



SKI TRACKS



Healthy Recreation for a Healthy Life

INSIDE THIS ISSUE:

Membership Drive	2
Odds & Ends	2
Spring Banquet	2
Fall Open House	3
Ski Pre-conditioning	3
Summer Activities	3
Canoeing	4
Golfing	4
Biking	5
Golf Tourney	5
Bus for Golf Tourney	5
Marmot Feature	6
E-mail Addressees	7
Quick Reference	7

Rocky Mountain Seniors Ski Club

NORTHERN BRANCH NEWS

After the Northern Branch AGM, the road seemed clear to transfer the money in the bank account of the Northern Branch to a holding account so revenue could be divided equitably between the clubs by following each 2007-2008 member. In the meantime however, Calgary attempted to transfer the money in the account back to the general account of the SASC. The bank, realizing there exists ambiguity with respect to the funds from their point of view, froze the funds pending either a court order or a mutually agreed upon settlement between RMSSC and SASC.

The situation was addressed in an informal way at the AGM in Calgary. A group of RMSSC members (and SASC members at this time) journeyed to Calgary to share the history of the situation and to begin the process of reaching a settlement. They took with them a handout to outline the history involved so all members of the SASC could have a general understanding of the situation as it now stands. This handout is available as of Tuesday on the RMSSC website. (continued—see Where We Stand P. 3)

PRESIDENT'S MESSAGE

With the onset of warm weather, the winter ski season is just a memory now but what memories if left. Great snow, well organized trips, and good fellowship abounded. In addition to the wonderful memories it was also a time of change for the club. The Rocky Mountain Seniors Ski Club was officially formed on March 18th and presently has 256 members and is growing daily.

The RMSSC was incorporated on April 22nd and both Accident and Director's Liability insurance are in place.

The summer programs were launched with an excellent Welcome to Summer Banquet held on May 7th at Snow valley which was attended by over 150 members. We are getting record turn-outs for the weekly biking and golf programs and the walkers are in full swing. Information of the Mountain Bike Trip, Annual Canoe Trip and BBQ, and the Annual Fall Golf Tournament can be found in this newsletter or on the website (www.seniorsski.com).

I encourage you to check our website on a regular basis as it is constantly updated with photos, information on events, registration forms and other items of interest. I hope all members of the club participate in healthy recreation over the summer and arrive at the next ski season ready for all nature provides for us on the slopes.

Klaus Kyritz

WHAT'S COMING UP?

- **More golf, biking and walking**
- **Golf Tournament Sep 3, 2008 at Sylvan Lake**
- **Canoeing on the N. Sask. Aug. 6 2008**
- **BBQ at Laurier Park Aug 6 4:30 PM**
- **Club Information Session Oct. 15**
- **Oct. Pre-Season Conditioning Classes**
- **Fall Dinner-Oct. 29 at the German Club**

EASY VIEWING

To view this newsletter more easily, find the % box in the toolbar at the top. Changing it to 100% or more will let you see about 1/2 of a page at a time, but the font will be bigger and easier to see. Use the slide bar on the right hand side to see the bottom half of the page. We try to keep the font to at least 10 point but we can only mail 4 pages without doubling the postage. Of course we encourage everyone to help us save money by receiving the newsletter through e-mail.

THE MEMBERSHIP DRIVE CONTINUES

The Rocky Mountain Seniors Ski Club is continuing to accept 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 as of May 24 stands at 256. There are still lots of opportunities to participate in summer activities for 2008. 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. 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.

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

ODDS AND ENDS

Have you checked out our great website at www.seniorsski.com? 134 people have and they have looked at a total of 371 different pages on the site. Our website has information on all the summer activities and we currently have pictures posted from both biking and golfing. Visitors to the site are mostly from Edmonton and area, but we have welcomed surfers from

Calgary, Taber and Belgium. The site also has a listing of recently added event and activities, open messages to members, and general comments. Getting use to visiting the site is a good way to stay in touch with the most recent activities and it will help to insure that you don't miss interesting events in the near future.

