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CONTENTS

	<i>Page</i>
President's Report	<i>Di Lewthwaite</i> 1
Club Notices and News	2
Hon. Treasurer's Report	<i>Jill Coke</i> 4
Congratulations Anna!	4
Peter and Isobel Clarke	<i>Elizabeth Greenacre</i> 5
British Schoolgirls' Invitation Races	<i>Joan Sturges</i> 5
DHO Jubilee	<i>Mrs. James Riddell</i> 6
Kandahar Citadin Races	<i>Ethel Leverson</i> 8
The Bugaboos	<i>Fenella Balme</i> 10
Dry Ski Slopes	12
List of Officers	15
List of Members	15
Membership Proposal Form	19



"LADIES ON THE MOVE"

From left to right: Maria Goldberger, Valentina Iliffe, Hanzi Holzmann (trainer), Theresa Wallis and Serena Iliffe.

Photo. by Stewart Fraser

THE LADIES' SKI CLUB BULLETIN

1975

PRESIDENT'S REPORT

I FEEL THAT MY three years in Office has simply flown by and it only seems yesterday that, shaking all over, I got up at the AGM to give my first report. Libby Greenacre will be the most marvellous President and I know that during the next three years of the Club, all the activities will flourish and no doubt lots of new ones will be introduced. Libby has held practically every position in the Club and given many hours of her time to help the Club along.

During the past year we saw the Jubilee Celebrations of the DHO which were very successfully staged in beautiful weather in Wengen. They later held a Parallel Slalom in April to mark their Jubilee which was a great success. From the spectator angle, a parallel slalom and "Hot dogging" is a far more exciting sport than downhill racing and will, I feel, increase over the next few years. The Citadin Parallel Slalom, sponsored by the *Daily Telegraph*, has now been run for two years and is enjoyed by the competitors and spectators alike.

Next year is the Olympics and the Club's contribution to the Olympic Appeal has been set at £500. Last year we made about £300 from the Ski Kit Mart and the Jumble Sale, £211 of which has been already given to the Girls' Team and counts towards our donation. We are again holding the Ski Kit Mart and a Jumble Sale and should therefore be able to reach the £500 target requested from us. We do need at both these events more helpers, and anyone who could give a few hours on either occasion would be more than welcome — it really is fun, and one sees lots of friends.

Joan Sturges was absolutely marvellous and at the Ski Kit Mart organised a Tombola and then later a Raffle which raised about £100 — this is a great help towards our target of £500 and I would like to thank her on behalf of all the Club Members for her hard work.

We were unfortunately unable to hold the Luncheon Party which we had proposed as there were not enough requests for tickets. The Committee feel that a Luncheon every two years is probably the right number.

Elizabeth Hussey has been doing great works in the name of the Club. She is Chairing the Electoral College in the name of the LSC during the two years in which the LSC has to be in charge. She is the most marvellous Chairman and nothing but praise is heard on every side for doing this very difficult job. Ann Drummond

is acting as Secretary which involves a lot of hard work — to both Ann and Elizabeth I would like to say thank you very much indeed.

To all the Officers of the Club, particularly Jill Coke and Ros Topham, a great deal of praise should be given for without them nothing would get done, and they have helped me enormously during the past three years. I know I leave the Club in the best of hands and I hope we will be able to raise lots of money for the Olympic Appeal.

CLUB NOTICES *and* NEWS

THE DIARY OF EVENTS for next year is as follows:

- | | |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 15th October, 1975, at 5.30 p.m. | Annual General Meeting of the Ladies' Ski Club — 118 Eaton Square, London SW1. The Cocktail Party will follow the AGM. |
| 12th November at 5.00 p.m. | Ski Kit Mart at the Ski Club. |
| 20th November at 2.30 p.m. | Jumble Sale at St Gabriel's Hall, Warwick Square, London SW1 (Hall permitting). |
| 2nd-5th February, 1976 | Schoolgirls' Races at Château d'Oeux. |
| 3rd February, 1976 | Ladies' Ski Club Junior Cup. |
| 12th June, 1976 | Tennis Match v. Kandahar. |

(The date of the Ladies' Ski Club Salver has not yet been decided)

Proceeds from the Raffle at the AGM are to go the Schoolgirls' Races in Château d'Oeux.

