

SKI TRACKS

President's Notes

Many of you know Mike and Linda Person and I thought I did too. However, I quickly learned that what I knew was not "the rest of the story".



Both Mike and Linda were born and raised in the high mountains of Colorado. They met while attending Colorado State University, where he was studying to become a veterinarian and Linda a teacher. Mike said that she caught his eye in the library. He managed to arrange a meeting, became smitten with her and ended up in full courtship mode. They married in December, 1963, raised four children and have 11 grandchildren.

During the semester break in December of 1962, Mike and 3 classmates made a whirlwind, marathon drive up into Alberta — primarily to ski Banff and Lake Louise, but also to seek possible veterinary practicums. The following summer, Mike worked for the practice in Ponoka and was asked to return upon graduation. Linda and Mike both graduated on the same day, and next day they were in their 14 year old Pontiac on their way to the great white north. With them in the car was a falcon, a very large dog and every cent they had, a grand sum of \$35. The rest of their worldly belongings rattled around behind in a

tiny utility trailer made from the bed of a junked Ford pick-up. Their thinking then was that they would probably stay a couple years and then go back home to settle down. As it turned out, home is where the heart is. They have been Albertans for 53 years and Canadian citizens for 46.

Linda knew nothing about Canada except that it had polar bears, igloos and Mounties. She had never heard of the Commonwealth but found herself teaching about it in Ponoka. Before they immigrated, neither had seen or heard of curling, and Mike had seen only one hockey game. Winter sports in Colorado were skiing and basketball. That being said, they quickly acclimatized to Canada. The three most notable things to get used to here were: (1) the quaint "eh?" at the end of most sentences; (2) the lovely long light of summer days; (3) the agony of cold-turkey withdrawal from a staple food, hot chili peppers.

You may know that Mike competed professionally in rodeos, riding bulls and bare-back broncs. He didn't make the big time, but he won numerous trophy buckles and paid his way through the many years of University. He also experienced his share of the anatomical injuries that were an occupational hazard. When I met with Mike and Linda, he was wearing a jacket from competing on Cutting Horses, which he says is as challenging as riding the rough stock but with almost no risk of injury. Of course they have Quarter Horses; but they are now down to 22!



Both Mike and Linda are falconers. Mike started at 14 and, after 35 yrs. with him, Linda took up the sport largely so she could spend time with him. There were no active falconers in Alberta when they arrived, and raptors were considered vermin. Within a short time Mike became Alberta's first Raptor rehabilitator, and the Ponoka Veterinary Clinic its first rehabilitation center.

Beginning in 1964, Mike and a buddy convened a group of like-minded people to organize what would eventually become the Alberta Falconry Association

("AFA"). Mike served as either president or vice-president for 35 years, and in recognition of his efforts, was awarded an honorary life membership.

Oh, did I mention the fact that he is a pilot. So that she could make sure that he was piloting correctly, Linda also became a pilot. They flew all over North America, from the arctic to the south coast of Mexico. They sold their last plane some time ago, but now have a small, amateur-built helicopter and Mike is learning how to keep it safely in the air.

In 1967, they moved from Ponoka to the Edmonton area, where Mike would be able to specialize in his primary interest, surgery. In 1972 he established his own practice and the family relocated to their present home, near Calahoo, northwest of Edmonton. There they rehabilitated wildlife, propagated falcons and raised Quarter Horses.

As a result of his interest in wildlife and his association with the Wildlife Service, Mike also got involved in a research project that had them living with a captive wolf pack for the next 20 some years. The goal of the research was to identify and develop a method to control problem populations of wild wolves by reducing their reproductive capability. This would eliminate the traditional, method of killing

indiscriminately with poisoned baits. Unlike domestic male canines which are capable of breeding anytime of the year, their wild male cousins are only potent and fertile once a year— for the same short time, that coincides with the receptivity of all the female wolves.

Many years ago, he built a log cabin, a guest house on the property. When it came time to install hinges and other necessary hardware he couldn't locate any that he liked, so he became a blacksmith and forged them himself.

