

RASki & Outdoor Club

www.raski.ca

September 2023
More Than Just a Ski Club

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

NEWS FROM THE CLUB COUNCIL

WE ARE BACK!

For the first time since March 2020, we are excited to offer a full season's complement of activities to Club members once more, including a weeklong ski vacation package (registration is now open – see www.raski.ca for details). While the Council members have continued to meet virtually, mostly for convenience and saving travel time, we are thrilled to offer our Open House as an in-person event this Fall.

A big thank-you goes to Club members who stuck with us through the pandemic and supported our Return-to-Play protocols that enabled us to gather and enjoy the Outdoors in groups as safely as possible. As always, the Club Council welcomes input and suggestions for Club activities from our members, and we work with a strong contingent of valued volunteers. Please reach out to any Council member with ideas, suggestions, or offers to help.

Do you have suggestions about how to retain and increase our Membership? We can use your help! If you enjoy our programming, please tell your friends and help our Club grow! Let them know that we're a friendly club with year-round activities. Become a Club ambassador by encouraging new members to join.

Be sure to follow our Social Media to receive regular news and updates all season long (see the **Stay Informed** box on our web page).

CLUB COUNCIL

In May, we held the Club's annual meeting and Council elections. Since that time, our elected Council members have jumped into their portfolios and began organizing for the many Summer activities we have enjoyed, and moved right into Fall and Winter planning. We still have a few vacancies on the Council – in the form of a Chair and a Social Chair. Please let us know if you have an interest in joining the Council. There are a few other openings that are being covered by Council members pulling double-duty, so feel free to contact a Council member about a role for you.



On behalf of the RA Ski Club Council

Jaime Impey Vice Chair
weeklong-2020@raski.ca

RA SKI CLUB COUNCIL

Chairperson	VACANT
Weeklong Chair & Vice-Chair <i>Jaime Impey</i>	weeklong-2020@raski.ca
Secretary <i>Louise Lefebvre</i>	secretary-2020@raski.ca
Treasurer <i>Jane Langmaid</i>	treasurer-2020@raski.ca
Membership Chair <i>Bob Cavan</i>	membership-2020@raski.ca
Publicity Chair & Webmaster <i>Glen Campbell</i>	publicity-2020@raski.ca
Downhill Weekend Chair	VACANT
Downhill Day Chair <i>Bob Cavan</i>	downhill-2020@raski.ca
Cross-Country Co-Chairs <i>Jane Hilliard & Louise Cameron</i>	xc-2020@raski.ca
Snowshoe Chair	VACANT
Social Chair	VACANT
Hiking & Cycling Chair <i>Jane Maxwell</i>	hikes-2020@raski.ca

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: 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

WEEKLONG 2024 BANFF AB

February 1-8, 2024



Ski Big 3 – an IKON pass resort

PRICE

- Double Occupancy \$1,999.00
- Single Occupancy \$2,589.00

Registration: **Aug 15 – Dec 15** or until sell-out

BANFF



Banff National Park, a UNESCO World Heritage Site, is known for its exceptional natural beauty, rare wildlife and abundant land-forms.

Tucked within the boundaries of Banff National Park in the Canadian Rockies, the ski towns of Banff and Lake Louise provide home-base to three distinctive ski resorts:

- **Banff Sunshine,**
- **The Lake Louise Ski Resort and**
- **Mt Norquay.**

The three boast 7,748 acres of skiable terrain, 2 gondolas, 27 chairlifts and 30 feet of feather-light, dry Canadian Rockies powder annually – all accessible with one SkiBig3 Lift Ticket accessing everything from super-wide groomers, glade runs to steep chutes and mogul thrill rides, there's a run for everyone.

Cross-country enthusiasts - step into a pair of skis and glide your way around Banff National Park's spectacular landscape. Scenic track-set and skate skiing options are available in the Banff, Lake Louise, and Castle Junction areas.