SKI KIT MART. Could everyone please note the following:

1. Clothes, boots and equipment are to be sold on a 25% commission for articles worth £5 and over.
2. Articles worth under £5 should be donated.
3. All articles must be clearly marked and have a label attached with the owner's name, address and price suggested. Also there should be a postcard and stamped addressed envelope attached.
4. All articles to be accepted at owner's risk.
5. No correspondence to be entered into after the Mart has taken place.
6. Articles to be collected within seven days.
7. Articles not collected by *November 20th* will be put into the Jumble Sale to be held on that date.
8. 205 cm to be the maximum height of ski sold. No lace boots.

Mrs Di Lewthwaite has again kindly agreed to store clothes prior to the Mart. People who have clothes they wish to leave should contact her at 49 Ranelagh Grove, London SW1.

The LSC contribution to the Olympic Appeal has been put at £500 — this has to be raised by the Ski Kit Mart and Jumble Sale. Helpers for both these events are urgently needed so if you feel you could spare a moment, an hour or a day for our Olympic Skiers please contact Di Lewthwaite.

TENNIS MATCH. The LSC Party in 1976 is to take the form of a tennis match. We have challenged the Kandahar Ski Club and the contest will take place at 2 p.m. on Saturday, 12th June, 1976, at High Banks, Coombe Park, Kingston Hill, Surrey (the Hussey's house). All members are invited and we hope you will come — if possible, bearing a contribution to tea. If you can't play tennis don't worry, the players are going to need encouragement and you can give it from the comfort of a chaise-longue!

SKI CLUB OF GREAT BRITAIN. Members might be interested to hear that Ski Club Parties are to be expanded next season, due to great demand. Young members' parties will again be organised for varying age groups as follows: 8-12, 12-15, 15-18. There will also be a Family party and Adult parties to fit every standard and demand. Good instruction will be given to all these groups at every standard. Further details from Fenella Balme, SCGB.

Our good wishes to the following members who were married during the year:

- Miss T. E. BROCKLEBANK (Mrs T. E. Hampton).
Miss H. J. DONALD (Mrs C. N. Mackenzie).
Miss J. LAWSON (Mrs P. J. Ord).

* * *

We warmly welcome the following new member to the Club, Miss M. Hawker.

THE LADIES' SKI CLUB BADGE AND SWEATER. These are priced at £1.25 and £5 respectively and can be obtained from the Hon. Treasurer, Mrs J. C. d'E. Coke, Brookhill, Fryern Court Road, Burgate, Fordingbridge SP6 1N, Hants.

Douglas Cox, Tyrie are offering members of the LSC insurance at the same rates as they offer to members of the SCGB. The Ladies' Ski Club benefits when members use this insurance, so please use the enclosed form. Both the Hon. Advertising Secretary and the Hon. Editor have used Douglas Cox, Tyrie during their eventful ski-ing past and have found them to be helpful and prompt in settling claims.

HON. TREASURER'S REPORT

DUE TO THE RISE in subscriptions, the administration of the Club this year has run at a profit while last year we had a deficit of £147. However, with inflation as it is, we hope we can keep it this way without a further need to raise subscriptions. With the cost of the *Bulletin*, postage, stationery, etc., this surplus could only too soon be eaten up. Because of the profit this year, all donations to racing, profits from the Ski Kit Mart, the Tombola run by Mrs Sturges at the Ski Kit Mart and the raffle organised by the Ski Shop at Oxford will, as intended, go towards racing. We have given £300 this year and our "allocation" for the Olympic Appeal is £500.

My special thanks go to Russ Tapp for auditing our accounts, especially as he comes all the way from Essex to my home in Hampshire to do this.



ANNA ASHESHOV EXAMINING GOLD WITH INDIAN TEAM MEMBER AND OLIVER HART

CONGRATULATIONS ANNA!

ANNA ASHESHOV has got Gold Fever! Unlike the rest of us who sit and wait for our Premium Bonds and Pools to come up, she and some friends, all skiers like herself and various Indian helpers, went to look for the real stuff deep in the jungles of Peru. The story of their gold hunting, travelling and camping in the hot, humid and treacherous conditions beyond the Andes is told in her book 'The Gold in the River' recently published by Hodder and Stoughton at £3.50.

PETER AND ISOBEL CLARKE

ELIZABETH GREENACRE

PETER AND ISOBEL were tragically killed together in a car crash earlier this year. A more bitter blow could not have been dealt to their many friends, and we in the LSC who knew them so well will remember them with the greatest affection.

Peter's varied interests and talents were well known to us all — his love of Victoriana and his marvellous ability to compose limericks, verse and songs which were always witty and sometimes deliciously wicked.

