



Elanor Sinden enjoying the pristine conditions of Cervinia on a family ski trip earlier this year

While Spring was making its first appearance, Winter in the form of the Beast from the East came back with an icy blast that has proved a blessing for those of us skiing in February and there's still plenty of snow in March. This has been the best winter for snow in the Alps for many years. An ASD contingent was lucky with superb conditions for the annual trip to PSV (see next page). Some returned to the mountains for more skiing and Adrian and Ian drove on to Austria to help a family with their new sit ski equipment.

ASD's first Deaf ski guide

Paul Dench – in a relatively short space of time – has risen from novice at ASD to achieving his SSCD Grade 3 Ski Guide qualification proving to be a key member of the team at PSV this year and a vital asset to ASD. We now want to persuade Paul to work for his instructor qualification,



Paul Dench, ASD's first Deaf ski guide, at PSV 1600

we know he is very capable of achieving it. Everyone is extremely proud of Paul's success.

MEMBERSHIP of ASD

We ask that all our skiers/boarders, SO skiers, volunteers and instructors join the club.

The **annual membership** needs to be renewed in **August**. The Membership **Form** is downloadable from our website (click link): asdaldershot.org/index.php/about/membership

The annual subscriptions for 2017-18 (September to August) are:

- Adult member: £18
- Junior member: (18 years or under): £10
- Family Membership: £23
- Associate Member*: £5

(*E.g. volunteers/instructors who are in full-time education)

COSTS per session

Please note that for the sake of insurance EVERYONE, including helpers, must REGISTER before going on to the slope.

Members

- Skiers/boarders £4
- On-slope helpers free

Non-members

- Skiers/boarders £4 plus £1*
- On-slope helpers £1*

Non-members are welcome to come along to their first three sessions with us as temporary members before joining the club. This gives them the chance to see whether the sport is for them.

* Temporary membership fee is £1 per session which covers slope insurance.

DATES AND TIMES

If you are on our email circulation list you will be sent a reminder at least a week before each session. Please reply to the email if you want to come along. Please make sure we have your current email address.

Kitting up: 9.45am, but if you need extra assistance please arrive by 9.30am

Slope hours: 10.15am – 12.15pm; 2nd session, 1–2pm, depending on availability, must be pre-booked.

Additional sessions: Occasionally ASD offers additional evening sessions during the week.

Session dates for Summer 2018:

- 8 April
- 13 May
- 20 May – **Special Olympics Race Day** at Aldershot
- 10 June
- 8 July – followed by Summer **BBQ**
- 12 August
- 9 September
- 14 October - followed by the **AGM**
- Other dates for your diary:**
- 2/3 June - trip to Landgraaf



Pete Jesse being congratulated by Jan after winning his two awards

Pete Jesse awarded UK Snowsports Coach of the Year

Congratulations go to **Pete Jesse**, ASD's Head Coach, for not only receiving the **2017 UK Snowsports Disability Coach of the Year**, but also, **UK Snowsports Coach of the Year**. Well done Pete!

ASD Awards

The ASD Christmas event, December, has always provided an opportunity to eat and meet and to look forward to the raffle and to present awards to our members (see back page). This year the **Most Improved Female** skier award went to **Nicole Jewett** whose skills in a sitski are legendary! The **Most Improved Male** was **Paul Rowland** who has grown in confidence enormously and is now skiing with our slalom skiers on Slope 1. A **Long Service award** was presented to **Ivan Storey**, who well deserved it and is an incredible example of someone who can fight back, having also suffered a stroke a few months earlier. He went on to ski at PSV this January and is an inspiration to all of us.

Landgraaf trip planned for 2 & 3 June, 2018

The annual **Landgraaf** trip on the coach is planned for early June. For those who haven't been there, the slopes at the indoor snow centre are over 500m long and one of the longest in Europe. The well-oiled trip organised by none other than Pete Jesse includes meals once at Landgraaf and a day and a bit of skiing. It is well worth while but do book ahead – contact Pete or Jan. Landgraaf has also been in the world news recently, due to its advanced eco-engineering. The roof has been turned into a giant **solar energy** farm, amply supplying the centre as well as 700 surrounding homes.

