



SKI TRACKS

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redbike

President's AGM Address, April 28, 2010

This year has been a success both financially and in terms of Club activities and member participation. Despite a drop in membership over last year, participation in nearly all of the Club sponsored events increased. The most notable increase was in the 8 ski tours where the number of participants increased from 418 to 457.

Our year began last May with the commencement of the Club's Summer Activities. They were given a kick start with our Annual Spring Banquet. This was attended by over 200 members and guests. Despite our busy summer schedule, 18 of our members found the time to volunteer for the Annual Snow Valley Golf tournament held in early June. Our Club has again offered to supply volunteers for this year's tournament to be held on Friday, June 4, 2010.

The Summer Programs ended in the first week of October. The final event was the "Biking Luncheon Wrap-up" which coincided with the first snowfall of the season. This was a fitting way to forget about summer and start thinking about skiing.

October and November was the time to get ready for the ski season. Pre-ski Conditioning, Registration, Snow Valley Ski Improvement, Carving and Racing lessons, the Annual Fall Banquet and the Welcome to Winter Day all got us into skiing mode both physically and mentally.

This year, the Club again offered 8 ski tours. By all accounts they were a resounding success. Thanks to Kathy Robinson and Arnie Wilson for a wonderful slate of tours. Additionally, a special thank you to our tour hosts for the 2009/2010 season. On a sad note, we mourned the passing of three of our members: Erik Hedegaard, one of our founding members; Millie Seitz, a past president; and Robyn Kelly, a long time member. They will be long remembered and sorely missed.

At this time, I would like to thank the Executive for their dedication and tireless effort to make this another banner year for the Club and for the support they have given me during my tenure as President.

As you are well aware, it takes more than an Executive to successfully run a Club of this size, especially with the number of activities that we offer. In that respect, we are extremely fortunate to have many members who willingly volunteer to help when needed. A special thank you to all of the volunteers. Without you, the Club would not function.

Thank you all!

Klaus Kyritz

What's Coming Up?	
Golf	Thru September
Biking	Thru September
Canoe Day	August 4
Golf Tournament	September 15

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President's Message

Welcome to summer! Although we are a ski Club, we have a very active slate of summer activities to keep your fitness level up and continue the camaraderie developed over the winter. Both golfing and cycling had very inauspicious starts, due to the cold, rain, and then snow at the beginning of May. But our members are a hardy bunch (I have heard other adjectives used) and both activities are now in full swing. Remember that if you want to join the golf and/or cycling groups, you have to fill out the Summer Activities Registration Form.

As this is my inaugural newsletter message as President of the Club, I would like to thank the outgoing executive members – Klaus Kyritz (President) and Ilene Larson (Past President) – for their hard work and many contributions to the efficient running of this Club over the past few years. They both helped bring this Club into being and make it into the strong and active organization that it is. Klaus will stay on the Board for an additional term as Past President, where his experience will be highly valued. Ilene, on the other hand, now gets to kick back and

enjoy life as a regular member, free of meetings, reports, and other operational concerns. Thanks Klaus and Ilene! Additionally, we welcome Harold Knopke to the Executive. He will be responsible for the website. You can reach him via email. His address is webpage@seniorsski.com.

It was very gratifying to see so many of our members attend the 2010 AGM. This shows that our members take a real ownership in how the Club is run. An involved membership makes for a dynamic and vibrant Club. The Spring Banquet, held a week after the AGM, was also a great success. Over 160 members enjoyed the buffet put on by the Snow Valley staff. Congratulations to door prize winners Charlotte Welch and Tony Holtner, who both won a season pass to Snow Valley next winter.

The next newsletter will be published on September 1. Have a great summer and I hope to see you out golfing or cycling.

Mike Tansey

AGM: Draw Exemption Motion

Those of you who attended the 2010 AGM are aware that the following motion was put forward by the floor:

MOTION: that in any membership year, members of the executive and tour hosts for that membership year be exempt from the elimination draw when a tour is oversubscribed. Harold Knopke/Bill Webber CARRIED.

The Executive's impression of the motion and the ensuing vote was that it was a very generous gesture of thanks, but one that we were uncomfortable in accepting. Because the motion was proposed and passed by the membership, the executive cannot arbitrarily disregard it nor nullify it. We can, however, choose to opt out. As such, at our executive meeting on May 5th, the following motion was presented:

MOTION: that the executive members, with thanks, respectfully decline the exemption offered by the motion passed at the April 28, 2010, AGM to exempt members of the executive from the draws held when tours are oversubscribed. Art Robinson/Arnie Wilson CARRIED

The executive cannot speak for the prospective tour hosts for the 2010/2011 ski season. They will have to make their own decision whether or not to exempt themselves from a draw, should one become necessary.