Linda has also been a ski club member for many years. She used to ski downhill, and she still makes some of the trips with Mike, but has had to limit her skiing to X-country. Mike continues to ski but is no longer capable of skiing the steep, deep and double blacks at an enjoyable speed.

They are couple that have made the most of their time so give them a warm hello when you next meet. But be courteous, Mike also is a black belt in judo!

**Jim Vine
President**

Spring Dinner

Wednesday, May 17, 2017

Cash Bar 5:00 pm; Dinner 6:00 pm

German Canadian Cultural Centre

8310 Roper Road

\$30.00 per ticket (subsidized by the Club)

Buy your Tickets at the A.G.M, Snow Valley on April 19th or
mail your check payable to RMSSC to Sylvia Moysa
(locate Sylvia's mailing address in your club directory)

Membership

On March 24, 2017, the Club had 640 members, including 125 new members. On March 31, 2016, there were 585 members. Most of our members (96%) live in the Greater Edmonton area. We do, however, have members in British Columbia, Northwest Territories, Ontario, Australia, Vermont, and Pennsylvania.

Our members range in age from 55 to 92. The average age of our members is 68 years.

- 32% are younger than 65,
- 30% of our members fall in the age range of 65 to 69,
- 31% are in the age range of 70 to 79, and
- 7% are 80 or older.

Many of those over 80 are still skiing and are our role models.

We Remember...

Nola Deane (1934 – 2017)

Nola was a member of the Club from 2001 to 2009. She enjoyed skiing and participated on many Club ski tours as well as skiing with her family at Marmot Basin. She also served on the Executive as Social Coordinator for 2 years. Nola was passionate about literacy and education. She continued to volunteer in these areas after retirement. Our sympathies are extended to her family. We will remember her.

Art Robinson, Membership

Annual General Meeting 2017

The Annual General Meeting to report on the 2016-2017 year is scheduled for 1:00 p.m. on **Wednesday, April 19, 2017** at the chalet at Snow Valley.

You should have already received five files through e-mail for this year's Meeting including an Agenda, minutes of last year's AGM, Bylaws in an original state, the motion proposed to the members at this year's 2017 AGM by the Executive, and the proposed new Bylaws. At this meeting, not only will there be the usual important reporting by the Coordinators and the Treasurer back to the you, the members, but the Executive is proposing some changes to the Club Bylaws. The Societies Act of Alberta requires that changes to Bylaws be approved by a "special resolution" at the AGM.

Also, and as in past years, you will be asked to approve the membership fee for the 2017/2018 membership year.

While the business of the AGM is important, where else can you catch up with old friends, perhaps make new ones, and have a cup of coffee/tea and a great cookie/muffin while discussing the events of the past year. I hope to see you there at 1:00 on April 19, at the chalet at Snow Valley.

**Bob Rose
Communications**



Special Activities

Golf

We've got Deer Meadows, Coyote Crossing, Hunters Green and County Side lined up again for the 2017 Golf Season: Monday mornings (except long weekends), **starting May 1st** to September 18th.

The tentative schedule is attached - 2017 start times and rates have yet to be confirmed (when the golf courses open in April).

We are an easy-going group - out for fun, fresh air & fellowship. All levels of golfers are welcome.

There's no long term commitment. I send out a "sign-up" email each week and those golfers who want to play the next Monday e-mail me back. Mid-week I prepare the next Monday's roster of tee times to send out to golfers and the golf course. Usually there are about 8 teams. Many golfers stay for lunch after the game.

Please email Richard Barham at activities@seniorsski.com to put your name on the 2017 golf email list - even if you were on the 2016 golfing email list. We start a new email list every season.

Include in your email your name, preferred email address and your preferred telephone number should I need to contact you at short notice. Richard will check memberships and forward the names, email addresses and phone numbers to me.

Richard will acknowledge receipt of your email within 7 days. If you do not hear from him within those 7 days, you should contact him to follow up on your golf registration request. Emails sometimes do go astray.

