



# SKI TRACKS

The issue sponsored by  
**SUNDANCE SKI SHOP**



Left: Syl Rokosh demos his new, signed Oiler's Jersey won at the Golf Get-together.



Above: Many members attended Registration and Information Day at Snow Valley.

## President's Report

Our summer programs officially ended on October 8. Unfortunately, the last bike ride of the season had to be cancelled due to an unseasonably early snowstorm but the wrap-up luncheon went ahead and was a tremendous success.

**Bob Hillier** has stepped down as the Golf Coordinator due to work commitments. We will miss his organizational skills, even temperament, and good humor. On behalf of the Club and especially the golfers, thank you Bob. **Helen Lee** has volunteered to take on the position next year.

Everything is in place for what promises to be an exciting ski season. The tours are all in place thanks to the hard work of **Kathy Robinson** and **Arnie Wilson**. The pre-season fitness classes are well under way.

This year all members will receive an updated Member's Handbook. I would encourage you to read it as there have been several changes, especially regarding ski trips. The booklet gives you all the information that you need to fully understand the logistics regarding the ski trips and also explains the other benefits offered by the Club.

Snow Valley is scheduled to open on November 6 (as long as the weather cooperates) and our annual Fall Banquet will be held on Wednesday, November 25.

Information regarding Snow Valley Lessons and our Fall Banquet are included in this newsletter.

Think Snow!

Klaus Kyritz

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## MEMBERSHIP and CLUB INFORMATION

### Welcome to Winter, New Members Day

Put away your bikes and golf Clubs. Get out your skis. Winter is coming! Our Club invites all members to **Welcome to Winter and New Members Day** at Snow Valley on the second Tuesday after Snow Valley opens, tentatively **November 17**, from 9 am to 12 noon. The date will be confirmed by email or phone. Come out, check out your equipment, welcome new members to the Club, visit with old friends and participate in the activities.

- Demo new skis at no charge from the Snow Rider Ski Shop.
- Get a personal ski tip from a ski instructor.
- Test your bindings.
- See the selection of skis, helmets, and goggles at the Snow Rider Ski Shop.

Information about ski tours as well as on-hill programs at Snow Valley will be available. Lifts open at 9:30 am.

### Tuesdays at Snow Valley

At Snow Valley, the snow is always great and the runs are freshly groomed in the morning just before the lifts open. Club skiing is on Tuesdays although you will see members skiing every day. Some members prefer to come early in the morning and ski the untracked slopes before the school groups get out on the hill. The sun is on the hill in the morning and the school groups are in lessons. Others prefer to come in the afternoon as the school groups are finishing their day. Whenever you come, remember to wear your white badge. A seniors (55+) season pass is only \$65 (+GST). The regular rate for a seniors day pass is \$13. Snow Valley plans to open at 4 pm on Friday, November 6.

### Registration and Information Session

The Lodge at Snow Valley was a busy place on October 21 as members of our Club came to renew their membership and to get information about activities planned for the winter season: ski tours, on-hill programs, and opportunities to volunteer at Snow Valley. Close to 200 members visited with old friends and welcomed 24 new members to the Club.

### Members Phone List

We are preparing a Members Phone List (name and phone number) to be made available, upon request, after November 1, 2009. If you were unable to attend the Open House, contact Art Robinson at [info@seniorsski.com](mailto:info@seniorsski.com) or 780-435-8742 to request a copy by email or a hard copy by mail.

### Membership Renewal

The new membership year begins November 1. Planning for the 2009-2010 year has been underway and the year promises to be as full and exciting as this past year. The membership fee of \$30 (\$25 for those 80 and older) will extend your membership to October 31, 2010.

If you have not already renewed your membership, please do so soon to continue receiving information about Club activities, including the Club newsletter, *Ski Tracks*.

Visit the Club website ([www.seniorsski.com](http://www.seniorsski.com)) to download and print the Membership Application Form. The form is found at **Join Us** on the Club website. Members who would like forms mailed to them can contact Art Robinson at [info@seniorsski.com](mailto:info@seniorsski.com) or 780-435-8742. Forms will also be available at Welcome to Winter at Snow Valley.

