

1934

Vol. 15—No. 5 Feb. 1st, 1935

1935



OTTAWA SKI CLUB NEWS

CANADA POSTAGE PAID
1c.
Permit No. 284 OTTAWA

For the Skier Who Demands the Best

Gresvig Norwegian Park	\$10.00 & \$ 6.00
Gresvig Norwegian Ski Caps.....	\$ 2.25
Gresvig Norwegian Windmittens	\$ 1.35
Gresvig Norwegian Sealskins	\$ 6.00
Gresvig Norwegian Sealskin Spats.....	\$ 2.50
Gresvig Hickory Racing Skis.....	\$17.50
Gresvig Hickory Touring Skis	\$15.50
Gresvig Adjustable Trimmings	\$ 3.95

We carry in stock a complete line of ski-waxes, ski bindings, poles, and other items for the discriminating skier.

GEORGE BOURNE

151 Rideau St., Ottawa

Phone Rideau 753



Clearance Sale!

SKI SUITS - - - \$9.95

ALL OUR HIGHER PRICED WOMEN'S SUITS HAVE BEEN GREATLY REDUCED. MADE OF ENGLISH MELTON CLOTH OR SNOW-REPELLANT SUEDE CLOTH



OTHER SUITS, to clear at - - - \$6.95

Navy Melton Ski Slacks - - - \$3.95

All Wool Ski Slacks - - - \$1.95, \$2.95

SKI OUTFIT - - - \$9.98

SPECIAL VALUE!

DOME TOP BIRCH SKIS, "CHALET" FITTINGS, NORWEGIAN MODEL BOOTS, FITTED



WOMEN'S SPORTSWEAR
SECOND FLOOR

SKIS AND ACCESSORIES
THIRD FLOOR

Charles Ogilvy

— Limited —

Ottawa Ski Club News

PUBLISHED BY THE OTTAWA SKI CLUB

The Ontario Ski Championships

In that incomparable setting, where sits the gigantic tower of the Ottawa Ski Club, on the pine clad slopes of Rockcliffe and with the Gatineau hills as a background, the jumping competition for the Championship of Ontario, one of the major ski events of the year, will be staged this coming Saturday, Feb. 9th, at 3 p.m.

A feature of this year's competition is the sale of **Advance tickets**, by which your committee hopes to cover at least a part of the heavy expenditure incurred in running this meet. Tickets offered in strips of **five for a dollar**, twenty-five cents a ticket. Every one of our members should make it a duty to sell at least one strip. Get your tickets at McGiffin's, 102 Sparks St. or at Byshe's (235 Bank St.), Bourne's (151 Rideau St.) or Plaunt's (187 Sparks St.) or phone E. Fillman, R. 7074j or Louis Grimes, Q. 1443.

The Jumping Competition promises to be one of the best ever held in Ottawa. The number of entries exceeds all records and practically every ski club in Eastern Canada will be represented. The most daring ski riders of America will vie with each other in an attempt to win the much coveted title of Champion of Ontario and break the hill record.

Your Executive has been hard at work on the arrangements for this meet for a long time, and it trusts its efforts will be rewarded by a full attendance of our members, of their friends and of the sport-loving public of the Capital.

And on other pine clad hills, at Camp Fortune, on the next day, (Sunday, Feb. 10th), the Cross-country Race, and the Slalom Race for the Championship of Ontario will be run.

Let us all be at Rockcliffe Park at 3 p.m. on Saturday, and at Camp Fortune on Sunday.

Hail to Fred Laflamme, Champion runner of the Ottawa Ski Club and our best hope for the Dominion Championship!

A record of two week-ends.—The week-end of Jan. 26-27 was marvelous, but a drop of the mercury to 20 degrees below zero on Sunday morning explained the rather slim attendance at the lodges. Most of the trails were in wonderful shape, having been checked and cross-checked by the night riders of the Plant and Southam lodges, between the hours of 10 p.m. on Saturday and 2 a.m. on Sunday, by moonlight.—The situation on **Sunday, Feb. 3rd**, can best be summed up in three words: sticky in the early morning (40° above in the city) jerky at noon, and icy in the afternoon. Of the three hundred or so who made Camp Fortune, Harry Plaunt was the wisest: he carried his skis on his shoulders as far as the descent of the Canyon, while the others carried their skis and a ton of snow besides. As usual, the "waxed" ones were busy all along the trail scraping off one kind of wax to put on another. They seemed to have great fun out of it, though. The only satisfied man I met claimed to have been using a home made mixture of pine tar and paraffine.