Accommodations

Located in Banff National Park, the Banff Caribou Lodge & Spa offers a mountain lodge hotel, a great steakhouse restaurant and a full-service spa, all in one outstanding location on Banff Avenue, the main street in the town of Banff, and a short walk to downtown.

Surrounded by mountains, there are plenty of activities to keep you busy, and the Lodge is the first shuttle stop for Resort shuttles, departing every 60-70 mins in the morning, with up to 4 return times in the afternoon. Relax in your Superior Hotel Room (two queen Mountain Luxury beds) on an upper floor with an exterior view (some feature a balcony).

Dining and Shopping

Many restaurants and cafes are available for dining in Banff, including the hotel steakhouse. There is a wide variety of shopping on the main streets of Banff and Lake Louise.

Winter Activities

On your days off, you can enjoy snowshoeing, hiking, ice skating, snowmobiling, dog sledding, fat biking or Night Ice Walks.

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 for the first piece of check-in luggage. Private coaches will transport us between the airport and the resort.

REGISTRATION / WAIT LIST

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). You must be a Club member to apply. Contact the RA Centre at 613-733-5100 (ext. 361) to join.

Registrations will be accepted on a first-come basis, subject to availability, until December 15. Upon receipt of your submitted application, the Weeklong Coordinator will forward a link to our custom Registration site by Skican. Confirm your Reservation by providing payment details securely to Skican at that time. Payment options include eTransfer, cheques mailed to Skican, or via Credit Card (CC users must add 3% to total).

Please contact the Weeklong coordinator for any questions or to be added to a wait list if necessary.

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

The RA Ski Club is a member of the RA Centre – 2451 Riverside Drive, Ottawa K1H 7X7 - 613-733-5100 (ext. 361) – www.racentre.com

DOWNHILL DAY TRIPS

It will be hard to beat last year's plentiful snow & excellent ski conditions that extended well into April, but we'll try our best to take advantage of every opportunity to get out and enjoy whatever snow comes our way.



Camp Fortune, Feb 14, 2022

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 all local hills, our "Fortune Fridays" destination to Camp Fortune where many of our members have season passes, and our last-minute, "Pop-Up" destinations that take advantage of special offers, good ski conditions, or just the whimsy of one of our members that plans a fun-filled day....we'll have it all mapped out for you.



Lake Placid, Feb 28, 2023

We've realized that a lot of people don't know how much our ski & outdoor club has to offer, so look for us at the **Ottawa Ski Show October 21-22, 2023** and for our promotional material in sports stores and in other locations around town.

Help us spread the word!! We truly are "More than just a ski club "

Stay tuned for our full program.....

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

SKIFIT CLASS (now called Snow Sport Pre-Season Training)

SkiFIT is the RA'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 enjoy 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. 11 to Dec. 13, 2023
Wednesdays, 9:30 – 10:30 am

LOCATION: LifeFIT Centre

FEE: \$130 +HST

TO REGISTER, and for more details, go to www.racentre.com and click on "PlayRA" on the upper right corner. The course code is 77841.

RA SKI OPEN HOUSE

We will be holding our annual Open House information **Live and In Person** this year! Let's reconnect this Fall to check out our 2023-2024 season's programs and activities! Keep reading this newsletter to get a taste for the items we have in store for Club members this season. Hope to meet you at the Open House to tell you more!

Date: Wednesday, November 15
Time: 7:00 PM
Location: RA Centre, Courtside B

CROSS-COUNTRY

Our cross-country program features a variety of day trips on both weekends and weekdays.

We welcome skiers of all levels although 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 skiing there. The Greenbelt and urban trails are generally more forgiving in this respect.

The RA Ski club does not offer cross-country ski lessons, but excellent lessons are offered at the Mooney's Bay Cross-Country Ski Centre.



Feb. 26 – XC ski to Pink Lake

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 10:30 and weekend outings at 10:00 (Saturday) and 12:00 (Sunday). There are occasional exceptions so always check the Facebook page or the RA Ski website before heading out. We will also add "pop-up" outings from time to time to take advantage of some good conditions. We have been meeting at the trailheads for the past two seasons and will likely continue to do so this season.

