



# SKI TRACKS



This edition of Ski Tracks is sponsored by **SNOW VALLEY SKI CLUB**—Home of the Rocky Mountain Seniors Ski Club.

## INSIDE THIS ISSUE

|                    |   |
|--------------------|---|
| Membership Drive   | 2 |
| Marmot Spring Race | 2 |
| Coffee Party and   |   |
| Formation Meeting  | 2 |
| Executive          | 3 |
| Executive E-mail   |   |
| Addresses          | 3 |
| Summer Activities  | 3 |
| Spring Dinner      | 4 |
| Golf               | 4 |
| Cycling            | 5 |
| Bike Maintenance   | 5 |
| Walking            | 5 |
| Canoeing           | 6 |
| Editorial          | 6 |
| Quick Reference    | 7 |
| Art Switner        | 7 |

## Rocky Mountain Seniors Ski Club

### NEW CLUB!! NEW NEWSLETTER!!

Here it is! This is the first edition of our new minute newsletter. It is an exciting time as your new executive works toward making our club a great experience for all members. This is **your** newsletter. With your contributions, it will be fun to read and it will provide great information to our membership.

The newsletter will be published 6 times yearly. Dates may vary slightly but we are looking at the following 6 annual publishing dates. The deadline for information to be included follows each date. If you have information you would like to have included, please forward it to the editor using this e-mail address:

[newsletter@seniorsski.com](mailto:newsletter@seniorsski.com)

| Pub. Date    | Deadline     |
|--------------|--------------|
| September 30 | September 23 |
| Nov. 30      | Nov. 23      |
| January 31   | January 24   |
| March 31     | March 24     |
| May 31       | May 24       |
| August 31    | August 24    |

Occasionally there will be supplemental emails with breaking news or opportunities for members.

Sincerely,  
Bob Larson  
Editor

### WHAT'S COMING UP?

Spring banquet at Snow Valley  
Wed. May 7, 2008.

Golf starts April 21 at Deer  
Meadows—10 AM

Cycling begins May 1

Walking with SOS starts

Canoeing on the N. Sask.

### PRESIDENT'S MESSAGE

Welcome to the Rocky Mountain Seniors Ski Club (RMSSC).

The election of an executive at the March 18<sup>th</sup> Inaugural Meeting was the final stage in the formation of the RMSSC. We are now officially a club with an elected executive and a new set of bylaws that have been submitted for approval under the Societies Act.

I would like to thank last year's executive, who also acted as the steering committee for the formation of the new club, for their hard work and dedication to make it happen. In addition to the steering committee a special thank you to Richard Larson (drafting by-laws), Mitch Meunier (legal advice), and Whitey Watts (logo design).

The club's main objectives are to provide affordable skiing for skiers over the age of 55 and to provide year round activities that contribute to the social and physical well being of the members. To that end we will be offering our members a full array of alpine skiing programs, summer programs, social events, accident insurance, a website, a newsletter (Ski Tracks), and information bulletins (Ski Scoop). In addition, a three person negotiating team has been set up to meet with the Calgary club in an attempt to come to an agreement between the two clubs that would be beneficial to members of both organizations.

Our normal membership year will be from Nov. 1 to Oct. 31 of the following year. However in this inaugural year, the membership will run from March 18/08 to Oct. 31/09. Anyone who wishes to participate in any club event must be a paid up member of the RMSSC with the exception of guests of members at club banquets. The Northern Branch of Seniors Alpine Ski Club will be dissolved at the end of May 2008.

In closing, my heartfelt thanks to last year's executive and the many wonderful volunteers that made 2007/2008 another truly successful year.

Have a great summer and enjoy all the activities that the club has to offer.

## THE MEMBERSHIP DRIVE IS ON!

BY ART ROBINSON



"The membership desk is at the top of the hill! Art is waiting!"