Mike Tansey

MEMBERSHIP UPDATE

As of May 24, there are 382 members in the Club. Most of the members (98%) live in Alberta and most (92%) live in the Greater Edmonton area. We do, however, have members in Saskatchewan, Manitoba, Ontario, Nova Scotia as well as in New York. We also have a member in Australia who joined us this year for a number of ski tours.

There are an equal number of males and females in the Club. Our members range in age from 55 to 87 with an average age of 66.3; 41% of our members are couples; and 93 % of our members have an email address

Since October of last year, we have welcomed 71 new members to the Club. Club Buddies play an important role in our Club. They help welcome new members, contacting them personally by phone. They are always ready to answer questions and to encourage new members to get involved in Club activities. The Executive would like to thank the following Club Buddies:

- | | |
|-------------------|------------------|
| Bob Reid | Brian McClelland |
| Carl Ulrich | Gayle Houston |
| Hamish Rankin | Hilda Kohls |
| Ilene Larson | Jean Lee |
| John Ross | Joyce Liska |
| Ken Singleton | Len Stevens |
| Margaret Ellis | Merilyn Arneson |
| Robbie Steen | Shirley Rae |
| Shirley Wilkinson | |

New members, as you know, have a star on their name badge, making them a little more visible to the rest

of us. Thanks to all members for making new members feel welcome and a part of the Club.

The Executive keep members abreast of Club activities - thanks to webmaster Mike Tansey and newsletter editor Bob Larson. Updates and reminders are sent by email - we can keep in touch with 9 out of 10 of our members by email. For those without email, we do an occasional phone fan-out - thanks to our phoning committee:

- 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:

- ☒ we had 457 participants on 8 ski tours,
- ☒ 209 of our 362 members participated in one or more of the ski tours this winter,
- ☒ over 100 participated in one or more of the on-hill programs offered at Snow Valley and Marmot Basin,
- ☒ 264 participated in summer activities last summer,
- ☒ close to 300 participated in our social events: spring and fall dinners, Welcome to Winter, and New Members Days.

Thanks to all members, we have a welcoming, friendly, and active Club. With the spirit of cooperation and friendliness you display, we will all be able to continue to enjoy wonderful fellowship.

Membership Fees 2010-11

At the Annual General Meeting of the Club on April 28, membership fees for the 2010-11 were set at \$30 (\$25 for members who will be 80 years old or older as of December 31, 2010).

Membership fees will be waived for those members 80 or older who have been members continuously for the previous 5 years. (For the 2010-2011 year the member must have been a member every year since the 2005-06 membership year inclusive.) Members must still submit an Application for Membership.

Membership application forms will be available in September and the Club's registration and information day will be in October.

Ready for an Adventure?

Come and Join Gordon & Esther Oaks and Friends:

☞ on a 19 day *Exotic Indochina Discovery of Cambodia, Vietnam. Hong Kong*

January 15- February 2, 2011

This tour features: *Phnom Penh, Killing Fields, Angkor Wat, Ho Chi Minh City, Cu Chu Tunnels, Mekong Delta, Danang, Hoi An, Hue, Ha Long Bay, Hanoi, Hong Kong*

The tour is an "All Inclusive" One - return economy class airfare including taxes and airport fees, Current Airline fuel surcharges, First Class and Deluxe Hotels, First class Motor coaches, Air transport between tour sites, Meals, Professional tour guides, Sightseeing including entrance fees, Luggage handling at hotels, Tipping for all included services, Visa for Cambodia and Vietnam, all foreign taxes, Rostad tour gift, tour documentation and travel information.

☞ All-Inclusive cost from Edmonton double occupancy is \$6465.00

☞ A deposit of \$300.00 by the end of June to hold your reservation, will give you an additional \$300.00 off the cost. This deposit is fully refundable up to 90 days before the tour.

The tour is organized by ROSTAD TOURS and HOSTED by Gordon and Esther Oaks. They have travelled extensively over the years with Rostad Tours and have utmost confidence in their tour organization and attention to detail.

Esther and Gordon will host several pre- trip gatherings so you can get to know your travel companions, many with whom you will have skied and cycled.

If you are interested and want a brochure and more information contact Gordon or Esther at goaks@shaw.ca or phone 780 437-7499.

(This is an advertisement paid for by Gordon and Esther Oaks)

Marmot Season Passes

Marmot Ski Resort is now selling season passes for the 2010/2011 season. All the prices and information can be found on their website: www.skimarmot.com. But what is the best deal? Here are some of the options. (Please remember that all prices are plus GST.)

If you are or will be 65 years of age or more, the following applies.

Complete season - \$505 There is no advantage to purchasing a Mon.-Fri. pass.

Mini-midweek - \$369 Pass valid Tuesdays, Wednesdays, and Thursdays

If you are between 55 and 64 years of age, the following applies.

Complete pass - \$719.

Mid-week \$505.

Mini-midweek \$369.