The Newsletter A quick thank-you to all the members who have chosen to get the newsletter by e-mail. Over the course of 6 newsletters, the club saves about \$9.00 per member. That's about \$1800 per year for the club. You can also pick up the newsletter at the website if you don't like e-mail. (Just let us know and we will take you off the mailing list.) We always need items for the letter, so sharpen up those pencils and send a story or two along!



RMSSC Spring Banquet

Thanks to everyone who came to the first annual RMSSC Spring Dinner at Snow Valley on May 7, 2008. It was a great turnout for our first banquet as 137 of the 147 who purchased tickets came out to enjoy each others company, raise a glass of wine, and recall memories of adventures on the ski hill. Plans for summer activities were shared and more people than ever committed to participate to keep fit and keep in touch over the summer. You could just feel the enthusiasm for the new club.

We hope to see all of you at the fall banquet as we prepare for our next ski adventures.

Ester and Gordon Oaks
Social Coordinators



THAT was GRRREAT!

Where We Stand (continued from page 1)

At the Seniors Alpine Ski Club annual meeting, the attitude of the members was congenial. One member asked about participation in RMSSC trips. Our representatives indicated that they were most welcome to join their RMSSC ski buddies on trips. The actual situation was only minimally mentioned in the course of the meeting.

The logical next step is for the SASC Board and the NB Executive to meet and to come to a consensus on the fair and equitable distribution of the assets held by the NB in Servus. Then, hopefully, the SASC Board and the Rocky Mountain Seniors Ski Club will continue to work together to promote skiing, camaraderie, and fitness for seniors .

Fall Open House

The fall open house will be held Wednesday, October 15, from 3 pm—7 pm at Snow Valley. The following information will be available.

- Tour information
- Fall dinner tickets
- Information about on-hill activities at Snow Valley (carving, racing, short turns, ski improvement)
- Volunteer opportunities at Snow Valley
- Opportunities to join the club

FALL PRE-SKI CONDITIONING CLASSES

Are you interested in a fall pre-ski conditioning program to get ready for skiing? We are presently working to set up a program with a trainer at **Grant MacEwan Center for Sport and Wellness**.

Sessions:

Group 1 (Mondays and Thursdays) October 17 to December 1 (7 weeks).

Time: Monday 9:00 AM to 10:00 AM Thursday 1:00 PM to 2:00 PM

Group 2 (Tuesday and Fridays) October 14 to December 3 (7 weeks).

Time: Tuesdays 1:00 PM to 2:00 PM Fridays 9:00 to 10:00 AM

Cost: \$126.00 + GST (last year's prices, we can probably expect a small increase.)

Optional workout drop in fee \$4.50 during non-peak times and \$6.50 during peak hours.

If you are interested or if you need additional information call Archie Childs at 780-459-6241.

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 at our website:
www.seniorsski.com



Just a couple of places left!—somewhere!



That's Klaus alone there. He is probably looking for rowers.

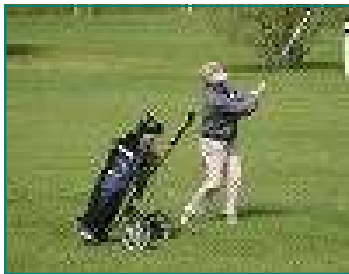
**CANOEING
COORDINATOR—KLAUS KYRITZ**

For the last three summers we have organized one or two canoe trips. Plans are almost complete for this year's canoe trip down the North Saskatchewan River on August 6th. There is room for one or two more participants at this time. We are limited to 28 participants by the

number of canoes the outfitter can supply. However, if anyone wishes to use their own kayak or canoe they are welcome to join the group. You would only be asked to cover the cost of the BBQ. Everyone is welcome to join in for the BBQ at Laurier Park at 4:30 PM. This is a great

opportunity to renew acquaintances and enjoy a delicious BBQ. If you are planning to attend please fill in the registration form that is posted on the website. Questions??? Call Klaus Kyriz at 458-0293 or president@seniorsski.com.

**GOLFING SEASON IS BACK.
COORDINATOR—BOB HILLIER**



I wish we could all look so good.

