



Snow Country Snippets

September 2014

Club News Sheet Editor - Meg Brannon
Please send items to megbrannon@bigpond.com

Welcome to the sixth *Snow Country Snippets* for 2014.....

If you have any Club related news, member news or ski holiday pics, don't forget to send them to the above email address and we'll include in an upcoming newsletter.

Thanks to **John Hopkins and Mary McDonald** for sending through some great stories for this newsletter.

Christmas in August - Jindabyne Lodge

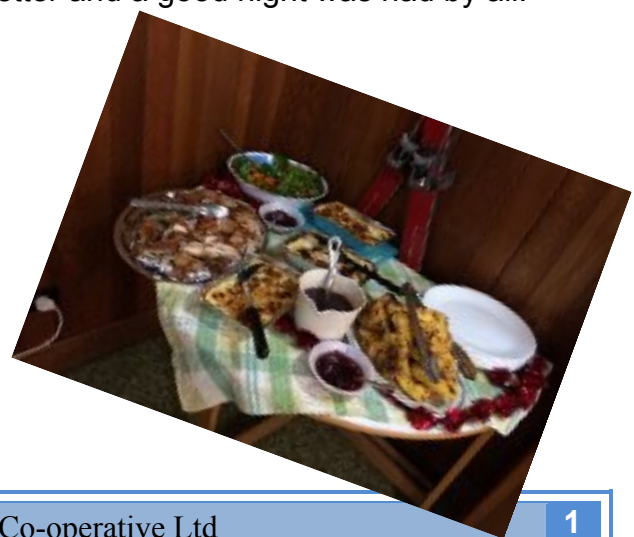
Thanks to Mary for sending this through.

One of the good things about a ski club is the opportunity to share experiences with others. Whether it be having a pre-dinner drink together and swapping stories about the day's activities, cooking together or sharing a meal. Many of us have helped celebrate a birthday at Smiggins (and enjoyed Gudrun's famous cakes).

On Thursday 21 August, those that were staying at Jindabyne, pooled their resources and had a "Christmas in August" celebration. This included the McDonald, Smith, Budd, Gengarol and Campbell families. Our fabulous lodge manager, Helen Waite, also joined us and contributed to the night.

We decorated the lodge, downloaded some Christmas carols and made some Christmassy food to share (including dips, mini spring rolls, turkey schnitzel, cranberry sauce, baked vegies and lolly bags for the kids).

We all got to know our fellow club members better and a good night was had by all.



Snow Country Ski Club Co-operative Ltd

www.snowcountry.com.au

info@snowcountry.com.au

PO Box 664 West Ryde NSW 1685

Fun times at the Smiggins Lodge!

Dessert can often include whipped cream - but it's usually best on the plate!!



Is this what happens when you are cheeky in Gudrun's kitchen? Or did Jason Leussink just want extra whipped cream with his dessert!

REMINDER - Membership is now OPEN

***** The Club is currently accepting applications for new memberships *****

Have you got friends that would like to join Snow Country? Or may be you're thinking about membership for your 'better half' or your kids?

Why join SCSC?

- for some of the best facilities of any ski club in Aust with lodges in Jindy and Smiggins (not to mention some of the best lodge managers...)
- for significantly reduced accommodation rates and priority booking periods
- for access to a Development Programme for junior members and race events for everyone
- to share your enjoyment of mountain sports with other like-minded members

Detailed information on membership can be found at the Snow Country website. And don't forget the immediate family of current financial members pay **only half** of the usual joining fee.

Membership requests should be put in writing and endorsed by a current member for Board consideration and forwarded to PO Box 664, West Ryde NSW 1685.

If you require any further information or would like to discuss membership please contact **David Carr (0418 280 693) or Michael Brannon (0411 735 283)**

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51st Smiggins Bowl - September 20th

The Smiggins Bowl is approaching and this year we will see the return of past Club President and "legend" DON FERGUSSON. Only recently qualifying for the veterans he will lead a strong contingent of members and friends. We are yet to confirm whether "Dorothea" will be accompanying him.

For everyone booked in for the Smiggins Bowl weekend, please ensure you have registered via the following link. You DO NOT need to click the box for slalom. All participants automatically register for the Giant Slalom skiing or boarding when you register via the link:

<https://regonline.activeglobal.com/2014smigginsbowl>

**ONLINE ENTRY DEADLINE IS
11:59pm SUNDAY 14 SEPTEMBER**

**If you do not register you will not be able to race! Please don't
disappoint the TEAM!**

This year junior cross country is included in the Junior Smiggins Bowl. We are looking for all juniors to race in the cross country event for their age group.

The age groups are:

XC U/9 unisex

XC U/13 Male

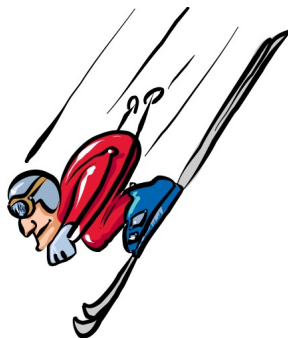
XC U/13 Female

XC U/17 Male

XC U/17 Female

(These categories will replace the traditional U/18 'Open' Junior XC event)

The club is currently looking to get a bulk booking deal for gear hire. Participants will be contacted shortly about renting cross country gear if they don't have their own. Keep an eye on the email inbox!



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Ski Tips from Juergen and John

Earlier in the season Juergen was instructing a young club member in the Junior Training Programme about where to place your arms when skiing.

Juergen, in true form of providing not only excellent but practical insights to skiing, said it is essential you keep your head up and look forward (not at your ski's). You should be able to see your hands just in the bottom of your vision. "Peripheral vision" for the more advanced.

Vaguely getting the concept the young student said, "So you should have your arms like a sumo wrestler?"



"YES", responded Juergen and added "but don't move your arms when you pole plant, just move your wrists to move your poles to initiate the turn."

The key to the advice is that your upper body, including the head, should remain predominately still when skiing. It is your hips and lower body that does the work and the upper body gives you the stability. If you have your hands forward as described it will help ensure you do not LEAN BACK and will provide greater stability for your skiing allowing your ski's to do the hard work.

Summer bookings at Jindabyne Lodge

As the snow starts to melt and the temperature rises, why not plan a visit to Jindy?

There is plenty of fun to be had both in and around Jindabyne, as well as up on the mountain in the warmer weather.

***Jindabyne Lake Lodge Summer Rates & Booking Forms
have been uploaded to the website.***

