event, and that was in July, when we attended The Company of Fools' presentation of *The Tempest*. Those who participated enjoyed it and found it was good to reconnect with other members in between the ski seasons. We would have liked to organize another evening in the park to attend Odyssey Theatre's presentation, but they were not able to prepare a production for this year.

- **SAT. SEPT. 17 – THEATRE:
COMPANY OF FOOLS "HAMLET"**



However, another evening is planned to attend Company of Fools' version of Hamlet. This will be at 7:00pm at the Canadensis Botanical Garden at the Experimental Farm. You'll need to bring your chair to sit on, but admission is free - just make a donation when they pass the hat. We can go for refreshments afterwards. For further details check our website and Facebook page.

- **SAT. SEPT. 24 – GOLF:
RAIN DATE SUN. SEPT. 25**



Sept. 10, 2021 – 19th Hole

There will be a golf day for those wishing to come and swing a golf club around before we take up our ski poles. It will be at Anderson Links. Unfortunately tee-off times cannot be reserved more than five days in advance. But please let me know if you are interested, and I will organize the foursomes, book some tee times, and let you know when we can go. I'm hoping for tee off times at around 1:00 or 2:00pm. The cost for nine holes is \$29.95 plus tax.

You don't have to be an expert. We are all just casual golfers who feel quite happy if we manage to get a ball farther than 50 yards once in a while, and we don't lose more than a dozen balls! There's a nice patio at the golf club where we can enjoy refreshments afterwards.

Please contact me at social-2020@raski.ca and let me know you are interested well ahead of time.

After many years in various positions on the council, I will be formally retiring as a RA Ski Club council member, and we will be needing a Social Chair. It's not a difficult position and I'll be happy to help and guide you as you learn. Please consider volunteering your time to continue making our club a great place to enjoy a variety of activities with friends old and new.

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

HIKING & BIKING

We are planning to have some hikes and bike outings during the Fall. Details to come at a later date!

We will let you know by means of

- The RA Ski Club website. (Click on "Upcoming Events" on the right-hand side)
- Facebook (RA Ski & Outdoor Club of Ottawa)
- Ski-Mail (To subscribe, go to raski.ca and click on "E-Mail list" on the left-hand side)



Nov. 7/21 – Wolfe trail hike

SOCIAL MEDIA UPDATES

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

- **SKI-MAIL**

Find out about last-minute additions or changes, club news, and upcoming events, by subscribing to Ski-Mail, our e-mail newsletter.

Send an email to: RASkiClub+subscribe@groups 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.

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".

MORE PHOTOS



Feb. 12/22 – XC skiers at Lusk cabin



Feb. 2022 – Fernie BC weeklong, group photo



Feb. 10/22 - Downhill & XC Skiers at Camp Fortune



King Mountain Biathlon (XC skiing & picnicking)



Feb. 2022 – Fernie BC Weeklong



Feb. 2022 – Fernie BC Weeklong



Feb. 2/22 – XC skiers at Mer Bleu



Apr. 30/22 – Hike at Davidson Road



Mar. 30/22 – Last ski of the season – Camp Fortune



May 11/22 – Hike to Capuchin chapel



Dec. 30/21 – First XC ski of the season – P8 to P9



July 9/22 – Cycling to Petrie Island



Dec. 30/21 – DH tailgate party at Camp Fortune



Mar. 2/22 – DH skiers at Calabogie