

SKI TRACKS

President's Notes

January and February brought us such cold weather!

Congratulations to those of you who weathered it and went skiing. You are the hearty bunch! Now that we no longer need hotshots in our gloves, our faces have thawed and toes are not freezing within minutes, we can enjoy the rest of our ski tours. Let's hope that March brings us bluebird days and lots of snow to satisfy our yearnings to ride the boards.

A special thank you this month goes to **Alan Burkin** for volunteering his time to organize our Fun Race in Jasper and to collect the many great prizes. The costumes were awesome and kudos to everyone who participated. We did not have enough participants to break even this year so please consider entering next year so this special event can continue.

A few members have asked us to advertise fitness programs or other events that may be of interest to our members. While these are worthy endeavours, our club policies and procedures state that in our publications, information collected or relayed to the club membership shall be directly related to RMSSC club activities. If you have concerns about this matter please contact me for further explanation.

The executive continues to work on getting us into the future and we hope that next year's registration will be on line. A lot of volunteer hours have gone into deciding which software we will use and keeping everything cost effective. The number of volunteer hours it will save is amazing! We all know that volunteerism is the heart that runs our club so anything we can do to help make their jobs better, makes us stronger.

We all face challenges in our lives and aging and skiing certainly presents many of those to us. As John Wooden says "Make each day your masterpiece." I am sure that everyone has heard the expression dance like no one is watching, may you ski the same way.

JoAnn Grand
President RMSSC



Webmaster Announcement

It is time to update RMSSC website SeniorsSki.com and changes are coming soon!

Phase One will be an update of our existing website to accommodate different devices such as tablets and smartphones. Visit SeniorsSkiTest.com to see a beta version (test version) of the style for the new website. Test the new site on your tablets and smartphones, both in portrait and landscape orientation.

Phase Two beginning this summer and continuing into the fall will involve a separation between the public view of our website and a members view of the website. It is anticipated that the members only access will be through a sign-in using your unique email address and password.

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*'What's wrong with Murphy?'* asked Father Green.  
*'I don't know, Father. Yesterday he swallowed a spoon and he hasn't stirred since,'* said Mrs Murphy.

**Annual General Meeting**  
**April 24, 2019**  
**Upper lodge, Snow Valley**

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**Getting to know** by Jim Vine  
will return next month

## We Need YOU!

The RMSS Club is successful because of volunteers like you who make it work. RMSSC needs volunteers to serve on the Club Executive. New volunteers on the Executive are important for our Club to continue to be the very successful organization it has become. Are you, or another Club member, one of those volunteers?

### **Special Activities Coordinator**

This spring, Rob Fenton will complete his two-year term and the Club needs someone to work with Tom Richards. The Special Activities Coordinators organize the summer activities of biking and golf, assisted by the many volunteers who support them. They also arrange the fall and winter ski conditioning classes. Ideally, the individual has a keen interest in these two activities.

### **Membership Coordinator**

After serving two years as one of our Membership Coordinators, Deanna Sharratt is retiring in the spring. The Club is looking for an individual to work with John Zurbrigg who is continuing on. The individual should have good computer skills as the Club is looking to automate our membership processes allowing members, both new and long-standing, to apply or renew their memberships electronically. This will be an exciting step forward for the Club!

### **Vice-President**

Every second year, the Club elects a Vice-President. The Vice-President is the individual who normally becomes the Club President in the following year. In the spring, JoAnn Grand, the President, will commence her second year. The following year (2020), the Vice-President is normally elected at the Annual General Meeting as the Club President. This individual needs to understand the Club history, its Objectives and the Policies and Procedures followed in the operations of the Club.

### **Summary**

If you are interested in assuming any of these positions or would like more information about any of these upcoming opportunities, please contact me. My contact information is [PastPres@SeniorsSki.com](mailto:PastPres@SeniorsSki.com) Alternatively, feel free to discuss the positions with any of the current coordinators.

I look forward to hearing from you.

Jim Vine, Past-President

## **NEW Team Member required!**

The Webmaster position on the RMSSC Executive is changing from one person to two. The current Webmaster, Bryan Harris, will continue until Spring 2020. Starting spring 2019 (this year) we would like to add a second person to assist and take over some duties for a 2 year term. In Spring 2020, Bryan will resign and another person will take over the second position. This provides us with overlapping expertise.

### **Skills required:**

- \* intermediate Microsoft Excel and Word
- \* database experience a bonus
- \* do NOT need to code HTML!