Never despair.—On Friday, Jan. 25th, at 1 p.m., Louis Grimes, who had charge of the arrangements for the Montreal Girls' Team, hearing from his runners that the trails were all ice, and from the weather man that no snow was in sight, wired Montreal: "Don't come, conditions impossible." Exactly one hour later, he rushed out of the President's office, where he had come with his tale of woe, to send another telegram: "Come ahead, snowing hard now." Snow had come from nowhere apparently, but it was falling thickly and kept on falling, out of a blue sky, until nightfall.—Which all goes to show that the weather is fickle and that no skier should ever despair.

And our Secretary does not despair either, although there are more members in arrears than there are flakes in an average snow storm. He knows their fees will drop into his cash box sometime, out of a blue sky. He still trusts their sense of fairness and their well-known club spirit. It is so easy to pay one's fees and retrieve one's reputation. Just address a cheque to the Assistant Secretary Treasurer, Ottawa Ski Club, McGiffin's, 102 Sparks St., City, or drop in at McGiffin's any time before six p.m. The service of the Ski News to those delinquent members has been continued because we know they will pay.

Whichever You Are--

—the sort of skier who does 160 on the Rockcliffe Tower, or the sort who comes to grief on a 2-foot snow jump, you will feel better—and certainly warmer—in one of our Norwegian or Grenfell windbreakers—
from \$6.75 up.

And when not skiing, you can't do better than to wear a

LEISHMAN SUIT

Made to your measure.

\$34.50

(Values to \$60)

*The Great Fit and
Specialty Shop of Eastern Canada*
DEVILINS
The R. J. Devlin Co. Limited

OLYMPENE

THE ANTISEPTIC LINIMENT

SOOTHS, SORE STIFF
MUSCLES



At your
Nearest
Drug Store.

4 oz. bottle
50c.

10 oz. bottle
\$1.00

**Northrop & Lyman Co.
LIMITED**

TORONTO

ONTARIO

Established 1854

YELLOW CABS

RIDEAU 3600

If you want a
PROFIT from your **ADVERTISING**,
THE OTTAWA SKI CLUB NEWS
is the proper medium.

If you wish to arrange for space
Call or Write

E. M. FILLMAN

11 Ivy Ave.

Rideau 7074J

BIGGER BARGAINS

than ever in
IMPORTED NORWEGIAN
SKIS,
FITTINGS, RUCK SACKS,
etc.

Repairs and Remodelling



Sigurd R. Lockeberg

542 Wellington St. Tel. S. 3160

THE NEED OF VOLUNTEERS

To the Editor, O.S.C. News—Sir:—

As you probably know better than any other member of the whole skiing fraternity, there is a lamentable shortage of people willing to act as officials to assist in the conduct of skiing competitions in Eastern Canada as a whole and in the Club in particular. That state of affairs is highly regrettable and constitutes an undesirable reflection on the splendid 'esprit de corps' which has been responsible for the Club's enviable record of growth and achievement. I am certain, however, that its cause is simply thoughtlessness on the part of otherwise unselfish people and if you consider that the publication of this letter in the "News" might help matters, by all means publish it.

Granted that extensive experience both as a competitor and as a judge, combined with sound judgment and complete familiarity with the rules, is desirable and necessary if one is to be a competent judge of championship jumping competitions, the requirements of officials in other forms of skiing competitions are not extensive or rigorous. The mistaken idea seems to be prevalent that officials are a special breed of skiers who revel in publicity and who have gained a knowledge of the rules by secret initiation. It is, of course, quite absurd. Everyone who has the best interests of the sport at heart is a potentially useful official and is always welcome for "initiation." A good working knowledge of the rules and good judgment is readily acquired by observation and discussion. The mistaken idea that you admit possession of a form of the much talked of "superiority complex" by volunteering or responding to an appeal for volunteers for official duties, is soon washed out. Officials are as necessary to satisfactory and successful competitions as are competitors. If you are not eligible to compete or for any other good reason are unable to do so and you wish to further a good cause, express your willingness to officiate to those in charge. You will derive much satisfaction and considerable knowledge by officiating and in

addition you will probably have a better point of view than most of the spectators! In addition to that the "Head Official" is almost certain to offer you a lift to Town in his car or the car of the friend who is transporting him!

