



# SKI TRACKS

This issue sponsored by **redbike**

## President's Address - May 5, 2009 AGM

This AGM marks the completion of the first year of the Rocky Mountain Seniors Ski Club formed on March 18, 2008. The Club evolved from a branch of the Calgary based Seniors Alpine Ski Club to an independent organization. It was agreed by both Clubs that the Northern Branch should separate so each could function more efficiently and better serve their respective members.

It has been a hectic, exciting, and productive year transforming the Club from a branch to total independence. To get the new Club fully operational we had to draft bylaws, incorporate under "The Societies Act," start up a Club website and a newsletter, update the Club policies and procedures as well as the members handbooks, administer the membership, update our bookkeeping system and procure our own insurance policies. In addition, the financial issues were resolved to the mutual satisfaction of both Clubs.

I would like to take this opportunity to thank the Executive for their dedicated effort and support in making the transition go smoothly. They worked many hours in addition to their normal duties and had to endure some rather lengthy Executive meetings.

I would be remiss if I did not mention the four non-Executive members who contributed to the successful formation of the new Club. They are **Richard Larson** for drafting the bylaws and legal advice, **Kathy Robinson** for updating the manuals and handbooks, **Whitey Watts** for designing the Club logo and **Mitch Meunier** for his legal advice.

At this time, I would also like to recognize the retiring members of the Executive and thank them for their service. **Peggy Dobson (secretary)**, **Gwen Williams** and **Stan Rust (tours)**, **Gordon and Esther Oaks (social)** and **Inge Hess (publicity)** are leaving the Executive at this time. It has been a pleasure working with them. Their contributions are truly appreciated.

The Club presently has over 400 members. This is fifty more than our previous high. In addition, we have had record participation in almost all of the Club events. These events will be summarized in the Coordinators' Reports.

The club requires numerous volunteers to effectively operate the programs it offers. The programs could not operate without them. One of the real assets of this Club is the willingness of its members to come forth and volunteer, often without having to be asked. An additional bonus is the wide diversity of talent and knowledge that our membership possesses. Our members are willing to share and use their abilities for the betterment of the Club.

A sincere and heartfelt thank you to all the volunteers. They make me proud to be a member of this wonderful organization.

At this time I would like to welcome the newly elected members of our Executive. They are **Norma Kabaroff (Secretary)**, **Gayle Houston (Social Coordinator)**, **Kathy Robinson** and **Arnie Wilson (Tour Coordinators)**, **Dick Foose (Publicity)** and, in addition to his webmaster duties, **Mike Tansey (Vice President)**.

In closing, I would like to again thank all of the people who made this year such a huge success.....the Executive, the volunteers and the very active membership.

I have enjoyed the challenges and consequent rewards this year as president of this Club and look forward to another banner year.

**Klaus Kyritz- President**

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**MEMBERSHIP and CLUB INFORMATION**

**2009 Summer Activities Information**

It is imperative that all participants complete and submit a "Summer Activities Registration Form" which is available on our website now. It is also available from Bob Holzer, Art Robinson and the activities coordinators.

**Biking-contact Bob Holzer at bholzer@incentre.net**

Regular rides will continue on Tuesday and Thursday mornings until October 8, 2009.

The Canmore Bike Trip is scheduled for June 15 – 18.

Impromptu rides will continue to occur on Monday or Wednesday evenings and occasionally all-day at the Blackfoot Recreation Area.

**Golfing-contact Bob Hillier at bob.hillier@gmail.com**

The Monday golfing schedule is on page 6 and is also available on the website. Our annual golf tournament is being planned and will be announced soon.

**Walking - Wednesdays**

Shirley Powell is the contact person for the walking group.

Phone: 780-455-3201 e-mail: slpowell@shaw.ca.

A schedule is posted on the web site.

What's Coming	Up?
Canmore Bike Trip	June 15-18
Golfing	Thru Oct.
Biking	Thru Oct.
Canoeing the N. Sask.	Wed. Aug. 5
Walking	Thru Sep.