**Ski Buddies Information  
and Orientation  
Tuesday, Nov. 10  
10:00 AM to 11:00 AM.  
Join us to find out how you can  
make a difference in the lives of  
disabled beginner skiers.  
(See page 5.)**

<b>What's Coming Up?</b>	<b>Dates</b>
Snow Valley Opens	Nov. 6 4:00 PM
Marmot Opens	Nov. 11
Welcome to Winter New Member's Day	Nov. 17
Fall Dinner	Nov. 25
Snow Valley Tuesdays	Every Tuesday
Fall Sunshine Tour	Dec. 6-9
Sun Peaks #1	Jan. 3-8
Sun Peaks #2	Jan. 10-14
Marmot Ski Improvement	Jan. 24-28

**Marmot Ski Improvement Group  
Lessons (January 25, 26, and 27)**  
The following information was not  
included in the Tour Information  
Pages picked up at Snow Valley on  
Registration Day.  
Lessons will be on Monday, Tuesday, and Wednesday mornings or afternoons. These two-hour lessons are taught in groups of 6 to 8 people. The programs offered are Green, Blue, Black, GS Camp (racing), Introduction to Moguls, and Mastering Moguls. On the Reservation Form indicate program and, if you have a preference, AM/PM lessons. An optional Fun Race may be arranged in addition to the Group

**Rocky Mountain Seniors Ski Club Tours For 2009-2010**

<b>Tour</b>	<b>Dates</b>	<b>Opens</b>	<b>Draw</b>	<b>Closes</b>
Sunshine Village 1	December 6 to 9			closed
Sun Peaks 1	January 3 to 8	Nov. 6	Nov. 16	Nov. 27
Sun Peaks 2	January 10 to 14	Nov. 13	Nov. 23	Dec. 4
Marmot Ski Imp	January 24 to 28	Nov. 16	Nov. 26	Dec. 18
Kimberley	February 7 to 11	Dec. 7	Dec. 17	Dec. 31
Silver Star	February 21 to 26	Dec. 7	Dec. 17	Jan. 7
Marmot in Mar.	March 7 to 11	Jan. 3	Jan. 13	Feb. 2
Sunshine Village 2	April 11 to 14	Feb. 5	Feb. 15	Mar. 4

**Summer Activities Wrap-up**

**Blackfoot Biking**

On September 18<sup>th</sup>, a group of RMSSC biking members, 26 strong, challenged the trails in the Cooking Lake Blackfoot Recreational Area. Mother Nature served up a marvelous day. The trails were dry and the foliage had just started to change colors. After an appetite-developing ride, the group was treated to a gourmet Bar-B-Q lunch courtesy of the efforts of Joan Webber, Bill Webber, Velma Childs and Archie Childs. All



would agree with Richard’s favorite saying. “Sure beats a day at the office!”

**Summer Biking**

The official Tuesday and Thursday rides concluded with the annual luncheon, held at the Lancaster Golf and Curling Club, on October 8. The tradition of going for a ride before lunch was unfortunately snowed out. Pat and Bill Campbell were not deterred as they braved the weather and got in a few clicks. Fifty-one members enjoyed a plentiful lunch and the usual camaraderie.

The 2009 biking season proved to be particularly successful in terms of participation. This posed a challenge regarding the number of leaders required. Thanks to all who answered the challenge and to Lois Swane who helped to recruit you.

Until adequate snow is on the ground, some members are still

cruising the bike trails while others are into fitness training at Kinsmen.



**Golfing**

Another successful golfing season ended with a final round for the hearty at JR’s Golf Course on October 5. Many thanks to Bob Hillier for his organizational skills. Bob (occasionally assisted by Martin Sullivan) was always able to group, regroup and then group again as he assisted us with our last-minute requests and at the same time kept the golf courses happy. We look forward to golfing next year with the assistance of Helen Lee as she takes over the reins.

