

RA SKI-MAIL, APRIL 1/15

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RENEW YOUR MEMBERSHIP NOW AND SAVE!

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Renew your RA Ski Club membership now and save. If you renew your membership by April 1, you will pay the same dues as this season instead of next year's fees which will increase due to higher operating cost at the RA. Next year's fee will be \$175, but will include the following perks:

- no cover charges at the Fieldhouse
- complimentary ski strap
- 2014-2015 Camp Fortune pass
- admission to the RA Ski Club Open House
- free hall pass to all halls and lobbies in the RA

Limited time offer. Act now!

WEEKLONG 2016

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In our year-end survey of members last year, there were a number of complaints about the high cost of our club's weekend trips. Weeklong chairperson Roger Duffy says, "We listen to our members. So next winter we are offering a low-cost option – Ottawa's very own Mount Mooney's Bay."

For downhillers, Mount Mooney's Bay has 6,096 mm of vertical, and Roger guarantees us there will be lots of snow and no lift lines. And for those avid skiers who pride themselves in getting as many runs as they can during the day, you don't have to waste time taking a long, slow chairlift to get to the top of the mountain – it's only a short two-minute walk to get to the top of the ski hill. From the top of Mount Mooney's Bay you get a breathtaking view of the Rideau River, and can see all the way to the far side. For cross-country enthusiasts, Mooney's Bay offers 5 km of cross-country trails that

meander through the woods and along the Rideau River.

DATES: Jan. 13-20, 2016

COST:

- Downhill: \$79.95
- Cross-country: \$74.95

INCLUDED:

- Sleepovers in the RA's curling rink. (Save \$10 if you bring your own sleeping bag.) Note: We are not allowed to go to bed until the RA Curling Club finishes with the rink at 10:30 PM.
- Transport to and from the ski hill by OC Transpo bus. Departures from the RA every hour on the half-hour. Save \$6 a day if you want to walk to Mooney's Bay.
- Downhill or cross-country ski ticket.

NOT INCLUDED:

- Meals. Eat either at the RA Fieldhouse, or save even more by going to MacDonald's at Billings Bridge.
- Bus tickets

SAVE THE RA!

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As many of you are aware, the RA Centre has been experiencing some financial woes. All clubs have been commissioned to raise funds to assist with this concern, and RA Ski Club Chairperson Doris Dallaire says that we will do our part. Although we are a small club, we feel that we can contribute in a significant way at the upcoming RA Centre tournament.

RASki fundraising ideas:

1. Liquor Tasting Table: Spring clean your liquor cabinet and bring those partially emptied bottles, purchased on international ski trips. Liquors that were recommended and subsequently rejected by RA Skiers, yet well worth the taste.
2. Sweets Table: This table will offer our homemade RASki 'special'

brownies, guaranteed to relax ski and snowshoe-weary bones and contribute to an après-ski sense of well-being.

3. Massage table for tournament participants and non-participants, with nearly-professional services offered by our very own Publicity Chair, Glen.

Other fundraising ideas by RASki members will be gratefully received. Volunteers needed to manage the tables. No experience needed.

At RASki, everyone gets a happy ending!

CROSS-COUNTRY NEWS

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RA Ski Club members who cross country ski will be interested in the following press release, issued today by the NCC.

National Capital Commission 4/1/2015 02:47:53

The National Capital Commission (hereafter the NCC) today announces its plan for refurbishing the cross country ski trails in the Gatineau Park. In recent years, deciduous trees in the park have been retaining their leaves longer through the winter, so that a substantial number of trailside trees are still shedding their leaves even into the month of March. This phenomenon is clearly associated with climate change. The presence of leaves in the ski tracks has not just been a nuisance for skiers; it has also contributed to an increased accident rate.

A scientific task force at the NCC, in conjunction with Agriculture Canada, has developed a strategy designed to minimize the deleterious effects of leaves on trails. Genetically-modified strains of the trees native to the park have been developed with a lower moisture to leaf profile. Because these leaves retain less moisture than traditional varieties, they fall from the branch earlier in the season.