Puy-St-Vincent (PSV) 2018

— by Sarah Baldwin and Devdan Sen

The annual BSCD organised trip to the French Alpine Resort of Puy-St-Vincent in mid January, proved another truly wonderful holiday. The large dump of snow in December and early January meant that the skiing conditions were excellent and despite a couple of days of high winds closing the upper slopes, the weather proved very kind to us.

A number of skiers started their first day on the "Home" slope, but after day one almost everyone was up the mountain enjoying the views and the lovely conditions higher up, including ASD's Mickey O'Rourke who was skiing on real snow for the first time and made tremendous progress over the nine days from tentative turns on the blues to linking turns on reds.

Besides Mickey, the ASD group of skiers, included Kam Lo who showed his fitness by cruising all day every day, Kathleen Grehan and Chris Smith who alas injured herself early on and decided to sit the rest of the trip out – she had her birthday there. Ian Bain proved, that besides



(top) Nicole Jewett received the 2017 ASD award for best female skier; (above) Paul Rowland was awarded best male skier for 2017

assistance with the lifts, he is an independent skier and good company to ski with. It was wonderful to see both Alan Sippets and Jonathan Turner back on snow after a few years off. They thoroughly enjoyed the trip and Jonathan even tried his luck with his smattering of French especially with the waitresses in cafés; however, he may need to brush up his repertoire to compete with Matt P of BSCD. But the ultimate accolade must go to Ivan Storey who has bounced back from a stroke last summer to enjoy cruising down blues and greens just short of his 78th birthday.

There was also a strong contingent of ASD guides including Paul Dench who is the first Deaf ski guide and, despite a bug that afflicted him and others, proved invaluable on the slopes.

Fun times were had with floodlit skiing at night and the ubiquitous Quiz night, as usual, bringing out competitiveness, with Ivan Storey's team having a distinct advantage on the cloud formation round! In addition to the fun on the slopes, most of us were able to improve our BSL, thank you to all the Deaf skiers for their patience with us and for not laughing at us too much when we got things wrong!



(above left) Conditions were super at PSV – Anni Yates (BSCD) leads Mickey down at the end of another brilliant day; (above) Ivan cruising the home run above PSV 1400; (left) Dene Mills (BSCD), Tracey Mays and Mickey O'Rourke enjoying perfect conditions on the long winding and superb blue, the Crete, PSV



At Verona we headed north via Trento and Bolzano to Innsbruck with DDitD, once again, sending us on a variety of entertaining diversions. We managed to purchase a 'vignette' for Austrian motorways, from a grumpy man at the last petrol station in Italy, to avoid a hefty fine for not having one. We continued on our way into Austria, basking in the security of our 'vignette' and engaging in our continued argumentative dialogue with the DDitD. We arrived in Niederau about 21.00 and parked the car outside the apartments. That was the last we saw of the car until the evening before we left when we dug it out. There was quite a lot of snow that week.

A big thank you to Vivienne Avery for all her hard work in organising the trip, despite sadly not being able to join us this year and to Jan for everything she did, especially when the return flight was cancelled. Other non-ASD stalwarts included the usually strong BSCD team without whom this excellent trip would never happen. We wish Norma Wilkinson a speedy recovery and hope to see her back guiding next year. We also hope our new guides/helpers: Paul Dench, David Jones, Ben Davis and Judith Hillary will be back next year.

Neiderau or bust

— The travels of Ian Edwards and Adrian Carey
After an adventurous drive through France and going around in circles in Lyon enroute following the dulcet tones of DDitD (the Demanding Dame in the Dash), we finally arrived at PSV. The video explaining how easy it was to put the snow chains on proved to be lying! Anyway we left them on in case it was snowy when we left and proceeded to have a good time in PSV. We left PSV to drive to Austria to help a family from SSCD to come to terms with their new sitski for their 5 year old son Henry who has CP. After getting onto the main road in PSV we stopped to take the snow chains off. We once again discovered that the 'how to' video was lying and attracted an audience whilst we grovelled beneath the car.