**2009 Seniors Alpine Ski Club Golf Day — Monday, July 13**

at our NEW venue: **HEATHER GLEN GOLF COURSE** (*Voted Calgary's #1 Public Course by Consumers Choice 2009*)  
100 St. and Glenmore Trail SE 403-236-4653

**Tee times:** 10 am for **18 holes**, Noon for those wishing to play **9 holes**.

A **Soup and Sandwich Buffet** is included in the price. You can walk or rent power golf carts (which must be shared and are an added cost). As golfers finish we will have a meeting area for socializing and awarding prizes. The game will be individual and prizes are for non-competitive achievements, so join us for some fun.

Send your registration and cheque, made out to the *Seniors Alpine Ski Club*, to:

**Shirley Aldous** — 407 Crescent Blvd SW, Calgary AB, T2S 1K6.

*For further information contact Shirley at 403 243-1072 (or aldous@telus.net)*



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Cost: \$62 for 18 Holes & Buffet or \$49 for 9 Holes & Buffet — Provide your estimated handicap: \_\_\_\_\_

Do you plan to rent a power cart? Yes  No  (*Required to arrange foursomes*)

Cart rental cost (per golfer) to be paid at the Pro Shop: \$17 for 18 holes or \$11 for 9 holes

**The announcement above is self explanatory. The deadline for entries is June 13, 2009.**

**Annual General Meeting - Wednesday, May 6, 2009  
German-Canadian Cultural Center**

One hundred and forty-one members and our Executive assembled for our annual general meeting. **President Klaus Kyritz** thanked the outgoing Executive members who worked diligently to get our Club off to a great start. They are **Gwen Williams and Stan Rust (tour coordinators), Esther and Gordon Oaks (social), Inge Hess (publicity) and Peggy Dodson (secretary)**. He also thanked all the members who have volunteered and contributed to the smooth functioning of the Club.

Reports were presented by **Art Robinson, Stan Rust and Bob Holzer**.

- ☒ **Art Robinson, Membership Coordinator**, presented the membership report. He introduced and thanked volunteers who acted as Club Buddies for new members and the phone fan-out group.
- ☒ **Stan Rust, Tour Coordinator (with Gwen Williams)**, presented the ski tours report. He introduced and thanked members who volunteered as Tour Hosts.
- ☒ **Bob Holzer, Special Activities Coordinator**, presented the special activities report. He introduced and thanked members who volunteered by assisting with various special activities.

All reports can be found in this newsletter.

The membership fee for the 2009-2010 year was set at \$30. For those over age 80, the fee will be \$25.

The following members were elected to the Executive. They are **Mike Tansey (Vice President), Gayle Houston (Social), Norma Kabaroff (Secretary), Kathy Robinson and Arnie Wilson (Tour Coordinators) and Dick Foose (Publicity)**.

**Don Gaylard and Robbie Steen** were elected to conduct next year's financial review. **Robbie Steen and Len Stevens** moved a motion of thanks to all those who put in the extra effort to get our Club started. This was carried with applause and was genuinely appreciated by the 2008-2009 board.

**Inge Hesse** welcomed a member from Ontario, **Mary Lou Gutsher**.

**Syl Rokosh** ended our first AGM with the motion for adjournment at 6:05 P.M.



**Biking members in St. Albert last Thursday.**



**Membership Update**

The Club has 417 members. Most (97%) of the members live in Alberta and most (91%) live in the Greater Edmonton area. There are an equal number of men and women in the Club. Our members range in age from 55 to 86, with an average age of 65.6. Many thanks to those of you who have talked to friends as well as skiers you met on the ski hill, telling them about the wonderful Club we have.

We have added 99 new members this year. The Executive would like to thank the Club Buddies who helped welcome new members into the Club: contacting them personally by phone, willing to answer any of their questions, and encouraging them to get involved in Club activities.

- Bob Steen**
- Brian McClelland**
- Carl Ulrich**
- Dick Foose**
- Gayle Houston**
- Hamish Rankin**

- Hilda Kohls**
- Ilene Larson**
- Jean Lee**
- John Ross**
- Joyce Liska**
- Ken Singleton**
- Lynn Skillen**
- Margaret Ellis**
- Maureen O'Brien**
- Shirley Powell**
- Shirley Rae**
- Shirley Wilkinson**
- Willy Ford**

Members were kept abreast of Club activities - thanks to webmaster **Mike Tansey** and to newsletter editor **Bob Larson**. Updates and reminders were sent by email as Skiing Scoops. We can keep in touch with 90% of our members by email. For those without email, our phoning committee does an occasional phone fan-out. Thanks to:

- Brian Hall**
- Susan Hall**
- Gisella Williams**
- Norma Kabaroff**
- Whitey Watts.**

We have had a very active year with a great deal of participation from members.