The email address for golf registration as shown in the original March Newsletter is NOT correct. If you have tried to register using that address and have not yet received an acknowledgment, you should register again using the above correct email address. The current, amended, version of the March Newsletter shows the correct email address, activities@seniorsski.com

Karol Muir
Golf Co-coordinator

Date	Course	Phone	Approx. Start Time	Seniors (60+) Rate 2016	Cart
May 1	Deer Meadows Spruce Grove	780-962-4799	10:00 a.m.	\$16.00	\$18/Cart
May 8	Coyote Crossing Sherwood Pk	780-467-5060	10:00 a.m.	\$26.00	\$10/Rider
May 17	Hunters Green St. Albert	780-973-6686	10:00 a.m.	\$20.00	\$10/ Rider
May 29	Countryside – Hwy 14 Sher Pk	780-467-4653	10:00 a.m.	\$26.00	\$9/ Rider
June 5	Deer Meadows Spruce Grove	780-962-4799	10:00 a.m.	\$16.00	\$18/ Cart
June 12	Coyote Crossing Sherwood Pk	780-467-5060	10:00 a.m.	\$26.00	\$10/ Rider
June 19	Hunters Green St. Albert	780-973-6686	10:00 a.m.	\$20.00	\$10/ Rider
June 26	Countryside - Hwy 14 Sher Pk	780-467-4653	10:00 a.m.	\$26.00	\$9/ Rider
July 10	Deer Meadows Spruce Grove	780-962-4799	10:00 a.m.	\$16.00	\$18/ Cart
July 17	Coyote Crossing Sherwood Pk	780-467-5060	10:00 a.m.	\$26.00	\$10/ Rider
July 24	Hunters Green St. Albert	780-973-6686	10:00 a.m.	\$20.00	\$10/ Rider
July 31	Countryside – Hwy 14 Sher Pk	780-467-4653	10:00 a.m.	\$26.00	\$9/ Rider
August 14	Deer Meadows Spruce Grove	780-962-4799	10:00 a.m.	\$16.00	\$18/ Cart
August 21	Coyote Crossing Sherwood Pk	780-467-5060	10:00 a.m.	\$26.00	\$10/ Rider
August 28	Hunters Green St. Albert	780-973-6686	10:00 a.m.	\$20.00	\$10/ Rider
September 11	Countryside – Hwy 14 Sher Pk	780-467-4653	10:00 a.m.	\$26.00	\$9/ Rider
September 18	Deer Meadows Spruce Grove	780-962-4799	10:00 a.m.	\$16.00	\$18/ Cart

Special Activities

RMSSC Cycling Season starts Tuesday, May 2 at Hawrelak Park

There's no way of sugar coating this hard truth: as you get older, exercising becomes trickier. Bones creak, old injuries flare up, and certain ailments like high blood pressure can make certain activities dangerous. But....there is a fun and safe way to overcome these challenges besides consuming large amounts of alcohol!

There are three things a RMSSC member can look for in the RMSSC cycling program: it's aerobic, it's low impact, and it is a friendly, safe riding environment. Aerobic means that the cycling gets your heart pumping faster, which increases the calories you burn and muscle you build, while help staving off heart disease. Low impact means that the exercise is easy on your body, as in you're not hitting your knees/feet against tough pavement. And it's a friendly, safe environment because our members are well aware of the need to ride safely with a group and they exercise sound riding and communication skills. The smell of spring is complemented by a rush of endorphins as you and your Club friends' head down the path with a ride leader having done the route scouting. And then there is the wonderful feeling of movement, unfettered access to our beautiful city and surrounding cities. Plus, the RMSSC cycling program runs only because member-volunteers serve as monthly organizers, ride leaders, sweeps and mentors to new leaders. Want to be happy....challenge yourself, contribute and share. All of that spells "RMSSC Cycling".

If you like fun coffee breaks, two hours of moderate exercise, friendly banter and good company then RMSSC cycling is for you. However, if you prefer to ride side by side with your friend so you can visit while riding, then maybe RMSSC cycling is not the best alternative.