**Rocky Mountain Seniors Ski Club  
Fall Dinner**

Wednesday, November 25, 2009

**\*\*GERMAN CANADIAN CULTURAL CENTRE\*\***  
8310 – Roper Road (51 Ave.)

Cash Bar 5:30 PM —Dinner 6:30 PM  
\$30 per person (incl. GST & Gratuity)

Guests are invited. Come and welcome our new members!  
Have a look at the NEW ski equipment displayed by local ski shops.

**DOOR PRIZES.**

Send cheque, payable to **ROCKY MOUNTAIN SENIORS SKI Club**, to  
Gayle Houston  
13515 - 101 Avenue,  
Edmonton, Alberta, T5N 0J4,

Full payment to be received by November 17, 2009. Your tickets will be at the door.  
For additional information, call Gayle Houston at 780-452-5350.

## Ski Buddies Build Confidence

submitted by Steven Kenworthy

Introducing skiing to children can be one of the greatest joys associated with the sport. The smiles and the squeals of excitement that emerge from newcomers experiencing the sensation of the wind whipping past their face and feeling their feet slide over a snow-covered slope for the first time are priceless.

For the majority of students, a few trips up the bunny hill and a lesson or two gives them the rudimentary skills they need to enjoy the basic sensation of skiing. However, the standard group lessons are not always suitable for all children due to physical, mental or behavioral disabilities. In an effort to make skiing at Snow Valley Ski Club accessible to as many children as possible, the Snow Valley Community Initiatives Program partners with the Rocky Mountain Seniors Ski Club to provide the Ski Buddy Program for children who require additional attention while learning to ski.

The program involves volunteer members from the Rocky Mountain Seniors Ski Club who work with students requiring assistance

during school group visits to Snow Valley. From Monday to Friday during the ski season Snow Valley hosts up to 350 school students a day. On average, Ski Buddies are requested once or twice a week for the one to three students who require assistance. Teachers or aides are required to be readily available to Ski Buddies in the event of unforeseen circumstances and to supervise the student's time off the snow. In most cases, a Ski Buddy is needed from about 9:30 a.m. to 2 p.m. and, along with helping the student gain confidence on the snow, assists students putting on and taking off ski equipment in the rental shop.

Ski Buddies are not required to be qualified ski instructors. They only need to be confident, patient, able-bodied skiers who enjoy working with children. Volunteering to be a Ski Buddy does not obligate anyone to put a set number of days or hours into the program. When a school makes a request for a Ski Buddy, Albert Stone, the current Ski Buddy coordinator, sends out a request to the program's volunteers and those available are buddied up with the students who need

them. Schools are required to make any requests for Ski Buddies well in advance of their visit to make finding a Ski Buddy easier.

As a Ski Buddy, volunteers receive a complimentary day pass to Snow Valley and a coupon for a complimentary coffee or hot chocolate. But more importantly, Ski Buddies show the students who face the biggest challenges that they can do the same activities as their classmates. This nurtures confidence in their abilities.

For more information or to sign up for the Ski Buddy Program contact: Albert Stone at 780-458-0831 or by e-mail at [awstone@shaw.ca](mailto:awstone@shaw.ca) Steven Kenworthy at 780-434-4991 or by e-mail at [schoolsandgroups@snowvalley.ab.ca](mailto:schoolsandgroups@snowvalley.ab.ca) *If we can't help those who can't help themselves, what does that say about us?*

A short orientation and information workshop will be held at Snow Valley from 10:00 A.M. until 11:00 AM. on Nov. 10 to assist members who volunteer with Snow Buddies.

### **Be a Ski Buddy**

#### **Submitted by Albert Stone**

The staff at Snow Valley tell me that they believe their Community Initiatives Program is the only hill program in Alberta to offer help for disabled students.

#### **The Program**

The Rocky Mountain Seniors Ski Club provides skiers to look after students who need extra help when their school has a day on the slopes. These "special needs students" have physical, mental or behavioral disabilities (this means they need a little more patience.) The students vary. Some need a lot of help. Some just need a member to show them, one-on-one, what they can't pick up in a group setting. This also protects the students when others might make them feel inadequate.

The schools are expected to cancel if the temperature is less than

-20° C. Even if they don't cancel we tell them that we do not provide Ski Buddies under those conditions.