- ☒ 184 of our members participated in one or more of the ski tours this winter;
- ☒ In total, we had 418 participants on the 8 ski tours.
- ☒ 99 participated in one or more of the on-hill programs offered at Snow Valley and Marmot Basin;
- ☒ 145 participated in summer activities last summer; and
- ☒ 248 participated in one or more of the socials this year – dinners, new members days, and welcome to winter.

Our Club has been created with a welcoming, friendly atmosphere. With our members' spirit of cooperation and friendliness, we will continue to enjoy this wonderful fellowship.

**Art Robinson**  
Membership Coordinator

**Marmot Basin** is in the process of installing their new high-speed quad. You can check out the progress at [www.skimarmot.com](http://www.skimarmot.com).

Marmot season passes are now available at the best

prices of the year. Depending on the pass purchased, you may break even after as few as 10 days as compared to daily prices. Joining the Club for the two Marmot trips means just one more three day trip to

Marmot to be ahead of the game. Pass holders also get great deals on hotel rooms and other discounts at various Jasper businesses and on lift tickets at other ski hills. Pass prices can be found on the website.

## Annual Spring Dinner

### ANOTHER WONDERFUL MEMORY FOR RMSSC

People poured in to the German Canadian Cultural Center (GCCC) on May 6 for the Spring Dinner; all 202 of them. What a turnout! We were absolutely delighted to see so many of our “regulars”, a bevy of newcomers and large contingent of guests at the dinner. The company was great and the food was fabulous. As a thank you to all the volunteers who make our Club so successful, the Club provided two bottles of wine at each dinner table. We had four special guests at the dinner.

**Georgina and Elaine Look** joined us from Snow Valley and we also welcomed **Brianne Baldock** and her mother, **Kelly Baldock**. Brianne is one of the young people who needed a Ski Buddy. She is vision impaired but loves skiing with the assistance of **Albert Stone**. Her mother made a plea to all our members to join Albert in assisting young people in the Ski Buddy Program at Snow Valley next winter. Thanks to GCCC for hosting our AGM as well. What a great turnout for the meeting!

Thanks to **Mike Tansey** and **Bob Larson** for preparing the slides that showed highlights of the ski trips and other RMSSC events from last year. We all watched and shared remembrances of good times. This is the best Club I know for laughing and having fun together.

The generosity of the sports shops who donated gifts to RMSSC is unbelievable. We really appreciate their willingness to provide prizes for our lucky diners.

We're grateful to redbike who donated 2 cycle tune-ups won by Bruce Houston and Ann Black, a bike wrench won by Syl Rokosh, a tire inflator won by Rick Morgenroth and 6 water bottles taken home by Inge Hess, Shirley Knopke, Birgith Hedegard, Peter Golanski, Alfons Hlavac and Steve Chwyl.

Revolution Cycle offered a bike helmet won by Harold Knopke, tire reflectors taken home by Gary Calvert, 2 sweaters won by Kelly Baldock and Patrick Slinn, and bicycle socks that Dave Gibson will be modelling.

Gayle Houston is the proud owner of a backpack donated by Pacesetter Ski and Snowboard.

Sundance Ski Shop generously donated 8 gift certificates of \$25 each won by Jean Butterfield, Jean Baron, Shirley Rae, Marianne Shirtliff, Brianne Baldock, Maggie Kirchen, John Valentin and Bruce Walker. Sundance also donated two \$50 gift certificates won by Carl Ulrich and Harvey Perrault.



It has been a pleasure for Gordon and me to serve as the Social Coordinators for the past two years. We have enjoyed the privilege of meeting so many of you. We look forward to seeing you on the ski slopes, bicycling, or golfing. Have a great summer! See you in the fall.