If you like fine-tuned, safe riding as though you are a member of a conga line at a Havana nightclub (before too many rum drinks!), then RMSSC cycling is for you. Yup...it is hard to believe but 15 members of a RMSSC cycle group ride as though they are hearing the same beat to the music and move as one unit better than some synchronized swim teams. However, if you

prefer to set your own pace or vary the pace, change course without letting others know, wandering about the path and roads without regard for those riding near you, then maybe RMSSC cycling is not the best alternative.

If you are a hard core rider looking for a hard training ride, then maybe RMSSC cycling is not the best alternative but you might meet some like-minded folks who would happily join you for such an independently organized road ride on the weekend.

To register for RMSSC Cycling: reply to the email to be sent directly to your email address in April.

Once you have registered for RMSSC cycling, most of you will receive a monthly updated cycling schedule in your email box. Folks new to cycling with RMSSC – see below.

A Note for Members new to RMSSC Cycling

If you have never cycled with the RMSSC group, we welcome you. However, you will be asked to attend an orientation hosted by RMSSC volunteers who will briefly outline the culture of riding with the RMSSC groups and answer your questions. You are asked to maintain the established group riding safety habits and "rider in control" orientation. All members will ride safely and comfortably. The date/time of these orientation sessions will be announced. After you register for RMSSC cycling, you will receive the monthly updated cycle schedules. Want to know more - RMSSC Cycling Manuals are available at:

<https://seniorsski.com/biking/biking-manuals/>

RMSSC Weekly Cycling

- Begins May 2 and extends to October 3
- There are several riding groups organized by increasing pace speeds and distances travelled with colours green, blue and black.
- Pick the group colour that best reflects your current physical conditioning.
- Every Tuesday and Thursday morning starting from several different locations (and maybe some new ones!)
- What do you need: your Club name badge, helmet, a smile, coffee money, identification, and a well maintained hybrid or mountain bicycle, spare tube and tire change tools, electric boost bicycles are welcome.

- Special afternoon or evening rides with a social gathering – usually once per month. Dates to be announced. Look for Elk Island Park ride August 9 and Fort Saskatchewan ride May 19 – details to be announced.
- What NOT to bring on a RMSSC ride: road bike (sorry skinny tires are not welcome on our rides as we use hilly, rough and gravel routes), fat bike, a short temper, and poor riding and communication skills.

A Note to veteran members of RMSSC cycling

Our cycling program is experiencing rapid growth. If you have invited a friend (new RMSSC member) to join the cycling program, you are asked to take that member for a mentoring ride before attending the RMSSC cycling program. I'm sure your friend will appreciate your advice and guidance on the ways to ride with the RMSSC groups and might even buy you a coffee or a beer (after the ride!).

Biking Buddy

We could use your help. As new members join the cycling program, we need the help of veteran riders to serve as biking buddies – simply take a new member under your wing and show them how the group rides. If you can help, please send an email entitled "Biking Buddy" to activities@seniorsski.com

My thanks to the following **2017 RMSSC Cycling Monthly Coordinators** who will be approaching members and asking them to volunteer as ride leaders. Please answer YES.

May - Archie Childs

June - Bonnie Burn

July - Bob Holzer

August - Mike Tansey

Sept/Oct – Terry Demkiw help from Bob Holzer

Thinking it is time for you to assist the Club by becoming a ride leader but would like a little guidance? Please contact Celeste Zurbrigg. email celesteandjohn@shaw.ca

New Email Address

For matters concerning RMSSC cycling, please address your questions and comments to:

cycling@seniorsski.com

My thanks to Dale Brochu who has taken on the task of assisting the Club with the RMSSC cycling registrations.

Darryl Reimche

Special Activities Coordinator

activities@seniorsski.com

Bike Again Classes

Bike Again Classes are offered by the Rocky Mountain Seniors Ski Club volunteer to its members. Thank you, Harold Knopke for taking on this task. The classes begin May 2 and extend for 4 x 2 hour sessions over two weeks. The emphasis is on safety and enjoyment.