The Rocky Mountain Seniors Ski Club is now accepting memberships for 2008-09. Join us for a great 18 months of Club activities planned to help our members stay in touch with each other and keep fit for skiing. Club membership offers opportunities to participate in summer activities for 2008 and 2009, pre-ski conditioning program in the fall of 2008 and 2009, ski tours for the 2008-09 ski season, spring and fall dinners, and on-hill programs at Snow Valley and Marmot Basin. Membership also includes sports accident insurance to members, under the age of 80, injured while participating in a Club activity. Members will receive a newsletter about 6 times during the year and have ready access to up-to-the minute news on the Club website at [www.seniorsski.com](http://www.seniorsski.com). To help welcome new members to the Club, there will be New Members Days and Club Ski Days at Snow Valley during the ski season.

Membership fees are \$30 or \$25 for those 80 years and older. The first membership year expires October 31, 2009. A membership application form is enclosed for your convenience and is also available on the Club's website. Pass this information on to your ski friends.

## 1ST ANNUAL MARMOT-SNOW VALLEY SPRING BREAKUP RACE & PARTY!

BY RACING COORDINATOR BOB FRIZZELL



Prizes—We like prizes!

Marmot has agreed to host a year end race for Snow Valley on **Sunday March 30**. Marmot will set up fencing and timing on Keifer's for a **1 pm** (approximately) race start. Rob Hazen, our Snow Valley racing coach, will be setting a GS course. With an afternoon start, people could drive up in the morning (hopefully carpool) and make it to the race.

Race video on the big screen, prizes and party after at the Astoria. Cost would be \$15. We need to have 20 racers so Seniors Ski Club, Snow Valley staff and friends will be invited. We have some prizes and Rob will be seeking more so if you know of any donations please pass them on. Marmot would like a list of racers prior to race day. Anyone can be added on the day of race. Racers must wear helmets and sign a waiver at the Marmot Snow Sports School desk. If there is any interest, Rob is also pondering a mountain ski session at 11am.

If you are interested in the race, please contact Rob Hazen at Snow Valley and/or Bob Frizzell. Marmot will be running a first class race for us. It should be an amazing event and hopefully a yearly thing. Hope all can attend, the more the merrier, let the excitement begin!!!!

## Coffee Party



"This will be the start of something very big!"

The meeting room at St. Timothy's Church was filled with excitement and enthusiasm as over 150 skiers met to declare the Rocky Mountain Seniors Ski Club open for business. At the end of the morning, we had 161 members in this new club.

If you missed the Coffee Party and would like to join the Rocky Mountain Seniors Ski Club, please find attached a membership application form.

## OUR NEW EXECUTIVE

### **Inaugural Meeting**

At the inaugural meeting of the club, the following were elected to the executive:

|                           |                    |
|---------------------------|--------------------|
| Klaus Kyritz              | President          |
| Ilene Larson              | Past-President     |
| Peggy Dodson              | Secretary          |
| Archie Childs             | Treasurer          |
| Gwen Williams & Stan Rust | Tours              |
| Bob Holzer                | Special Activities |
| Gordon & Esther Oaks      | Social             |
| Inge Hess                 | Public Relations   |
| Art Robinson              | Membership         |
| Bob Larson & Mike Tansey  | Communication      |

Please note—

1. Mike Tansey is our webmaster. (Check it out—it is great!)
2. Bob Larson is our newsletter editor.

## CONTACT YOUR EXECUTIVE BY E-MAIL

It is easy to contact your executive by e-mail. A list follows with e-mail addresses. The address directs you to the person you need as our role within the club is defined by our e-mail addresses. These addresses will be activated in the next few days.