**Esther Oaks**

**Special Activities Report  
to the 2008-09 AGM**

**Submitted by Bob Holzer**

**Biking**

The biking enthusiasts had a very busy season. The regular Tuesday and Thursday morning rides were a huge success if the number of participants provides an accurate indication. The downside of large numbers is that more structure is required. A special thank you to Archie Childs for coordinating part of the season's schedule and to all of you who lead rides.

Twenty-seven members endured some wet weather in Canmore but were rewarded with a glorious finale and great social activities. Thanks to **Kathy Robinson, Art Robinson** and their elves who made everyone forget the weather.

The Lake-Isle ride proved popular again thanks to **Bruce McGavin** and his family's hospitality.

In September, a number of members ventured into the

Blackfoot Recreational Area for a dirt/grass trail ride. Thanks to the support of **Archie Childs, Velma Childs, Bill Webber** and **Joan Webber**, the BBQ lunch that followed was outstanding.

**Golfing**

Golfers teed off every Monday from late April until October thanks to **Bob Hillier's** organizational prowess. **Roger Tegtmeyer** organized the Annual Golf Tournament, co-sponsored by RMSSC and SASC. The tournament was well supported by RMSSC members with a somewhat unenthusiastic response from SASC.

**Canoeing**

The annual canoe trip down the North Saskatchewan River and BBQ drew rave reviews. Thank you to **Klaus Kyritz** and **Gordon Oaks** for organizing this event.

**Walking**

Again, as in the past, RMSSC members joined SOS members on the regular Wednesday walks.

**Pre-season**

**Conditioning**

The pre-season conditioning program at Grant McEwan was a somewhat disappointing experience although it toned some bodies for the ski season. We are exploring a different venue for next season.

**Skiing**

Thanks to **Bob Frizzell** and **Richard Larson**, the on-snow programs at Snow Valley provided excellent opportunities for our members to hone their carving and racing skills again this year. At the 55+ Winter Games, held at Castle Mountain, RMSSC members represented Zone 6 with distinction. **Albert Stone's** Herculean efforts provided ski buddies for special-needs youngsters in the learn-to-ski school programs again this season.

The 2008-09 Special Activities were successful thanks to your enthusiastic participation. Keep up the good work.

**RMSSC 2009 GOLF SCHEDULE**

Date	Course
08-Jun-09	Sherwood Park
15-Jun-09	JR's
22-Jun-09	Deer Meadows
29-Jun-09	Cardiff
06-Jul-09	Sherwood Park
13-Jul-09	JR's
20-Jul-09	Deer Meadows
27-Jul-09	Cardiff
03-Aug-09	Sherwood Park
10-Aug-09	JR's
17-Aug-09	Deer Meadows
24-Aug-09	Cardiff
31-Aug-09	Sherwood Park
07-Sep-09	JR's
14-Sep-09	Deer Meadows
21-Sep-09	Cardiff
28-Sep-09	Sherwood Park

05-Oct-09 JR's  
 12-Oct-09 Deer Meadows  
 19-Oct-09 Cardiff  
 26-Oct-09 Sherwood Park  
 02-Nov-09 JR's  
**NOTE: Tee-times begin at 10 a.m. To get your tee-time, email Bob Hillier at [bob.hillier@gmail.com](mailto:bob.hillier@gmail.com)**  
 No e-mail? Phone Bob at 780-458-1918.

**Tour Coordinators Report  
submitted by Stan Rust and  
Gwen Williams**

It is with some regret that we see the end to another great ski season. Now it's on to biking, golfing and walking!

Gwen and I hosted the Sunshine trips Dec. 7-10 and Apr. 5-8. We thoroughly enjoyed the task although it was made a little more difficult than anticipated due to the logistics of moving food and wine up the gondola. We "lucked out" with good snow conditions for both for both trips although visibility issues caused some limitations in December. There was enough skiing to be had by 32 and 20 participants respectively. The Delirium Dive excursion by 5 brave souls was a great accomplishment thanks to the organization of **Bruce McGavin**.

