



SKI TRACKS

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Revolution Cycle!

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Photo by Stan Rust - somewhere "way up" at Marmot.

President's Report

Sadly, the skiing season is coming to an end. There is one more organized trip to Sunshine in early April for participating members to enjoy. It has been a great ski season with excellent tours that were both well attended and superbly organized. The season leaves us with many fond memories of some terrific skiing, wonderful fellowship and new-found friends.

As the ski season concludes, it is time to start preparing for our spring and summer activities. Mark your calendars for Wednesday, May 6/09. This is the date for our new clubs first AGM followed by the Spring Banquet (information, location and times are printed in this newsletter and on the website.) Please make an effort to attend this important function not only to show support for your Club but also to get an update on Club activities, to welcome the new executive members who will be elected at this meeting, and to enjoy the company of other members by swapping ski tales, planning summer activities and socializing.

As the golfing and biking programs will be starting the last week of April and the first week of May respectively, this is a good time to again remind our members about our Sport Accident Insurance. If you are injured in an organized Club event and plan on making a claim, the insurance company must be informed within 30 days of the accident. Contact me as soon as possible and I will send you the necessary claim form and a letter of explanation.

Shine up those clubs, get your bikes tuned and I hope to see you on May 6th.

Klaus Kyritz, President RMSSC

What's Coming	Up?
April Sunshine Tour	Apr. 5-8
Annual General Meeting	May 6
Spring Banquet	May 6
Golfing	Apr. 27
Biking	May 5
Canmore Bike Trip	June 15-18

MEMBERSHIP and CLUB INFORMATION

Membership Update

On March 18, 2008 the Rocky Mountain Seniors Ski Club held its inaugural meeting in Edmonton. Our first membership year, which began at this meeting, ends **October 31, 2009**. So your current membership enables you to participate in any of the summer activities the Club organizes this summer.

At the Annual General Meeting to be held on **Wednesday, May 6**, the membership fee for the 2009-2010 year will be set. In September, members will be invited to renew their membership for 2009-2010. The Club will hold a Registration and Information Session in October.

Club membership is currently at 395.

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

Regular Rides are planned for Tuesday and Thursday mornings from May 5 to October 8, 2009. The first four rides will meet at Hawrelak Park by 9:40 a.m. and will leave the park at 10:00 a.m. sharp.

Again Bob Steen, aka "Bicycle Bob", will conduct an introductory course for new biking enthusiasts during the first four riding sessions. It is highly recommended that ALL new riders enroll in these sessions.

The Canmore Bike Trip is scheduled for June 15 – 18. Specifics will be announced at a later date.

Throughout the biking season additional rides are planned. Impromptu evening rides on Monday or Wednesday evenings and all-day rides at the Blackfoot Recreation Area will be organized. Specifics for these will be communicated in a timely fashion.

Golfing

For golfing information, please contact Bob Hillier via e-mail: bob.hillier@gmail.com. The golfing schedule is on page 5 and is also available on the website.

Walking

Shirley Powell is the contact person for the walking group.

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

A schedule will be posted on the web site in the near future.

Marmot Basin News

Spring skiing at Marmot Basin is spectacular. Get 25% off lift tickets at Marmot Basin until April 26th, 2009 with presentation of your season pass from any ski area at any Marmot Basin ticket window.

Thank you for an excellent season and we hope to see you up here before the end of April.

Did you see that great picture on the front page? It could be your picture. Just take a photo of club members during one of our many activities and send it along to newsletter@seniorsski.com and your friends will certainly be heaping you with "oohhhs and awwwwws."

Revolution Cycle



Men's Globe Vienna



Men's Globe Carmel 700 3

As RMSSC begins its second year of operation, Revolution Cycle begins its second year as one of our newsletter sponsors. The men's bikes shown above and the women's bikes pictured below are just four of the hundreds of great bikes available at Revolution. Revolution features bikes by **Specialized, Rocky Mountain, Cannondale, Dahon and Electra & Ibis**. Their huge selection is guaranteed to provide something for everyone with pricing from the economical to the high end.

Revolution also has a great website. The address is www.revolutioncycle.com. In addition to information and specifications about the products available, there are many items of interest to bike riders in general. Read about Jeff and Keenan Cook's "Ride for Hope" from Alberta to Argentina. Check out the article on proper-fitting bike helmets. There is a great article on selecting the correct-sized bike for a child or grandchild. Find a link to Edmonton's bike paths and lots more too.

As we get into the biking season, it is important to consider tuning up your machine for the summer ahead. The maintenance department at Revolution has everything your bike needs for a safe and enjoyable biking experience. Their 10 000 sq. ft. showroom holds all the accessories and clothing that will complete your experience. Check them out! Give Revolution a chance!

