



SKI TRACKS

President's Notes

Summer is in the air. All of our summer activities are in full swing. The weather, however, has not always been cooperative with our cycling tours. We had to cancel the Camrose trip and Canmore experienced some rain/snow. We are a hearty bunch though and I know this won't dampen many of our spirits as we look forward to the next tours. Ride with GPS is underway and thank you to **Celeste Zurbrigg** and **Duane Block** for their time recruiting and training volunteers.

The new executive has been installed and will be busy meeting over the summer months to finalize our ski tours, work on automation and continue to brainstorm of how to recruit volunteers. Our automation team is hard at work customizing our software program to meet our needs. They have been having extra meetings throughout the spring and summer months to get things ready for all our activities as we begin our new membership year. I certainly had no idea how much work was involved, and we are indebted to **James Donelon** and **Bryan Harris** who have put in countless hours on their computers. We thank them for their expertise. We are also grateful to **John Zurbrigg** and his committee for the extra hours they have put in. It's happening and how exciting it is as we move into the future. Our new website looks fantastic. It's not all done yet! We will keep you informed as to how and when to navigate the new site as we progress. It's a NEW look!

We were all saddened at the news of the loss of our dear friend and longtime member of the club, Robbie Steen. The members who knew him all know how much he brightened our days. He really embodied the spirit of the Rocky Mountain Seniors Ski Club, always giving and cheerfully volunteering. His smiling face will be missed by all. To honour his contributions, we would like to dedicate the Jasper 2020 fun race to him.

As Henry Thoreau says, "Now we must maintain a little bit of summer even in the winter" so enjoy your summer days that you may take them into the winter with you!

Take care of each other, JoAnn Grand, President

Summer BBQ & Dance July 25

Woodvale Community Facility
4540 – 50 Street NW, Edmonton

\$35 per person

5:00pm Cash Bar 6:00pm Dinner

Live band after dinner

Tickets

buy from Judy Mackay or Penny Slevinsky
at Cycling on Tuesday or Thursday or mail a cheque to
Judy Mackay
(address found on our website: Social & Fitness-
>Social & Fitness Events->Summer BBQ)
See page 5 for Menu

Getting to Know by Jim Vine will return soon



From RMSSC Executive

Canadian Facts

Canada has more lakes than all other countries combined (250,000+ in Ontario alone)
15,500 of the world's 25,000 polar bears live in Canada.
All letters to Santa end up in Canada and volunteers reply in over 200 languages
Canada has more doughnut shops per capita than anywhere else.
Canada is the largest exporter of Blueberries in the world.

Online Membership Update

Our Club has now implemented the first stage of our online membership registration, event booking and online payment system.

What changes now?

We moved our website to a new provider, Wild Apricot, on June 26, 2019. The website address is still <https://seniorsski.com/>

You were recently sent an email with instructions on how to access the site, your member profile and set-up your own password.

When you log in with your email and password, you are in the **secure members only area** where you have access to all the club information including cycling schedules, club dinners, ski tours and more.

The website menu structure is familiar with some items arranged under different tabs, new tabs and new information added. Have a look around the new site to familiarize yourself with the new format!

NEW: Your member profile. Please view and **update** your personal profile details ie: information you had previously provided to the club. There are default privacy settings and you can adjust these to suit your own wishes at any time.

NEW: You can now subscribe to an activity's 'News Feed' (click on the orange icon to subscribe).

NEW: there is a **FREE app** for your mobile device that houses key information including your profile, membership card, events you have registered for and contact directory.

What will change in future?

October 1, 2019: You will be able to register and pay online for your membership renewal.

Sometime after that, you will be able to register for any Club event or activity: social dinners, weekly cycling, cycling tours, special rides, weekly golf, golf tournament and eventually ski tours!

The new online system replaces our paper system. You will no longer need to print a membership registration form, write a cheque, find an envelope and stamp and put it in a mailbox. You will be able to do all this online.

We know you will be excited with the capabilities of this program!

RMSSC Automation Committee

Summer Activities

Our summer activities of biking and golfing are in full swing.

Learn about cycling group levels Green through to Double-Black on our website: Cycling

Log-In to our website for details about:
Monday morning Golfing: Golf->Golf Events

Where do we find Cycling information?
Cycling Manuals, Links, Stretches and more at:
Cycling->**Cycling Resources**

Weekly Rides schedule: Cycling->Bi-Weekly Cycling

Go to Cycling->**Cycling Events**, where you will find details for: July 3 Sherwood Park/Patio Series Ride
Calgary Cycling Trip held July 15-18
Elk Island Special Ride on August 14
Red Deer Special Ride on August 23
St Albert Special Ride - details To Be Announced

Reminder that once you have Logged-In to the website, you are in a **secure, Members Only** section!

