



SKI TRACKS

This Edition of Ski Tracks is Sponsored by REVOLUTION CYCLE.

UNDER the COVER	Pg
Membership	2
Club Information Session	2
Welcome to Winter	2
Membership Update	2
Tour Announcements	2
Golf Update	3
Canoe Trip	3
Fall Dinner	4
Northern Branch	5
Pre-Season Ski Fitness	6
Biking	6
Revolution Cycle	7
Feature Story	8
Contact the Executive	9



Think of this on those “stinkin’ hot” summer days!

PRESIDENT’S MESSAGE

The success of any organization can be measured by the participation of its members. As our club membership approaches 300, we are experiencing record participation in all of our summer activities (biking, golfing, canoeing, and walking). This is a sign of true success and a great way for the membership to stay in shape for the upcoming ski season.

With only a couple of months left to enjoy these summer activities, our thoughts are turning to the 2008-2009 ski season. Your Executive has had a busy summer planning the winter activities. This year there will be eight organized ski trips including an early season and a late season Sunshine trip. Pre-season Ski Conditioning Classes, a Fall Banquet, a Club Information Session and a Welcome to Winter event are also planned. Information on all of the aforementioned programs can be found in this newsletter and on our website.

In addition to planning for the upcoming ski season, the Executive has reviewed and updated the club policies. For the most part, the policies have remained the same as those of the previous club with one notable exception regarding overbooked ski trips. All ski trips will now have a start date for registration, a draw date (10 days after the start date) and a closing date.

If the trip is overbooked by the draw date, a draw will be held to select participants to go on the waiting list. An applicant can only be drawn once a season to go on the wait list. We believe this is a fair system especially for those members living in outlying areas with slower postal service.

Even though winter is still a few months away, now is the time to start planning your winter activities and start thinking snow (but not before November.)

Klaus Kyritz,
President

- What’s Coming Up?**
- More Biking, Walking & Golfing
 - Golf Tourney Sep. 3
 - Club Information Session Oct. 15
 - Pre-Season Ski Fitness
 - Fall Dinner Oct. 29
 - First Tour of the Year - Sunshine- Dec. 7-10
 - Welcome to Winter Nov. 18

MEMBERSHIP and CLUB INFORMATION

One card does it all. Ski Club membership card to participate in ski tours, socials, summer activities, on-hill programs, and pre-ski conditioning programs, to receive discounts at ski shops and ski resorts, and to develop great friendships among fellow skiers. Look for more details of these activities for members in this newsletter and on the Club website, www.seniorsski.com.

Edmonton-based ski tours?
Socials? Summer activities?
Newsletter? Website? You need only the Rocky Mountain Seniors

Club Information Session
Mark Wednesday, October 15, on your calendar. That's the date of the Club Information Session to be held from 3 - 7 p.m. in the Lodge at Snow Valley.

- The highlight of the session will be information about the 2008-09 ski tours.
- There will be information about on-hill ski programs at Snow Valley: carving, ski improvement, racing, short turn clinics.
- Fall Dinner tickets will be on sale.
- You can buy your season pass for Snow Valley. The Snow Valley season pass will give you discounts on lift passes at other ski resorts.
- Learn about opportunities to volunteer at Snow Valley.
- We hope to have a display of ski equipment available at the Snow Rider Shop at Snow Valley.
- Club memberships will be on sale.

Bring your ski friends with you. After seeing the information about Club activities for the winter, they will want to join us.

Welcome to Winter
Snow Valley plans to open on November 7 and the new chair lift will be operational - the only one of its kind in North America. So, let's welcome winter and all the pleasures it brings us. To celebrate the arrival of winter and the ski season, we are planning a Welcome to Winter event on Tuesday, November 18, at Snow Valley. Come out, socialize over coffee and a cinnamon bun, and check out your equipment. There will be lots happening of interest to skiers. Lifts will open at 9:30 am. Look for more details at the Club Information Session on October 15, the November newsletter, or the Club website, www.seniorsski.com.

Membership update!
We are approaching 300 members! As of August 18, we had 295 members registered with the Rocky Mountain Seniors Ski Club and we are anticipating that at least another 60 will register before the end of October. Tell your ski friends about us, share your newsletters with them, and direct them to our website, www.seniorsski.com. We are the only seniors ski club organizing Edmonton-based tours and activities and we welcome all senior (55+) skiers.