We try to match Buddies with students they can handle. We consider the student's weight as well as behavioral and learning abilities. A good match makes it easier for both the students and the buddies. All the 'action' takes place on the easiest slope on the hill. It is also equipped with a magic carpet to get us all up to the top. We help the students going up as well as coming down.

The lessons start a little before 10:00 a.m. or as soon as the students have collected their rental boots and skis. Lessons continue, with breaks, until about 2:00 p.m. We meet them in the foyer and help them put on their boots and collect their skis. If you can arrive at the hill about 9:30 a.m. and stay until 2:00 p.m. you will cover the entire day. Of course you are then welcome to

stay for recreational skiing with other members of our Club. If you can only manage part of the day we would explain this to the teachers. That is much easier than telling them we can't help at all.

Those who sign on will be asked for their e-mail address and will receive e-mails telling them what days ski buddies are required. At that time, if you can help on any of the days, please let Albert know and you will be put on the list. If we have more volunteers than are needed, we will take them in the order received although we will try to use everyone on the list to avoid over-taxing just a few.

This is a great way to assist Snow Valley with their very worthwhile Community Initiatives Program. Snow Valley treats us as friends. Let's return the compliment.

**RMSSC Golf Get-together 2009**  
**Submitted by Mike Tansey and Bob Larson**

The annual Golf Get-together was held on Wednesday, September 23, 2009 at the Montgomery Glen Golf Club in Wetaskiwin. There were 63 golfers registered to play in the event which was held on a beautiful first day of fall. The day included golf, dinner, great prizes, and even greater fellowship.

The event began with coffee and huge muffins which were consumed during the check-in process. Kathy Robinson and Bob Holzer registered the participants and distributed to each a goodie bag and a bottle of water, which was necessary on the record-breaking, hot day.

Then it was off to the power carts and onto the course. After a few lost souls were recovered, the golf began and so did the laughter and the enjoyment. After 18 holes of trial, tribulation, laughter and the occasional great shot, the golfers headed back to the clubhouse and enjoyed a steak dinner prepared by Montgomery Glen.

Following dinner Dorothy Downie and Darlene Salls presented a humorous tribute to Bob Hillier as he passed on the reins of leadership of our golfing group to Helen Lee. Bob was also presented with a gift for his two years of service.



Then it was time for prizes. Hole prizes for good shots or sometimes for less valuable shots were awarded. Then the team prizes were distributed. The team with the lowest score and finishing first was Bruce Robson's team with Mike Tansey, Sharon Acheson and Del Salls. The second place team was Gordon Stewart's team with Lew Kubbernus, Verne Jones and Doris Strudwick. Most considerate team was Jim Vine's team with Esther Oaks, Rick Cloutier, and Gail Kyrirtz. Every participant got a

great prize due to numerous donations gratefully accepted from members and from the corporate partners listed below.

- |                                    |                      |
|------------------------------------|----------------------|
| United Sports and Cycle            | The Edmonton Oilers  |
| Egolf Golf Solutions               | Sundance Ski Shop    |
| John Wilson Golf Pro Shop          | Snow Valley Ski Shop |
| Snow Valley Ski Hill               | Marmot Basin         |
| Precision Hearing Ft. Sask         |                      |
| Sears Hearing-Kingsway Garden Mall |                      |
| Corporate Express                  |                      |
| Montgomery Glen Golf Course        |                      |

There were 5 larger prizes donated. Everyone in the event had their names entered in a draw for these prizes. Two 2 day Marmot lift tickets, two jackets, and one amazing white Oilers Jersey signed by many team

members (arranged for by Wayne Strudwick) were in the draw. The jersey winner was Syl Rokosh, a very lucky man. A great day was had by all the members. Next year's Golf Get-together has been booked for Wednesday, September 15 at Montgomery Glen.



Above: Putting with a hockey stick looks easy. It's not! Just ask Lew Kubbernus.  
 Left: Check out those muddy legs - Gordon Oaks learned why they call it "Playing from a hazard!"