The first deadline for season passes ends on June 30. The discount on all passes (included in the preceding numbers) is 28% up to that date. Between July 1 and Sep. 30 the discount is reduced to 10% and there are no discounts after Sep. 30.

Rocky Mountain Seniors Ski Club 2010 Golf Schedule

Date	Course	Tee Time
7-Jun-10	Pioneer Meadows	10:00 AM
14-Jun-10	Cardiff	10:00 AM
21-Jun-10	JR's	10:00 AM
28-Jun-10	Deer Meadows	10:00 AM
5-Jul-10	Cardiff	10:00 AM
12-Jul-10	Pioneer Meadows	10:00 AM
19-Jul-10	JR's	10:00 AM
26-Jul-10	Deer Meadows	10:00 AM
2-Aug-10	Pioneer Meadows	2:00 PM
9-Aug-10	Cardiff	10:00 AM
16-Aug-10	JR's	10:00 AM
23-Aug-10	Deer Meadows	10:00 AM
30-Aug-10	Pioneer Meadows	10:00 AM
6-Sep-10	JR's	2:00 PM
13-Sep-10	JR's	10:00 AM
20-Sep-10	Deer Meadows	10:00 AM
27-Sep-10	Pioneer Meadows	10:00 AM

Phone Numbers for late cancellations.

Deer Meadows 780-962-4799
 Pioneer Meadows 780-988-8375
 Cardiff 780-939-6666
 JRs 780-459-8735

SUMMER ACTIVITIES

Biking

Remember, to participate in any of our summer activities you must send in a completed **Summer Activities Registration Form** to the address noted on the form. The form is available on our website.

The **Canmore Excursion** is scheduled for June 14 – 17 this year.

The biking season got off to a slow (read that snow) start. April weather in May necessitated re-scheduling the entire

first week of the season. However, with reasonable conditions a substantial number of our members have challenged the bike paths in Edmonton and St. Albert during the last three weeks of May.

Two special events are planned for June: on June 11th a ride and Bar-B-Q in the Blackfoot Recreational Area is scheduled and the Annual Canmore Excursion is taking place June 14 – 17.

Rocky Mountain Seniors Ski Club Spring Dinner Report

Submitted by Gayle Houston
Wednesday, May 12, 2010
 Snow Valley Lodge.

The Spring Dinner was held at Snow Valley with very positive results. The common thread was that the food was “excellent.”

The room was pleasantly set up, which provided a homey, but spacious feeling. There were two Snow Valley Season Passes were awarded as door prizes. One was supplied by Snow Valley and the other was provided by the Rocky Mountain Seniors Ski Club. Congratulations to door prize winners Charlotte Welch and Tony Holtner.

Mike Tansey did a wonderful job as “Master of Ceremonies.” Thank you Mike for being “the voice” and doing a fine job of keeping things running smoothly. Thanks also for sending my table for food first -this never happens – did you actually draw one of those numbers I gave you?

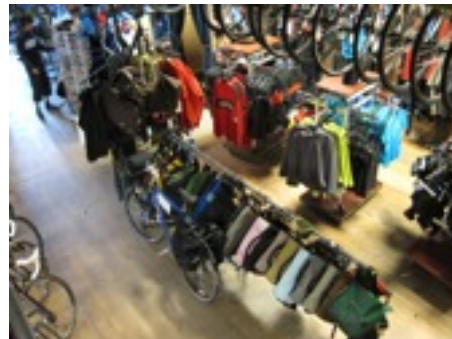
The evening went smoothly and everyone enjoyed it.

As in the past, when entering “redbike,” you are greeted with the familiar squeaking floor, pleasant music and a sincere “welcome to redbike” or “how can I help?” from one of the knowledgeable staff members. From this point on, however, you will notice many changes. The entire store has been reorganized and expanded. There are many more bikes, a larger service area and more accessories. You can check out the re-construction on their website under “News and Rants.”



Speaking of their website, the entire site has been redesigned and refurbished. You will find a link to every manufacturer of bikes and accessories found at “redbike.” You can also find stories about bikes, their owners, biking activities and other items of interest. These frequently change so check back often. (www.redbike.ca)

The refurbished “redbike” is a feast for the senses. Rows of bikes line the brick walls and the ceiling of the store; more bikes than ever in the past. Accessories are well organized and clearly displayed at the front of the store. The maintenance area has moved to the west side of the store providing the techs with much more space to keep your ride safe and smooth. Everything about the new ‘redbike’ dedicates itself to the experience of biking.