You'll find Revolution Cycle at 15103 Stony Plain Rd. just west of 149 St.

Phone: **780-486-3634**.

Hours: **9:30 to 8:00 M-F 9:30 to 5:30 Sat.** Closed Sun.



Globe Carmel 26 3



Globe Vienna Deluxe 2



CLUB MEMBERS PARTICIPATING IN THE 2009 ALBERTA OVER 55 WINTER GAMES

Several Club members participated in the Alberta Over 55 Winter Games which were held in Lethbridge from February 20 and 21. In addition to having a great time, they returned home with medals in 14 of the 22 alpine skiing events. Though the games were hosted in Lethbridge, the alpine events were held at Castle Mountain. The hosts showered all the participants with wonderful local hospitality.

As a whole, the event was terrific and well-organized. On Friday, our participants raced the Giant Slalom and a time-predicted run. On Saturday, they negotiated a 35-gate slalom that really got the racer's attention. The hill was great - just challenging enough. The snow was perfect racing snow, firm, but not too icy. Castle Mountain has expanded into a fantastic ski resort. Zone 6 took home a pile of hardware. A complete listing of the accomplishments of our members is provided below.

There is a super web site: <http://www.55pluswintergames.com/> that has results and lots of pictures of the skiing as well as other sports.

This article and the picture were submitted by Ilene and Richard Larson.

All Alpine Skiing events were staged at Castle Mountain Ski Resort on February 20 and 21. Twelve RMSSC members competed in Giant Slalom (GS), Slalom and Time Predicted races. They reported that the event was well-organized with course conditions perfect for racing.

Medal Winners in their respective age groups were:

Anne Black – silver in Slalom

Mary Frizzell – silver in GS, Slalom and Time Predicted

Ilene Larson – gold in GS and Slalom

Larry Comfort – silver in GS and gold in Slalom

Bob Frizzell – gold in GS and Slalom and bronze in Time Predicted

Dick Foose – bronze in GS and Slalom

Doug Hunneman – silver in GS and Slalom

Richard Larson – silver in GS and Slalom and gold in Time Predicted

Ross Patchell – silver in GS

In addition to the medal winners the following members also competed:

Bruce Foy

Doug Hunneman

Grant McCarthy

Ross Patchell

Len Stevens

RMSSC 2009 GOLF SCHEDULE

Date	Course		
27-Apr-09	Deer Meadows	10-Aug-09	JR's
04-May-09	Cardiff	17-Aug-09	Deer Meadows
11-May-09	Sherwood Park	24-Aug-09	Cardiff
18-May-09	JR's	31-Aug-09	Sherwood Park
25-May-09	Deer Meadows	07-Sep-09	JR's
01-Jun-09	Cardiff	14-Sep-09	Deer Meadows
08-Jun-09	Sherwood Park	21-Sep-09	Cardiff
15-Jun-09	JR's	28-Sep-09	Sherwood Park
22-Jun-09	Deer Meadows	05-Oct-09	JR's
29-Jun-09	Cardiff	12-Oct-09	Deer Meadows
06-Jul-09	Sherwood Park	19-Oct-09	Cardiff
13-Jul-09	JR's	26-Oct-09	Sherwood Park
20-Jul-09	Deer Meadows	02-Nov-09	JR's
27-Jul-09	Cardiff	NOTE: Tee-times begin at 10 a.m. To get your tee-time, email Bob Hillier at bob.hillier@gmail.com	
03-Aug-09	Sherwood Park	No e-mail? Phone Bob at 780-458-1918.	



Hilda Kohls knew how to win our contest. You could too. Just submit a picture of yourself reading (or hiding behind) Ski Tracks. Hilda was on the bus on her way to Kimberley. It looks like she was looking forward to the experience or perhaps she was just trying to hide from Art Robinson's camera.

No matter what, she was this issue's winner. Collect pictures over the summer and you could be our next winner in the Nov. 1 edition.

*The 5th Annual
Snow Valley Golf Classic
 May 29th, 2009
 Jagare Ridge Golf Club
 14981 9th Avenue SW.*

The Snow Valley Golf Classic is looking for teams or individual members willing to participate in this tournament. The event includes breakfast, golf, a dinner at Snow Valley, prizes and a silent auction. Call Snow Valley to register at 780-434-3991. **Register before Apr. 15 for the best deal. \$699 for 4 golfers, \$398 for 2 golfers or \$225 for 1 golfer.**

Snow Valley needs volunteers for this event. Call Elaine at Snow Valley (780-434-3991) for information.

Silver Star Tour

Everyone gathered in the wee hours of the morning in the Millwoods Golf Course Parking Lot on Sunday, February 8, with great excitement and anticipation of our Silver Star trip. Unfortunately, Scott, our bus driver was not accustomed to the habits of seniors and



their determination to be early. Despite Scott's late arrival, we still managed to load up and leave exactly on time.