Sun Peaks #1 trip, Jan. 4 - 9, saw 56 members spend 4 beautiful days among the snow ghosts under the guidance of **Gordon Hollis and Brian Colgan**. Over half a metre of snow fell throughout the trip along with milder temperatures. Sun Peaks never seems to disappoint. It was pleasing to hear positive reports about all aspects of the Coast Sundance Hotel. These great conditions carried over to Sun Peaks #2 trip, Jan. 11 - 15, hosted by **Mike Tansey and Bob Larson**, in which 41 members attended. One advantage of fewer people was that the welcoming party facility proved to be less crowded. Masa's

buffet dinner is always delicious and ample.

Marmot Ski Improvement, Jan 25-29 hosted by **Peggy Dodson, Ron Van den Heuvel and Archie Childs** (in charge of lessons and lift tickets) saw 105 members journey to Jasper. Conditions, being some of the least favorable in memory, were hard packed with many rocks present. The welcoming party received rave reviews thanks to **Lynn Skillen, Vi Vlcek, Bill Campbell and Pat Campbell** and numerous volunteers. The annual GS fun race saw 22 competitive skiers aggressively navigate the gates. **Robbie Steen** organized a lovely evening ice-walk in Maligne Canyon that was enjoyed by a number of hardy participants. Jasper Inn provided the hospitality room for the reception and expeditiously served a very appetizing banquet in their dining room.

Feb. 8 -13 saw 44 members bus to Silver Star, under the guidance of **Joyce Liska, Hilda Kohls, Linda Porter and Merylyn Arneson**. Pizza was served for the welcoming party on arrival night. With wonderful snow and sun, there were many smiling faces. A highlight was the day spent at Big White by 22 members; reports were excellent despite the extra bus time. As usual, The Den served a delicious dinner for our group gathering. We also hear that Hilda's Snowballs are not traditionally what you would find on a ski hill, but are delectable.

Kimberly was our destination for Feb. 22 - 26. It was hosted by **Barb Fowler, Joan Stirling and Mitch Meunier** with 53 skeptical passengers onboard due to reported conditions of no new snow since Christmas. We couldn't have been more pleasantly surprised as it snowed every day we were there and we had great skiing interspersed with a little fog. On arrival we had a pasta dinner with all the accoutrements - very satisfying for the completion of a long day. Twenty participated in our optional day at Fernie. It was an adventure; cooler temperatures, driving snow and icy patches made skiing less desirable, but worth trying again.

Marmot in March, (but in this case misnamed as it felt more like January!), was aptly hosted by **Brian Hall and Susan Hall**. The cold temperatures outside were moderated by the superb hot chili made by Susan; no small feat for 75 participants. Accompaniments and excellent wine made for a great evening. Monday's temperature was -30 with a wind chill of -78. Only the Tranquilizer Chair was open. Sixteen intrepid skiers enjoyed the day. Tuesday, at a mere -24, saw a few more chairs operating by noon and subsequently more skiers out. The final two days were almost tropical and enjoyed by all.

We can't thank everyone enough for volunteering and making this year's tours so successful. We enjoyed working with one and all.

## redbike

Our newest sponsor is an Edmonton cycle shop simply known as “redbike.” It is familiar to many members in our biking group but newer members may be interested our meeting our new sponsor. “redbike” is a different biking experience to be sure. The store is located near the University Campus right beside the High Level Dinner at the south end of the High Level Bridge. The background music suits the relaxed, welcoming atmosphere. Touring bikes, mountain bikes and hybrid bikes can be found with a wide range of options and styles. Cliff and his staff will greet



you. Take your time to look around. Enjoy the surroundings (brick and hardwood), the music, and peruse the great selection of Canadian-made bikes and associated accessories. When you wish to ask questions, Cliff will be there to answer them and to provide you with additional information which you may not have considered.

Eventually your bike will need servicing and, of

course, “redbike” has a complete service area. It is not hidden in the back but is prominently situated in the main part of the shop. Technicians are working there but they are also talking to customers, adding to this unique experience.



“redbike” clearly understands the biking experience.

Do you remember riding your bike as a kid? As you enjoyed your new-found freedom you might have given your bike a name like I did. Riding was just for the sake of the ride itself. It didn't matter where we went. It only mattered that we went with our friends and our bikes. “redbike” understands the biking experience, then and now. If you want to re-discover bike riding and you need equipment, “redbike” can set you up with a quality bike to let you rekindle your sense of adventure.