To help control a crowd of spectators, stamp a landing hill, patrol a race course or "keep" a pair of flags in a slalom is only a question of judgment directed by good common sense and the willingness to further a good common cause. The price is the sacrifice of just a little of one's time and as I have said, the payment will certainly prove a sound investment.

Last winter slalom racing was included for the first time in the Club's sphere of activities. If it is to enjoy the popularity it deserves and we are to develop slalom runners who will be capable of competing successfully against those of other clubs elsewhere, we must have willing officials to help conduct the many necessary practice races those men must run. "Keeping a pair of flags," as the duty is known, is not an arduous task, rather, one whose interest and enjoyment grows with experience. The qualifications necessary for flag-keeping are not numerous or difficult. If the International Slalom Rules were published in the issue of the "News" immediately preceding the first Club slalom, everyone who had read them twice would be qualified. Even more assistance is required to conduct a slalom efficiently and successfully than is needed for an 18Km. race the course of which has been well marked. I venture to say that if before the winter is over insufficient willing officials are available for slaloms it will be because every member is competing!

So, if you have the best interests of the Club and the sport at heart,—lend a hand!—FRED TAYLOR.

The International Slalom Rules will be found in the Canadian Ski Year Book, which may be obtained for 10c. at McGiffin's, 102 Sparks St.—*The Editor.*

Volunteers are required for this week-end. Please offer your services to Louis Grimes (Q. 1443).

H. P. Douglas, the Editor of the Canadian Ski Year Book, who attended the International Ski Meet at Toronto on Jan. 26th, sends us the following interesting item:—

For real enterprise and enthusiasm, we must certainly hand it to the Toronto Ski Club. Last Saturday in Toronto to advertise their International Ski Jumping Tournament they put on a show quite unique in Canadian ski annals and which drew a paid attendance of some six thousand to their hill at Thorncliffe, notwithstanding it was the coldest day in Toronto's history. Headed by a police escort and a military kiltie band, some hundred skiers in ski clothes, with skis on shoulders, marched from the Union Station to the City Hall to be received on the steps by Mayor Simpson and his Civic Council. Distinguished visitors in motor cars, dog teams from Huntsville with the Mayor himself of that enterprising town, which advertises itself as "The winter sports centre of Ontario," were in the parade that marched through crowded streets. At the City Hall moving picture machines ground away and mikes were busy as the many prominent skiers and guests from out-of-town were officially presented and welcomed. It was amazing to we Montrealers, used to the apathetic attitude of the Montreal public, to see this great outburst of enthusiasm in a city where snow as we know it is unknown, and where they ski only under the greatest handicaps and at infrequent intervals. The jumping hill itself was surfaced with 80 tons of shaved ice from the hockey rinks, an entirely new idea but necessary under local conditions as not enough snow could be obtained. Thorncliffe is some four miles from the city and the weather bitter cold, yet, the roads were crowded with cars and special trains brought their quotas, and from the judges' stand it was an inspiring sight to see this huge gathering of spectators. The Toronto Ski Club has a paid membership of fifteen hundred, money in the bank, a fine jumping hill, a weekly paper, and a wildly enthusiastic membership.

THE MAN ON THE BIG JUMPING SKIS

By Jacqueline Larocque (with the proper apologies to Walter O'Keefe, composer of "The Man on the Flying Trapeze.")

(1)

Once I was happy, but now I'm forlorn
Like an old skittle that's tattered and torn,
Left in this snow bank to weep and to mourn,
Betrayed by a maiden on skis.
Oh, this maid that I loved was some skier,
I'd have broken my neck, her to please.
But, tho' I slalomed and Christied and Telemarked with ease,
She fell for the big jumping skis!

CHORUS:

He sails thru' the air with the greatest of ease,
The daring young man on the big jumping skis,

His actions are graceful, all girls he does please,
And my love he has stolen away!

I made up my mind, and thought it worth while
To take up ski-jumping, my Love for to please.

To our Sigurd I went, and saluted:
"Ski Heil"!

"The newest in big jumping skis!"
Then I practised for weeks and began with small jumps,

I practised 'till I was all lumps,
With a forward-lean-to, I prepared for big bumps,

While she kept on dreaming of him!

