



**NORTH STAFFS
SKI CLUB LTD**

Newsletter February 2013

OPENING TIMES

Easter - , 30 th , 31 th March, 1 st April	CLOSED
May Bank Holiday - 5 th , 6 th May.	CLOSED
Spring Bank Holiday - 26 th , 27 th May	CLOSED
Last Saturday Afternoon Opening = 27 th April.	
Sunday closing May 12 th , 19 th , close at 3.30 pm June 2 nd 9 th , 16 th , 23 rd close at 2.00 pm	
Closed for summer break - Thursday 27 th June. Reopen - Monday 2nd Sept	



The Junior Club Christmas Party was well supported this year. I would like to thank all those who donated food and the instructors who run the Sunday morning sessions for helping it to be so successful.

Ann Loton - Chair

Glad you enjoyed the 3 Valleys

Thank you to those of you who have already returned the survey form. While we were away it did seem that people were enjoying themselves but it is good to have your comments so please keep sending your forms in.

The response so far has scored highly for most aspects of the holiday.

A couple of points did receive lower marks. We have already passed on your views about the queues and delays at the airports, as well as the lack of provision of sandwiches etc. on the return flight.

The other item was the evening entertainment in the hotel. It is difficult to know what activities people would like to take part in so it may be that in future years we include a space on the holiday booking form for you to give us an indication.

We are busy looking for next year's holiday for you but 2013 will be a hard act to follow, due in no small part to Skibound and the staff at The Piolet (and lots of snow).

So watch this space and enjoy the rest of the season – from the "Holiday Committee"



SNOWSPORT
ENGLAND

Member of the British Ski Slope
Operators Association

Kidsgrove Ski Centre, Bathpool Park, Kidsgrove,
Stoke on Trent, ST7 4EF Telephone (01782) 784908

www.ski-kidsgrove.co.uk

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THE TOILET

Whilst on the club holiday to Les Menuires in January a group of us went up on the Tele Cabine lift THE CARON. 3,200M (the highest point in the 3 Valleys)

We arrived at the top, in what seemed like blizzard conditions, very cold, estimated (with the wind chill factor) minus 32.

We battled the elements and staggered into the restaurant, which was very comfortable, warm, provided good food and we

were made very welcome. I then decided I needed the toilet (perhaps not a good idea) followed the signs and there was the toilet ----OUTSIDE.

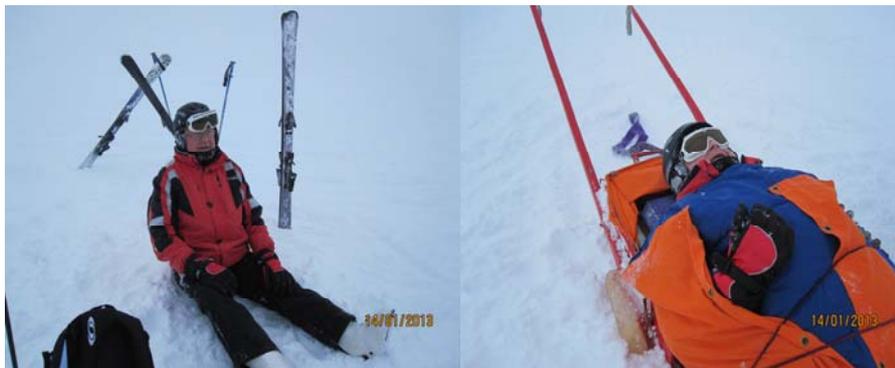
Coat on, braving the elements, again (feeling a bit like Scott of The Antarctic) I struggled along a snow filled gully, staggered up the snow filled steps, stepped into the toilet block, where the floor was covered in ice and skated to the toilet cubicle.

I sat down on the toilet seat, thinking safe at last, (but obviously these high altitude French toilets are all about saving the environment and recycling) because all of a sudden a great blast of freezing cold air shot up my derriere as the base of the toilet opened up.

After taking a photograph of the toilet block I battled my way back to the restaurant—in one piece.

I reported back to the ski party and regaled them with my extreme experience. All of a sudden six children wanted to go and investigate this amazing toilet . - June

OH DEAR!!! NORMSKI IN DIRE STRAITS



Yes it is our volunteer coordinator Norman Salmon (often found in the boot room). Our oldest member having a bad day on the slopes. On just the second day of the club holiday to Les Menuires Norman (always willing to please the ladies) went against his own advice (hates skiing in bad conditions) and went up to the top of the mountain. Visibility was very limited and Norman came a cropper. After much attention from the ladies he was accompanying he was hauled down the mountain in the blood wagon and a damaged cruciate ligament was diagnosed. He was unable to take any further advantage of his free lift pass (over 75) but was very thankful he had taken out carte neige and travel insurance. The rest of the holiday he was fussed over by his troop of followers, he even had help in the shower! Fortunately he is making a good recovery and is back behind the counter at the ski club, thank goodness.

All about knees - Sorry too late for you Normski!



Statistics show that knees are the most vulnerable part of your anatomy when skiing – even as a beginner, snowplough turns place stress on the medial collateral ligament. But the big issue is a tear of the anterior cruciate ligament which 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.



Our club Chair Ann Loton receiving the Snowmark award from Tim Fawke Chief Executive of Snowsport England during the presentation ceremony at the Ski and Board Show.

This is awarded to show the club has demonstrated that it meets Snowsport England's criteria as to

- playing programme;
- safeguarding and protecting children;
- knowing your club and its community
- club management.

Snowmark is an acknowledgement that we take these issues seriously and that we provide a high quality and welcoming environment for participants in the sport.



RODE PARK & LAWTON CRICKET CLUB

Patron Sir Richard Baker Wilbraham bt

Easter Blues Ahead? Why not try....virtually FREE cricket?



Key Details

Dates: 9th, 10th, 11th and 12th April
Times: 9.30 till 12.00 each day
Where: Rode Park and Lawton Cricket Club
 (sat nav ST7 3QT)
Ages: Open to 6-15 year old boys and girls
Cost: Only £5 per 2.5 hour session
Tel: Stuart Nixon (07910 222153)
Notes: No experience required
 No need to book prior to the day
 Come to 1,2,3 or all the sessions

About the Club

This family friendly Club is looking for new Junior Members aged 6-15 to join our already vibrant Junior section. For the third year running we are offering this great opportunity to try playing cricket in a fun atmosphere with like minded children. We offer coaching through the season by our experienced qualified coaches and our ClubMark status is official recognition that we follow best practice child welfare guidelines. If you can't attend the coaching but would still like to come and play then there is more information on our website.

<http://rplcc.play-cricket.com/home/>



And check out the YouTube link of the event in 2011!!!
<http://www.youtube.com/watch?v=oH6dda5PQdg>
 All footage from Rode Park and Lawton CC



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Endon Rewards Budget Plan Service provides your regular manufacturer scheduled vehicle servicing for a single fixed monthly payment. You can fix your service costs with us at today's prices for up to FIVE years and the payments are simply based on your expected annual mileage NOT the car that you drive!

See Schedule of Payments table on the right...



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FOR
FIVE**

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Miles per year	FIXED Monthly Payment
10,000	£10 + Vat
15,000	£15 + Vat
20,000	£20 + Vat
25,000	£25 + Vat
30,000	£30 + vat
Over 30,000	Ask for a quote

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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