Need more information or have a question? Contact:

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

To volunteer, contact [Pastpres@seniorsski.com](mailto:Pastpres@seniorsski.com)

## **Save The Date!**



## **May 16, 2019 RMSSC Spring Dinner**

Woodvale Community Centre  
4540 - 50 Street NW  
Edmonton

Watch April Newsletter for more details.

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Paddy says to Mary, "If you were stranded on a desert island who would you like most to be with you?" "My uncle Mick" replies Paddy. "What's so special about him?" asks Mary. "He's got a boat," says Paddy.

Ski Tours 2019

Our ski tours for this winter season are almost done.

Warmer weather + good snow = BEST ski conditions. There are still a few **Jasper Mini Tours** in March and April. **Register with Barbara.** Self-drive and book hotel rooms directly. More details [HERE](#)
Email your completed registration form to Barbara at barbara2015@telus.net

You must be registered for club accident insurance to apply.

Jasper Inn rooms: show your RMSSC Membership card when booking hotel and at Marmot's Group Sales when purchasing your **discounted** lift tickets.

Thank-you for supporting ALL our Ski Tours!

Our club's sports accident insurance will apply to all **registrations.**

Please review our Member's Handbook for important tour information on pages 5-13.

Travel Insurance

Accidents happen. Additional personal travel insurance always recommended for all out of province travel, ski related or not. Check with your insurance company or Alberta Motor Association.



Fitness Classes

**Start March 8, 2019 at Kinsmen.
Have you registered?**

New Members Day

New Members Day was held on February 19 and thanks to the lovely sunny day, we had a great turnout. Many members took advantage of the respite from the frigid weather to hit the slopes while others just came out to meet and have coffee and cookies with friends. More than 80 members attended. Seven new members signed in and were introduced to the crowd. All in all, a successful event!

Deanna Sharratt
Membership Co-ordinator



Happy St Patrick's Day!



Sun Peaks #1 Tour January 7-3, 2019

by Susan Williams and Sandy Ponich



Nancy Greene Raine with RMSSC Skiers

Sun Peaks 1 ski trip was from January 6 -11, 2019. We had 73 people on the trip, 56 people on the bus, 16 people who drove and 1 person who flew to Kamloops. Sun Peaks Resort is about 56 kms north of Kamloops. We got stopped on the drive to Sun Peaks for avalanche control just near the BC border. We made up time by shortening our lunch stop at the Best Western in Valemount and eliminating the grocery stop in the afternoon. We had a wonderful reception at the Cahilty Taproom and Kitchen once we arrived at the resort. The resort went out of their way to make everything smooth and easy for us. A surprise for some of us was having fridges in our rooms.

We had great conditions over the 4 days we were there. We had about 25cms of snow over the 4 days on a base of about 138cms on day 1. Most days were overcast or a bit foggy at the summits but that didn't deter the enthusiasm of the group for the conditions. A number of people loved Wednesday when it snowed the whole day and we got to ski powder. My favourite day was probably Tuesday skiing over on Morrissey with friends – everything went well and we enjoyed the terrain and skiing between the trees. It is not just about skiing - there were 5 people who didn't downhill ski on the trip. Some of them did cross-country skiing.

And some of them didn't ski. They walked, shopped, ate and tried dog sledding. There is a lot to do at this resort on top of skiing.

I am a foodie The meals and food at Sun Peaks were very good. We ate Mexican, Japanese (sushi) and

Italian on our free nights. Wednesday night's dinner was a new highlight for the club. The dinner was fabulous and Kelly and his team did an amazing job. Everyone was impressed with the food and choice (broccoli dish was probably the favourite).

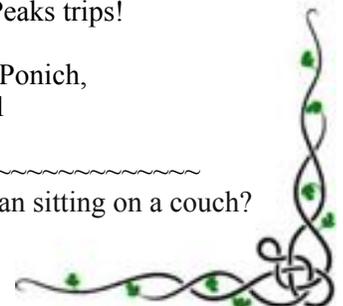
After four days of great skiing, we had to come

home. Everything had gone very well up to that point – there were no injuries on the trip! Yah! Then on Friday, Brewster sent us the wrong sized bus. They sent us a 52 passenger bus instead of a 56 passenger bus. The easiest solution was to send us the right bus with a new driver. That took about an extra 3 hours to get done. We got back to Edmonton very late on Friday.