Parking can be a challenge. There are meters one block west of “redbike.” Planning your visit to avoid lunch and dinner hours means more parking spaces might be available. The store is open Monday, Tuesday, Wednesday, and Friday 10 a.m. - 6 p.m., Thurs. 10 - 8 p.m., Sat.

10 a.m.-5:30 p.m., but is closed Sunday. Their email address is info at redbike dot ca ([info@redbike.ca](mailto:info@redbike.ca)). Their website is [www.redbike.ca](http://www.redbike.ca) and it is a website with a difference. It is definitely worthy of a visit. Check out the video.



Remember that wearing a helmet is required on all Club rides. “redbike” has a wide assortment of cranium protection with styles and sizes for everyone. When you are in the store, remember to identify yourself as a Club member. They'll be happy to meet you.

“A bicycle store in canada selling canadian stuff to canadians.” (from the redbike website.)

### Sunshine Tour- April 5-8 submitted by Stan Rust

Sunday saw 20 eager, happy souls carpool (with excellent road conditions) to the gondola base then up to the Sunshine Village Inn. Sunshine lived up to its name: sun and beautiful blue skies, a fabulous finale to our ski season. Definitely spring conditions greeted us, starting the day fairly chattery on the ungroomed mogul runs, softening nicely by mid-day and ending as heavy as mashed potatoes by late afternoon. The groomed runs were always reliable: fast in the morning and a little slower and softer by the end of the day.

Our welcoming party was held in the Brewster Suite: baked ham or roast turkey on buns with cheese and fixings and Nanaimo bars for dessert. If the noise level meant anything, it was a success!

A big welcome to **Christine Wigger**, a new member, and on her first trip with the RMSSC. By all accounts she enjoyed the camaraderie and quietly celebrated her birthday.

A highlight for five of our participants, organized by **Bruce McGavin**, was skiing Delirium Dive; now if the name doesn't send shivers, the experience will! Chris, our knowledgeable guide, safely maneuvered **Bruce, Fran Cuyler, Gwen Williams, Jim Vine** and **Stan Rust** down this notorious slope. Something to tell our grandchildren! It's always wonderful to see one of our long time members, **Willy Ford**, playing very capably on the various runs and smiling all the way.



Most of our group had evening dinners in the Chimney Corner Lounge where friendly servers delivered tasty pub style meals. We will no doubt be remembered as the very boisterous "seniors," but we all had fun.

Again, thank you to all who attended and made this another memorable trip.

Your hosts, **Gwen Williams and Stan Rust**

### Snow Valley Charity Golf Tournament

This year's tournament was played under a beautifully blue sky at Jagare Ridge Golf and Country Club last Friday. Snow Valley raised much needed money from entry fees, a putting contest, a 50/50 draw, a silent auction and a live auction. Participants enjoyed a continental breakfast with lots of goodies, the camaraderie of the game and many activities around the golf course, plus a wonderful banquet held at Snow Valley.

Fifteen members of the RMSSC assisted Snow Valley to smoothly run the event which went off like clockwork. The members were **Arnie Stone, Robyn Kelly, Albert Stone, Klaus Kyritz, Jeff Thompson, Gwen Williams, Esther Oaks, Art Robinson, Mike Tansey, Wayne Strudwick and Doris Strudwick, Peter Arabchuk, Archie Childs, Deanna Kelly, and Bob Larson**. Thanks to all these members who assisted in creating a great event.

**The ACHI Ski Advice**

by Harold Knopke

During our recent trip to Kimberley, I had a revelation that I would like to share with others. It's amazing what a good crack on the head will do for your vision-enhancement ability.

Firstly, pay attention when you are skiing. No matter how exhilarating it feels to be swooping back and forth on a steep slope, don't forget that the trippy gnomes are always waiting and watching to catch you in a moment of weakness.

Secondly, don't cross your skis. If you don't want to accept my first piece of advice, please accept this one. I didn't adhere to my own advice and consequently, in quick succession, broke this rule also. The trippy gnomes bounced with glee, swung me around so that I fell backwards, downhill and cracked my head quite hard on the hard-packed snow. It's quite a sight to see the stars come out in the middle of the day.