REPEAT CHORUS:

The great day for me at last it did come,

The world was all snowy, and basked in the sun;

I stood on the tower for my first take-off run

With my pair of big, new jumping skis.

In the valley, below me, a large crowd did wait,

And amongst them all, there stood my Love,

The bugle was sounded, announcing my fate,

While I sent a prayer up above!

CHORUS:

The birds were all singing, and the stars they did shine,

When I came to after some lapse of time;

In the distance my Love, without one kind look,

Skied past with that big jumping crook.

They left me behind, 'neath a blanket of snow,

(Of what happened I never will know)
But love can't be worth it, and I'll sell those skis cheap

To the next dumb guy who's willing to leap!

CHORUS:

He sails thru' the air with the greatest of ease,

The daring young man on the big jumping skis,

His actions are graceful, all girls he does please,

And my love he has stolen away!

OTTAWA SKI HEADQUARTERS

Dark Semi-Racers, all sizes
to 7 ft. 3 in. ----- \$2.98

Ski Outfit — Semi-Racers,
Boots, Special M. E. Pit-
tings and Ski Poles—Sale \$9.95
A Wonderful Bargain.

Ski Poles ----- \$1.25

Racing Poles ----- \$2.25 pr.

Ski Suits ----- \$5.95

Ski Slacks, Ladies, Mens - \$2.95 pr.

Agents for Hi-Speed Wax

Sole Agents:

Northern Hickory and Birch
Racers ----- \$5.95 up

Peterboro Hickory ----- \$9.00 pr.

PLAUNT HARDWARE

Clothing for Skiers at C. D. S.

NEW SKI TOGS FOR MEN
AND WOMEN!

At Prices that Exemplify the
Thrill in Buying at C.D.S.
Low Cash Prices

THE CANADIAN DEPARTMENT STORES LIMITED

Cor. Bank and Laurier
PHONE Q. 4800

2 STORES

1109 Wellington St. :: Sher. 4767

246 Dalhousie St. :: Rideau 4664

Ottawa, Ont.

A. J. BEDARD

GENERAL HARDWARE

Sporting Goods

Electric Refrigerators

Washers and Radios

Past events.—Individually, our men did well at the Inter-City Jumping Meet held at the Seignior Club on Jan. 27th, but as a team they scored lower than the Montreal Ski Club Team, who won the trophy that had been in our possession for two years.—**Howard Bagguley** led the field with two jumps of 212 and 195 feet and a total score, for style and distance of 140.6 points, while little **Eugene Heggveit** (14 years old) came third and won a special prize with two jumps of 183 and 172 feet and a score of 129.1 points. A plucky boy this Eugene; it was his first appearance on a big jump, he had not been jumping for two years and had just recovered from a broken arm and a leg last year.—In an attempt to break the hill record (217 feet) Bagguley and Landry jumped 232 feet and 227 feet respectively, but they fell before the flag.

In the **Inter-City Ladies' Slalom Race** held at Camp Fortune on Jan. 27th, the Misses Phyllis McKenna, Emma Benning, Alice MacFarlane and Evelyn McKenna, all of Montreal, came in the above order.

—In the **Downhill Race**, on the same day, Emma Banting, Evelyn McKenna, Alice MacFarlane, all of Montreal, covered the course in 22 min. 33 sec., 2.36 4-5 and 2.39 4-5 respectively, while Freda Runge took 2.42 4-5, Ruth O'Halloran 2.47 2-5 and Jackie Larocque 2.57 4-5. Also ran: —Phyllis McKenna, Kathleen Larocque, Florence Burgess, Marie Gauthier, Mary Gzowski, Frances Farley.

In the **International Meet**, at Toronto, on Jan. 27th, Fred Laflamme (O.S.C.) came second, only 50 seconds behind W. Cook, in the ten mile race. Halverson (O.S.C.) was second to Durrance, Dartmouth Ski Club in the Downhill Class A event.—In an open jumping competition held at Rockliffe on Feb. 2nd, the competitors came in the following order: 1st W. Gauthier, 2nd E. Fillman, 3rd G. Fillman, 4th B. Wright, 5th G. McMartin, 6th Bud Clark, 7th C. Heggveit, 8th E.