[info@seniorsski.com](mailto:info@seniorsski.com)

Art Robinson

[newsletter@seniorsski.com](mailto:newsletter@seniorsski.com)

Bob Larson

[president@seniorsski.com](mailto:president@seniorsski.com)

Klaus Kyritz

[pastpres@seniorsski.com](mailto:pastpres@seniorsski.com)

Ilene Larson

[secretary@seniorsski.com](mailto:secretary@seniorsski.com)

Peggy Dodson

[treas@seniorsski.com](mailto:treas@seniorsski.com)

Archie Childs

[webpage@seniorsski.com](mailto:webpage@seniorsski.com)

Mike Tansey

[tours@seniorsski.com](mailto:tours@seniorsski.com)

Gwen Williams

[activities@seniorsski.com](mailto:activities@seniorsski.com)

Bob Holzer

[social@seniorsski.com](mailto:social@seniorsski.com)

Gordon Oaks

[publicrelations@seniorsski.com](mailto:publicrelations@seniorsski.com)

Inge Hess

**The first word in the e-mail address indicates the volunteer's job with the club. Our webmaster is Mike Tansey. [webpage@seniorsski.com](mailto:webpage@seniorsski.com)**

## SUMMER ACTIVITIES

Summer activities are organized for members of the Rocky Mountain Seniors Ski Club to help our members to stay in touch with each other and to keep fit for skiing. To be on the Contact List for one

or more of the summer activities, please complete and sign a Summer Activities Registration Form and mail it to Bob Holzer, 5404 - 109 Avenue, Edmonton AB

T6A 1S1. The Summer Activities Registration Form is available from Bob or any of the contacts listed in the articles.

## Spring Dinner - Wednesday May 7 - Lodge at Snow Valley



Everyone will be there!

Tickets for members and guests are \$30 per person (including GST and gratuity). Cash bar at 5:30 pm and dinner at 6:30 pm.

For more information, call Esther or Gordon Oaks at 437-7499 or Inge Hess at 434-8187.

If you would like to order tickets, send your cheque, payable to **Rocky Mountain Seniors Ski Club**, to

Esther Oaks  
11208- 32 Avenue  
Edmonton AB  
T6J 3X8

Full payment must be received by **April 28**. At the dinner, there will be opportunities for you to have input into the selection of resort destinations for the 2008-09 ski season as well as to complete a Participation Form indicating

how you would like to be involved in club activities.

**Remember to "Wear Those Badges."** (Pay your fees and we might even get our new badges by then.)

## GOLFING SEASON IS BACK.

COORDINATOR—**BOB HILLIER**

According to Golf Links, "The Long Frost Delay is About to End," so sharpen up those clubs and let's go golfing.

All good ski seasons must end, but don't panic - there's golf. Beginning on **Monday, April 21**, at **Deer Meadows**, our group plays nine holes each Monday morning. The first tee-time is 10:00 a.m. but golfers are asked to arrive about 9:30 a.m. in case they are in the first group to tee off.

Competition is fierce - for the coffee. Golf scorekeeping is optional. We play four courses in rotation: Deer Meadows, Fox Run, JR's, and Calahoo. Details of dates and courses can be found on the Club website, [www.seniorsski.com](http://www.seniorsski.com). Golfers make no long-term commitment. Anyone wanting

to golf simply lets the golf coordinator know by noon Saturday that they will be golfing on the following Monday.

For more information contact Bob Hillier at 458-1918 or [bob.hillier@gmail.com](mailto:bob.hillier@gmail.com).

## GOLF DATES AND COURSE BOOKINGS



We play Calihoo Hills on long weekends.