Thirdly, wear a good-quality helmet and make sure the chin-strap is not undone. For a long time I believed that helmets were part of a plot by marketing types to foist unnecessary stuff on an over-coddled public. I only bought a helmet because of the nattering in the Club newsletter and because it stopped the hassling. When I cracked my head and the stars came out, drifting among them was a heartfelt prayer of thanks for the nattering and the hassling. I am now a convert and I warn you right now that there is nothing worse than a reformed sinner.

Fourthly, make sure your health premiums are paid and up to date. If you don't want to accept my previous pieces of advice, you might find this one useful. Because I listened to myself on number three, I didn't have to find out the hard way if I broke one more rule. I hope that you don't find out either.

Let's call it the ACHI advice:

- A = pay Attention
- C = don't Cross your skis
- H = wear a Helmet
- I = have Insurance



**above - Bob Hillier and Martin Sullivan supervise the golfers at Deer Meadows.**

**below- Golfing at Deer Meadows last Monday.**

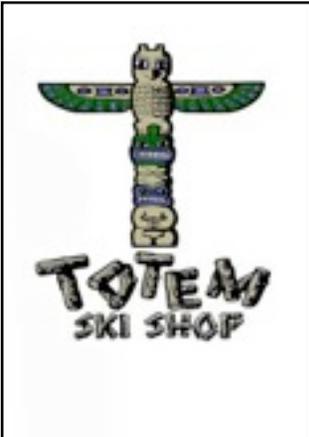
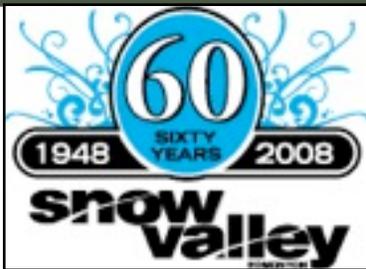




## Canoe from Laurier Park to Goldbar Park

Join your friends for a scenic canoe ride through the centre of Edmonton. Bring Your Own Picnic Lunch at Laurier (11:30 a.m. to 12:30 p.m.), then canoe from Laurier Park to Goldbar (16 km) and complete the day with a BBQ back at Laurier Park.

- When** Wednesday, August 5, 2009
- Meeting Place** 11:30 a.m. at the Boat Launch at Laurier Park. Picnic Lunch
- Departure Time** 12:30 a.m. by canoe.
- Return Time** Between 3:30 to 4:00 p.m. by bus from Goldbar to Laurier.
- Cost** Canoeing (rental canoe) \$40.00  
BBQ @ Laurier Park \$ 6.00  
Transportation of Personal Canoe/Kayak \$ 25.00
- What's included?** Canoe, paddles, life jackets, rope, bailer, whistle. (For safety, only 2 persons per canoe.) Transportation back from Goldbar Park.
- What should you bring?**
1. Drinking water,
  2. Hat, Sunscreen, Rain gear
  3. Change of clothing,
  4. Extra pair of shoes,
  5. Dry bag for these items is a good idea,
  6. Picnic lunch (before starting the canoe trip- 11:30 to 12:30 p.m.)
  7. Lawn chair for BBQ.
- Who is taking us?** A company called CANOEHEADS. Visit their website at [www.canoeheads.com](http://www.canoeheads.com).
- How many can go?** CANOEHEADS has 14 canoes available for us (28 people). **Reservation is on a first paid basis. To reserve your spot send your cheque now.**
- What about the weather?** We go rain or shine. If unpredicted severe weather or sustained unsafe winds arise at the trip time, then the operator will reschedule.
- Where's the BBQ?** The **BBQ ( \$6.00/person )** will be held at Site #8 at Laurier Park at approximately 4:30 p.m. (The site has been booked from 3:00 to 6:00 p.m.)  
**No liquid refreshment of any kind will be supplied. Please bring your own. Officially, no liquor is allowed at the site.**
- Anyone wishing to only partake in the BBQ, please send in the attached form. Everyone is welcome. This is a great opportunity to renew acquaintances.**
- Deadline:** Please have your completed form and a cheque (for both canoeing and/or BBQ) written to Rocky Mountain Seniors Ski Club to Klaus Kyrirtz, 29 Welland Cresc. St. Albert, AB, T8N 3W3 ( phone 780-458-0293) by July 3/09.