Heggveit, 9th R. Farley, 10th Ben Fagan, Billy Burke, W. Halvorsen, R. Dufresne. Longest standing jump 117 feet by McMartin.—At **Camp Fortune**, on Feb. 2nd, No. 1 Glebe Team again asserted its right to hold the **Southam Trophy** offered for an interscholastic race. Bob Hammond made the fastest time. The winning team included Bob Hammond, Bruce Heggveit, Ken Mickleborough and Harold Creighton.—At **Camp Fortune**, on Feb. 3rd, Fred Laflamme won the **Club Championship** race, in 1 h. 19 m. 47 sec., closely followed by John Veit in 1.19.55, Brian Burke 1.26.03, J. Taylor 1.26.37, H. Douglas 1.31.44.—At **Camp Fortune** on Feb. 3rd, Bud Clarke won the Slalom by the narrow margin of 1-5 sec. E. Ryan, J. Taylor, H. Douglas and O. Bouley came in the order named.—At **Three Rivers** on Feb. 3rd, Jacques Landry carried off the Ski Jumping title of the St. Maurice Valley Championships, while **Howard Bagguley** won the combined event.

Coming Events.—On Saturday, Feb. 9th, at 3 p.m., Ontario Ski Jumping Championship at Rockliffe Park. Admission 25 cents.

On Sunday, Feb. 10th, Ontario Championship Cross-country Ski Race and Slalom Race at Camp Fortune.

On Saturday and Sunday, Feb. 16th and 17th, at Shawbridge, **Quebec Championships** held by the Viking Ski Club.—At the Seignior Club, over the week-end of Feb. 16th. Inter-City events for ladies. Downhill race on Saturday, Slalom on Sunday, and Relay Race from Valley Farm to Seignior Club, also on Sunday. Visitors to the Seignior Club will be admitted at the usual rates: \$6 a day if more than ten; \$5 a day if more than 40.

The Canadian Championship Race, on Feb. 24th, will be held at Rougemont, instead of Shawbridge.

A LITTLE ABOUT WAXING

By a Ski-runner.

It is actually laziness that inspires this effort to instill in some of my fellow skiers a slight knowledge of the art of waxing. When some eight or ten of your friends watch you come roaring down the Canyon on a sticky day they immediately demand that you wax their skis so that they may also enjoy the pleasure of a fast ride.

There are actually four separate conditions to wax for, namely, dry snow, sticky snow, wet snow and crusty or hardened snow, and I can assure you that paraffine or floor wax will not assist you to ski under any of these conditions.

When using dry snow or sticky snow wax a base should be used and this is applied in a thin layer and then allowed to cool before the top wax is put on. The base most commonly used is "Tento" and a tin of this will last the average skier approximately two years.

Dry snow wax is applied on top of this base when the temperature ranges up to approximately thirty above zero and is applied in a fairly thin layer, a little thicker under the feet than at the ends, in order to assist climbing, and one tin of wax should last you for three waxings.

The clog-snow wax is used when the temperature ranges above thirty degrees right to the point where the snow actually becomes wet and it might be well to mention that cross-country racers have found it more difficult to wax for this condition than for any other. It has been found by practical experience that the following method of waxing should be, at least, fairly successful. After the base is applied, and allowed to cool, apply a thin layer of clog-snow wax to the top and bottom of the ski, leaving the "Tento" under the foot exposed. If you find that you do not get a fast enough slide after this procedure, then rub the middle of your ski down with the small teno block that accompanies the box of wax, if it develops that you have quite a backslip, then apply a little more of the base wax on that portion of the ski under your foot.

The next condition, wet snow, calls for the application of rather a messy wax known as Klister, but I can as-

sure you, that while you may get your hands a little dirty, this will be more than offset by the enjoyment you will derive from a day's skiing where you have been able to climb up the side of a mountain without herring-boning and in addition you were able to slide down hills as well as you did on the fastest day in mid-winter, in other words, this is the ideal Spring wax. The klister is applied with a stick and placed in daubs along the bottom of the ski, it can then be rubbed down with either the palm of the hand or a piece of cork. A small bottle of gasoline can also be considered as standard equipment when using klister as this is practically essential to clean off the side of the skis, or your hands, providing you don't use the cork to rub down the wax.

The prepared wax for the last condition, crusty or hardened snow is called Skare and resembles klister, with the exception that it contains a multitude of small hairs that results in the wax adhering to the ski. This Skare is applied in the same manner as klister.