|           |              |
|-----------|--------------|
| 21-Apr-08 | Deer Meadows |
| 28-Apr-08 | Calahoo      |
| 05-May-08 | Fox Run      |
| 12-May-08 | JR's         |
| 19-May-08 | Calahoo      |
| 26-May-08 | Deer Meadows |
| 02-Jun-08 | Fox Run      |
| 09-Jun-08 | JR's         |
| 16-Jun-08 | Deer Meadows |
| 23-Jun-08 | Calahoo      |
| 30-Jun-08 | Fox Run      |

|           |              |
|-----------|--------------|
| 07-Jul-08 | JR's         |
| 14-Jul-08 | Deer Meadows |
| 21-Jul-08 | JR's         |
| 28-Jul-08 | Fox Run      |
| 04-Aug-08 | Calahoo      |
| 11-Aug-08 | Deer Meadows |
| 18-Aug-08 | JR's         |
| 25-Aug-08 | Fox Run      |
| 01-Sep-08 | Calahoo      |
| 08-Sep-08 | Deer Meadows |
| 15-Sep-08 | Calahoo      |
| 22-Sep-08 | Fox Run      |

|           |              |
|-----------|--------------|
| 29-Sep-08 | JR's         |
| 06-Oct-08 | Deer Meadows |
| 13-Oct-08 | Calahoo      |
| 20-Oct-08 | Fox Run      |
| 27-Oct-08 | JR's         |
| 03-Nov-08 | Deer Meadows |

NOTE: Tee-times begin at 10 am.

## BIKING WITH THE RMSSC

COORDINATOR—BOB HOLZER



I want to ride my bicycle. I want to ride my bike. (Queen, 1985)

From May to October, our biking group meets each Tuesday and Thursday. We start with short easy rides and increase the length and difficulty over the season. By June, the typical ride is about 20 kilometers with a stop somewhere for refreshments. We offer green, blue and black routes each time. For the first two weeks of May, instructions on biking skills are offered for members who have not biked for awhile and those who want to polish their skills. New bikers should begin coming with the Club during this introductory

period. Our first ride is planned for **Thursday, May 1**. Helmets are mandatory! A good, well maintained bike, adds to the enjoyment. Many bikers start with an old, but well maintained, bike. After making a commitment, they often invest in a better bike. We begin our ride at 10:00 a.m. and finish between 12:00 p.m. and 12:30 p.m. Bikers are asked to be at the meeting place by 9:40 a.m. We will occasionally lunch together. We will conclude the season with a group lunch. Biking routes include a num

ber of routes in the North Saskatchewan River valley and the Sturgeon River valley. We also occasionally ride in other areas of Edmonton, Sherwood Park, St. Albert, and Leduc. Members take turns leading the rides. Plans are underway for a biking trip to the mountains during June. The mountain biking trip is planned for the week of June 9 - 12. Members on the Contact List simply show up on days they would like to participate. For more information, contact Bob Holzer at (780) 469-9776 or [bholzer@incentre.net](mailto:bholzer@incentre.net).



Is your bike ready for another season of bi-weekly tours?

## BIKE MAINTENANCE CLINIC

A bike maintenance clinic is scheduled for members of the Rocky Mountain Seniors Ski Club on **Sunday,**

**March 30** at 2:00 pm at Red Bike. Items to be covered include tire and chain repair. Red Bike is located at

10918 88Ave. (between the Sugar Bowl and the High Level Diner.) All bikers are welcome.



Perhaps an invigorating walk in the river valley is more your style.

## WALKING

COORDINATOR—MILLIE SEITZ

We walk on Wednesday at 10 a.m. with Seniors on Skis (SOS), a cross country ski/walk group. A schedule for the summer, May to October, will be provided. There

are walkers of varying speeds in the group and some prefer shorter distances. The time on the trails varies from one to two hours. For more

information, contact **Millie Seitz** at (780)458-7902 or [mstz31@shaw.ca](mailto:mstz31@shaw.ca).

## CANOEING

COORDINATOR—KLAUS KYRITZ

For the last three summers we have organized one or two canoe trips. Plans are underway for a canoe trip down the North Saskatchewan River in August. Full details of the trip will be available at the Spring

Dinner. For more information, contact Klaus Kyritz at 458-0293 or [kkyritz1@telus.net](mailto:kkyritz1@telus.net).



READY SET GO!



Must have been tired of rowing.