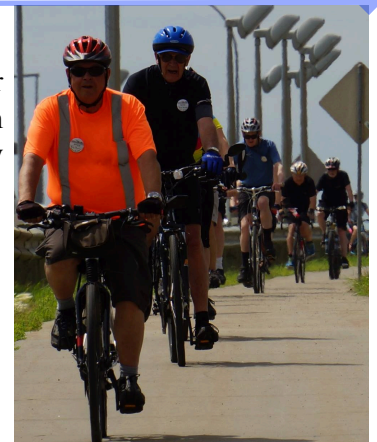
The main purposes of the classes are:

1. to assist members who haven't biked for a while and want to get back into biking.
2. to assist members who haven't biked in a group before.
3. to make biking as safe as possible
4. to make biking as enjoyable as possible.

You must register for these classes and space is limited.

To register for Bike Again Classes: reply to the email to be sent directly to your email address in the coming days.

Yes, you guessed correctly...if you want to attend both the Bike Again Classes and the regular Tuesday and Thursday cycling program, you will need to register twice – once for bike again and once for regular cycling!



Happy Riding,

Darryl Reimche

Special Activities Coordinator

activities@seniorsski.com

Marmot in March

On Sunday, March 19th, 86 club members drove to Jasper for a week of great skiing and socializing. After everyone checked in, we met at the Inn Grill and Lounge for a Welcome Party Pizza and Salad Dinner. The change in venue this year was an appreciated improvement. The mood was boisterous. The evening was capped with Robbie Steen's presentation of prizes, thoughtfully selected from the January trove, to share with members of the March tour.



On Monday, Tuesday and Wednesday we were blessed with sun, blue sky and warm weather, as well as some fresh snow. It was truly a skier's dream. After-ski activities are varied amongst club members. Some enjoy a quiet evening of peaceful reflection, an opportunity to sit back and gently absorb the wonders of skiing in the mountains. Others will be found carrying potluck contributions to a selected room to share a meal and the day's experiences. A pre-dinner drink with friends, a homemade cheesecake rendezvous, an after dinner chocolate fondue celebration- the evening concludes with an appreciation of the day and an anticipation for the next day's ski experience.

Wednesday evening 81 of us met at the Inn Grill and Lounge for cocktails and a fabulous three-course meal. By the noise level and laughter (especially from one raucous table of a rather large gaggle of women and two men) everyone seemed to be having a great time. Chef and staff were roundly applauded.

Thursday morning on the hill, we were met with snowy and windy conditions. The weather improved as the day progressed, and the sun once again appeared, providing us with a final afternoon of fabulous skiing.



We would like to thank our Tour coordinators, Gaye Carter and Ian Kupchenko, for their preliminary tour organizational work and their helpful guidance; Bob Larson for the newsletter photos.



A special thanks to all of you who participated in the Marmot in March ski trip. Your enthusiasm and joie de vivre made our hosting of this trip a great pleasure.

Mary and Georges Binette Ski Tour Hosts



Bernice Gordeyko and Ian Kupchenko, Ski Tour Coordinators would also like to alert all our members, that information regarding the 2017-18 ski tours will be available at the April 19 Annual General Meeting.

Executive Contact Information

Position	Name	Email
President	Jim Vine	president@seniorsski.com
Past President	Doug Knight	pastpres@seniorsski.com
Secretary	Wendy Saunders	secretary@seniorsski.com
Treasurer	Alan Lister	treas@seniorsski.com
Communications	Bob Rose	communications@seniorsski.com
Membership	Art Robinson	info@seniorsski.com
Newsletter Editor	Don Blackwell	newsletter@seniorsski.com
Social	Sylvia Moysa Judy Anderson	social@seniorsski.com
Special Activities	Richard Barham Darryl Reimche	activities@seniorsski.com
Tours	Ian Kupchenko Bernice Gordeyko	tours@seniorsski.com
Webmaster	Tony Holtner	webmaster@seniorsski.com

Calendar

April 19, 2017

Annual General Meeting
Snow Valley Chalet, 1 pm

May 1, 2017

Golf Season Begins

May 2, 2017

Cycling Season Begins

May 17, 2017

Spring Dinner, German Canadian Centre