2008-9 Tours!
Mark Your Calendars!

The following locations and dates for tours for the 2008/2009 ski season have been selected.

Sunshine	December 7-10 '08
Sun Peaks	January 4-9 '09
Sun Peaks	January 11-15 '09
Jasper	January 25-29 '09
Silver Star	February 8-13 '09
Kimberly	February 22-26 '09
Marmot	March 8-12 '09
Sunshine	April 5-8 '09

4th Annual Canoe Trip – August 6, 2008



Thirty-two canoeists and 4 kayakers participated in the RMSSC 4th Annual Canoe Trip on the North Saskatchewan River. The participants started the trip with a picnic lunch at Laurier Park (the launch site), then paddled 16 kilometers through the heart of Edmonton, arriving at Goldbar Park 2.5 hours later. The weather was ideal and the scenery was breathtaking. The view of downtown Edmonton from the river is unbelievable.

An additional 25 members joined the paddlers for a delicious Hamburger and Smokie BBQ at Laurier Park at the conclusion of the trip. A great time was had by all.

Many thanks to (Gordon & Esther Oaks, Kathy & Art Robinson, and Yvonne Rokosh) who helped to make this event a success.

by Klaus & Gail Kyritz

GOLFERS ON PAR- 10 DATES LEFT

The Monday Golf Group continues to “drive” forward through the season. Bob Hillier has polled the members and we will be playing two new courses next year. They are the Sherwood Park Golf Club and the Cardiff golf club. Calahoo Hills and Fox Run have been dropped. Bob gathered much information to help us decide on the new courses. Thanks to Bob Hillier for his time with this and for his on-going efforts at keeping our group organized.



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

Rocky Mountain Seniors Ski Club

Fall Dinner

Wednesday, October 29, 2008

****GERMAN CANADIAN CULTURAL ASSOC.****

(Note the change of venue)

8310 – Roper Road (51 Ave.)

Cash Bar 5:30 PM —Dinner 6:30 PM

\$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 NEW ski equipment displayed by local ski shops.

**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 October 15, 2008

Your tickets will be at the door.

*****Tickets will also be available at the Fall Registration October 15, 2008*****

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

Club Historian Needed

We need a club historian to create and maintain a history of our vibrant new club. This would entail organizing materials and keeping a record of club events. Exact details for the job description for the new historian and the format to be followed will be decided in consultation with the club past president. On occasion, the historian may be invited to attend an executive meeting to update the executive members on the materials that have been conserved.

If you are interested in this position, please contact me, Ilene Larson, Past President, at ilarson@shaw.ca or by phone at 780-435-6537.

I look forward to hearing from you. Ilene

Update on the Matters Concerning the Situation Between the Northern Branch and the SASC (Calgary)

The following letter was forwarded to SASC President, Tom Swaddle and the SASC Board in Calgary on June 16, 2008 and it was followed by the second letter on August 2, 2008. On August 21 we received a reply from Tom Swaddle to our two letters regarding the funds raised by Northern Branch members. Tom Swaddle indicated that serious discussions could begin only when the SASC Board has full access to the Northern Branch bank account and has signing rights over any such disposition. With several of our executive members out of town, we will not be able to meet to respond until early September. I am cautiously optimistic that there is progress toward a resolution to this matter. We will keep you informed. Ilene Larson

July 21, 2008

Without prejudice

Dear Tom and Members of the SASC Board or Directors;

I would like to give you folks an overview of the present situation as seen from a northern view point.

The reality of the present situation is that there has been a de facto split within the SASC with the Northern Branch evolving into the Rocky Mountain Seniors Ski Club. As of this date the RMSSC has 279 members of which 245 are also presently members of the Northern Branch of the SASC. I expect by the conclusion of the SASC's 2007-2008 membership year in November, 2008, the vast majority of the 2007-2008 NB members will have joined the RMSSC.