**What's New For This Year On The Slopes?**

Marmot has completed testing and is opening the Canadian Rockies Express High Speed Quad as soon as conditions allow. It runs from the base lodge to the top of Paradise Run in under 8 minutes. Once again, several of the Jasper hotels are offering discounted room rates for those with a Marmot Season's Pass. Reservation must be made in advance through the hotel

reservation desk. Some hotels accept the Ski Sunshine/Marmot cards for discounts. Nakiska is opening their new Gold High Speed Quad replacing the old Gold Chair. There is more twinned highway between Banff and Lake Louise as of this fall, making the journey easier and safer. Sunshine is opening their refurbished lodge rooms for the 2009/2010 season.

**SUNDANCE SKI AND SNOWBOARD SHOP**



Skis for every condition.

**Tune Up Services**

When was the last time you had your gear tuned? Did you know that your ski and snowboard equipment should be tuned after 3 or 4 days of use in the mountains? Tuned gear will last longer, work better and allow you to have even more fun on the slopes. Now is the time to get ready.

**Sundance Ski and Snowboard Shop** is ready for the 2009/2010 ski season with great new merchandise to meet all your downhill needs. Sundance has consistently supported our Club since we became the RMSSC with significant donations to our Golf Get-together and our Fall Dinners.

This year Sundance has re-introduced outer wear with two major brands, Avalanche and Rossignol. Helmets are in great supply including the high quality Giro and Salomon brands.

Since 1976, Sundance has specialized in serving the needs of the skiing public. During the ski season, Sundance is open 7 days a week. You will find the store 3 blocks directly south of the Whyte Avenue Army and Navy. There is ample parking on the west side of the building.



Travel Ski Bags (useful for tours.)

**SHOP SPECIALTIES**

- Ski & Board Binding Mounting
- Ski & Board Tuning
- Waxing
- De-lamination Repairs
- Full boot fitting Service
- Conformable Foot Beds
- Boot Dryers
- Boot Heaters
- Personal Shop Accessories



Left: The Sundance shop is ready for all your ski adjustments and maintenance.  
  
Right: Stephen models the new Rossignol ski jacket and a Giro helmet.



**Hours**  
**Mon.-Fri. 10 - 9**  
**Sat. 10 - 6**  
**Sun. 12 - 5 (In ski season.)**

**Sundance Ski and Snowboard**  
**10423-79 Ave. Edmonton.**  
**780-432-0711**  
[www.sundanceskishop.com](http://www.sundanceskishop.com)

**Sundance offers a 10% discount off the marked price for member's personal equipment. Show your membership card.**

<b>RMSSC Snow Valley Programs</b>	<b>Carving Clinic</b>	<b>Ski Improvement</b>	<b>Racing / High Performance</b>
What level of skier can participate	Skiers comfortable on Green or Blue groomed runs	Any skier – beginner to expert.	Skiers experienced in skiing gates or those who have completed a Carving Clinic
Time of Sessions	Tuesdays and Thursday from 12:30 p.m. to 1:30 p.m.	Tuesdays from 1:30 p.m. to 2:30 p.m.	Tuesdays and Thursdays from 1:45 p.m. to 3:15 p.m
Dates	<u>Clinic 1</u> November 17, 19, 24, 26, December 1,  <u>Clinic 2</u> December 3, 8, 10, 15, 17  <u>Clinic 3 (Advanced Carving and Short Turns)*</u> January 12, 14, 19, 21, February 2  <u>Clinic 4 (Advanced Carving and Short Turns)*</u> February 16, 18, 23 March 2, 4  *These classes are for members who have attended one or more of the basic carving clinics.	<u>Program 1</u> November 17, 24, December 1, 8, 15  <u>Program 2</u> January 12, 19, 26 February 2, 9  <u>Program 3</u> February 16, 23, March 2, 9, 16	<u>Session A</u> November 19, 24, 26 December 1, 3, 8, 10  <u>Session B</u> January 19, 21, 26, February 2, 4, 11, 16  <u>Session C</u> February 18, 23, March 2, 4, 16, 18, 23  Note: A <u>Slalom Clinic</u> is proposed but not finalized for four of the following dates: December 15, 17, January 5, 7, 12, 14 Cost to be determined by participation.
<b>Fees</b>			
S.V. Pass-holder	\$70+GST = \$73.50	\$70+GST = \$73.50	One session
Non pass-holder	\$110+GST = \$115.50	\$110+GST = \$115.50	\$75+GST = \$78.75

**On-Hill Programs at Snow Valley**  
November 2009 – March 2010

Snow Valley Senior Season's  
Pass costs \$65 + GST. They are  
available now.