The first four weeks of golfing have come and gone with lots of groans, moans, and the occasional yippee! 44 golfers got us started in week 1 at Fox Run and the numbers have been at around 40 most weeks since. Bob Hillier is doing a great job getting us organized each week. He does the work, we do the golfing. If you wish to join the group all you have to do is contact Bob before

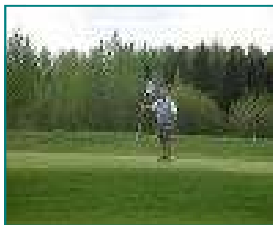
noon Saturday for the following Monday, but in fairness, more notice would be better. Noon Saturday is when he has to notify the golf course to reserve the tee-times.

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. Remember—scorekeeping is optional, not much intensity here.

The remaining schedule is printed below or you can find it at www.seniorsski.com. Golfers make no long-term commitment. Rounds usually take about two hours because we know that slow golf is boring and we keep the golf courses happy that way too.

For more information contact Bob Hillier at 458-1918 or bob.hillier@gmail.com.

GOLF DATES AND COURSE BOOKINGS



Plenty of room over here everyone!

02-Jun-08	Fox Run	04-Aug-08	Calahoo	06-Oct-08	Deer Meadows
09-Jun-08	JR's	11-Aug-08	Deer Meadows	13-Oct-08	Calahoo
16-Jun-08	Deer Meadows	18-Aug-08	JR's	20-Oct-08	Fox Run
23-Jun-08	Calahoo	25-Aug-08	Fox Run	27-Oct-08	JR's
30-Jun-08	Fox Run				
		01-Sep-08	Calahoo	03-Nov-08	Deer Meadows
07-Jul-08	JR's	08-Sep-08	Deer Meadows		
14-Jul-08	Deer Meadows	15-Sep-08	Calahoo		
21-Jul-08	JR's	22-Sep-08	Fox Run		
28-Jul-08	Fox Run	29-Sep-08	JR's		



Biking is fun when you know where you're headed.



Could this be the cause of the line-ups at Tims?

BIKING WITH THE RMSSC

COORDINATOR—BOB HOLZER

Our biking group continues to meet each Tuesday and Thursday. With the exception of a cool May 22, we have averaged 60 cyclists on each of the rides.

We continue to offer green, blue and black routes each time. Remember, helmets are mandatory and name badges appreciated. 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.

The Kananaskis/Canmore trip is now full. 28 members are going to enjoy the scenery and elements (come what may) on June 10, 11, and 12 in one of Alberta's premier

environments. We will certainly endeavor to repeat the experience in 2009.

There is a Lake Isle ride and BBQ on at Bruce McGavin's planned for July 11th.

For more information on biking contact Bob Holzer at (780) 469-9776 or activities@seniorsski.com

GOLF TOURNAMENT WED. SEP 3 2008



Golf Tourney Wednesday Sep. 3 2008.

The Seniors Alpine Ski Club and the Rocky Mountain Seniors Club will hold their annual golf tournament at Meadowlands Golf Club near Sylvan Lake with an 11:00 AM starting time. Meadowlands is located approximately 10 miles west of Red Deer on the corner of highway #11 and #781. Cost of the tournament is \$80.00 per

person. This includes 18 holes of golf, 1/2 power cart rental, banquet, prizes and free use of the driving range. Taxes and tips are included.

Menu—oven roasted baron of beef with mashed potatoes, baked beans, vegetable, tossed salad, rolls & butter, coffee and dessert.

Send applications to Roger Teghtmeyer 12023-51 St.

Edmonton, Alberta T5W 3G6. Make cheques payable to Rocky Mountain Seniors Ski Club. Questions - call Roger at 780-474-6393 or e-mail rteght@shaw.ca

As usual, the format of the tournament will be a Texas Scramble (best ball) format.

Deadline—August 15, 2008.

TAKE THE BUS, TAKE THE BUS!



More fun and better than driving 1:45 minutes.

There will be a bus taking RMSSC members to the event leaving from Snow Valley at 8:15 am. The cost will be \$20.00 per

person return. There will be light refreshments on the bus. Deadline to book is August 23, 2008 but book early. Cheques

must be made to Peter Boucher. Peter will be happy to answer your questions at 435-8580.