The evolution of the NB into the RMSSC is due to the successful operation of the programs offered by the Northern Branch to the NB branch members. This evolution has been taking place in the full glare of general meetings held of the NB members. At the two general meetings of the NB members held with respect to this evolution (the first to obtain the views of the NB members as to whether to evolve into and form a separate club and the 2nd to obtain the direction of the NB members as to the allocation of the NB funds), there has been vast support for the formation of a separate club and for the NB funds to be split between the RMSSC and the SASC pursuant to the Williams/Oaks motion. In fact the interest shown by the NB members in this evolution has been so great that we had a greater turn out of members at each of these two general meetings than the entire SASC has had at either of its 2007 or 2008 AGM.

The NB executive has a fiduciary duty to the NB members to carry out the wishes of the NB members as expressed by the vast majority of the NB members. If the NB executive turned over the entire amount of the funds accumulated by the NB members to the Board of the SASC, the NB executive would be in breach of its duties to carry out the wishes of the NB members not to mention that the NB members would probably "tar and feather" the members of the NB executive.

These funds are separate funds raised by the NB pursuant to NB activities and do not represent any of the SASC membership fees of NB members. All of the membership fees of the NB members (which were in excess of \$8000 in 2007-08) have been forwarded to the SASC Board.

We still remain prepared to meet with representatives of the SASC Board as we would like to negotiate this in a friendly manner and I believe we can come to an equitable and fair resolution of this issue.

Sincerely

Ilene Larson, Northern Branch Executive President

August 5, 2008

Without prejudice

Dear Tom and members of the Board of the SASC: Further to my letter of July 21, 2008, I would like to emphasize that we, who are presently members of both the Northern Branch of the SASC and of the Rocky Mountain Seniors Ski Club, would like to have a cordial and useful working relationship between the RMSSC and the SASC.

With respect to the funds raised by the Northern Branch members through Northern Branch activities (and which do not include any of the SASC membership fees of Northern Branch members), we would, in the spirit of compromise, recommend that 75% of these funds be paid to the Rocky Mountain Seniors Ski Club and 25% of these funds be paid to the Seniors Alpine Ski Club.

If we could agree on this, we, in Edmonton, and you folks in Calgary, could advise Servus of our agreement and request Servus to issue a "bank draft" to RMSSC for 75% of the funds being held by Servus and to issue a "bank draft" to SASC for 25% of the funds being held by Servus.

Bearing in mind that the RMSSC has taken over and is presently carrying out those activities that were previously carried out by the Northern Branch (which include the arranging for and operation of the on-hill ski activities in Edmonton and the ski tours to the mountains as well as the out of ski season activities and the associated social activities), we are of the opinion that this proposal is an equitable and fair resolution of the financial issue.

We look forward to hearing from the Board of the SASC.

Yours truly,

Ilene Larson, 2007-2008 President of the Northern Branch

Just a reminder-

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

Pre-Season Ski Fitness Classes

Are you interested in a fall pre-season ski conditioning program to get ready for skiing? A program with a trainer at **Grant MacEwan Center for Sport and Wellness** has been set up for the fall. Prices have not been established yet, but they will be similar to last season. Last season's prices are indicated below.

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.

Biking



The twice weekly bike groups (green, blue and black) continue to grow in size as the season progresses. This particular group looks particularly suspicious. It is hard to see, but Klaus is the only one not smiling. Why might this be? I have also heard that the evening group rides are gaining in popularity. I am sure this has nothing to do with the libation stop along the way or at the end!?! Riiiiight!

Biking continues Tuesdays and Thursdays into the fall.

Revolution Cycle is familiar to many of our members, but I am certain many of you who might be considering joining our cycling group will be interested in learning about this Edmonton Company. When I heard about this company I pictured one of those hole-in-the-wall businesses. Nothing could be further from the truth. Revolution Cycle has hundreds of bikes in a large showroom on Stoney Plain Road at 151st Street. They also offer riding apparel, parts and accessories to make your cycling experience complete. There is a nice, big parking lot at the back for test-riding a wide variety of bikes designed to meet the needs of riders at every skill level.



The Revolution Cycle website explains the company's beginnings.



