



# SKI TRACKS

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## 2011 AGM - PRESIDENT'S ADDRESS

I am pleased to report that the Club had another successful year. Our finances are in good shape and both membership and activity participation numbers are up or on par with last year. As of March 31, 2011, we had 381 members and I expect that number to increase as golf and biking get underway (as of May 20, membership is at 403).

Both the golf and biking programs last year had inauspicious starts due to a late spring – cold and rainy for the first golf date and snowing for the first day of biking. However, we did manage to have good turnouts for most of the remaining dates with only a few weather cancellations over the rest of the summer. The 2010 Spring Banquet, held at Snow Valley last May, was well attended as usual. Our Club also provided volunteers for the annual Snow Valley golf tournament, much to the appreciation of Snow Valley, and we will be providing volunteers again this year. The summer BBQ at Laurier Park in August saw 71 members enjoy a good time. Our own golf get-together last September had 56 participants and, despite a deluge during the front nine, everyone enjoyed the day and the great meal at Montgomery Glen. The final event of the summer season was the biking lunch following the last scheduled ride on October 7.

The shoulder season between summer activities and skiing, otherwise known as October and November, was busy with the Pre-Ski Fitness classes, the Registration Day open house, Welcome to Winter, a New Members Day and the Fall Dinner. All of these activities were well attended. The on-hill instructional programs, in cooperation with Snow Valley, included carving, racing, and ski improvement classes. It extended from November thru March and showed again that our members like to keep learning and want to push their limits.



We participated in a special event this year when Snow Valley hosted the alpine

skiing events for the Alberta 55+ Winter Games. Of the 22 volunteers needed to run the event, 19 were Club members, and of the 34 province-wide participants, 14 were Club members. Thanks and congratulations to those members.

Of course, the main focus for the Club is to organize ski trips to the mountains. Last year, we again offered 8 ski tours between December and April. For the most part, we had great snow and comfortable temperatures and had a great season. Special thanks to those members who volunteered to act as ski hosts for the tours. The success of this Club is due to the large number of volunteers from our membership. Indeed, we would not be able to function without them.

Four of our executive members, Kathy Robinson and Arnie Wilson, Tours, Gayle Houston, Social, and Dick Foose, Public Relations, had their terms come to an end in April. Their replacements, elected at the Annual General Meeting, are Pat and Bill Campbell, Tours, Carl Ulrich, Public Relations, and Susan Hall, Social Activities and Brian McClelland, Vice-President. Thanks to all the outgoing executive for a job well done and a big welcome to the incoming members.

In closing, I would like to wish everyone a great summer and hope to see you at our various activities.

Mike Tansey

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**Membership News**  
submitted by Art Robinson

**Membership Fees 2011-12**

At the Annual General Meeting of the Club on April 27, our membership fees for the 2011-12 were set at \$25 (\$20 for members who will be 80 years old or older as of December 31, 2011).

Upon submission of an Application for Membership, membership fees will be waived for those members 80 or older who have been members continuously for the previous 5 years. For the 2011-12 year, the member must have been a member every year since the 2006-2007 membership year inclusive.

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

**Membership Update**

As of May 15, there are 403 members in the Club. At the end of the membership year in October, 2010, there were 387 members. Most of the members (98%) live in Alberta and most (92%) live in the Greater Edmonton area. We do, however, have members in Saskatchewan, British Columbia, Nova Scotia as well as in New York. We also have a member in Australia who was on a number of ski tours with us this year.

There are an equal number of men and women in the Club. Our members range in age from 55 years to 88 years with an average age of 66 years; 43% of our members are couples; and 95 % of our members have an email address.

We have had a very active year with great participation from members:

☒ on our 8 ski tours we had a total of 452 participants,

☒ 205 of our members participated in one or more of the ski tours this winter,

☒ 90 members participated in one or more of the on-hill programs offered at Snow Valley and Marmot Basin,

☒ 184 participated in summer activities last summer,

☒ over 250 members participated in one or more of our social events: spring and fall dinners, Welcome to Winter, Summer BBQ, and New Members Days.