I think the best method of learning the proper way to apply wax is to watch the racers at Camp Fortune preparing their skis just before the start of an important race. I am sure a few helpful hints can be picked up.

Each waxing only involves the expenditure of a few cents and it is possible that this will mean the difference between an enjoyable day's sport and a poor day's outing.

If a consensus of opinion was taken amongst the racers I am sure you would find the following brands of wax highly recommended and I suggest that every skier purchase a tin of wax for each snow condition. Don't be afraid to experiment with your different waxes, even the most proficient waxer is always learning some new angle.

Dry Snow waxes—"Hi Speed or Brattlies."

Clog Snow waxes—"Hi Speed or Brattlies."

Klister or Skare—"Ostbys or Hi Speed."

Any of the above waxes can be purchased at Sporting Good Stores advertising in the Ski News.

JUMPING ON SKIS

A jump on skis is not merely a leap into space. It may, to a certain extent, be termed flying without a motor, where the jumper in every way understands how to utilize the air resistance so as to float, so to speak, on the "press" of the same air.

It is not only the onlooker who is impressed or thrilled with a graceful jump on skis. The fact is that the skier himself is vastly more thrilled. It is an experience, electrifying to every nerve. By the aid of the approach and a powerful self-actuated lift the jumper glides into space entirely free and unhindered. The air buzzes, as in a storm, while all the lower run in scanned for a satisfactory landing place. The sensation lasts but a few seconds but it feels like an eternity. It may seem strange but even after the surest and steadiest landing the jumper is more or less disappointed but, nevertheless, filled with joy. Oh, that it might have lasted, yet a little while.

Ski jumping has lately developed tremendously. Not only has the length of the jump increased from year to year but one notices an entirely different and more effective style than that practiced, generally, before. Under the present system, the jumper exercises every ounce of power in resisting the air pressure, rather utilizing this pressure as a means of floating on top of it. Where, in the past, body and ski created almost a square angle, the jumper necessarily had to fight tremendously against resistance. Today his aim is to make this angle as pointed as possible in order to obtain the desired results.

The Knekkestyle (a break or sudden bend at the hips) is a modern jumping style and possibly the one most generally practiced. To curve the upper body at the hips naturally creates a lower vertical position, lessening the resistance perceptibly. However, this practice has developed to such a degree that one often sees a jumper with the upper body lying almost parallel with the skis and that, of course, is "stretching" it too far. In order to prevent this extravagant Knekkestyle an offender receives a deduction of from one to three points in character (style) in competition.

To attain the greatest possible speed down the approach to the take-off a stooping position with the knees close together should be taken letting the weight of the body incline backwards. It is very important that stillness is maintained, as any motion will check the desired speed. When utilizing the approach wisely a good deal of the distance has been won. In nearing the take-off one changes quietly from the above men-

tioned position to take-off position with the upper body gradually bending forward until the weight rests a trifle ahead of the feet but not so much that the heels are lifted from the skis.

The spring from the take-off is the jumpers most precious moment as this, of course, decides the complete performance of the jump itself. To make this as efficient as possible is of the greatest importance. The most common spring is performed by stretching the arms quickly backward just before reaching the edge of the take-off. Then, at the moment of leaving the take-off throwing them forward with a rapid, powerful movement and, at the same time, straightening the body and throwing this forward. It is very difficult to figure out just when the moment is right for the spring. It must be made on instinct and not on calculation. It is generally conceded that it should be made just as the tips of the skis touch or reach the edge of the take-off but if one tries to control this manoeuver it only results in too late a spring.

There may be a difference in the spring from the take-off but there is still more in the glide through the air. Each jumper has his own peculiar and characteristic control of his jump and it is seldom that two jumpers are alike in the air. An individual system of schooling for each jumper is preferable in teaching. Let each try to develop and build his particular style as long as this is based on a governed and controlled body and equally governed and controlled ski. A perfect jump is recognized only by masterful control of body and skis. The better the control the greater the self-confidence and the greater the confidence in one's self—the more perfect the jump.

The flight may be described as follows: Leaving the take-off the skis should be held parallel with the level of the take-off, feet close together, knees straight with arms quietly in motion, forward, out and upward. As the powerful downward position is attained the eyes should be focused on the landing spot. The skis should be held parallel with the slope of the hill with the body shaped so that when the skis "take" the hill the body appears perpendicular to the hill.

