



SKI TRACKS

This issue generously sponsored by
Revolution Cycle

A club is defined by “Webster’s” as an association or organization dedicated to a particular interest or activity. Logically, the greater the ownership by every member of the organization, the stronger the club becomes.

Our Club has experienced tremendous growth over the three seasons since our inception. Membership is nearing 400. We have more tours than ever with great participation. We have well attended social events. Summer activities are bursting at the seams.

Every member of our Club has a role to play in keeping our organization strong. Obviously participation in various major events including ski tours, banquets, and special days is of paramount importance. Also, there are some simple things members can do to help.

Little things like signing up and showing up for tours or activities on time, taking the newsletter electronically, mentioning the Club name when visiting a sponsor, wearing your badge on the hill, helping bus drivers load the bus, telling strangers about our great Club, and smiling for a picture make a huge difference as their effect accumulates.

I want to remind everyone that our Club is run by volunteers. No one gets any form of payment. Tour hosts don’t get free skiing or free rooms. Our Executive is a group of dedicated volunteers. Each member of the Executive is responsible for one key aspect of the organization of the Club. They take their roles seriously.

Become familiar with Club policies and practices as outlined in the Members Handbook and Biking Manual. Read the newsletter and visit our website to

keep up-to-date with Club activities. It is particularly important to inform our membership coordinator regarding changes to your personal information including your up-to-date address, phone number and especially your e-mail address.

Try as we might, sometimes things don’t go exactly as planned. Support your tour hosts and activity coordinators by making the best of things with a smile. Giving them a pat on the back goes a long way toward making their day; especially during those difficult times.

We have a number of corporate partners or sponsors. Please support them. They offer us very good deals and provide financial support to the Club. You can reciprocate by giving them a chance to win your business.

The RMSSC has had a great initial 3 years. Don’t take our success for granted. With every Member’s help, our continued success is assured.

submitted by Bob Larson

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**Rocky Mountain Seniors Ski Club
Annual General Meeting
Wednesday, April 27, 2011**
Snow Valley Lodge – upper level

1:00 P.M. to 3:00 P.M.
see page 2



Silver Star Tour Report
February 6-11
submitted by Mary and Georges Binette

Great snow at Silver Star. Great conversations too. Georges and Mary Binette, tour hosts, are always impressed with the social chemistry of this club. From the beginning moments as we piled into the bus in the dark early morning of Sunday, February 6, through the crazy buzz of the welcoming reception, the luxurious days of skiing, the superb club dinner, and the laid back evenings, people mingled, kibitzed, laughed, joked, and learned more about each other. Several members suffered punishing tumbles during the tour. Fellow skiers and room partners were quick to provide aid and maintain watchfulness over the injured until they were clearly recovered.

It was snowing when we arrived at the alpine village, and it snowed all night. The first runs in the morning were fabulous. Then the heavy snow lumped and turned to crud, offering more challenging experiences. Sore muscles were universal that evening, probably the reason for the smaller group than expected that boarded the bus at 6:30 the next morning, heading for Big White. A bit of sun and lots of snow there. The snow hosts at Big White, as at Silver Star, were refreshingly pleasant and helpful in guiding us down the various trails.

The group dinner on Wednesday was an evening of vibrant social encounters, a little noisier than the Mountain Katz Restaurant personnel had anticipated, and definitely more irreverent. Chef Ryan created an outstanding dinner and the assisting staff was friendly and efficient. Robbie Steen presented the latest "Face Plant" award to the highly deserving Jim Vine.

The sun was out Thursday morning, another glorious day on the hill. A bevy of luggage packing followed the ski day, in preparation for Friday's early departure. Then the last evening at Silver Star was leisurely savored.

Senior Standard Time (half an hour earlier than the other ones) meant we were off to a prompt start on our return journey. Floyd Tiller, our intrepid bus driver, guided us back to a balmy Edmonton. As usual an assembly line of members (Thanks guys!) unloaded the luggage in record time and away we went home, well satisfied with this excellent experience.

We'd like to recognize Arnie Wilson, Club Tour Coordinator, who set up the initial communication and planning with the Silver Star personnel, and has been consistently responsive to issues that have arisen. Anna Tilly and Jenny Winberg, Groups Coordinators at Silver Star Resort, have been particularly patient and helpful over the last few weeks in answering questions and guiding us as to best procedures. A warm thank you to the 48 participants whose enthusiasm made this tour such a delight.