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.

RMSSC Website

You must log-in first in order to access details about Club activities and events.

If you haven't already done so, **please Log-In to our website [SeniorsSki.com](https://seniorsski.com)** Once you Log-In, you are in the **secure 'Members Only'** area.

Check it out! Browse around the new format.

Find cycling and golfing schedules on-line.
Browse through the Events Calendar.

Add your comments in the '**Discussion**' area.

If you didn't receive the Welcome Letter last week asking to reset your password, contact us at: rmsscHELP@SeniorsSki.com

Bryan Harris and James Donelon,
RMSSC Webmasters

RMSSC Canmore Ride, June 17-20, 2019



This was Susan's fifth year attending the Canmore cycling trip. There were 47 people on the trip and 43 cyclists. We had 5 cancellations due to the weather and family illnesses on the weekend before the trip.

The trip started with a dinner at the Canmore Golf and Curling Club and enabled people to meet each other and get to know others on the trip. This year there were a number of new members to the Club on

the trip. The food was excellent again. The restaurant is in a beautiful setting with large glass windows overlooking the golf course.

We had a meeting after dinner in the Curling Rink and the leaders from the rides explained what they were proposing for their rides. The weather forecasted rain for much of the time that we were in Canmore except for the first day of cycling, Tuesday, was sunny and a great day for cycling. If we were only going to have one great day, we decided to give people the chance to ride their first choice of ride no matter which day it was originally scheduled. With the flexibility of the leaders, we reorganized the ride schedule at the meeting and offered 7 rides for people on Tuesday (2 black, 2 dark blue, 2 light blue and 1 blue ride). That day was very nice and everyone completed their rides without getting wet – maybe a sprinkle or two. We cycled at the Nordic Centre, along the Legacy Trail to Banff, along Highway 1A to Johnston Canyon and also north from Castle Mountain to Lake Louise. People cycled the Great Divide in Lake Louise, around Banff and Vermilion Lakes and up to Highwood Pass. We saw deer, goats and Susan saw 2 bears on her ride. Thankfully the cars distracted the bears from the cyclists.

On day 2 we met at Elevation Place to see how many people were interested in cycling. We had about 26 people out for day 2 and we offered people three choices – to cycle Highway 1A to Johnston Canyon, to cycle Wedge Pond in Kananaskis and a cultural ride around Banff. Again, we were fortunate in that all rides were completed without any rain. On Thursday morning, there was a fine drizzle and 4 people including Susan were ready to cycle. Susan led the group on a 25 km ride around Canmore and we didn't really get that wet. We were very fortunate with the weather cooperating more than what was forecast.



Everyone enjoyed the cuisine of the fine restaurants in Canmore and also people's hospitality of their suites and places in Canmore. It was remarked to Susan that the club is changing and that is healthy to respond to the changing wishes of our members. Yes, the rides in Canmore are now more on paved trails and quiet roads than maybe in the past. You also had the option to cycle more kms and do more hills if you so desired. Yes, we are in the mountains. As Deanna said to Susan at the end of her ride, you really did feel like you accomplished something on these rides as you challenged yourself with the terrain.

Susan Williams and Karen Good
Canmore tour hosts

9 out of 10 Canadians have used their back deck or doorstep as a fridge or freezer.



Volunteers Needed

Our Club is successful because of the numerous volunteers who give generously of their time. This is what makes our Club attractive and vibrant!

A few hours now is all it takes to make a difference.

Ride Leaders

Dislike mowing the lawn or weeding? Personable? Enjoy cycling? Like to have fun? You're perfect!

We are always looking for new cycling Leaders! If you missed the training course earlier don't be afraid to come forth and express your interest. Existing leaders are available to mentor new ones; learn the routes with them as a guide. The Ride with GPS system provides "turn by turn" instruction through your smart phone as a guide as well.

Fun and entertaining training provided.

Interested? Contact us at activities@SeniorsSki.com

Tom Richards and Lang Jameson
Special Activities Coordinators

Summer BBQ 2019

Help required to get Door Prize donations for the BBQ & Dance. Your assistance greatly appreciated! Contact Judy or Penny at social@SeniorsSki.com

Bike Again Instructor

RMSSC offers a "Bike Again" course every May for members starting to cycle again. **Harold Knopke** has run the course for some time and is making way for new talent to run the show! A huge round of applause for Harold! **Thank you, Harold**, your patience and knowledge have gone a long way introducing cyclists to our ways and the group.