The landing should be elastic and with the body in perfect balance, one foot a trifle ahead of the other and the skis close together. In loose snow or under poor landing conditions the feet should be somewhat farther apart while, if the landing is hard, the contact should be received equally on both feet.—Sigmund Ruud, in *Winter Sports*.

Charming and modest, as only ski girls can be, the Montreal girls who were here for a short visit over the week-end of Jan. 26th, won the hearts of all those who had the good fortune to meet them, in Ottawa, Kingsmere or Camp Fortune. They also proved invincible in their sport, easily defeating their Ottawa rivals in all competitions arranged for the occasion, although our hills and trails were new to them. Well might their leader, Phyllis Wells, have reported to the Senate of the Montreal Ski Club on her return to the Metropolis, "Veni, Vidi, Vici." They were past masters in the art of stemming and turning, these girls, showing the effect of the teachings of that great skier, Johansen, whose skill is well known to most of our runners. There was one little thing about them; however . . . oh, nothing much, but still . . . Their knowledge of culinary art and Domestic Science in general did not appear to be on a par with their skimanship. On being served a perfect omelet at President Mortureux' Camp, one of them congratulated the Chef on his scrambled eggs. Ye Gods! Scrambled eggs!

Intending competitors in all events where more than one club is competing must get an amateur card from the A.A.U. as the Canadian Ski Association is now affiliated with that body. Louis Grimes (Q. 1443) will send you a form to fill in and get your card.

The regular week-end fare to Montreal is \$4.85 for an individual and \$2.30 for a hundred persons travelling together. If you are going to Montreal for the Canadian Championships (Feb. 24th) it might pay you to register your name, well in advance, at McGiffin's.

And it will be known as the "Lost Ravine."—The Editor of the "News" Committee of the Ottawa Ski Club was taken to task by the Geographical Committee of the Ottawa Ski Club for arbitrarily changing the name of "Sauvé's Ravine," the last part of the mile Down Hill Course, into "Ravin de l'Epouvante." This Committee is a body that sits on the propriety of names suggested for the various hills and trails and approves or rejects them as it sees fit. The holy fright that the Editor experienced the first time he tumbled into that sunken and twisted bit of trail was not considered sufficient justification for tackling such a sinister name as "l'Epouvante." The Committee agreed, however, that the word "Sauvé" was inappropriate as the person known by that name never had anything to do with the ravine, never lived near it and did not even answer to the name of Sauvé. Other names suggested such as "Tourne-cul" "Culbutant," "Perilleux," were rejected as being inelegant, improper or too commonplace. An interesting bit of history gave a clue to a fitting name, however. It was recalled that the ravine had been lost for several years after being discovered and opened to traffic, just as completely lost as if it had been swallowed up in an earthquake, until some one stumbled into it again by accident two years ago and rediscovered it. This settled the matter: The Committee decided that the Ravine should henceforth be known as the "Lost Ravine," or the "Ravin perdu."

The attention of our members is directed to the wonderful bargains in ski outfits advertised by various firms in this booklet. Prices have come down at least 50 per cent since 1929. Patronize our advertisers!



SKI GOODS

YOU WILL ALWAYS
GET THE BEST SEL-
ECTION & BIGGEST
VALUES AT

BYSHE'S

223 Bank Street

"THE SKI CENTRE"



ATTENTION!

OUR MEMBERS ARE
KINDLY REQUESTED
TO PATRONIZE FIRMS
WHO ADVERTISE IN
THE SKI NEWS, AND
BY SO DOING MAKE
POSSIBLE THE PUBLI-
CATION OF THIS
MAGAZINE.

SKI, AND YOU WILL ENJOY THE WINTER SEASON!

The Ottawa Ski Club owns four spacious camps, placed at strategic points in the Gatineau hills, each of sufficient capacity to accommodate several hundred skiers, four hundred acres of rolling and mountainous land, privately owned, and over sixty miles of trails, connecting the various camps and extending from the Western Lodge, the most remote point in our system, to the gates of the Capital, over the best ski-ing territory in the world.

The Dome Hill Lodge, in charge of a resident caretaker and provided with cafeteria facilities, stands at the foot of one of the highest hills in the Gatineau, $2\frac{1}{2}$ miles from the terminus of the Wrightville car line, over a rolling and pleasant trail. Hundreds of skiers go to the Dome Hill Lodge every Saturday afternoon and Sunday. Join the crowd and share in their happiness! There are sixty acres of ski-ing grounds around the Lodge over which the Club has exclusive rights.