## I LEARNED ABOUT SKIING FROM THAT (AND MORE)

BY BOB LARSON

I was at Red Deer College sometime back toward the beginning of time when I was forced to make a choice of “activity classes.” We had to choose two. Each class featured two sports. Bowling and golf was an easy choice, but I wanted to win a spot on the College Curling Teams so I had to choose Curling and Downhill Skiing.

The 8 lessons began early in the year at Canyon Hill near Red Deer. The road was enough to scare anyone. The beginner’s hill was monstrosously high when viewed from the bottom.

Every facet of the sport was a huge challenge. Getting boots on was painful. My rentals were 218 cm something or others and I could hardly carry them with boots on. Getting the skis attached to the boots was horrid, and then moving was worse.

Finally the lessons started— “Just go up the T-bar and get off

our instructor. Getting on to the T-bar was terrifying. It just dumped you in the snow without mercy. Though our class of about 10 crashed into each other we did manage to exit the T-bar at the appropriate place.

“First you have to learn to turn,” the instructor said. “Just lift the left ski by brushing out the tail of your ski, then as you turn match the move with the other ski to bring the skis back to parallel. This is a stem-christy.” I barely heard this as my skis were apparently pre-programmed to go straight down the hill. Did I miss the lesson on stopping? Probably happened while I was trying to get my boots on. I knew that just over the bank at the bottom was a 30 ft. fall to the Red Deer River. Yes, it was time for my first wipeout. My classmates would have cheered I am sure but several of them were right behind me. Somehow we learned and by the end of the 8 lessons we had all mastered, ah,,, well,,, survived basic ski

training.

Two years later I was teaching the first of 34 or so classes of children (grade 6s these were). I know learning to ski had changed my theories about learning. Learning something completely new can be filled with foreboding. Small learning steps help us overcome difficulties with increasing confidence. Clear understandable instructions make learning easier. Pictures help because words often mean nothing. Learning to ski had made me a better teacher.

There is a thrill of success when something previously unknown becomes part of who we are. Teachers see eyes light up or hear the “I get it now,” on a daily basis. (That’s what keeps teachers going!)

Those first lessons taught me about skiing and much more about teaching. They were lessons worth remembering and I can still do a mean stem-Christy.

**Do you have a story about skiing to share? Please send it to**

[newsletter@seniorsski.com](mailto:newsletter@seniorsski.com)

**Any comments about Marmot’s expansion plans. Please send your thoughts to**

[newsletter@seniorsski.com](mailto:newsletter@seniorsski.com)

# Rocky Mountain Seniors Ski Club

## Healthy Recreation for a Healthy Life

Remember, we are on the web  
at [www.seniorsski.com](http://www.seniorsski.com)

To put information into our  
newsletter or to sponsor an issue  
contact Bob Larson at

[newsletter@seniorsski.com](mailto:newsletter@seniorsski.com)

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 is being established at this time. 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, 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 during trips and at Snow Valley, our Edmonton home. New members are more than welcome. Need information? Contact us via e-mail at [info@seniorsski.com](mailto:info@seniorsski.com)



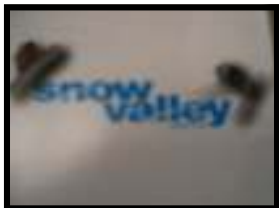
## Blood Donor Hits 800

On Wednesday, March 19, **Art Switner**, made his 800<sup>th</sup> donation to Canadian Blood Services. Most of his donations have been

plasma that is frequently used to treat trauma patients, burn victims and patients with bleeding disorders.

Art has become the 8<sup>th</sup> Canadian to reach 800 donations and the second in the Edmonton area.

## CONGRATULATIONS ART SWITNER



The Rocky Mountain Seniors Ski Club wishes to thank Snow Valley for being our home venue for the 2007-2008 ski season. Today, March 28, 2008, is the last day of operation for Snow valley for this season. We wish to thank the management and staff for a great season and we hope to see everyone back next season..