

SKI TRACKS

President's Notes

Spring is in the air! As I do my daily walk while my knee heals, I watch the blossoms open, rhubarb flourish and admire the green of the season while wishing I could be on my bike out cycling as many of you are.

Thank-you to Bonnie Burn, Judy Mackay and Penny Slevinsky for such a successful spring dinner. The meal was delicious, the company grand and the bonus was the door prizes. I hope everyone got to know some members of the club better by participating in the conversation starters.

The new executive has met and will continue to meet over the summer months to **iron out the kinks** in our automation process. The automation committee meets every two weeks customizing the software so it will meet our needs. We have mentors in place for our members who do not have computer access and we are still communicating the necessity of every member having their own unique email address. Our next steps are to **simplify the registration process and link it with our financial system**. Thank-you to all the volunteers working hard to get us into the future.

While we proceed with our summer activities, our tour coordinators are busy planning and finalizing contracts for our ski season. Your executive is hard at work for you!

One of the topics we discuss is volunteerism. We still do not have a volunteer for our golf tournament and finding ride leaders is **like pulling eye-teeth**. I have mentioned many times our club is built on volunteers. If you have any ideas how we can inspire our members to step up to the plate, please let us know! Coffee, laughter and camaraderie is always involved. I believe in giving back and know that many others have this belief as well, unfortunately I don't get volunteers' names on just that belief. Please help us to continue keeping this club as vibrant as it is now.

Before we know it, summer will be upon us, the mosquitoes will be buzzing, golf balls will be lost and many cycle tours will have their stories to tell. I am

always inspired by the number of active seniors I come in contact with.

To borrow words from an Irish blessing:

May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face;
the rains fall soft upon your fields.

Take care of each other,
JoAnn Grand, President

Summer BBQ July 25, 2019

Woodvale Community Facility
4540 – 50 Street, NW Edmonton

\$35 per person

5:00pm Cash Bar

6:00pm Dinner

Menu

Striploin Steak

BBQ Chicken

Baked Potatoes with toppings, Corn on the Cob, Dill

Honey Glazed Carrots,

Assorted Salads, Desserts, Fruit and Coffee/Tea

Tickets

June 27 from Judy Mackay or Penny Slevinsky
at Biking on Tuesday or Thursday or mail a cheque to

Judy Mackay

(address to follow in separate email)

Leaders Required

Ride Leaders of all levels for Tuesday and Thursday cycling days required.

Training provided.

Contact us at activities@SeniorsSki.com

Tom Richards and Lang Jameson
Special Activities Coordinators

Spring Dinner 2019

We had a wonderful spring dinner on May 16, 2019 at the Woodvale Community Facility. One hundred and eighty four people enjoyed a fabulous buffet of roast baron of beef, salmon with lemon lime butter, roast potatoes, wild rice pilaf, perogies, garden vegetables, salad bar, and dessert. Once again, Woodvale provided excellent food and the service was top quality. It was a great opportunity to catch up with friends and meet new ones. A number of new members attended the dinner and were welcomed into the club.

We had four special door prizes that were won by: Susan Clegg - Spring Wreath (donated by Miriam Novlan); Uldis Delveris - \$50 **Royal Pizza** Gift Certificate; Donnie Mandingo - Patio Planter donated by **Arch Greenhouses**; and Robin Lane - Birdfeeder and Bird Feed donated by **Wildbird General Store**.

Thank-you to Rosalynn and Miriam for getting the door prizes donated.

Please help Judy and Penny get Door Prize donations for the BBQ. They will greatly appreciate your assistance!

Summer Activities

RMSSC Fun in the Sun!

Our summer activities of biking and golfing are in full swing. Registration for Cycling trips to Camrose, Canmore and Calgary are open. Check your email or our website under the "Cycling" tab [HERE](#).

Learn about cycling group levels Green through to Double-Black [HERE](#) Cycling Manual and other good information [HERE](#)

Weekly Rides: Check the **schedule** in the Members Only Section [HERE](#).

Email us at activities@SeniorsSki.com

Looking forward to seeing you actively out there this summer,

Tom Richards and Lang Jameson
Special Activities Coordinators

Cyclists

arrive 9:30am to be ready for an early departure on Tuesday & Thursday mornings. Thanks.

What do you call an illegally parked frog?
Towed (Toad)

Automation Update

As announced at the April AGM, our Club will be implementing a new online membership registration, event booking and online payment system.