“A long time ago (1991), in a store (not too) far, far away... two men opened a cyclist's dream – a bicycle shop offering the best in service, high-quality bicycles, parts, accessories and clothing. Today, original owners Dennis and Alan Aronyk continuously strive to offer Edmonton's cycling enthusiasts more and more each season. Today's current 10,000 square foot bicycle showroom (only several doors east of the original 900 square foot shop) is the culmination of a series of moves, expansions, and renovations all with the cyclist's needs in mind.

As one of Canada's top Specialized dealers, Revolution Cycle offers its customers all the cutting-edge innovation, quality and value that is associated with

this world-leader in production and design. Revolution Cycle has grown along with Specialized and owes much of its success to this one-of-a-kind, bicycle-obsessed company.”

In addition to bikes, clothing, accessories and an incredible service department, Revolution also has strollers to attach to your bike (for those grandkids) and bike trailers. If you are in the area, it really is worth stopping in to see a “Revolution in Motion.” The address is

15103 Stony Plain Road (2 blocks west of McKinnon Ravine)
Edmonton AB
T5P 3Y2

Phone (780) 486-3634
Parts Hotline 669-BIKE
Fax (780) 481-9121

Show your membership card for a 10% discount on accessories, parts and apparel.

Many thanks to Revolution Cycle for sponsoring our September newsletter.

www.revolutioncycle.com



What's New on the Slopes for 2008-2009?

Summer is great for all of those “sun” activities, but a true skier’s mind doesn’t wander too far from the slopes. Summer is the time when ski resorts make improvements to their facilities including accommodation, runs and lifts. I thought it might be interesting to survey some of the local and even some more distant resorts to see what has been going on this summer.

Snow Valley - Our own Snow Valley has had a very busy summer. They are completing installation of the world’s first variable speed chairlift which does not have a detachable chair system. The chairs on this lift are congregated at each end where they move slowly to allow loading and unloading. Then the lift shifts gear for a rapid run up the hill. Snow Valley has also had to repair a major land shift in the middle of the main run. This should be complete by the time the snow returns in November.

Marmot Basin - is preparing for a Nov. 14, 2008 opening day. With their state-of-the-art snow making equipment this should not be a problem. This summer Marmot received approval for a new chair that will run from the bottom of the hill beginning near the Eagle Quad and running to the top of Paradise run offloading near the Keefer T-bar. This high-speed 4 seat or 6 seat (yet to be determined) lift will be installed next summer just in time for the 2009-2010 ski season.

Canyon Ski Area (Red Deer) - is located just a few minutes east of Red Deer just north of Highway 11A on TWP Rd 384. Canyon Hill has the longest vertical of any non-mountain ski resort in Alberta. 13 runs are serviced by 2 chairs and 2 T-bars. The lodge features full bar and food service and areas where you can just relax. Night skiing is available on several full runs at Canyon.

Rabbit Hill - The rumors about the Rabbit Hill road closure are completely unfounded. The road issue was settled many months ago. Rabbit Hill will be functioning as usual this year with their ski school and hill facilities operating as in the past.

Powder King - Located on Highway 97 south of Chetwyn BC or about 2 hours (195 km) north of Prince George, it is a somewhat lengthy trip to Powder King. Last season they boasted almost 41 feet of powder snow and what’s more, this is about an average snowfall for a season. There is on-hill hostel type accommodation and hotel accommodation in near-by communities and more distant major centers. One chair and two T’s service 2100 vertical ft with almost 1500 acres to test your abilities. Powder King is open Thursdays to Sundays. Check on-line for times.

Canmore Bike Tour

The Rocky Mountain Seniors Ski Club bike tour of the Canmore/Banff area, held from June 9th to 12th, was a great success. The weather gods threw everything at the group - snow on Tuesday for the Kananaskis ride, driving rain on Wednesday for the Canmore trails, and (finally) sunny blue skies on Thursday

for the Banff and Goat Creek rides. The weather necessitated a few changes from the planned schedule but the dedicated bikers took it all in stride. The staff at the Stewart Creek golf course were mildly amused by the drowned rats showing up for coffee at their posh club house during the Wednesday rain storm, but

they were very accommodating and even provided us with diapers (!) to sit on so that we wouldn’t soak their chairs.

Thanks to Kathy and Art Robinson and Bob Holzer for their leadership and planning expertise - especially for organizing the logistics for the Goat Creek riders.