This program runs for 2 weeks in May every Tuesday and Thursday during regular cycling times.

Interested in being our new instructor or co-instructor? **Training provided.** Need more details? Contact us at activities@SeniorsSki.com

Tom Richards and Lang Jameson
Special Activities Coordinators

*Me: Mother Nature, you can't fit all seasons into one week.
Mother Nature: Hold my beer.*

Thank-you Letter to RMSSC Members

It was a pleasant surprise to find 2 envelopes with countless signatures and birthday wishes that somebody recently pushed under our condo door.

I want to **thank everyone** who wished me a happy 90th Birthday! I had never hoped to reach this age. It is a milestone and I am happy to be able to ski and ride my bike and hope for more of the same.

I was lucky to get 30 days of skiing at Marmot Basin plus many days at Snow Valley and Rabbit Hill. I did not make it to any other areas.

Since May 5, the last day at Marmot, I have been on my bike almost every day, even in some unpleasant and wet weather. So far, I rode more than 1550 kms. I am training for my 25th year of the Tour of Alberta and am once again registered for the 100 km. I am happy to ride this distance, though it is less than the previous true Century or the 185 km rides; for me this is too long now. Cold beer after tastes good.

This Tour is scheduled for the last Sunday in July and the last day of the Tour de France. Of the more than 1300 registered riders, I will again be the oldest.

Once again, **Thank-you** all for the Birthday wishes! I was invited to a BBQ organized by a long time friend. Many of my other ski buddies were there and we enjoyed great steaks, a lot of other food plus beer, wine and other beverages. It was a great day and very enjoyable.

I plan to come to most of the scheduled rides.
See you soon, Max Meyer

Proudly Canadian



You know you're Canadian when...

You stand in 'line ups' at the movies, not lines or queues.
You understand the sentence, "Could you please pass me a serviette, I just spilled my poutine."

You eat chocolate bars instead of candy bars.

You drink pop, not soda.

Pike is a type of fish, not a part of a highway.

You have Canadian Tire money.

You know what a toque is. And you have more than one.

You have 'rolled up the rim to win.'

You know what a 'double-double' is.

You put your winter tires on in September and remove them in June.

You know what a parka is.

You pack a parka for your mid-July summer vacation

You constantly apologize for things, even though they aren't your fault.

Thank-you to everyone who submitted articles!

Summer BBQ & Dance

July 25, 2019

Woodvale Community Facility
4540 - 50 Street NW Edmonton

\$35 per person
5:00pm Cash Bar 6:00pm Dinner
NEW! Live band to follow dinner



MENU

Striploin Steak, BBQ Chicken
Baked Potatoes with toppings,
Corn on the Cob, Dill Honey Glazed Carrots,
Assorted Salads
Desserts, Fruit, Tea/Coffee

TICKETS

DEADLINE - NOON Friday July 19, 2019
Payment details on our website->Social Events
Social@SeniorsSki.com



In Memoriam Robbie (Bob) Steen 1940 - 2019



It is with great sadness and much love that we say goodbye to a beloved husband, father, grandfather and friend, Bob Steen who passed away June 8th, 2019 at the age of 79.

Bob (“Robbie”) is lovingly remembered by his wife Charlotte Quelch, his children Rob (Jen Hunter), Andrew (Janet Bos) and Sandy (Jennifer Shin), his grandchildren: Spencer, Camryn, River, Hunter and Olivia, his sisters Enid Richardson and Diane Steen and his niece and nephew Elizabeth Burn (Peter Burn) and Scott Richardson (Libby McMinn) and their families.

He is also survived by many close friends and those in the skiing and cycling communities. He was predeceased by his father Reg and his mother Helen.

A cremation has taken place and there will be a Celebration of Life on August 22, 2019 at Snow Valley Ski Club in Edmonton at 2:00 pm.

The family would like to extend a special thank you to the wonderful staff of the Grey Nuns ICU who cared so much for Bob during his time there.

Memorial donations in honour of Bob may be made directly to E4C – an organization helping move vulnerable people in Edmonton toward healthy, lasting and positive change (<https://e4calberta.org/donate/>) 9321 Jasper Avenue Edmonton AB T5H 3T7, Covenant Foundation specifying funds go to The Grey Nuns Hospital with a note to direct to the ICU <https://www.canadahelps.org/en/dn/13925> Covenant Foundation, Room 3C60, 11111 Jasper Avenue Edmonton, AB T5K 0L4 or a charity of your choice that would have been meaningful to Bob.