Please support our newsletter sponsors.

<b>Revolution Cycle</b>	<b>Snow Valley</b>
<b>Sundance Ski Shop</b>	<b>Pacesetter Ski Shop</b>
<b>Totem Ski Shop</b>	<b>Jasper Source for Sports</b>
<b>Redbike</b>	

Would you like to advertise in Ski Tracks?  
 Contact us at [newsletter@seniorsski.com](mailto:newsletter@seniorsski.com).

Do you need to get Club information to our membership? Do you have questions? Contact the appropriate person via the e-mail addresses listed below.

**Healthy Recreation for a Healthy Life**

The Rocky Mountain Seniors Ski Club is a non-profit organization dedicated to promoting alpine skiing for members aged 55+ at all ability levels. Our non-profit organization was incorporated in April 2008. We promote physical and mental health and wellness for our members throughout the year. Numerous activities in the off-season include cycling, golfing, hiking and canoeing. During the downhill skiing season, the Club organizes bus tours to distant resorts, encourages participation in alpine ski improvement classes locally at Snow Valley and at Marmot Basin and encourages participation in competitive senior's events. Recreational activities are balanced with social functions. New members are more than welcome. Need information? Contact us via e-mail at [info@seniorsski.com](mailto:info@seniorsski.com)

E-mail Addresses	Contacts
<a href="mailto:president@seniorsski.com">president@seniorsski.com</a>	Klaus Kyritz
<a href="mailto:vicepres@seniorsski.com">vicepres@seniorsski.com</a>	Mike Tansey
<a href="mailto:pastpres@seniorsski.com">pastpres@seniorsski.com</a>	Ilene Larson
<a href="mailto:secretary@seniorsski.com">secretary@seniorsski.com</a>	Norma Kabaroff
<a href="mailto:treas@seniorsski.com">treas@seniorsski.com</a>	Archie Childs
<a href="mailto:info@seniorsski.com">info@seniorsski.com</a>	Art Robinson
<a href="mailto:newsletter@seniorsski.com">newsletter@seniorsski.com</a>	Bob Larson
<a href="mailto:webpage@seniorsski.com">webpage@seniorsski.com</a>	Mike Tansey
<a href="mailto:tours@seniorsski.com">tours@seniorsski.com</a>	Kathy Robinson; Arnie Wilson
<a href="mailto:activities@seniorsski.com">activities@seniorsski.com</a>	Bob Holzer
<a href="mailto:social@seniorsski.com">social@seniorsski.com</a>	Gayle Houston
<a href="mailto:publicrelations@seniorsski.com">publicrelations@seniorsski.com</a>	Dick Foose



# Canoeing Sign-Up 2009

Person A			Person B		
Name			Name		
E-mail Address			E-mail Address		
Phone			Phone		
I will share a canoe with			I will share a canoe with		
Please indicate your participation below:			Please indicate your participation below:		
	Rental Canoe/Per Person	\$40.00		Rental Canoe/Per Person	\$40.00
	Transportation by Canoeheads of Personal Canoe	\$25.00		BBQ August 6/09	\$ 6.00
	BBQ August 6/09	\$ 6.00	Total amount enclosed		
Total amount enclosed					

If possible, try to line up the person who you want to canoe with before sending in your application.

**Exclusion of Liability and Release:** I realize that there are inherent dangers involved in my participation in these canoeing activities. By signing this form, I assume all risk of personal injury, death or property loss or any other loss resulting from any cause whatsoever arising from my participation in these activities and in any associated activities. I hereby waive all claims for all possible causes of action of any nature that I may have against the Rocky Mountain Senior Ski Club, its officers, organizers, employees, participants and sponsors, or any one or more of them, from all claims of any nature that I may have, and from any liability in relation to any of those claims, arising out of my participation in any of these activities.

Date: _____	Signature A: _____
Date: _____	Signature B: _____