Since October of last year, we have welcomed 72 new members to the Club. Club Buddies play an important role in our Club. They help welcome new members, contacting them personally by phone - answering questions and encouraging them to get involved in Club activities. The Executive would like to thank the following Club Buddies:

- Merilyn Arneson
- Lorna Berlinguette
- David Duggan
- Carol Duggan
- George Fitzsimmons
- Barbara Fowler
- Renee Gaylard
- Don Gaylard
- Inge Hess
- Byron Jonah
- Norma Kabaroff
- Richard Larson
- Ilene Larson
- Shirley Rae
- Bob Reid
- Robbie Steen
- Shirley Wilkinson

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

**Summer Activities**  
submitted by Bob Holzer

The summer season is in full swing at last. Biking and golfing are both experiencing great attendance. The golfers have played Legends and Pioneer Meadows to date (May 19) with great camaraderie at each of the courses. Excellent weather on both days helped limit the excuses.

The bike groups have been rolling along without difficulty. Most days saw a start at Hawrelak Park but May 19 saw them meet at St. Albert for an enjoyable ride around that city. A significant number of RMSSC riders will cavort in Kananaskis Country, Banff and Canmore June 13 - 16. In addition, on Friday, June 24th, a ride in the Blackfoot Recreational Area and BBQ lunch will take place. Bikers will receive more information directly from Bob Holzer regarding these activities. There are some biking pictures on page 8.

**Participation**

Please remember, 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.

**Robbie's Cycling 101 Boot Camp**

Robbie Steen presented his biking course again this year. About 15 members registered for the course which was presented at the shelter in Hawrelak Park. Each of the 4 sessions provided reams of information and gave the members many techniques to practice before the next session. The following members successfully completed Robbie's Cycling 101 Boot Camp in May.

- |                  |                    |
|------------------|--------------------|
| Daryl Shirtliff  | Helen Thomson      |
| Susan Robblee    | George Fitzsimmons |
| Bob Larson       | Byron Jonah        |
| Maggie Kirchen   | Yolanda Stojak     |
| Rusk Redmond     | Dianne Reddekopp   |
| Margo Tackaberry | Lorna Berlinguette |
| Ed Leigh         | Val Leigh          |
| Barry Clark      |                    |



Bringing his experience and skills to members returning to biking after a lengthy absence was most useful. Robbie wishes to extend special thanks to Maggie for her assistance.

The sessions ended with a ride along the river and up Mill Creek Ravine Trail and included a stop at Robbie's home for donuts (deserved after a windy ride) and then onward for coffee at Tim's. The return trip was, thankfully, downhill and downwind. All the newbies completed the three hour fifteen minute ride successfully.

The participants would like to thank Robbie for his patience and humor in presenting the clearly thought-out material in these sessions.

## Rocky Mountain Seniors Ski Club Spring Dinner

The Spring Dinner of the Rocky Mountain Seniors Ski Club was held at Snow Valley on May 12, 2011, with 157 members and their guests in attendance. We started with cocktails and sharing camaraderie at 5:30 PM. Snow Valley had just hired a new Food & Beverage Manager, Gouthaman Gopan, so they arranged for “A Cappella” to provide the buffet dinner.



Once again, the room was beautifully decorated, providing a lovely ambiance for an enjoyable, sociable evening.

Mike Tansey again took on the onerous task of being our Master of Ceremonies. He did a wonderful job for which we thank him.

Gordon Oaks provided a thoughtful Grace before the meal reminding us that we have much to be thankful for including each other.

Two door prizes were provided by Snow Valley and The Rocky Mountain Seniors Ski Club. The two Snow Valley Season’s Passes were won by Jim Spalding and Wayne Strudwick.



Mud, Sweat & Gears showed their bicycle wares. We helped Birgith Hedegaard celebrate her birthday by singing “Happy Birthday” and wishing her well. Thanks to all who assisted in making the evening a great success for all.

Submitted by Gayle Houston

One of our sponsors is the Amethyst Lodge in Jasper. They provide rooms for us for \$50.00 weekdays during the ski season. The Amethyst has no kitchen units, but their sister property, The Marmot Lodge, is willing to provide kitchenettes next season for \$70.00 per night.

If you are planning a trip to Jasper in the summer season, the Amethyst is willing to negotiate rates on non-peak days. Peak days are generally Wednesdays, Fridays and Saturdays. Call Nadine (Hotel Manager) at the Amethyst with your request. Rates will be reduced substantially if rooms are available. 1 780 852-3394

<b>What’s Coming Up?</b>	
<b>Biking</b>	<b>Tues. and Thurs.</b>
<b>Golfing</b>	<b>Mondays</b>
<b>Canmore Bike Ride</b>	<b>June 13-16</b>
<b>Numerous special rides</b>	
<b>Golf Get-together</b>	<b>Wed. Sep. 14</b>

# redbike

“Before you decide on a bike,” I insisted, “we have to go to “redbike.” My wife, Gail, thought I was losing it, as we had already been to several shops.