The NCC has contracted with Demsis, its current private sector partner in park management, to clear cut all trees within 50 metres of the Gatineau Park ski trails, starting in the summer of 2015. Only appropriate genetically-modified species will be replanted. These new species will reduce the leaf density on winter trails by 60-80%, 14 years out of 15. There are also substantial public policy benefits. There has been considerable public concern that genetically-modified foods may not be fit for human consumption. Scientist in the Gatineau Park will be able to study the health effects of these genetically

modified trees on the local fauna that consume them. Thus, a valuable experiment on genetically- modified foods that has no direct effect on humans. Park scientists are confident that genetically- modified trees are unlikely to have negative effects on human health, except, perhaps, for poachers in the park.

TEST YOUR SKI KNOWLEDGE

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If you answer all the questions correctly, you win a free downhill lift pass for Camp Fortune for May & June, 2016.

1. Which of the following people are on the Canadian cross-country ski team?

- a) Doris Dallaire
- b) Stephen Harper
- c) Alex Harvey
- d) Andrew "The Hamburgler" Hammond

2. In what year did Nancy Greene first win the World Cup in downhill skiing?

- a) 1898
- b) 1948
- c) 1968
- d) 2008

3. When Nancy Greene won her Olympic gold medal in the giant slalom, who waxed her skis?

Answers in our next Ski-Mail.

RA SKI CLUB SLALOM RACER

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Our newest RA Ski Club member has taken up slalom racing. However, RA Ski club Downhill Chairperson Andrea Conway, a former ski instructor, is very concerned that his skiing style will reflect badly on our ski club, "He needs to keep his head and shoulders pointed downhill more, as the way he is skiing it is going to slow him down," says Andrea. "Also, he needs to use ski poles, as polling really helps make the turns quicker."

Look at the attached photo, and see if you can find other mistakes in his skiing style.

RA SKI Q&A CORNER

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The RA Ski club reached into its mailbag to answer some ski-related questions from our members.

1. Q: I'm a beginner cross-country skier, and don't expect to get out very often. Should I buy waxless or waxable skis?

A: Excellent question. The RA Ski Club has a strong cross-country program, and we go out every week, alternating Saturday mornings, leaving the RA at 9:00 a.m., and Sunday afternoons, departing the RA at noon. Most of our outings are in Gatineau Park, but several times we will ski elsewhere, such as Nakkertok and Montebello.

2. Q: I am an intermediate downhill skier, 5' 10" tall and weigh 155 pounds. What length of downhill skis should I buy?

A: It's very important that your ski be the correct length for your height and weight. The RA Ski club caters to downhill skiers of all levels. On our bus trips, whether you are a beginner, intermediate skier, or like the black and double-black runs, we make sure you have someone to ski with at your level. Our club motto is "Friends to Ski with and to Be With."

3. Q: What exercises should I do pre-season in order to get my muscles ready for skiing?

A: Everyone should start an exercise program a month or so prior to the start of the ski season, in order to get your muscles in shape and to avoid injury. Once the ski season starts, the RA Ski Club offers day trips once a week, both for cross-country and downhill. In addition, there are two weekend trips, and a weeklong trip, often to Europe and sometimes to western Canada or the U.S.

SPORTS CORNER

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World Cup Skiing

The Canadian men and women surprised everyone at the downhill race in Mirabel France last weekend. Here are the results:

MENS SUPER-G RESULTS

1. 1:45.00
2. 1:45.01
3. 1:45.34
4. 1:45.38
5. 1:45.51
6. 1:45.55

The men's race was a real squeaker, with only 1/100th of a second separating first and second place.

WOMENS SUPER-G RESULTS

1. 1:19.48
2. 1:19.74
3. 1:19.85
4. 1:20.15
5. 1:20.23
6. 1:20.27

Congratulations to the Canadian women! We're proud of you!