A big thank you to our volunteer baggage handlers.

Forty-four members participated in our tour. We welcomed three new members who were a great addition to our tour. They were Greg Heenan from Hinton, and Sharon Velpel and Arlene Anton from Winnipeg. Mary Lou Gutscher, a member from Kitchener, Ontario, also joined us.

Accommodation was at the Creekside Condos and the Bulldog Hotel. The Condos were very comfortable and spacious. The Bulldog Hotel had been remodeled and the rooms were very welcoming. A continental breakfast was provided daily.

Skiing was fabulous. We had great weather and great snow. Who could ask for more? A highlight was the trip to Big White on Tuesday. It was one of those picture perfect ski days. Beautiful sunshine and loads of

snow. Ski hosts were wonderful. Everyone claimed their ski host was the best.

Our welcoming reception was held at the Wildwood room of the Creekside Condos. It was a challenge to find the room, but once we did everyone had a wonderful time socializing, and enjoying pizza and many other delectable treats. Everyone pitched in and helped which is typical of our Club.

The group dinner at the Den was excellent. Food was delicious and well prepared. The salad with coconut shrimp was a big hit. Everyone was happy to have had choices for their dinner.

Before we knew it, our last ski day had arrived. A light snowfall came down making it a Christmas card beautiful day. That evening, we met again for another wine and cheese reception.

Our trip back saw many contented and happy skiers relaxing and sharing stories of their great ski week.

A big thank you to our ski hosts, Joyce Liska, Hilda Kohls, Linda Porter, and Marilyn Arneson.

Here is the recipe for Snowballs which were a big hit at our reception.

Snowballs

In a heavy saucepan, melt 2 tbsp. butter and 3/4 cup brown sugar.

Add 1 small pkg. 500 grams chopped dates and 1 well beaten egg.

Cook on medium heat, stirring constantly, until mixture thickens and dates are soft.

Remove from heat and add 2 1/2 cups rice crisps cereal and 3/4 cups raisins.

Mix well. Cool slightly. Grease hands and shape into small balls. Roll in unsweetened medium coconut. Store in a cool place.

Kimberley Ski Tour

Submitted by Mitch Meunier

Participants cheerfully left Edmonton early Sunday morning in good weather conditions. The bus was brimming with enthusiasm and quickly adopted a buddy system. For better or for worse, we were all in this together, ready to conquer the slopes in sober condition (barring any hidden Foose hydration system, which was not evident...though it might not have been a bad idea). Great expectations lay ahead, and all cancellations were quickly filled with worthy standbys. All for one and one for all.

The trip down was fun-filled with anecdotes from Stan Rust, Jim Spalding, and Dennis Brooks, the latter providing an interesting geological visual tour near the Kananaskis turn-off. Was it Mount Bicuspid or Mount Molar?

As the result of imagination, cunning and stealth, Pat Campbell (to the envy of many) won a prize which we originally believed she would cherish forever.

Academy awards nomination sheets were passed around for a contest, winners to be named on Tuesday evening at the supper. The intrigue continued.

After a few pit stops, navigational help from Kathy Robinson, good coffee in Radium, and shopping in Kimberley for "refreshments" and such, we arrived at the hill at 5:30 p.m. under balmy B.C. spring conditions. We retired to our rooms for a brief rest (except for the prep teams in 310 and 210) and all met later for a "split-level" gourmet dinner consisting of libations, munchies, fresh pasta and rolls, salad (home-made dressing...yum) and assorted goodies. Thanks to Barb Fowler, Joan Stirling, Gwen Williams, and Stan Rust.

On our first morning on the hill, we were met with a gentle snowfall, very mild weather and a series of gently rolling mystical clouds in the upper valley that amazed both photographers and those skiers seeking the unknown and the invisible. Riding the lift in and out of the cloud banks was truly an experience and underlines the blessings of the ski hosts provided by the hill, decked out in their yellow jackets, bright smiles and reassurances. Late afternoon arrived with an accelerated quiet, gentle snowfall, a harbinger of things to come. The groomers were out that night, like giant ants, crawling their way back and forth up those inviting hills, beckoning us to challenge them the following morning.

Tuesday, we awoke to find the hills newly blanketed with yet more snow. The truly "seasoned" could hardly contain their characteristic lust for adventure, especially those who were inexplicably drawn to the "dark side" (come hell or high water), emboldened by their Monday experiences. The less foolish stayed on the front side where sanity prevailed.