However, we may consider meeting at the RA centre this year as a carpool option.

We are also hoping to be able to offer a day trip destination outside of the Gatineau Park and Ottawa. If you have a favorite ski route, let us know and we can look at adding that into the mix.



Mar. 6 – Skiing in Larose Forest

Multi-Day Trip

We are planning to go back to the Laurentians this February 14-16, 2024 for another couple of days of great cross-country skiing. We are waiting on two different proposals to different locations. Stay tuned for more info!

Gatineau Park Season Passes

Due to a low number of ski passes purchased two years ago during COVID restrictions, we couldn't offer a group discount for Gatineau Park winter passes last year. Stay tuned to see if this is a possibility for 2023-24. The NCC does usually offer a very good early-bird price for the winter pass.

Trip Leaders Needed

Finally, we need 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 so that we are able to provide a good assortment of ski outings.

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

HIKING & BIKING

Thanks to our great volunteer leaders, the RA Ski Club enjoyed a very busy hiking and biking season this past spring and summer. A total of 14 bike outings and 6 hikes took place to a variety of destinations.

My sincere thanks to our volunteer leaders for providing leadership and interesting destinations: Bob Cavan, Chris Hayes, Roger Duffy, Bill Danson, Louise Cameron, Glen Campbell, Wendy Cram, Jane Hilliard, Chuck Bain and Jane Maxwell.



July 27 – Biking to Chaudiere Falls

But there is more! We have the following BIKE and HIKE outings lined up for end of September through November. If you wish to join us, please be sure to register 2-3 days before the outing at: hikes-2020@raski.ca so that the trip leader knows you are coming.

Check the RA Ski Club website and/or Facebook page for details of the outing and any possible last-minute cancellations.

If you are willing to lead a hike, please get in touch with me and I will post it to our website and Facebook page.

Have a great fall of outdoor activities!

FALL BIKE OUTINGS.

Sat. Sept. 9th: 10:30 a.m. – PETRIE ISLAND – Meet at Aviation Museum (you can park at P5 or P7). Leader: Jane Maxwell

Wed. Sept. 13th: 10:30 a.m. – MOUSSETTE PARK TO AYLMER MARINA – Leader: Chris Hayes

Tues. Oct. 17th: 10 a.m. – STITTSVILLE ALONG TRANS CANADA TRAIL - 12.5 km. and return – Leader: Bill Danson.



May 10 – Hike to Capuchin chapel

FALL HIKE OUTINGS.

Thurs. Sept. 9th: 11 a.m. – SKYLINE TRAIL (Gatineau Park) – Meet at P7, Gatineau Park; Leader: Louise Cameron.

Sat. Sept. 16th: 10:30 a.m. – LAURIAULT TRAIL (Gatineau Park) – Meet at P6, MacKenzie King Estate. Leader: Jane Hilliard

Wed. Sept. 20th: 10 a.m. – Poets' Pathway Stage 2: College Square to Simply Biscotti Colonnade (7.5 km. one way). Meet at: Simply Biscotti Colonnade (107 Colonnade #5, Nepean) at 10 a.m. in order to carpool to College Square and hike back to Simply Biscotti. Leader: Chris Hayes

Sat. Sept. 23th: 10 a.m. Gatineau Park – WOLF TRAIL – P13. Meet at RA Centre (West Wing) for car-pooling to park. Leader: Chuck Bain

Wed. Sept. 27th: 10 a.m. Poets' Pathway, Stage 3: Simply Biscotti to Moose McGuire's Pub, McCarthy Road (7.5 km. on way). Meet at: Moose McGuire's Pub (3320 McCarthy Rd. Ottawa) at 10 a.m. in order to carpool to Simply Biscotti Colonnade and hike back to Moose McGuire's Pub. Leader: Chris Hayes

Wed. Oct. 4th: 10:30 a.m. CARBIDE RUINS & CAPUCHIN CHAPEL (Gatineau Park) Meet at P11. Leader: Bob Cavan

Thurs. Oct. 12th: 10:30 a.m. CAMP FORTUNE TO SHILLY SHALLY CABIN (Gatineau Park). Meet at Camp Fortune main entrance to Lodge. Leader: Glen Campbell

Thurs. Oct. 19th: 10:30 a.m. P17 (Wakefield) to BROWN LAKE SHELTER (Gatineau Park) – Leader: Jane Maxwell

Thurs. Oct. 26th: 11 a.m. Parent Beach, Lac Philippe to Lusk Cabin (Gatineau Park) – Leader: Louise Cameron.