**Registration - Contact Guest Services at Snow Valley 780-434-3991**

Two sessions
\$135+GST= \$141.75
Three sessions
\$190+GST= \$199.50

Note (new): drop-in  
\$20 per class payable at Guest Services

## **Ski Safely**

### **Ski Prepared**

- Keep in shape. Exercise before the season begins.
- Check your equipment: **skis** tuned, **bindings** tested, properly fitted **boots**, **clothing** still warm, **helmet** not compromised, unscratched **goggles**, and **sunscreen & lip-balm** unexpired.

### **Ski with Attitude**

- Ski in your comfort zone. Know your abilities and limits – never be pressured to ski where you are not comfortable.
- Warm-up on an easy run.
- Ski more difficult runs when you're fresh.
- Take meal breaks and stay hydrated.
- Take it easy on unfamiliar terrain.
- Rest when you're tired.
- Ski with a buddy.
- Monitor yourself and your buddies for signs of fatigue or frostbite.

### **Ski Smart**

- Ski in control so you can stop or avoid other people or objects.
- Ski in a consistent, predictable manner.
- Watch downhill skiers and boarders and predict where they are going – it is your responsibility to avoid them.
- Avoid passing boarders on their blind side.
- Carefully choose where to stop so you do not obstruct the trail or are not visible from above.
- Before starting downhill or merging onto a trail, look uphill and yield to others.
- Observe all signs and warnings.
- Keep off closed trails and areas.
- Do not ski if your ability is impaired by use of alcohol or drugs.

**Rocky Mountain Seniors Ski Club arranges discounts** with various resorts, hotels and businesses involved with skiers. A listing of these discounts can be found on our website at [www.seniorsski.com](http://www.seniorsski.com). A printed list may be obtained by phoning **Dick Foose** at 780-487-1341.

## **Milestones**

**Ross and Betty Patchell celebrated their 60th wedding anniversary in September.**

**Art and Tillie Switner celebrated their 50th wedding anniversary in August.**

**Max Mayer marked his 80th birthday in June.**

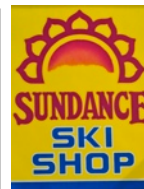
Do you know a member who has reached a significant milestone? Please let us know at [newsletter@seniorsski.com](mailto:newsletter@seniorsski.com) or inform any member of the Executive.

Ski Area Projected Opening Days	
Oct. 31	Mt. Norquay
Nov. 6	Snow Valley Lake Louise
Nov. 11	Marmot Basin Sunshine
Nov. 28	Silver Star
Dec. 5	Big White
Dec. 11	Kicking Horse

**Reminder:**  
Renew your membership to continue receiving Ski Tracks and all the other benefits of membership. This is the last edition included in your 2008/2009 membership.

**Please support our newsletter sponsors.**

<b>Revolution Cycle</b>	<b>Snow Valley</b>
<b>Sundance Ski Shop</b>	<b>Pacesetter Ski Shop</b>
<b>Jasper Source for Sports</b>	<b>Totem Ski Shop</b>
<b>Frontier Honda - Morinville</b>	<b>redbike</b>



**Snowboarding is an activity that is popular with people who do not feel that regular skiing is lethal enough.**

*Dave Barry*

Submitted to Ski Tracks by Alfred Watts



Publication Dates	Submissions by
Nov. 1	Oct. 24
Dec. 1	Nov. 23
Feb. 1	Jan. 24
Apr. 1	Mar. 24
Jun. 1	May 24
Sep. 1	Aug. 24

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.