Why?

Moving to an on-line system will save numerous volunteer hours and make it easier for members to register and pay for Club events. Yes, there will be transitional growing pains. We are preparing for this! Member support will be available.

How easy?

If you can search the internet, send an email, shop online and have a credit card, you will be able to easily register and pay for your membership or an event on the new secure website.

You will no longer need to print a registration form and manually fill it out. No more finding a stamp and envelope to put it in a mailbox. You will be able to register online for membership and, in time, for any Club event or activity: social dinners, cycling tours and special rides, golf tournament, ski tours, bi-weekly cycling and weekly golf.

What will be the payment options?

You will be able to use your MasterCard or Visa credit card. Cheques will still be accepted.

When will this happen?

In stages! The NEW seniorsski.com website will be available to members in July 2019. You will be able to check your individual profile and see the information you had previously provided to the Club.

What does each member need to do?

Each member will need their own individual email address.

We are working hard on this complex and exciting project. More details to come!
RMSSC Automation Committee



From RMSSC Executive

Summer Activities May Cycling



What a start to our cycling season!

We were fortunate that we waited until May 7th to start our cycling this year as the week before had snow on the ground, a good call by someone! Our first 4 rides were from Hawrelak Park with excellent turnouts for cycling and the Bike Again presentation. May 7th was a bit on the cool side at 8 degrees, we still had 128 riders and everyone was quite excited about getting back on their bikes. The 4th day we had the Bring Your Own Lunch with about 20 people participating, again a somewhat cool day. May 21st was our St Albert ride for May, not much for serious hills and a little longer distance for most groups. May 23rd was from Lutsky YMCA, a location that provides quite a variety of challenge levels depending on the colour group selected.

There have been some incidents including a broken collar bone, so we need to remind our cyclists to space themselves out, keep track of other cyclists and above all, be aware of the road in front of you. The rough spots in the trail, shape curbs, even posts and gates on the trails need your attention along with providing room for other users of the trail.

Riding the variety of routes from all the different locations provides for some spectacular views and a lot of trails that most of us would be unlikely to see otherwise. We have had 727 participants over the first 6 days of rides. This is a fun way to meet new people who love exercise as much as you do.

I would like to thank all the Ride Leaders who signed up to lead and, when the groups ended up too big, the people who took on the roll of leader on the spur of the moment.

Tom Davies

RMSSC Cyclists Poem

to the tune of Daisy, Daisy

Davy, Davy, give me your answer true,
I'm half-crazy 'cause of the lack of things you do.
I know the Oilers aren't winning,
And hockey is still not through,
But look at your bike, you'll see things are ripe,
For a season of royal miscue.

Davy, Davy, don't throw that remote at me.
It's time to get off the couch, I hope you will agree.
There's more than your head that's balding,
Your tires are as smooth as a pea.
Please get them replaced, with tread of good taste,
And we won't see the Emergency.

Davy, Davy, remember your brakes are bad?
Last fall you couldn't stop,
And the trucker was hopping mad!
You parked your bike for winter, and skied with friends instead.
Please get them repaired, so you'll be prepared,
For a summer without bloodshed.

Davy, Davy, stop giving me excuses,
It's time to get your mass in gear, or risk receiving bruises!
The summer is nearly upon us,
And your bike is covered in mud.
Go wash it up clean, or I won't been seen,
With you in the Cycling Club.

Written and submitted by
Robert Rose, RMSSC Member

(Davy is a fictitious character. For any club members named Davy, my apologies!)



from RMSSC Executive

RMSSC Special Ride Fort Saskatchewan 2019

Sunny skies and a howling wind greeted 55 members of the Club as they gathered on May 10 in the afternoon for “cycle-sailing lessons”. It might have been a better day for sailing lessons rather than cycling in the gusty winds. The RMSSC folks are a tough crew and fully demonstrated their skills in facing whatever nature might throw at them.

At a brief assembly, new members were welcomed - Bill Paulsen, Sam Breakey, Terri Kirillo, Colleen Ellingson, Ted and Judy Muller. Disappointedly no “RMSSC” tattoos were forced upon the swabbies – a lapse we hope to correct next year. The five ride captains called anchors aweigh and set off on the black seas of paved trails, with intermittent calms to refresh the crew and note the points of interest signs, outlining the retreating of glaciers 2 kilometers thick, fur trading and Metis history of early Fort Saskatchewan as well as the statue paying homage to the energy industry in the creation of the modern city.