2011 Annual General Meeting

The Annual General Meeting of the Rocky Mountain Seniors Ski Club will be held on April 27, 2011, at the Snow Valley Ski Club from 1pm to 3 pm. Coffee, tea and cake will be served. Members are encouraged to attend this meeting.

The agenda will include the President's Report, Audited Financial Statement, Reports from the Membership Coordinator, Ski Tours Coordinators, and Special Activities Coordinator, Membership Fee for 2011/2012 membership year, Election of Executives, Appointment of 2011/2012 Auditors and Other Business.

The following executive positions are up for election at this year's AGM: Vice President, Secretary, Tour Coordinator(s), Public Relations Coordinator, and Social Coordinator. The nomination committee's slate of executive candidates will be published at least a week before the AGM via a Skiing Scoop. Nominations from the floor will also be accepted.

Summer Activities
submitted by Bob Holzer

Participation

To participate in any of our summer activities you must complete a 2011 Summer Activities Registration Form and send it to the address noted on the form. The form is available on our website and at the end of this newsletter.

Biking

The 2011 official Biking Season begins on Tuesday, May 3rd. The first bike ride departs at 10:00 AM from the main parking lot in Hawrelak Park. It is the first lot on your left as you enter the park. We will meet there for the first two weeks, as Robbie Steen will again offer a four-sessions introductory course. This course is strongly recommended to any member new to biking or returning after some time off.

Golf

The schedule for golf is printed on page 6. Deer Meadows is tentative as they do not open until April 1.

Canmore Bike Excursion

The Canmore Excursion is scheduled for June 13 – 16 this year. Mark your calendar!

Biking
submitted by Robbie Steen

Summer Biking

Are you interested in joining up to 70 of your fellow club members who bike the trails in the river valley and around the city every Tuesday and Thursday morning from May to October? It's great fun and a good way to stay fit and keep in contact with your Club friends. Our rides start at 10 am and go to about 12:30 with a halfway break at a local coffee shop. Our cyclists divide themselves into 3 or 4 groups based on ability and the amount of challenge they want. The only requirement to participate is a bike that is in good working order, that fits you, that is suitable to the terrain, and that is tuned up. It is required that you wear a certified bike helmet when riding with the Club. If you would like some assistance in purchasing an appropriate bike and accompanying accessories feel free to contact me well before we start riding early in May.

Biking 101

If you wish to start biking with the Club and have never biked before or have not done so for many years it is recommended that you take our free orientation course to help you get started. These classes will commence with the start of our biking season and run during the first 4 ride days. The course will cover: how your bike works, riding practice, climbing hills, safety concerns and group riding etiquette. As these classes are cumulative all course participants should plan to attend all 4 sessions and will be expected to practice on their own between classes.

Please contact Robbie Steen at 780-439-2634 prior to May 1 if you plan to take the orientation course or require further information.

What's Coming Up?	
Sunshine Village #2	April 10 to 13
AGM	April 27
Spring Dinner	Wed. May 11
Summer Activities	
Biking begins.	First Week In May
Golf begins.	First Week In May
Canmore Bike Ride	June 13-16

Lake Louise Tour Report

Submitted by Chris Brennan & Tony Holtner

We started our Tour with 43 members boarding the bus for a 9:30 AM departure time. We left a little early and were in Calgary for the lunch hour. On the way into the mountains, we were treated to a geological history lesson courtesy of Dennis Brooks who spoke on the formation of the Rocky Mountains. We arrived in Lake Louise around 3:30 PM and were whisked through our check-in procedure by the helpful Lake Louise Inn desk staff.

After unloading the bus and getting everyone squared away to their respective buildings, the Tour Hosts held a get-together to pass out ski lift tickets and have a beverage. Several of the 15 self-drivers also attended the party. The Welcome Party dinner that evening, hosted in the Wilson Room, was in a word, "spectacular."

