



**NORTH STAFFS**



**CLUB LTD**

## NEWSLETTER JUNE 2006

### **YOUR CLUB NEEDS YOU NOW!**

During the closed period from 1<sup>st</sup> July to 2<sup>nd</sup> September members are required to help with jobs which need doing. You don't have to have specific skills as there are many uncomplicated jobs which need just a willing pair of hands. At the same time there are jobs which do need specific skills where your expertise would be valued. The more people the better then we can all enjoy the summer and have a club which runs smoothly next season. Have a look at the list below, there must be something you can help with on a Wednesday night for a couple of hours from 7pm.

#### **Jobs to be done**

- Washing boots and skis • Varnishing seats • Painting • Hedge cutting • Grass strimming • Weed killing
- Mat cleaning • Cutting back trees • Removal of old fencing
- Anti vandal painting • Filling in subsidence on viewing terrace
  - Filling gaps under fencing
- Tow maintenance needing electricians and engineers

#### **Dates for your Diary**

**Slope reopens on Sunday September 3<sup>rd</sup>.**

**Annual General Meeting  
Monday 23<sup>rd</sup> October  
Details in the August Newsletter**

## Keep those leg muscles in trim for next season's skiing

### **Walk with Sam and Alan** **Saturday 29th July 2006** **10.30 for 11am start**



Meet at Wydale Car Park Picnic Site on the A6 from Buxton to Bakewell. The car park is approximately 4 miles out of Buxton on the left. Pay and Display £3 for the day. The walk will be approximately 8/9 miles over various terrains partly on the Monsal Trail and by the river. Mostly flat.

Bring a picnic lunch and waterproofs. Stout footwear recommended.

**For further information ring Sam**

### **Cycle ride with Dave and Tina** **Saturday 12<sup>th</sup> August 2006** **10.30 for 11am start**



Meet at Ladybower Visitor Centre. Directions – Make your way to Buxton then take the A6 through Dove Holes, at a roundabout turn right onto A623 to Sparrow Pit. Continue on B6061 to Castleton, through Castleton on A6187 through Hope.

Carry on until you turn left onto A6013 through Bamford. At T junction turn left onto A57, go over bridge and immediately turn right to Lady Bower Visitor Centre.

Visitor Centre is about 1 mile along this road.

Bring a picnic lunch and waterproofs

**For further information ring Tina**

## **Snowslider's Dictionary**

**Antifriction device** – Teflon pad designed to promote smooth binding release, one of the most recent of a whole host of injury-preventing features, large and small, that have, amazingly enough, made skiing down a mountain actually safer than staying at home and falling off the roof of your house.

**Balancing** – The process in which a skier continuously shifts his or her weight from the wrong side of the right ski to the right side of the wrong ski.

**Inside and outside ski** - terms used by instructors to describe respectively, the uphill and downhill ski at the beginning of a turn, which depending on the direction of the fall, become either the inside-out or upside-down ski at its completion.

# Life as a Ski Host – Think twice before you do it!

by Alex Godikian – Ski instructor at Kidsgrove



Last season I worked as a ski host for Snowline. I was based in a chalet in Morzine. I lived with eleven other employees on the ground floor of the chalet. I got up at around 7.00, showered, shaved and then I was straight to work delivering the bread and morning papers to the chalets. Just time for a quick breakfast then it's out skiing with clients on the mountain.

The evening before, I meet with my guests and we try to make a rough plan for the following day's skiing. I try to find good ski areas that will suit their different abilities. When we are on the hill I try to make sure that everyone's happy with the skiing and I always plan regular coffee stops so people can catch their breath, relax and enjoy the day. The mountain restaurant is also a great time to change the plan if anyone is unhappy or if the snow conditions or weather changes during the day.

Our guests definitely appreciate having them around for the first few days, whatever Clients can spend more time skiing and less



someone there to show their standard of skiing.

time wondering where they should go next.

Snowline run their own pre-season training course for ski hosts in conjunction with the British Alpine Ski School and British Association of Ski Patrollers. We are given a thorough practical grounding in how to look after our guests on the mountain, controlling the pace of the group, how the local rescue services operate and essential first aid and survival techniques. This gives us much more confidence on the hill, we all carry a full first aid pack. Thankfully mine has only been out a few times to deal with minor cuts and grazes.

After skiing, I usually get the chance to have a quick beer or two with my ski group and then I have to get back to the chalet, grab a shower, maybe take a power nap for 40 minutes and then by 7.00 pm I'm in one of the chalets helping with preparations for dinner, generally trying to take the pressure off the chalet hosts.

Everybody needs their own personal space, time to chill out and relax, but this is often hard to do with this job. Did I mention shovelling snow, digging the vans out of drifts, putting on chains, entertaining the kids not to mention transfer day. We

really earn our keep on Sundays, humping bags, sorting ski hire and lift passes...all sorts. The big pay off (it sure ain't the wages!) is the chance to ski some great areas and do stuff which you'd never dream of on a week's holiday.

I've hiked and skied some great off piste. Oh, and those big powder days...!!

Would I do it again?.....maybe!!!!



**RENAULT**  
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## ATTENTION ALL RENAULT OWNERS

We are pleased to announce that we are now able to supply the following facilities to RENAULT owners - Servicing, Parts, Warranty Processing and Warranty Repairs.

In addition we have a large supply of nearly new RENAULT vehicles.

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