



NEWSLETTER

February 2007

Welcome to the first newsletter of 2007.

Your club continues to grow, membership is increasing, beginners and improver lessons are in great demand; finances are on a sound footing.

The committee is always searching for new ways to improve what is on offer to the members, so, if you have any ideas about what you would like to happen just speak to someone on the committee.

Did you know that your ski club is managed and operated entirely by volunteers? None of our instructors, directors, maintenance, boot room and snack kiosk staff receive any financial reward whatsoever but lend their time and effort for the good of the club and its members. The same also applies to those people arranging our ski club holiday and other social events that take place throughout the year.

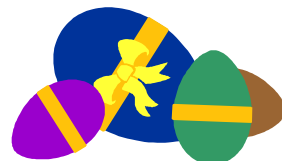
GET INVOLVED!

To keep the club operating as it does, we rely on people just like you to dedicate a few hours each week to help in our boot room, snack kiosk or even instruct. At the moment we are finding it especially difficult to man the kiosk at certain times and tend to "over rely" on the same individuals. So please, if you (or someone you know) is able to spare a couple of hours each week, please contact Terry Boulton in the first instance for further information on ways you can help (all training will be provided where necessary)

We have over 1000 members but the club is run by around 45 of those members who help out in various ways on a regular basis. Becoming involved with the club is a great way to meet people and make new friends.

EASTER CLOSING

The club will be closed on
Sunday 8th April and Monday 9th April.



Club Holiday to Chatel - Review

Fantastic start – the plane landed with snow on the runway. Not a sight seen in recent years. Although it was quite a long transfer, seeing snow all the way kept us in the holiday spirit. It was about 10 pm before we sat down to eat, but it was well worth waiting for. The food all week was both plentiful and very, very, tasty.

The next morning everybody was eager to get out on the snow. We were greeted with Blue Skies and a weather forecast to die for if you were in



England in the summer. No more snow forecast for the next week! Unfortunately it was quite a walk to the Chatel bubble and the buses to Linga were very full. (The canny ones amongst us soon realised that it was best to either go out later and wait at the bus stop or to walk up to the bus station where most people got on).

But the transport service was very good so the non skiers and those taking a day off were able to get out and about to enjoy the lovely scenery & some very good lunches at mountain restaurants.

A lot of people decided on the Chatel area for their first day. Good choice because the snow was at its best on the first day. A few very experienced people were caught out by a mound of man-made snow which tipped them unceremoniously onto their noses.



No harm done though. Some people made their way to Avoriaz and to the infamous run 'The Wall' some intrepid souls skied it, while others took photographs from the chairlift. All returned safe and sound ready for the evenings activities. Unfortunately the weather forecast proved to be right and whilst we did get brown faces it would have been good to have more snow. The conditions became icy in some places and bare in others. This presented some challenging conditions particularly for our 'first timers' who tackled everything they came across -- Well Done.

We did come to realise that the club had been spoiled by the previous years' hotel accommodation and staff. But we have taken note of the differences and will be trying to avoid some of the problems in future years, such as the poor arrangements for issuing ski hire.

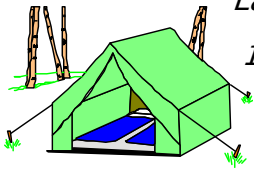
Although it wasn't a 'great' holiday for everyone we did have a good time skiing with friends and recalling tales of our adventures in the evenings. Thanks to all those who took part in the Fancy Dress competition. Congratulations go to Eric (Ball and Chain) Hartley who made a very plausible convict and the nurse who won the junior prize, and managed to wear her outfit twice.

If anyone has a photo to put in a collage -- not only of your ski exploits but also the fancy dress evening -- to go up on the wall please leave them at the ski club for the attention of Ann Loton.

Many thanks go to Terry for all his hard work organising the holiday. Now the work starts again for the next one. Any volunteers????

Look out for details of the next holiday in 2008.

Any suggestions?



Each year we try to arrange a camping / caravan weekend around 1 hours drive away. As we have been back to the same site for several years now we thought you might like a change.

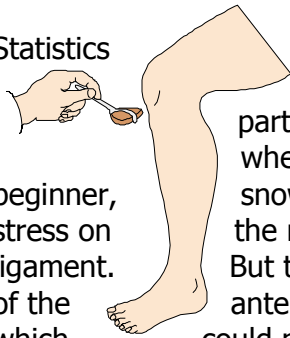


But where to go? Does anybody know of a suitable site (toilet block and hook ups) where we could organise a walk and have a get together? If you can suggest a site please contact Ann Loton. 01782 503820 or email ann.loton@ntlworld.com

All about knees

Statistics

beginner, stress on ligament. of the which



show that knees are the most vulnerable part of your anatomy when skiing – even as a snowplough turns place the medial collateral But the big issue is a tear anterior cruciate ligament could put a stop to skiing.

A twisting fall is almost always the cause of a tear. To minimise injury, it appears your instructor was right – bend ze knees. Don't straighten your legs when you fall and when you are down stay down until you've stopped sliding. Don't jump unless you know how to land – keep knees flexed and land on both skis. Warming up should help and wearing a protective knee sleeve may help by keeping the knee warm. Many studies suggest glucosamine supplements help to maintain the cartilage's shock absorbing ability.

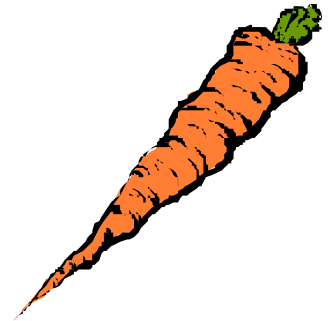
Snow sliders dictionary

Helmet – Hard shelled impact-proof headgear designed to prevent brain injuries that is rarely worn by skiers, since any individual who thinks its fun to descend a steep slope at high speed in sub zero weather obviously lacks a vital organ above the neck that requires any special protection.



Mountain fit tip.

Carry some ready-to-eat snacks with you on the slope to maintain even blood sugar levels, which have an effect on your concentration. Dried fruits, nuts, raisins or even carrots taste good and are healthier options than chocolate – **and they don't squash in your pocket.**



ATTENTION ALL MG ROVER OWNERS

We have now become MG Rover Parts Wholesalers and thus have access to more than 177,000 MGR parts including most old and veteran vehicles.

Please contact us if you require help or advice at any time.

Office hours 01782 50 50 50 - evening and other times 07866 253869 or 07831 296982



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