“You’ll see when we get there,” I said adding. “redbike is different and unique.” Gail agreed to go along with my request and off we went.



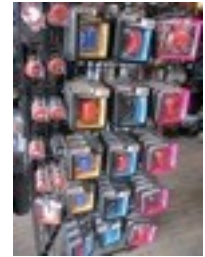
While I found a parking place, Gail went in on her own to look for Cliff. As he was busy, she was met by Jay who carefully directed her search. They discussed the ways she would be using her bike and considered many options.

Then Jay took a few measurements including the height of her iliac crest. As Gail teaches anatomy, this impressed her. Then they got down to seriously testing various models and settings to determine the best bike options. Next, they tried out some of those alternatives and evaluated each to find the best option.

In the meantime, I judiciously kept out of their way and spent time looking at the many bike options and various types of apparel. I selected a couple of options for her bike including a computer with cadence to help her with her workouts.



Gail selected a Rocky Mountain model and completed the purchase adding on a few additional options including the required bell and helmet. The paperwork was completed with attention to detail and more than some good humor. The Rocky Mountain Senior Ski Club discount was applied without question and we were finished.



After an enjoyable hour and a half in the bike shop, we departed. Gail agreed that “redbike” is “a bike shop unique.” She liked the instant rapport with Jay and she enjoyed being treated like a knowledgeable, seasoned rider. She commented, “It (redbike) just feels like a bike shop. They share their knowledge in a friendly way.”

I agree.

“redbike” understands that we are all seasoned riders, though some of us have taken a few seasons off. Buying a bike should always have the same charisma that buying our first bike had; the same joyful verve. At “redbike” they preserve and perpetuate that experience. They sustain the experience for the young --- and the young at heart.

It’s bike season, so let’s bike! Let’s “redbike”.



“redbike’s” techs will keep your ride functioning perfectly.

You’ll find “redbike” beside the High Level Diner. Call 780-436-2674. Check out their website at [www.redbike.ca](http://www.redbike.ca) (Closed Sundays)

## RMSSC Golf Schedule for 2011

Date	Golf Course	Cost
June 6	Legends	\$20
June 13	Pioneer Meadows	\$20
June 20	JR's	\$12
June 27	JR's	\$12
July 4	Legends	\$20
July 11	Pioneer Meadows	\$20
July 18	JR's	\$12
July 25	Cardiff	\$15
August 1	Legends	\$20
August 8	Pioneer Meadows	\$20
August 15	JR's	\$12
August 22	Cardiff	\$15
August 29	Legends	\$20
September 5	Pioneer Meadows	\$20
September 12	JR's	\$12
September 14	Club Golf Get-together at Wetaskiwin	\$80 (same as the last two years)
September 19	Cardiff	\$15
September 26	Legends	\$20

*All Rocky Mountain Senior Golfers  
And Friends*

### Annual Golf Get-together at Montgomery Glen Golf Club Wetaskiwin

**Wednesday, Sep. 14, 2010 - 10:00 AM  
Shotgun Start**

Your day includes:

18 holes of best-ball golf at the beautiful  
Montgomery Glen Golf Club.

Shared power cart.

Coffee and Muffins before golf

Prizes (Pick a prize).

A 6 oz. steak dinner with all the trimmings.

Great Fellowship! Friends welcome!

**Plan now! We will begin taking entries in  
late July. Entry deadline will be  
September 1.**

Please keep in mind that we are always looking for prize  
donations.



**above: First group of the year just before  
teeing off at Legends.**

**left: President Mike Tansey leads off the  
season. Nice swing Mike.**



## Sunshine Village 2 – April 2011

Submitted by Brian Craig and Susan Robblee

Sunday morning, April 10, arrived sunny and warm. We were on our way to the last ski trip of the season.