The dry land Montana’s Restaurant played host venue for drinks and a great meal. The owner and landlubber staff were very accommodating in allowing us to increase our reservation from the original 40 to 55 members. In the true sailor’s traditions upon arrival at port, the



Rocky crew did themselves proud by drinking and “fighting” (there were occasional semi loud words of recent politics spoken but no fists were thrown), and by acquiring new “tattoos” (someone spilled red wine on their cycling jersey). The scuttlebutt is all were somewhat groggy but peacefully “thrown out” of the restaurant after paying their bills at the late hour of 8 PM. And, no one was made to walk the plank.

Special thanks to bosun’s mate, Robin, for supplying the pliers needed to make on route repairs. My thanks to the volunteer ride leaders Bryan Harris (sometimes known as the master road side chain fixer), Mike Tansey and Alan Lister and the many volunteer sweeps. My thanks also to the many members who willing moved to combine the

various riding groups to even out the numbers and ride safely. Also my thanks to Donna Reimche who lead and co-hosted this special ride event.

Submitted by Darryl Reimche, host and seadog

Help! We need more **Ride Leaders** to accommodate the 380+ club cyclists. At 10-14 leaders EACH Tuesday and Thursday and 10-11 monthly dates, the Club requires 100-154 Ride Leaders each month!

What does it take? If you love to cycle you have what it takes to lead a ride. All you need is some training and a bit of mentoring along the way.

June 5 10:00am at Hawrelak Park, a 2-hour training session. Hosted by Darryl Reimche and Richard Larsen, this entertaining session will provide you with the ins and outs of leading a ride.

Register by emailing Darryl dreimche@interbaun.com

Our club’s “Ride with GPS” account provides Ride Leaders with turn by turn notifications from a smart phone! Contact Celeste celesteandjohn@shaw.ca or Duane d100g100b@gmail.com for more details.

Have a great summer of cycling and please consider the above. Remember *Volunteers make up this organization.*

Tom and Lang



Golfing Needs YOU!

HOSTS required for the 2019 fall golf tournament. The course is already booked, a lot of the organizing is done, your golfers are guaranteed!

If you can help the club, send an email to activities@seniorsski.com

It will be better with you!

Tom Richards and Lang Jameson
Special Activities Coordinators



The City of Edmonton is expanding its “Bike Plan” in how biking fits into the future. **Phase 2** will see them creating principles to guide the growth of Edmonton’s bike network. This will be YOUR opportunity as an individual to collaborate with the City to develop and build solutions.

How? Attending public workshops or taking surveys

June 6 - Commonwealth Rec Centre 6pm-8pm

June 8 - McKernan Community League Hall 10am-12pm (Noon)

More details and to join the conversation at edmonton.ca/bikeplan

Connect with them:

BikePlan@Edmonton.ca or #YEGBikePlan



*All progress takes place outside the comfort zone.
Michael John Bobak*

Save the Date

July 25, 2019

Summer BBQ at Woodvale Community Facility. Details on page 1 of this Newsletter. Watch your email and read our website SeniorSki.com

Thank-you to everyone who submitted articles, images and proofread the newsletter!
Rosalynn

Member Automation Preparation Got your own unique email address?

*What did the femur say to the patella?
I kneed you.*

*What did the grape do when it got stepped on?
It let out a little wine!*



Rocky Mountain Senior Ski Club
successful because of volunteers like YOU!

Getting to know ... Joyce Hendrickson

by Jim Vine

Joyce was born south east of Edmonton and raised on a farm. She and her five (5) siblings were all born at home. Life on the farm was good, and Joyce learned to love the outdoors, as opposite of many kids today, she was free to roam and play at will. When she was 12, she helped her father deliver a breach-birth calf. While she held on to a pulley attached to a leg of the cow, she watched her father reach into the cow, turn the calf around, and then help the calf out. Not many kids today get to see or do things like that!

The local school only went to grade 10 and like many farm-raised children of her era, she went to a residence school in Camrose to finish high school. Then, it was off to University in the "big city" of Edmonton. She completed her B.A and B.Ed. and taught for 5 years at the junior high level. She then went to Oregon where she completed her Master degree with a specialty in counselling, and returned to Edmonton. At that time, elementary schools were introducing "school counsellors" and Joyce became one of the first, providing counselling services in three different schools

Joyce was far more adventurous than I had imagined.