Sunshine Mountain Lodge: December 7-10, 2008

Tour Hosts: Gwen Williams 780 643-5310 & Stan Rust 780 483-4584

Accommodation: **Sunshine Mountain Lodge** Price per person:

Room Type	Single	Double	Triple	Quad
Superior Inn Room	\$619	\$393		
Deluxe Inn Room	\$747	\$457	\$360	
"New" Loft Suite		\$790	\$582	\$479

Superior Inn Room- 1 queen bed and a pullout single bed. Full bathroom with a tub and shower .T.V, phone. Located on 2nd & 3rd floors on frozen waterfall side of building.

Deluxe Inn Room-1 queen bed & single pullout bed, custom furniture, full bathroom, TV & private balcony. Located on 2nd & 3rd floors, have great views of Mt Standish.

"New" Loft Suite-Indulge your senses with ceiling to floor views, gas fireplace, 2 queen beds and pullout sofa.

Deductions:

Non-skier or Sunshine season pass holder or Sunshine/Marmot card holder: **\$141.**

Included in Tour: 3 nights accommodation, 3-day lift ticket, welcoming party and all taxes.

Travel Arrangements: From Edmonton by carpool arranged by the Tour Hosts. Please indicate on your reservation form if you need a ride or if you are willing to drive and how many other passengers you can take.

To Reserve: Starting **September 30, 2008** you can mail to the Tour Hosts:

1. Your **completed** and **signed** Tour Reservation Form,
2. A check for full payment (payable to the Rocky Mountain Seniors Ski Club), **dated no later than October 31, 2008**, and
3. **A stamped self-addressed business size envelope**

Deadline: October 31, 2008

Mail to: Gwen Williams

**1604 9020 Jasper Ave
Edmonton, AB
T5H 3S8**

Lake Isle Bike Trip and Barbecue, July 11

Many members of the Rocky Mountain Seniors Ski Club biking group enjoyed a ride in the Lake Isle area, followed by a barbecue at Bruce McGavin's cabin, on Friday, July 11th. All riding was on rural roads (paved) around the area. The day was made complete with coffee, treats, burgers, doggies, salads and refreshments. Thanks to Bruce McGavin, Cheryl Doucet, and Don Doucet for making all the arrangements.

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, 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

Executive E-mail contacts!

info@seniorsski.com
Art Robinson

newsletter@seniorsski.com
Bob Larson

president@seniorsski.com
Klaus Kyritz

pastpres@seniorsski.com
Ilene Larson

secretary@seniorsski.com
Peggy Dodson

treas@seniorsski.com
Archie Childs

webpage@seniorsski.com
Mike Tansey

tours@seniorsski.com
Gwen Williams; Stan Rust

activities@seniorsski.com
Bob Holzer

social@seniorsski.com
Gordon Oaks, Esther Oaks

publicrelations@seniorsski.com
Inge Hess

Pub. Date	Deadlines for Submissions
October 31	October 24
Nov. 30	Nov. 23
January 31	January 24
March 31	March 24
May 31	May 24
August 31	August 24

Please support our newsletter sponsors.
To date they are

**Revolution Cycle
Snow Valley**

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

Occasionally there will be supplemental emails (Skiing Scoop) with breaking news or opportunities for members.
Bob Larson, Editor



**Rocky Mountain
Seniors Ski Club**

Tour Reservation Form

Consult the latest *Ski Tracks* or 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**, 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
-------------------------	------------------

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
---------------	----	-----	----------------

Room type (use descriptor from the <i>Ski Tracks</i> or www.seniorsski.com)				
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
------------------------------	--------------------------	-----------------------------

Lessons - for **Marmot Ski Improvement** please indicate your choice of lesson group (**one only**)

No lesson	Green	Blue	Black	Race Camp
-----------	-------	------	-------	-----------

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 package cost always includes taxes, accommodation, lift pass, lessons (if any), bus (if any), welcoming party, cancellation fee, and admin fee. If you opt out of the lift pass, the lesson, or bus transportation, deduct the appropriate amount from the package cost. (Participants who want to self-drive must pay for the bus and will be refunded when the bus fills.)

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 _____