The Camp Fortune Lodge, the headquarters of the Ottawa Ski Club, amidst three hundred acres of pine land owned by the Club, may be reached in from one to two hours by a number of magnificent trails, of high scenic value and affording splendid ski-ing. There is a resident day caretaker at Camp Fortune, and parties will find the fires lit any day of the season. You will have the fun of cooking your own meals on one of the sixteen stoves in the lodge. There is also a well managed cafeteria for those who do not care to bring their own food.

Lockers for storing stock supplies may be had in this lodge for the sum of 50 cents.

The Western Lodge, built on a look-out justly famous in the Gatineau country and from which the broad Ottawa Valley stands revealed on a distance of over thirty miles, is three miles west of Camp Fortune and may be reached by a number of trails from Camp Fortune.

The Pink Lake Lodge, a stop over on the world-famous ten mile descent from Camp Fortune to Ottawa, is also on Club grounds.

The right to use trails and lodges is reserved exclusively for the members of the Ottawa Ski Club, wearing the badge of the current year; guests are admitted only on week-days, and only when accompanied by members; week-end guests visiting the lodges on Saturday or Sunday must pay one dollar, which however is refunded on the membership fee if the visitors join the Club.

Night hikes with dances are held by the Club every Thursday night of the season.

A semi-monthly bulletin reporting the activities of the Club is mailed regularly to all members during the season.

Join the Ottawa Ski Club, and all these privileges are yours. Fill in an application form and forward it with the amount of the fees to "The Secretary, Ottawa Ski Club, McGiffin's, 102 Sparks St." Application forms may be obtained at McGiffin's or from the Membership Secretary, J. C. Leslie, 422 Queen St. (Queen 5686W).

Fees—Senior \$5.00, Lady \$4.00, Intermediate (14 to 17 years) \$2.00, Junior (under 14) \$1.00, married couples \$6.00, non-resident, \$1.00.

Special membership for Dome Hill Lodge, for this year only, \$1.00.

This little magazine is published solely in the interests of ski-ing in general and of the Ottawa Ski Club in particular. Contributions in the shape of articles, stories, etc., will be gladly received by the Editor. One line notices about articles, lost or found, ski-ing equipment for sale or exchange will be published free of charge for our members. Address all communications to "THE EDITOR, OTTAWA SKI CLUB NEWS, 37 MARLBOROUGH AVE., OTTAWA."

TRAVEL by COACH

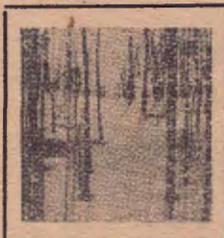
OTTAWA to	One Way	5-Day Return	6-Month Return
MONTREAL - - -	\$ 2.75	\$ 4.00	\$ 4.50
TORONTO - - -	6.50	8.85	10.00
NEW YORK - - -	11.45	16.50	19.80
MIAMI - - - - -	31.65		55.30

SPECIAL RATES FOR CHARTERED TRIPS AND WEEK-END EXCURSIONS
DE-LUXE PARLOR COACHES WITH RECLINING CHAIRS,
DOUBLE WINDOWS AND HOT-WATER HEATERS

COLONIAL COACH LINES LIMITED

265 Albert Street

Queen 5161



**INSURE
AGAINST
UNFORESEEN
ACCIDENTS**

PROTECTION for loss of time.

PAYMENT of Medical Expenses

THERE is a coverage to suit your Requirement.

A PHONE CALL will give you personal attention.

INSURANCE in all the branches, Accident, Automobile, Life, Fire, Burglary.

OTTAWA INSURANCE AGENCY

53 Queen St. Ottawa
Phone Queen 1661

HICKORY & ASH SKIS

From

NORWAY—GERMANY—
SWITZERLAND

DOWNHILL SKIS with Rubi Brass Edges.

HAUG, ALPINA and SILBER
MODEL BINDINGS

Send for Price List.

A. F. ADAMS

646 Craig St. West, Montreal, Que.

PHONE QUEEN 8682

**A. George McHugh
B.A.,**

BARRISTER & SOLICITOR

14 Metcalfe St.

Ottawa