FEATURE STORY

MARMOT BASIN EXCITED ABOUT IMPROVEMENTS

Marmot Basin has received site guidelines approval from Parks Canada. The general plan involves a redefinition of the boundaries of the ski area with greater sensitivity to the effects of a downhill ski operation on a parks setting. Marmot gives up the Whiskey Creek area north of the current groomed area in exchange for improvements with the current defined runs area. This means individual plans for improvements to the area can proceed and be submitted for individual environment assessments. This is a much quicker step that could see major improvements to the slopes as early as next season and certainly within the next 2 or 3 seasons. The entire (lengthily) set of guidelines for development are available for viewing at www.pc.gc/progs/np-pn/index_e.asp After arriving at this site, click on the Alberta map. Then click on Jasper National Park. Then you will see a box labeled "Marmot Basin Ski Area Site Guidelines for Development and Use."

Marmot administrators already have one proposal in-front of parks Canada for final approval. Other projects are already being discussed and planned as well so we will keep watching for announcements.

Marmot is hoping for a Friday, November 14, 2008 opening date if Mother Nature co-operates. Lift ticket prices will start at \$70.00 including tax for adults. Seniors 65 Yrs. and older will pay \$56.00. The Ski Sunshine/Marmot Card will be back. Its price will increase to about \$84 (not finalized yet.) Once again days 1, 4, and 7 will be the free days and other days will continue to be given a #13.00 discount based on last years plan.

Marmot season tickets are available on-line or by phone from the Marmot office. The biggest discounts are available for passes purchase before the end of June. Approximate early (June) prices are listed below, taxes included.

Adult \$691.95 (all week) Senior (65+) \$481.95 (all week) Mid-week Mon.-Fri. Pass same price
Mini-midweek (Tues-Thurs—all adults) \$351.75

Which Pass To Buy?

Comparing the Ski-Marmot/Sunshine card with season ticket prices is difficult as there are many variables, but here are a few considerations.

1. If you are only going to ski 2 days at Marmot, buy individual tickets. At day 3 you break even buying the ski Marmot card (and your 4th day is free.)
2. If you are going to ski up to about 9 days, buy the Ski Marmot Card.
3. If you are going to ski 10 or more days, consider the mini-midweek for Tues., Wed., and Thurs. skiing. Remember that with the pass you get an extra 20% off at many hotels over the Ski Marmot Card discount.
4. If you are going to ski 13 or more days, consider the full seniors pass or the Mon-Fri pass if you are under 65 yrs.
5. You can lower the number of days to break (in #3 or #4) even if you use hotels in Jasper. They give an extra 20% off all season (weekdays) over the discount given to Ski Marmot card holders. That's at least another \$20 per night. 13 days usually means about 9 nights in hotels for a savings of about \$180. This reduces the break even point to about 8 days. This applies to the mini-midweek as well reducing break-even to about 6 days.
6. Also consider whether or not you are going to join the club for the 4 day ski improvement week and the 4 day end of year trip. That's 8 days before any individual trips (the club negotiates good hotel rates for these so you shouldn't count these as hotel nights.) Also those 2 Mondays will cost you about \$86 so it will be worthwhile to move up to the Mid-week pass from the Mini-mid week pass if you want 2 additional Mondays or Fridays throughout the season.
7. Buying the Ski Marmot Card gives you the flexibility to go to Sunshine at a discount that counts toward your free days. Buying a pass at Marmot entitles you (last year) to a discounted lift ticket at Sunshine while Marmot is open. After Marmot closes you are on your own.
8. Having a senior's pass at Snow Valley has in the past entitled you to discounts at many mountain resorts including Marmot Basin.

There are lots of choices to make as we get ready for Friday November 14, 2008—JUST 176 more sleeps! Bob L.

Do you have some news about skiing to share? Please send it to

newsletter@seniorski.com

Rocky Mountain Seniors Ski Club

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 has been incorporated as of 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, 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

Pub. Date	Deadlines
October 31	October 24
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

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

newsletter@seniorsski.com
publicrelations@seniorsski.com

Remember, we are on the web at www.seniorsski.com

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