Overnight we were treated to 15 cm of new snow and despite cool morning temperatures, everyone enjoyed a memorable first day of skiing. Day two saw slightly warmer temperatures with a warm inversion at the higher elevations and sunny skies. Lots of trackless powder from the previous day was there for the poaching. Day three had flat light conditions especially in the back bowls and above the tree line that made the lower runs with trees the choice for the day.

After the third day of skiing, the Lake Louise Inn was our host again for the Club Dinner. All 58 of the tour members were present. This was another great meal enjoyed by all.

On the fourth day, "Let there be Sunshine" and there was, and it was good! Everyone enjoyed the scenic



beauty of Lake Louise with 5 cm of fresh snow and endless photo opportunities. The end of the day saw a flurry of frantic changing activities for those who rode the bus. Despite a bevy of scampering half dressed seniors in

the parking lot, the bus was loaded and departed around 3:40 PM, 20 minutes early.

Once in Calgary, everyone wandered off for supper. An hour and a half later we were all back on the bus and on the road at 7 PM. We made it to Edmonton at



around 9:30 PM and despite the cold city temperatures, everyone got their gear and headed off with smiles on their faces.

Tour Hosts Chris Brennan and Tony Holtner wish to thank:

- ☒ The Lake Louise Inn – Colleen Taylor, Jessica Shenton and John Rowe. Also Chantelle and her cooking/serving staff.
- ☒ The Lake Louise Ski Resort – Michelle Gosnell and Brenna Spademan.
- ☒ Brewster Charter Services – Masako Tajima, Lindsay Bagshaw and drivers Norm White, John Dockrill and Nicole Kruger.
- ☒ All the RMSSC members who helped load and unload the bus.
- ☒ Bob Gillespie for his suggestion and comments on a Coat-of-Arms.
- ☒ Dennis Brooks for his inspiring words on Mount Yamnuska.
- ☒ Archie Childs for picking up the ski lift passes and making payments.
- ☒ Bob Larson and Klaus Kyritz for miscellaneous transportation needs.
- ☒ Kathy Robinson for setup, support and guidance.



Where the beginning meets the end?
Where the finite meets the infinite.
Ponder and reflect.
Thanks for the fantastic picture Ursula.
Bob



Revolution Cycle was RMSSC's first sponsor. Since then, Revolution has continuously maintained a strong relationship with RMSSC. Alan and Dennis have once again agreed to join RMSSC as a corporate sponsor as we begin our fourth biking season.

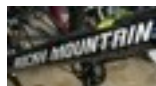
Revolution Cycle is located on Stoney Plain Rd. at 151 St. There is ample customer parking at the back and there is a rear entrance which is always open.

Last year saw a huge renovation take place at Revolution. If you did not get a chance to visit them last year and you have an interest in biking, consider stopping by. They have over 600 bikes on display and have even more in their warehouse space right on the property.

The bike selection for 2011 is very impressive, as is the selection of riding apparel including highly visible safety clothing.



Brands include Cannonade, Rocky Mountain, and the popular Specialized Bikes which they have carried since they opened twenty years ago. They have also added Scott Bikes this year. Revolution has bike experts who can answer



all your questions about performance and selection. They may even answer questions you didn't think about.

In addition to unisex apparel, they carry a full section of ladies wear that is sure to please.

Their maintenance department is well stocked and is ready to adjust and maintain your ride for the season ahead.



As of March 7, Revolution's hours of operation have been extended to 9:30 AM to 8:00 PM Monday thru Friday and 9:30 AM to 5:00 PM on Saturdays. Revolution is closed on Sundays.

Their website address is www.revolutioncycle.com. Their phone number is (780) 486-3634. On their website, you will find Revolution information about products, services and special offers.



Two important links are available here. The link to a map of

Edmonton bike paths is http://www.edmonton.ca/transportation/cycling_walking/bike-map.aspx

The link to City of Edmonton Bike Bylaws is http://www.edmonton.ca/transportation/cycling_walking/bicycle-laws.aspx



RMSSC Golf Schedule for 2011

Please note - As Deer Meadows does not open until April 1, these bookings are tentative and unpriced at this time.