Wed. Nov. 1st: 10:30 a.m. Stoney Swamp – P11 on West Hunt Club Road – Leader: Bob Cavan

Jane Maxwell, Hiking & Biking Chair, hikes-2020@raski.ca

SOCIAL

In spite of not having a Social Chair to organise our social events, Doris Dallaire kindly came out of retirement to organise a few events for us, and Bob Cavan scheduled a couple of baseball games.

Company of Fools "Hamlet"

On the 14th of July, some of us met at Lion's Park in Westboro to enjoy Company of Fools production of Hamlet. This theatre company is known for doing Shakespeare's plays, adding a lot of humour and fun. This year's production had some puppets, a swordfight, and a female Hamlet. After, we went to a restaurant for refreshments and to socialize.



July 14 – Company of Fools "Hamlet"

Odyssey Theatre "The Miser"

Three of us braved the forecast of possible rain, and headed for Strathcona Park to see Odyssey Theatre's "The Miser", a 21st century update of Molière's 1668 comedy. The rain held off, and the play was excellent, in part due to the masterful performance of Jesse Buck, who played the miser. After we went to the Father & Son's restaurant to socialize.



Aug. 17 – Odyssey Theatre "The Miser"

Golf

Aug. 14: It was cloudy, it was sunny, it was hard to decide what to do. But in the end, it was a perfect day for a round of golf. Twelve of us met at Anderson Links and enjoyed nine holes. Some of us had great games, some of us simply had a few good shots that will keep us coming back but all of us enjoyed a day on the golf course. The temperature was perfect with a good breeze that sometimes helped the ball go further and sometimes could be blamed for our poor shots!



Aug. 13 – Golfing at the 19th hole

We all met on the lovely balcony for food and refreshments afterwards.

Ottawa Titans Baseball

We had a couple of fun evenings watching the Ottawa Titans at the Ottawa Stadium. On June 30th, we cheered on our team as the Titans walloped their rival Quebec City Capitales 8 to 1. We also went to their final home game of the season on Aug. 31st, where unfortunately we lost to the Trois-Rivieres Aigles 6 to 1



June 30 - Ottawa Titans baseball

UPDATES ON SOCIAL MEDIA

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.io using the email address you wish email to be sent to.

- **WEBSITE**

www.raski.ca

Our website covers everything you wanted to know about the RA Ski Club, but were afraid to ask. Last-minute updates to all of our activities are covered in the "Upcoming Events" section.

- **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:

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."

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 Club Council.

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

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

OTTAWA SKI & SNOWBOARD SHOW



Sat. & Sun. Oct. 21 & 22.

<https://ottawaskishow.com>

Drop in to say hi to us at the RA Ski & Outdoor Club booth.

MORE PHOTOS



June 3 – Touring the Governor-General's greenhouses



July 8 – Biking to Aylmer Marina



Aug. 16 – Biking to Almonte



Feb. 14 – Pop-up ski at Camp Fortune



Mar. 12 – XC ski to far end of Lac Philippe



Aug. 13 – Golfing at Anderson Links



29 Jan. – 5 Feb. Weeklong trip to Fernie, BC



May 31 – Biking to Ottawa’s sports stadiums



Dec. 17/22 – XC skiing P8 to P9



Jan. 2023 – Downhillers at Fernie BC weeklong



July 27 – Biking to Chaudiere Falls



June 15 – Mud Lake hike



May 6 – Hike at Bell Arena



June 3 – Tour of Governor-General’s residence