Robbie Steen (1940 - 2019)

written by Lynn Skillen

A link in the gears of the Club has gone. Robbie Steen, also known as Bob or Biker Bob, was the epitome of the RMSSC spirit. Always willing to lend a hand with a bike problem, offer supportive words in the face of a challenge, or collaborate with Club activities, Robbie did it with a smile, a gravelly voice, and an identifiable laugh.

Robbie was one of the earlier members of the Club when only a few handfuls of cyclists went out on rides, and he always wore bikers’ spandex. He participated in race training during winter Club activities at Snow Valley.

For several years, he ran the bike clinic in May for Club newcomers, and was instrumental in setting up an extra bike ride for members in Elk Island Park, selflessly running his support van back and forth on the route, offering water and rest for the tired (or escape from aggressive bison if necessary). He also organized several fun ski races at Marmot in January, initiating the competition for best costumes, and was skilled at mobilizing members to help with the collection of prizes from their merchant contacts.

Robbie was a valued member of the RMSSC extended family, a husband, father, grandfather, and friend. Despite all treatment efforts for a pulmonary disorder, Robbie passed away on his 7th wedding anniversary, June 8, 2019, in the ICU at Grey Nuns Hospital. We will miss him very much.



Robbie at Jasper Fun Race on January 30, 2013

Wednesday July 3, 2019

Afternoon Ride, BBQ & Music

Afternoon ride and music event in Sherwood Park

What we will do:

A two hour ride, visit the farmers market, enjoy fun, food and music at **Festival Place Patio Series**



Schedule

2:30pm arrive
 3:00pm Ride start
 5:00pm Ride return
 5:30-6:00pm get a patio seat

Festival Place will not reserve tables for us.

This is a popular live music and BBQ venue! By 6:00pm, it is getting busy at Festival Place and the Patio Series fills up quickly.

Recommend arriving by 6:00pm for best seats.

Note: We want to know the number of interested people. If you are planning to attend this ride and/or music event, please see details on our website at: **Cycling->Cycling Events** and email Tony.

Remember to Log-In first!

Your hosts,
 Barb Fowler, Joan Stirling and Tony Holtner

You must log-in first to the Website in order to access details about Club activities and events.



Proudly Canadian Canadian Inventions & Creations

Superman. Ginger Ale. Chocolate nut bar. Basketball. **Canadarm.** The Walker. The common garbage bag. Electric cooking range. **Pacemakers.** The electric light bulb. Instant mashed potatoes. Kerosene. The paint roller. Snow blower. **Wireless radio.** The television. Walkie-talkies. Trivial Pursuit. The Zipper. The telephone. The Snowmobile. Insulin. The egg carton. Electric wheelchair. Electric streetcar. Peanut butter. The Baseball glove. Hawaiian pizza. **The Pager.** Road lines. Archie, the first internet search engine. Fibreglass goalie mask. Pablum. Java programming language. Wireless radio transmission. **Instant replay.** First wheelchair accessible bus. **IMAX.** Canola oil. Electronic synthesizer. Nanaimo bars. Butter tarts. Yukon Gold potatoes. Atomic clock. Electric car heater. **Sonar.** Lacrosse. Ice Hockey. Jockstrap hard cup. Table hockey. Electron microscope. Caesar cocktail. Plexiglass. Alkaline battery. **Easy-Off oven cleaner.** 5-pin bowling. **56k modem.** Wonderbra. Robertson screw. Cobalt-60 Cancer treatment. Standard Time. **Blackberry.** Key Frame animation. **CPR mannequin.** Caulking gun.

'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 members who 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: **News -> Newsletter Archive** then select the issue you would like to read. It really is that easy!

2019

Jan: Ursula Maydell
 Feb: Paul Precht
 June: Joyce Henrickson

2018

Jan: Dennis & Georgie Brooks
 Feb: Don Scheer

2018 - cont'd

Mar: Esther & Gordon Oaks
 Apr: David Burrows (lives in Australia)
 Sept: Max Meyer
 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

July 1

Canada Day



July 3

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

July 15-18

Calgary ride

July 25

Summer BBQ at Woodvale

August 14 Elk Island Special ride

August 23 Red Deer Special Ride

September 19, Raven Crest

Golf Tournament - **Hosts required**

(organizing completed)

October 1

Cycling Wind-Up Lunch at Festival Place

November 13

Club Fall Dinner details TBA

Ski Tours 2019-2020

Dec 8 - 11, 2019

Sunshine with on-hill accommodations

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

March 15 - 19, 2020

Marmot #2

Jasper Minis - dates to be announced