Driving over the Col de Montgenevre to Turin on our journey east, we encountered that magical universal force 'bumpertism'. This force, which is particularly strong in Italy, is inversely proportional to the distance between two vehicles and has a particularly strong, but very thin, repellent boundary layer. It enables Italian drivers to drive within inches of the car in front whilst doing all manner of interesting things other than driving.



Hey Dude, where's my car? Ian and Adrian start to dig their way out of Neiderau, at the start of their long journey home



Presenting the cheque for the Irwin Mitchell Grant to ASD

We had a good week in Niederau helping the Maxwell family get to grips with using their new sitski on the variety of lifts: t-bars, buttons, chairs and gondolas. By midweek they were far more competent than we were, so we left them to it whilst we embarked on a relaxing day of coughing and sweating as that pesky bug hit us both again. We took the family out for dinner on the last evening to appease our consciences for all the hospitality they had bestowed upon us.

After a rapid drive across Germany dodging Germans in big cars driving in excess of 150mph, we crossed into France near Strasbourg and the welcome sight of speed limits! We got to Calais about an hour after our chunnel train had left but managed to book onto the 01.15. After waiting for an hour the board changed to inform everyone that the train had been delayed another hour and a half. I swear I heard the DDitD moan at this announcement. Eventually, a nice Frenchman tapped on the window and said we could get on the 01.15, which was now a bit late, as there was space. I have never seen Ian wake up and drive off so fast.

Irwin Mitchell Grant

ASD would like to say a big thank you to the **Irwin Mitchell Disability Sports Grant Programme** for the recent donation that they have made to the club. The grant, for £500, will be used to help subsidise ASD's trip to Landgraaf in 2018, ensuring that costs for participants can be kept



Alan Sippets and Jonathan Turner at PSV

to a minimum. For more information about the grant programme please visit www.irwinmitchell.com/dont-quit-do-it

Visit by Bournemouth University

During the February and March sessions, Emma Pullen is visiting us as part of a research study on broadcast coverage of the Paralympics and general attitudes towards the disabled. The project is funded by the Arts and Humanities Research Council. We look forward to the results.

Ski gear on offer

Adrian has collected a few items for distribution and listed them on our website. Please take a look and if interested make an offer. All proceeds go towards ASD.

Support us through Easyfundraising

Raise a free donation for ASD every time you shop online: <https://www.easyfundraising.org.uk/causes/aldershotsnowsports/>

TRAINING COLUMN: by Paul Hulcoop, Training Officer: p.hulcoop@ntlworld.com

The **SSCD** training team have set aside 19/20 May, 16/17 June or 23/24 June as possible dates for the **Grade 3 Guide** training weekend this year and will be held at their slope at **Knockhatch** over 2 days. (They are lucky enough to have the use of their slope at no cost but we would have to pay to use the Aldershot slope, adding considerably to the cost.) Please let either Adrian, Ian or me know as soon as possible together with your preferred dates. The course is well worth the price (last year it cost £65) and I will be asking the club to subsidise our club members. If you would like to know more ask Simon or Ganesh, they did the course last year, or Adrian, Ian or myself. Once enough participants are signed up to run the course it will be made available for those who need 1-day refreshers and importantly **BASI** will accept the **SSCD Grade 3 Refresher**, subject to their admin fee, for those with an adaptive qualification. Speak to Jan or

Graham as they did so for their last BASI adaptive refresher, it works out cheaper and is more relevant than BASI's refresher.

As the slope is going over to new **4 buckle boots** to replace the rear entry ones, we will run a couple of short training sessions, only about 15 minutes or so, on how to fit boots. Please let Adrian or me know if you are interested and details will be published with the session reminders.

We are always looking for **helpers** to be able to run our sessions and you do not have to be a skier to help. We will be running some **lift assistant courses** so that we can optimise the through put of the lift for the benefit of our skiers and we would also like to run some sit ski lift loading training sessions so we can do this more efficiently in future. Again please let Adrian or me know if you are interested and details will be published with the session reminders.

For any queries regarding the Aldershot sessions and general enquiries please contact

Email: disabilityskialdershot@hotmail.co.uk

Editor: Devdan Sen

Support ASD either by going to our website and to the Fundraising page under About Us or contact

Paul Baldwin, M: 07747 024 029, E: treasurerasd@gmail.com

www.asdaldershot.org

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