Date	Golf Course	Cost
May 2	Deer Meadows	not available
May 9	Legends	\$20
May 16	Pioneer Meadows	\$20
Tuesday May 24	JR's	\$12
May 30	Deer Meadows	
June 6	Legends	\$20
June 13	Pioneer Meadows	\$20
June 20	JR's	\$12
June 27	Deer Meadows	
July 4	Legends	\$20
July 11	Pioneer Meadows	\$20
July 18	JR's	\$12
July 25	Deer Meadows	
August 1	Legends	\$20
August 8	Pioneer Meadows	\$20
August 15	JR's	\$12
August 22	Deer Meadows	
August 29	Legends	\$20
September 5	Pioneer Meadows	\$20
September 12	JR's	\$12
September 19	Deer Meadows	
September 26	Legends	\$20

Rocky Mountain Seniors Ski Club Spring Dinner

Wednesday, May 11, 2011

Snow Valley Lodge

Cash Bar 5:30 PM —Dinner 6:30 PM
\$30 per person (incl. GST & Gratuity)
Guests are invited.

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

Gayle Houston

13515 - 101 Avenue,

Edmonton, Alberta, T5N 0J4,

Additional charge of \$5.00 if not purchased by May 4th

No post-dated cheques - Your tickets will be at the door.

For additional information, call Gayle Houston at 780-452-5350.



left: RMSSC members and friends touring Indonesia and reading "Ski Tracks" of course.

above: Ilene Larson receives her bronze medal with two Calgary skiers from John Short.



55 Plus Games Alpine Skiing Event

Submitted by Klaus Kyritz Co-Chair

Thirty-four Alberta skiers, 14 RMSSC members, 17 Calgarians and 3 from other zones, qualified for and entered the 55 Plus Games held at Snow Valley on February 25 and 26. There were three events for males and females in five divisions. They were: Time Predicted Race, Slalom Race and Dual Slalom Race. Unfortunately, 4 participants incurred ski related injuries before the races. Gayle Houston and Norma Kabaroff and 2 participants from Calgary could not compete. In addition, we lost Maria Yakula in the practice run with a broken arm.

Alpine Skiing was the only event held completely outside of St. Albert and it was run entirely by 22 volunteers. Nineteen were RMSSC members and 3 were Snow Valley volunteers. The event was a great success mainly due to the dedication and expertise of the volunteers.

I would like to thank the following members for their help: Ilene Larson (co-chair), Mike Tansey, Georges and Mary Binette, Robbie Steen, Bill and Pat Campbell, Art Robinson, Bob Larson, Ken Rogozinsky, Arnie Stone, Archie and Velma Childs, Gail Kyritz, Rosemary Dunbar, Shirley Powell, Joan Stirling and Harold Knopke.

Thanks to the 3 Snow Valley volunteers, Jordan McDougall, Paul Robinson and Mark Brooks, for setting up the race courses and the timing. A special bouquet to Maria Volpe for two great lunches and to Shawn Symington for making it all possible.

Seven of the 18 medals awarded to female skiers went to Club members. Seventeen of the 29 medals awarded to male skiers went to Club members. Of special interest is the fact that of the 11 gold medals awarded to male skiers, 9 went to Club members. This is an outstanding result.

Congratulations to all the participants and especially to those who earned medals. Below is a list of Club members who received medals.

Fran Cuyler	3 gold	Anne Black	2 silver	Ilene Larson	1 silver and 1 bronze
Larry Comfort	3 gold	Bob Holzer	2 gold	Sergey Voronin	2 gold
Richard Larson	1 gold and 1 silver			Rod Anderson	1 gold and 1 silver
Bob Frizzell	2 silver			Dick Foose	1 silver and 1 bronze
Len Stevens	1 silver and 1 bronze				

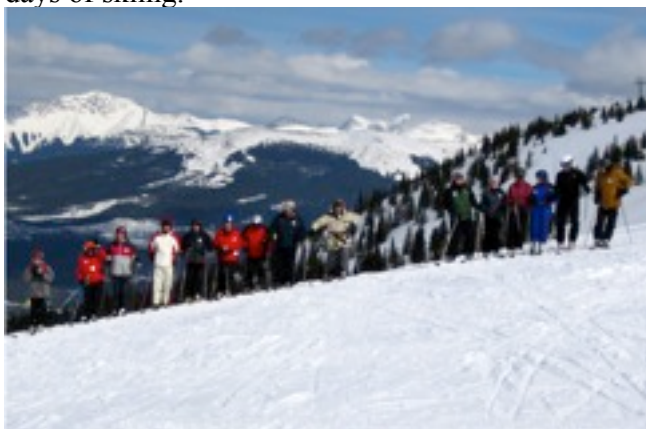
For a complete listing, go to www.st-albert55plusgames.ca