Cliff and his knowledgeable staff will make your biking experience a positive experience. Whether you are buying your first bike in a long time or are replacing a well-worn friend, your time at “redbike” will be the beginning of a long relationship. Their service department will maintain your ride letting it be the best it can be. After all, that’s what it is all about. The ride. The phenomenon. The experience. **“redbike.”**

You’ll find “redbike” near the south end of the High Level Bridge. Call 780-436-2674. www.redbike.ca

redbike

Spring Sunshine Tour: April 11 –14, 2010

The 8th and final tour of the RMSSC season began with 29 enthusiastic souls carpooling (good road conditions) to the gondola base and then proceeding up the gondola to the lodge at Sunshine Village. Check in went smoothly and staff shared the good news: a foot of fresh snow in the previous week! The welcoming party was held in the Chimney Corner. Energy was high (exuberant at times). We welcomed 5 new members (3 on their first trip with the Club): **Brian Craig, Ramona MacNeill, Cathy Rodger, Lynn Vogelesang, and Maria Yakula.**

Monday started with partly cloudy skies and quickly turned to brilliant sunshine which continued throughout the day. We enjoyed a great day of skiing (excellent snow conditions and minus 4) and capped it off with some hot-tub time and a great meal in the Eagles Nest dining room served by the “Ozzie Crew.” Stories and anecdotes from the day, and days past, were shared. A highlight was **Bruce McGavin’s** story about his first pair of wooden skis. His upcoming 80th birthday was acknowledged with a cake and a song.



Tuesday was another superb day (great snow, full sunshine, and a temperature of plus 4). We completed a spectacular day with more hot tub-time and more stories during supper in the Chimney Corner.

Wednesday morning started off with a “laugh-in” photo moment at the lodge. Some skied another full day, some caught some rays on the deck, and some robust members had enough left to take advantage of the ski-out which was in excellent shape.

Many thanks to all who attended and helped make this a fabulous **Spring at Sunshine.**

Your hosts: *Jan and Rod Anderson*

Golfing

Helen Lee, our new coordinator, reminds members wishing to participate to contact her before 6:00 p.m. on Fridays. This is the weekly deadline for registration. Please make requests including cart reservations by this time. All members and guests are welcome.

Helen wishes to remind members that June is a very busy month for booking tee-times. We are limited at some courses so people book early to avoid disappointment.

The entire schedule (subject to change) is available on the website.

Contact Helen by e-mail hlee1000@hotmail.com.



Canoe from Laurier Park to Goldbar Park

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

When	Wednesday, August 4, 2010	
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) \$40.00/person BBQ @ Laurier Park \$ 7.00/ person	Transportation of Personal Canoe/Kayak \$ 25.00/per unit
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?	<ol style="list-style-type: none"> 1. Drinking water, 2. Hat, Sunscreen, Raingear 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 pm.) 7. Lawn chair for BBQ. 	
Who is taking us?	A company called CANOEHEADS. Visit their website at 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?	<p>The BBQ (\$7.00/person) will be held at Site #8 at Laurier Park at approximately 4:30 pm. (The site has been booked from 3:00 to 6:00 pm.) Liquid refreshment of any kind will <u>not</u> be supplied. Please bring your own. Officially, no liquor is allowed at the site.</p> <p>Anyone wishing to only partake in the BBQ, please send in the attached form. Everyone is welcome. A great opportunity to renew acquaintances</p>	
Deadline	Please have your completed form and a cheque (for both canoeing and/or BBQ) written to <i>Rocky Mountain Seniors Ski Club</i> to Klaus Kyritz, 29 Welland Cresc. St. Albert, AB, T8N 3W3 (ph 458-0293) by July 5/10.	

*Rocky Mountain
Seniors Ski Club*

Canoeing Sign-Up 2010

Person A

Name		
Email Address		
Phone		
I will share a canoe with		
Please indicate your participation below:		
	Rental Canoe/Per Person	\$40.00
	Transportation by Canoeheads of Personal Canoe	\$25.00
	BBQ August 4/10	7.00
Total amount enclosed		

Person B

Name		
Email Address		
Phone		
I will share a canoe with		
Please indicate your participation below:		
	Rental Canoe/Per Person	\$40.00
	BBQ August 4/10	7.00
Total amount enclosed		

If possible, try to line up the person that 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 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 any of these activities.

Date: _____

Signature A: _____

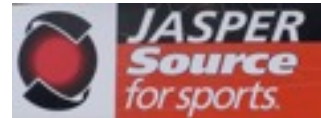
Date: _____

Signature B: _____

Remember to include your cheque!!

Please support our newsletter sponsors.

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



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

Change of address? Send your new address to info@seniorsski.com.

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

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

E-mail Addresses	Contacts
president@seniorsski.com	Mike Tansey
pastpres@seniorsski.com	Klaus Kyrirtz
secretary@seniorsski.com	Norma Kabaroff
treas@seniorsski.com	Archie Childs
info@seniorsski.com	Art Robinson
newsletter@seniorsski.com	Bob Larson
webpage@seniorsski.com	Harold Knopke
tours@seniorsski.com	Kathy Robinson; Arnie Wilson
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