During the first years of her teaching career, she took up mountaineering, backpacking, and ski touring. On joining the Alpine Club of Canada, she was required to climb 4 peaks that were over 10,000 feet, including Mt. Victoria (in Banff National Park, 11364 ft) and Mt. Huber (in Yoho National Park, 10,984 ft). In the winter, she would ski into the various Alpine Club huts.



If you have read the newsletter articles about Hamish Rankin (September, 2016 newsletter) and Fran Cuyler (September, 2017 newsletter), you will recall that they did the West Coast Trail. Joyce was also part of that team. By introduction, the West Coast Trail is a 75 km demanding hike along the west coast of Vancouver Island. Parts of the hike involve climbing up and down long ladders, all while carrying your gear for 5 to 7 days.

Ursula Maydel (January, 2019 newsletter) was also a member of the Alpine Club of Canada, but Joyce and Ursula never actually connected until Ursula joined our Club. Hamish Rankin, one of our older members, connected Joyce and Ursula on Ursula's first trip with the Club. They, along with Shirley Powell, have become close friends.

After teaching/counselling in Edmonton for a few years after obtaining her masters, she applied for, and was accepted as a counsellor to teach in Lahr, Germany at a Department of National Defence school. Lahr was a Canadian Forces base and children of the parents posted there needed to continue their education so that on return to Canada, they could easily continue their education. Joyce was there for two years and used the time to travel and explore Europe.

Joyce enjoyed the time in Lahr and wanted to stay longer. However, Edmonton Public Schools would not extend her secondment so she returned home. Before resuming her counselling duties in Edmonton, Joyce requested and was approved for a year of absence on August 31.

Joyce had decided on one more great adventure - she purchased an around-the-world airline ticket. Her adventure took her from Edmonton to Hawaii, to Japan (stayed with a family, sleeping in a very tiny bedroom), to Hong Kong, to Papua New Guinea, to New Zealand, to Australia, to Singapore, to Thailand, to India, and then Nepal (to hike and see Mt Everest up close). An interesting story about Nepal. While there, she learned to be careful making eye-contact with men. If you did, you were sending a message that you were "ready and willing"!

She then took a 3 month bus tour from Kathmandu across northern India, through Pakistan, Afghanistan, Iran, and Turkey, and then along the Dalmatian coast and back to Germany.

She continued to teach until 1992 when she retired, with the closure of the Edmonton Public Schools Continuing Education Program.

Joyce had learned to downhill ski, in a way, while living on the farm. Of course, there were no hills nearby to ski so the skiing consisted of being towed behind a tractor. No helmet, boots strapped onto the skis without the release of today's skis, and she still survived. While going to university, money was in short supply, so "real" skiing took a pause. Once she started teaching, she again took up skiing at Snow Valley, interrupted by her two years in Lahr, Germany where she had the occasional ski trip to the Alps.

Getting to Know - Joyce Hendrickson.....continued



Joyce with Ursula and Maggie

It was in late 1998, that she stumbled upon the ski club, in those days, the Northern Branch of the Seniors Alpine Ski Club. She was invited to go on the Big White tour that took place in January, 1999. She was not a member but they needed someone to fill the tour and she was it. They flew to Kelowna and she learned the nick-name for Big White - Big Whiteout. When they were due to leave the hill and catch their flight home, the bus got stuck in the parking lot due the abundance of fresh snow, Additionally, fog at the airport prevented their plane from arriving. They were literally fogged in! They were going to miss their flight, but then the flight was cancelled. A scramble to find dinner and rooms for the night, and an early departure the next morning, and yet all the members remained cool, calm, collected and the friendships grew. It was this experience of the camaraderie, in which the Club excels, that convinced Joyce to become a member.

Joyce has been a supporter of Club tours. In January, 2005, she was one of the hosts to Sun Peaks, in February, 2008, she hosted the Kimberley tour, and in February 2015, was one of the hosts on the Panorama to

Joyce is an avid cross-country skier with the Seniors on Skis group, and has taken her skis on Club tours to explore the local trails. She does enjoy downhill skiing. However, one of her knees is becoming problematic, and her passion for downhill skiing is waning. She walks with the Seniors on Skis in the summer and bikes with the Club.