Marmot March 20 – 24 Tour Report

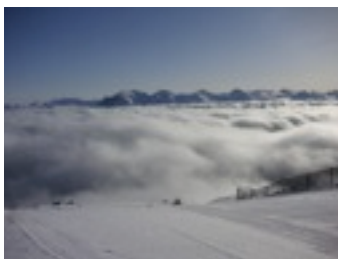
Submitted by Elaine & Allan Douglas

Marmot in March was an outstanding success. After a difficult trip on snowy roads, almost all who planned to attend the Welcoming Party managed to arrive.

All the feedback from the Welcoming Party was positive and members were eager to get the tour started. There were very lively conversations and the decibel level was high. The Banquet Manager, Jesse, did a great job of organizing the food, and social connections were re-established. The result was that over 100 people were geared up for four days of skiing.



The snow conditions were excellent over the entire hill and skiers reported enjoying a variety of runs. Those of us using the new Canadian Rockies Express Chair really appreciated the speed and the resulting increased ease of skiing at the top. The only incident that we are aware of is that some of our members were stuck on the Eagle chair for 45 minutes. Fortunately there was no wind and they did receive a food voucher from Marmot.



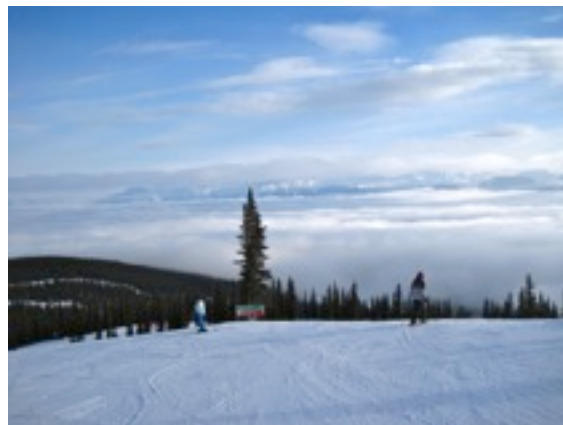
was the favorite choice by far for the main course.

Wednesday night, the food and companionship was thoroughly enjoyed by the members on the tour. Again Jesse and his crew were very efficient and the evening was very successful. Salmon

Tour Hosts Elaine and Allan Douglas wish to thank Tour Coordinator Arnie Wilson for his support, guidance, and efforts to make the arrangements with Marmot Basin and the Jasper Inn and Suites. Thanks also to Kathy Robinson for creating the meal tickets, to Art Robinson for producing required name tags, and to Shirley Powell for assisting with the registration. We appreciate the efficient way that Pauline Clark and Susan Bezilny from the Jasper Inn and Suites looked after our accommodation and similarly thanks to Julie at Marmot Basin who was flexible and provided us with the tickets we needed.



This was a truly wonderful tour enjoyed by all. This was **Marmot in March**.





**ROCKY MOUNTAIN
SENIORS SKI CLUB**

**Summer Activities
Registration Form 2011**

To be on the Contact List for one or more of biking or golfing
please complete and sign the following and mail it to our Special
Activities Coordinator:

Bob Holzer
5404 - 109 Avenue
Edmonton T6A 1S1

Participant #1
Phone
Email
I would like to participate in the following activities sponsored by the Rocky Mountain Seniors Ski Club:
biking
golfing

Participant #2
Phone
Email
I would like to participate in the following activities sponsored by the Rocky Mountain Seniors Ski Club:
biking
golfing

Exclusion of Liability and Release: I realize that there are inherent dangers involved in my participation in any of these 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 any of 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.

Signature 1

Signature 2

Date

Date

I give the Rocky Mountain Seniors Ski Club permission to share my phone number and email address with other participants in each group. I understand that the phone numbers and email addresses will not be used for commercial purposes.

Signature 1

Signature 2

Date

Date