We arrived at Sunshine Village base, booked in at the desk, tagged our luggage and skis, met our contact, Ben Cash, parked the car in the valet lot, and hopped onto the gondola for the ride up to the Lodge. We were on our way without a hitch; just a good experience after unloading the car and giving all our stuff to the very pleasant Sunshine Village staff. We booked in at the Lodge, received our package of lift tickets, room keys, etc., from the staff, then proceeded to our rooms. We unpacked and proceeded to put our feet up until dinner in the Chimney Corner Lounge. All the time we were looking at the glistening snow and a blue sky.



We awoke Monday to 6 inches of powder, snow and fog and nobody on “our” hill. We skied all morning. Then, at about 2:00 pm, a blizzard blew in closing the lifts and causing some of us on the hill to hide behind whatever signage we could find to get out of the blast of ice pellets that were pummeling our faces. So much for “spring skiing.” With the lifts shut down, we took our equipment off, changed into our bathing suits and headed for the hot tub. The minute we jumped into the tub, the sky cleared, and the lifts started running. No

problem. We stayed in the tub. Some people changed their boots three or four times that day.

Tuesday dawned clear and blue; not a cloud in the sky. There were very few people on “our” hill. For those of you who missed this trip, this is the beauty of skiing at Sunshine: mid-week in the spring with winter snow, snow at night, clear skies during the day and the hill almost to ourselves. It doesn’t get much better. On Wednesday, the sky was the same. It was clear and bright blue. We skied all over: The Great Divide, Ladies’ Downhill, shooting Goats on another mountain, etc.

The Club dinner on Tuesday was a success. It was very informal, relaxed, friendly, and featured great food. The size of the group was really a bonus as we got to speak to everyone. We compared the runs we had skied on and really got to know other members of the Club. There is something exceptional about these smaller trips. I would recommend participating in the Sunshine trip next year. The conditions at Sunshine are always extraordinary in the spring.

Thanks to everyone involved for making this trip memorable.



## Marmot Season Passes

Marmot Ski Resort is now selling season passes for the 2011/2012 season. All the prices and information can be found on their website: [www.skimarmot.com](http://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 - \$520 There is no financial advantage given to purchasing a Mon.-Fri. pass.

Mini-midweek - \$380. (Tues. thru Thurs.)

If you are or will be **between 55 and 64 years of age**, the following applies.

Complete pass - \$740.

Mid-week \$520. (Mon. thru Fri.)

Mini-midweek \$380. (Tues. thru Thurs.)

### Please Note

**All age considerations are as of December 31, 2011.**

The first deadline for season passes passes on June 30. All prices increase significantly at that point. The Senior Pass and all Mid-week Passes increase to \$654. The Mini Mid-week Passes increase to \$412. After September 30, the prices increase again to \$720 for the Senior Pass and the Mid-week Pass, The Mini Mid-week Pass ends up at \$455.

Remember that next season Marmot is replacing Triple Chair with a new high-speed quad; just something to look forward to during the long, hot summer.

(Note: As a Club member, you will pay just under \$50 per day when participating in Club tours based on last year's prices.)



Do you need to get Club information? Do you have questions? Contact the appropriate person via the e-mail addresses listed below. New members are in **bold font**.

E-mail Addresses	Contacts
<a href="mailto:president@seniorsski.com">president@seniorsski.com</a>	Mike Tansey
<a href="mailto:vicepresident@seniorski.com">vicepresident@seniorski.com</a>	<b>Brian McClelland</b>
<a href="mailto:pastpres@seniorsski.com">pastpres@seniorsski.com</a>	Klaus Kyritz
<a href="mailto:secretary@seniorsski.com">secretary@seniorsski.com</a>	Norma Kabaroff
<a href="mailto:treas@seniorsski.com">treas@seniorsski.com</a>	Archie Childs
<a href="mailto:info@seniorsski.com">info@seniorsski.com</a>	Art Robinson
<a href="mailto:newsletter@seniorsski.com">newsletter@seniorsski.com</a>	Bob Larson
<a href="mailto:webpage@seniorsski.com">webpage@seniorsski.com</a>	Harold Knopke
<a href="mailto:tours@seniorsski.com">tours@seniorsski.com</a>	<b>Bill and Pat Campbell</b>
<a href="mailto:activities@seniorsski.com">activities@seniorsski.com</a>	Bob Holzer
<a href="mailto:social@seniorsski.com">social@seniorsski.com</a>	<b>Susan Hall</b>
<a href="mailto:publicrelations@seniorsski.com">publicrelations@seniorsski.com</a>	<b>Carl Ulrich</b>