Joyce has also been active on the humanitarian front. Since the 1950s, Colombia was fractured by civil and religious conflict, with the conflict escalating in the 1990s. In the period of 1989-1994, the warring groups made peace, but the education system was only available to those who could afford to pay. Lutherans in Colombia had sponsored a private school for grade 1 to 11 students. In 2006, elementary school was declared free and accessible for all. The Lutheran congregations in Colombia and Edmonton decided to turn the old elementary school into a residence. In 2007, with financial support from Alberta congregations, Joyce's congregation began to sponsor 6 children. Since that time the number of children has grown to 70, not all sponsored by Joyce's church, but it shows what a small bit of humanitarian effort can become.

Joyce has travelled to Colombia 4 times, and on the first three trips, security was still a need. The trips encouraged her to learn Spanish, and the last trip, in 2018, did not require any security at all. They headed north to within 6 hours of the Venezuelan border and witnessed many people fleeing the conflict in that country.

I was struck by the vitality and energy Joyce has. Stop and talk with her when you next cross paths and perhaps some of it will rub off onto you.

‘Getting to Know’ Index

Our club is filled with members who have interesting backgrounds and personal history! Kudos to Jim Vine for interviewing club members and writing these stories for us. It is an excellent way to learn about each other!

Keep this list of which members have been featured in “Getting to Know” listing year, newsletter month and interviewees name. Please feel free to read past issues on our website. Here’s how. Go to: SeniorsSki.com click on: **Our Stories -> Newsletter -> Year** then select the issue you would like to read. It really is that easy!

2019

- Jan: Ursula Maydell
- Feb: Paul Precht
- June: Joyce Hendrickson

2018

- Jan: Dennis & Georgie Brooks
- Feb: Don Scheer

2018 - cont’d

- Mar: Esther & Gordon Oaks
- Apr: David Burrows (lives in Australia)
- Sept: Max Mayer
- Nov: Angele Joly

2017

- Jan: Mike Tansey
- Mar: Muriel Watterworth
- Apr: Mike & Linda Person
- July: Dick Foose
- Sept: Fran Cuyler
- Oct: Carl Ulrich

2016

- July: Kris Fisher
- Sept: Hamish Rankin
- Oct: Marjorie Anderson
- Nov: Gene & Elaine Dextrase

Have a recommendation on a club member to feature? Contact Jim Vine or any Executive member.

Executive Contact Information

Position	Name	Email
President	JoAnn Grand	president@seniorsski.com
Past President	Jim Vine	pastpres@seniorsski.com
Vice President	Rosalynn Ruptash	vicepres@seniorsski.com
Secretary	Angela Kerr	secretary@seniorsski.com
Treasurer	Alan Lister	treas@seniorsski.com
Communications	Rosalynn Ruptash	communications@seniorsski.com
Membership	John Zurbrigg Terry Legaarden	info@seniorsski.com
Newsletter	Rosalynn Ruptash	newsletter@seniorsski.com
Social	Judy Mackay Penny Slevinsky	social@seniorsski.com
Special Activities	Tom Richards Lang Jameson	activities@seniorsski.com
Ski Tours	Ron Brown Reg Beyer Paul Precht	tours@seniorsski.com
Webmaster	Bryan Harris James Donelon	webmaster@seniorsski.com

Calendar 2019

June 7 & 8

Camrose ride

June 17-20

Canmore ride

July 3

Afternoon Sherwood Park Ride with BBQ and music at Patio Series, Festival Place

July 15-18

Calgary ride

July 25

Summer BBQ at Woodvale

September 19, Raven Crest

Golf Tournament - **Hosts required**

(organizing completed)

October 1

Cycling Wind-Up Lunch at Festival Place

November

Club Fall Dinner

Ski Tours 2019-2020

Dec 8 - 11, 2019

Sunshine

Jan 5 - 10, 2020

Sun Peaks #1

Jan 12 - 17, 2020

Sun Peaks #2

Jan 19 - 24, 2020

Sun Peaks #3

Jan 26 - 30, 2020

Marmot #1 Jasper Ski Improvement

Feb 9 - 14, 2020

Panorama

Feb 23 - 28 2020

Silver Star

March 9 - 14, 2020

Red Mountain - **TENTATIVE**

March 15 - 19, 2020

Marmot #2

Jasper Minis - dates to be announced