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

# Sun Peaks 1: January 3 to 8, 2010

**Tour Hosts:** **Byron Jonah** (780) 437-0551  
**Roland & Helene Marchand** (780) 672-3439

**Accommodation:** Coast Sundance Lodge

<b>Room Type*</b>	<b>Tour Package Cost per Person</b>	
	Single	Double
Studio	\$913	\$648

\* Participants who extend their stay will be charged the Club rate for the extra nights.

The **Studio Rooms** have two queen beds, a full bathroom, a mini kitchen (which includes a 2 or 4 burner stove, mini fridge, microwave, coffee maker, tea kettle & toaster), and dining table and chairs. All rooms feature a TV, complimentary movie channels, complimentary high speed Internet access, iron and full-sized ironing board, hair dryer, and individually controlled heating. All rooms are non-smoking and have windows that open. Some rooms also have a gas fireplace.

**Included** in Tour Package

- 5 nights' accommodation,
- a 4-day lift pass,
- bus transportation,
- Welcoming Party,
- all taxes.

**Deductions:**

- Non-skier \$193
- Self-driver (possible if bus is full) \$153

**Bus departure point & car parking:** South-east corner of Mill Woods Golf Course (4540 – 50 Street).

To **Reserve Starting November 6**, 2009 mail to the Tour Host

1. Your completed and signed Tour Reservation Form,
2. A cheque for the full payment (payable to the Rocky Mountain Seniors Ski Club) dated no later than November 27, 2009.
3. A stamped self-addressed business size envelope (approximately 4 inches X 9½ inches).

Mail to Byron Jonah  
 10404 - 26 Avenue  
 Edmonton, AB  
 T6J 4J9

**Start Date:** November 6, 2009  
**Draw Date:** November 16, 2009 (in case of an over-subscribed tour)  
**Deadline:** November 27, 2009

## Sun Peaks 2: January 10 to 14, 2010

**Tour Hosts:** Harold and Shirley Knopke (780) 963-6058

**Accommodation:** Coast Sundance Lodge

Room Type*	Tour Package Cost per Person	
	Single	Double
Studio	\$737	\$526

\* Participants who extend their stay will be charged the Club rate for the extra nights.

The **Studio Rooms** all have two queen beds, a full bathroom, a mini kitchen (which includes a 2 or 4 burner stove, mini fridge, microwave, coffee maker, tea kettle & toaster), and dining table and chairs. All rooms feature a TV, complimentary movie channels, complimentary high speed Internet access, iron and full-sized ironing board, hair dryer, and individually controlled heating. All rooms are non-smoking and have windows that open. Some rooms also have a gas fireplace.

**Included in Tour Package**

- 4 nights' accommodation,
- a 3-day lift pass,
- bus transportation,
- Welcoming Party (including wine),
- all taxes.

**Deductions:**

- Non-skier \$145
- Self-driver (possible if bus is full) \$127

**Bus departure point & car parking:** South-east corner of Mill Woods Golf Course (4540 – 50 Street).

To **Reserve Starting November 13, 2009** mail to the Tour Host

1. Your completed and signed Tour Reservation Form.
2. A cheque for the full payment (payable to the Rocky Mountain Seniors Ski Club) dated no later than December 4, 2009.
3. A stamped self-addressed business-size envelope (approximately 4 inches X 9½ inches).

Mail to: Harold and Shirley Knopke  
52132 Range Road 275  
Stony Plain, AB  
T7Z 1Z4

**Start Date:** November 13, 2009  
**Draw Date:** November 23, 2009 (in case of an over-subscribed tour)  
**Deadline:** December 4, 2009

## Marmot Ski Improvement: January 24 to 28, 2010

**Tour Hosts:** **Elke and John Valentin,** (780) 998-4121  
**Birgith Hedegaard,** (780) 470-0107

**Accommodation:** Best Western Jasper Inn & Suites

Room Type	Tour Package Cost per Person			
	Single	Double	Triple	Quad
Standard Room	\$608	\$492		
Studio Room	\$643	\$510	\$488	
One Bedroom	\$701	\$539	\$500	\$487
Two Bedroom	\$584	\$537	\$514	

**Standard Room:** Main floor, two double beds with mini-fridge, (some balconies available).

**Studio Unit:** Ground floor, queen bed, sitting room with hide-a-bed and kitchenette.

**One Bedroom:** Separate bedroom with one queen, includes kitchen, sitting room with hide-a-bed and fireplace.

**Two Bedroom:** Separate bedroom with one queen, loft style sleeping area with three single beds, kitchen, fireplace and hide-a-bed.