As we were delayed and waiting in the hotel lobby, Nancy Greene came down to chat with us, take photos and sign her book. She also gave us about 15 minutes talk on skiing - what to do right, how skiing has changed over the years and some tips for seniors. She is a very interesting and gracious host for Sun Peaks Resort (see group pic with her). It was a great trip and Sun Peaks has become my favourite resort (this was my second time there). I know now why everyone wants to come on the Sun Peaks trips!

Susan Williams and Sandy Ponich,
Tour hosts for Sun Peaks #1

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What do you call an Irishman sitting on a couch?  
"Paddy O'Furniture."  
(Patio)



## Sun Peaks #2 Tour Star Struck at Sun Peaks

by Roxanne Higuchi, *et al*

The Sun Peaks #2 Tour with 83 skiers kicked off on January 13 with plenty of snow and good weather.

Brewster driver “Mr. Rodgers” (Matthew Rodgers) got the trip underway, entertaining those on the bus with wildlife-sighting contests and stories, including one about his own surprise birth as a triplet *and* an identical twin.

After settling in at Nancy Greene’s Cahilty Hotel and Suites, the bus group joined the self-drivers at the welcome reception, where we enjoyed food and fellowship. Thanks to Kelly Dye and the staff at the Cahilty Creek Kitchen and Tap House for the endless supply of tasty morsels.



*A beautiful Sun Peaks day!*

Three days of sun and one day of snow made for fabulous ski conditions. We expected our ski-in ski-out accommodation at the Cahilty would be comfortable and convenient, but having the opportunity to hobnob with celebrities was a pleasant surprise for many!



*Skiing with Nancy Greene Raine (centre)*

Nancy Greene Raine, giant slalom gold medal winner at the 1968 Winter Olympics and one of Canada’s best-known skiers, personally welcomed us to Sun Peaks and the Cahilty. A few members later joined her on the hill for a tour. Al Raine, Sun Peaks’ mayor, Nancy’s husband and a renowned ski coach, ripped up the slopes with other members. At 78, he still skis hard, pushing the boundaries on black diamond runs. He challenged our members to do the same.



We were thrilled to visit with Nancy and Al again when they dropped in to the group dinner. From their proficiency on the slopes to their friendliness off the slopes, it was an entertaining time.

Sun Peaks as a ski destination has everything: spectacular terrain, a wide range of runs and an abundance of snow. Sliding down snow on two planks doesn’t get any better. Skiing is the coolest thing in the world. Just ask Nancy and Al.

Tour hosts Doug Alloway and Cliff Higuchi want to thank Deb Alloway and Roxanne Higuchi for their help, as well as assistant general manager Calvin Doyle and his staff at the Cahilty Hotel for their outstanding service.

### Can you help? (Membership)

Would you be willing to volunteer some time for the RMSS Club, get to meet new people and not have to attend any meetings? You can help welcome new members! Welcoming phone calls are made to new members and to answer any questions that they may have. This can be done from the comfort of your home. No need to go out!

The club experiences a considerable number of new members come spring when people begin to think about getting out and enjoying the great outdoors with others. Assistance with making these calls would be appreciated!

Interested? Contact Deanna at [info@SeniorsSki.com](mailto:info@SeniorsSki.com)

## Lake Louise Tour February 10 - 14, 2019



*sunny day at Lake Louise*

Alberta was in a cold snap when 35 of our finest Club Members arrived at the Lake Louise Inn for three or four days of skiing. Times of arrival were staggered and all of us met for the Welcome Party in the Simpson Room at the Inn. Lift tickets were distributed



*Happy "Over 80" skiers at Lake Louise*

and money was collected for the Club Dinner on the following Wednesday. The noise level steadily rose as

everyone shared previous Lake Louise ski stories. Two new members (Jim and Leo) were introduced as well as three out of province travellers - David from Australia, Warwick from Pennsylvania and Leo from Ontario.

The mornings were pretty chilly and the eager skiers who were on the 8:30am shuttle to the hill found they could make some very decent first tracks! And second tracks! The groomers do an excellent job at the Lake and with a few centimetres of fresh snow every day, we were all pretty happy.

Out of the group three skiers were over 80 years old – close to 10%. Their season's passes cost \$21.

Food at the Welcome Party and the Club Dinner was very good, was on time and served by friendly staff.

Having a sound system at the two events was very helpful. Thanks go to Archie for having brought and set up the sound system.