Tuesday night was our "night on the town" for dinner at the quaint Gasthaus Restaurant in Kimberley where we were met by a congenial host and staff, an open bar and delicious Teutonic cuisine. Despite the open bar, most

behaved reasonably well (there are always a few exceptions) and four winners of the Academy Awards contest were named - Barb Fowler, Ann Shopland, Joyce Liska and Linda Porter - each receiving a bottle of health drink which had somehow avoided consumption the previous night.

Wednesday was an optional Fernie day and started with snow in Kimberley which apparently followed the Fernie gang all the way there. The Fernie ski hosts had been contacted in advance and met the arriving group, providing great assistance. The skiers at Fernie contended with corn snow and "somewhat limited" visibility but forged ahead, undaunted, ready with a story or two upon their return. Meanwhile, back at the ranch, the Kimberley gang ("smart money") were met with clearing skies by noon and truly memorable snow conditions under perfect visibility. It almost made us forget the Fernie bunch until their boisterous and boastful return later that afternoon, bragging about their exploits, much of which was later discounted.

We awoke on Thursday (alas, our last day) to glorious sunshine, freshly groomed hills and the rush that comes with packing, more skiing and departure in a single day. Just prior to departure time at 3:00 pm, one insouciant member was observed "trouserless" in the baggage storage room, having squeezed every minute available that day for skiing. I wonder if he stopped for lunch or even tried the minestrone soup in the lounge?

The trip home was quiet and introspective with only a few unsolicited singing outbursts from J.L. and her choir of angels. It was obvious that our intrepid voyageurs were filled with thoughts of that memorable sojourn in the unique place that is Kimberley, Canada's own Bavarian Alps.

The tour hosts - Barb Fowler, Joan Stirling and Mitch Meunier - would like to thank all their helpers and the tour participants for a memorable skiing experience.



Marmot Ski Tour
submitted by Susan Hall

On March 8th, 75 members headed into the wind and snow and cold to reach the Jasper Inn for a chili dinner (picture below.) Thanks to all who helped with the preparation, service and clean-up.



Monday saw 16 intrepid members ski in -30 C temperatures with a wind chill of -178 C (approximately.) They bore the brunt of some good-natured ribbing but when all was said and done, they had the widest smiles. The staff at Marmot was great, giving regular updates about their success at getting the lifts operating. Those warming up in the lodge appreciated it.

Tuesday was somewhat warmer and a few more skiers were out. Wednesday was tropical s (about



-8 C) and everyone was outside in brilliant sunshine. Those not skiing strolled the town being careful to avoid the “chocolate covered candies” on the sidewalks.

Louise Gurry, a flatlander from Saskatoon, joined the Club to ski with her sister, Liz Donald. What a great siblings’ trip!

New member Milt Gilmore, a Jasper resident and co-owner of Totem Ski Shop (to the right) had planned a demo day exclusively for Club members.



The weather froze that plan but Milt assures us there will be lots of opportunities to do it next year. Thanks Milt!

The Jasper Inn served a delicious club dinner on Wednesday evening. In general their staff was helpful, friendly and made our jobs much easier. “The talk” that Brian gave at the Sunday dinner must have worked because we had no reported injuries during the trip. Thanks for playing safely.

Thank you, everyone, for your help, cheerfulness and determination to have a good time in spite of the weather.

Sincerely,
Brian and Susan Hall



Lunch at Whiskey Jack Lodge

Bicycle Bob, alias “Robbie,” models his designer eyewear at the chili and wine kick off.



Rocky Mountain Seniors Ski Club

AGM *and* **Spring Dinner**

Wednesday, May 6,

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

AGM to begin at 5:00 p.m.
No charge for those only attending the AGM.

Cash Bar 6:15 PM —Dinner 7:00 PM

Dinner Tickets - \$30 per person (incl. GST & Gratuity)

Guests are welcome

Come and meet new members or raise a glass with old friends!

Have a look at the cycling and golf equipment displayed by vendors.

**Get your name in the bucket for the
bigger and better DOOR PRIZES.**

Are you on the big screen featuring pictures from all the activities of RMSSC this past year?

Order your tickets now!

Send cheque, payable to **ROCKY MOUNTAIN SENIORS SKI CLUB**, to

Esther Oaks
11208 – 32 Ave.
Edmonton, AB
T6J 3X8

Full payment to be received by April 15, 2009

Your tickets will be at the door.

For additional information,
call Esther or Gordon at 780-437-7499.

Please support our newsletter sponsors. To date they are
Revolution Cycle
Snow Valley
Sundance Ski Shop
Pacesetter Ski Shop
Totem Ski Shop
Jasper Source for Sports



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



Our website can be found at www.seniorsski.com

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

Healthy Recreation for a Healthy Life

The Rocky Mountain Seniors Ski Club is a public, non-profit organization dedicated to promoting alpine skiing for seniors (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

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