**Included** in Tour Package

- 4 nights' accommodation (Club rate extended for anyone staying over Thursday night),
- 4-day lift pass,
- 3 two-hour Ski Lessons
- Welcoming Party,
- all taxes.

**Group Lessons** will be on Monday, Tuesday, and Wednesday morning or afternoon. These two-hour lessons are taught in groups of 6 to 8 people. The programs offered are Green, Blue, Black, GS Camp (racing), Introduction to Moguls, and Mastering Moguls. On the Reservation Form indicate program and, if you have a preference, AM/PM lessons. An optional Fun Race may be arranged in addition to the Group Lessons.

**Travel Arrangements:** From Edmonton by carpool arranged by the Tour Hosts. Please indicate on your Reservation Form your need for a ride or the number of passengers you could bring.

**Deductions:**

- Non-skier (non-skiers, Sunshine/Marmot Card holders, Season Pass holders) \$194
- Lessons \$150

To **Reserve Starting November 16, 2009** mail to the Tour Host

1. Your completed and signed Tour Reservation Form.
2. A cheque for the full payment (payable to the Rocky Mountain Seniors Ski Club) dated no later than December 18, 2009.
3. A stamped self-addressed business-size envelope (approximately 4 inches X 9½ inches).

Mail to Elke & John Valentin  
 9017 – 95 Ave.  
 Fort Saskatchewan, Alberta, T8L 1C5

**Start Date:** November 16, 2009

**Draw Date:** November 26, 2009 (in case of an over-subscribed tour)

**Deadline:** December 18, 2009



*Rocky Mountain Seniors Ski Club*

# Tour Reservation Form

Consult the latest *Ski Tracks* or [www.seniorsski.com](http://www.seniorsski.com) for complete tour information. To make a reservation mail (1) a completed and signed Reservation Form, (2) a cheque for the full amount written to the *Rocky Mountain Seniors Ski Club*, dated no later than the Deadline Date, and (3) a stamped self-addressed, business-size envelope to the Tour Host by the Deadline Date. Each participant must complete a separate form. A cheque may be written for two participants.

Tour Destination	Tour Date
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Participant	Address
City	Postal Code
Telephone	Email

Emergency Contact Name	
Contact's home phone	Contact's work phone

Need a badge?	No	Yes	Preferred name
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Room type (use descriptor from the <i>Ski Tracks</i> or <a href="http://www.seniorsski.com">www.seniorsski.com</a> )				
Check one	Single	Double	Triple	Quad
Check one	Sharing with			
	Request Tour Host find a match for me.			

Lift pass - check one	I will need a lift pass.	I will NOT need a lift pass
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Lessons - for Marmot Ski Improvement please indicate your choice of lesson group (one only)

No lesson	Green	Blue	Black	GS Camp	Intro Moguls	Master Moguls
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Carpooling (Non-bus trips only.)

<input type="checkbox"/>	I will need a ride
<input type="checkbox"/>	I will be able to provide a ride for other people.

**Cost**

The Tour Package Cost is itemized in the *Ski Tracks* and on [www.seniorsski.com](http://www.seniorsski.com). If you opt out of the lift pass, the lesson, or bus transportation, deduct the appropriate amount from the Tour Package Cost. (Participants who want to self-drive must pay for the bus and will be refunded when the bus fills.)

Tour Package Cost (as in <i>Ski Tracks</i> )	\$
if no lift pass deduct	\$
if no lessons deduct	\$
if bus full deduct	\$
Final amount due	\$

Exclusion of Liability and Release: I realize that there are inherent dangers involved in my participation in this ski tour. 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 this tour 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 Seniors 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 this ski tour and its related activities.

Signature

Date