There were a few white noses, which were quickly covered, and plenty of layers of clothing to try to stay warm. Some skiers took the gondola all day and stayed warm in between runs. So innovative. Some found moguls and tree runs and that kept them warm too! The sun was shining a lot of the time and as usual we were in awe of the beauty of the Lake Louise area.

There were reports of tree hugging (thank goodness Larch trees bend!), a delicious hot caesar salad, blind skiing in the Rock Garden, and a ski day of over 29,000 vertical feet! What a great ski group! The only reported casualty was a torn ski jacket. Thank you.

Your tour hosts,

Ursula Maydell  
Shirley Powell  
David Burrows



*Lake Louise Ski Tour Hosts*

## In Memoriam



### Willy Ford

It is with a sad heart but with much warmth that we say good bye to Willy Ford.

For those members of the club who knew Willy knew how feisty she was. Willy recently passed away at 92 years of age. She was of very small stature with a big smile and the heart of a giant. It's unlikely that she'll ever be forgotten by anyone who got to know her. Mike Persons said that his first memory of her was when he was taking a breather about half way down the Jasper Avenue run at Marmot Basin. The moguls were particularly big, deep and solid and likely the reason that there was no one else in view. The next thing he knew, there was the top of a head bobbing in and out of sight and coming his way. Amazingly, that head belonged to a little bitty old lady that was 12 years his senior and skiing a better zipper line than he had. Some years later, Willy had a bad wreck in one of the chutes off the Knob. It left her with numerous fractures in her pelvis and both legs. Most of the club thought that she would be lucky to survive, let alone ever ski again. He was betting that she would be skiing before a year was up—and she was.

She didn't start skiing until after she had raised her family. She was a sweetheart of a person and tough as a bear. She would have been a perfect cowgirl!

Her name was Willy not anything else. Her parents gave birth to only girls and her father wanted a boy and so Willy came into and lived up to her name. She grew up in Indonesia and spent sometime in Holland when she was young. In true fashion to her character she almost got caught helping soldiers during the war. She gave birth to two sons and spent her last years in Kelowna

# Executive Contact Information

| Position           | Name                                      | Email                                                                            |
|--------------------|-------------------------------------------|----------------------------------------------------------------------------------|
| President          | JoAnn Grand                               | <a href="mailto:president@seniorsski.com">president@seniorsski.com</a>           |
| Past President     | Jim Vine                                  | <a href="mailto:pastpres@seniorsski.com">pastpres@seniorsski.com</a>             |
| Secretary          | Wendy Saunders                            | <a href="mailto:secretary@seniorsski.com">secretary@seniorsski.com</a>           |
| Treasurer          | Alan Lister                               | <a href="mailto:treas@seniorsski.com">treas@seniorsski.com</a>                   |
| Communications     | Rosalynn Ruptash                          | <a href="mailto:communications@seniorsski.com">communications@seniorsski.com</a> |
| Membership         | Deanna Sharratt<br>John Zurbrigg          | <a href="mailto:info@seniorsski.com">info@seniorsski.com</a>                     |
| Newsletter Editor  | Rosalynn Ruptash                          | <a href="mailto:newsletter@seniorsski.com">newsletter@seniorsski.com</a>         |
| Social             | Bonnie Burn<br>Judy MacKay                | <a href="mailto:social@seniorsski.com">social@seniorsski.com</a>                 |
| Special Activities | Rob Fenton<br>Tom Richards                | <a href="mailto:activities@seniorsski.com">activities@seniorsski.com</a>         |
| Tours              | Gaye Carter<br>Blaine Larsen<br>Ron Brown | <a href="mailto:tours@seniorsski.com">tours@seniorsski.com</a>                   |
| Webmaster          | Bryan Harris                              | <a href="mailto:webmaster@seniorsski.com">webmaster@seniorsski.com</a>           |

## Calendar

### March 8, 2019

Fitness Classes #2 start at Kinsmen

### April 24, 2019

#### Annual General Meeting

Upper Lodge at Snow Valley

### May 16

#### Spring Dinner

Woodvale Community Centre

## Ski Tours 2018-19

**Mar 4 to 7, 2019** Jasper Mini

**Mar 10 to 15, 2019**

Big White

**Mar 17 to 21, 2019**

Jasper 2

**Apr 1 to 4, 2019** Jasper Mini

**Tuesday & Thursday 9am-Noon**

Club Skiing & Coffee, Snow Valley