But what is certainly not so widely known is how he came to be the Hon. Bird-Führer to the Ladies' Ski Club.

Peter was in Mürren two years ago during the LSC Anniversary Week and as I had not been to Mürren before he took great pride in showing me, amongst others, all over that lovely ski-ing area. I remember that first day so well. We had such fun and laughed so much that we decided he should be rewarded for being such a good guide to the "Ladies". Hence the somewhat unusual but very appropriate title which was conferred upon him.

We will miss our Hon. Bird-Führer very much.

BRITISH SCHOOLGIRLS' INVITATION RACES, 1975

JOAN STURGES

Officials: Isobel Roe, Elizabeth Fulton.

Assisted by: Hubert Sturges (Starter), Brigadier Madrell, The Rev. R. Thompson, Joan Sturges, Catrina Butler, Moyne Andrews.

THE ORGANISING COMMITTEE, staying at the Grand Chalet, Rossinière, were in despair at the lack of entries saying "never again", but the evening before the first races entries flowed in, and from then on everything ran smoothly.

The Novices' Cup, a 10-gate slalom with 20 entries, and the combined Lillywhites' and Ladies' Ski Club cups for "moyen" standard with 20 gates and 29 entries took place on February 11th at La Braye, Château d'Oeux, a sunny day. The girls were much cheered by four good-looking young men recruited from Gstaad by the Sturges's to help. The Novices' Race was set by Soss Roe to encourage the competitors on a gentle slope, while the following course was set by one of the schools' instructors on a slope which soon lost the sun. The elder girls competing for the LSC Cup went first, and the way the younger Lillywhites' competitors

tackled the, by then icy, piste was splendid; the winner, Lisa Osborne from Châtelard being placed seventh overall.

The Atalanta Cup and Viper Trophy, the latter open to foreign students, were held two days later at Saanenmöser over a 26-gate course with a total of 32 entries. The standard of ski-ing was excellent and the preparation most professional, for whilst the girls ate their lunch the St George's "monsieur" was applying wax with a mini iron attached to a small cylinder of Butogaz.

We were fortunate in having the SCGB Secretary with us both days, who kindly presented the cups and prizes and said a few words about the Club. New members were made and many of the girls passed their timed Silver and Bronze tests held in conjunction with the races.

Our grateful thanks go to the restaurant at La Braye where the first prizegiving was held, to the staff of the Telepherique who decided after all not to leave the organisers on the mountain overnight, and to Herr Wehner of the Saanenmöser Hotel for his hospitality at the second prizegiving.

Results

Atalanta Cup
Lillywhites' Cup
LSC Cup
Viper Trophy
Novices' Cup

Diana Matthias.
Lisa Osborne.
Robin Wood.
Wendela Ingerhausz.
1st Mary Jane Diaz.
2nd Fiona McGill wins cup for best British.

DHO JUBILEE

MRS JAMES RIDDELL

ON 7TH FEBRUARY, 1975, the DHO was 50 years old and, to mark the occasion, they challenged the Kandahar to a race from the Wengen Bumps down to Inner Wengen.

Reports that the DHO had been icing the piste deterred some K members from coming, but, lured perhaps by the invitation to lunch at Wengernalp, a fairly large team of Afghanistan members (who happened to be staying at the Chalet Mönchblick at the time) were persuaded to leave the eternal powder snow-slopes of Mürren and risk the ice at "that place on the other side of the valley".

Wengen Station can rarely have witnessed such a spectacle, as a dozen or more blanketed and luridly masked figures poured off the train, peered about them and then erected a large banner which proclaimed "K Greets DHO".

DHO master of ceremonies, Ian McCormick, shepherded the strange visitors into the Eiger Bar for coffee and bätzi, and then,

despite having had hot coffee spilt all over him, he led them back to the train and on up to Wengernalp for an inspection of the course — which at that hour of the morning most resembled a skating rink! After this ordeal, the only way to raise the visitors' spirits was to give them lunch — provided by Kasper von Almen at the Wengernalp Hotel. And what a lunch! Long tables, spread



with white cloths and set outside in the blazing sunshine were waiting — and there, before the icy gaze of the Eiger and the Mönch (laughing perhaps that a mere 50 years should call for such a celebration) the health of the DHO was drunk, and vast quantities of delicious food were consumed.

Finally, the two teams staggered down the slope, donned skis and headed for the Start. DHO racing fashions were displayed by

Sheila Hensman, looking very dashing in long black skirt and wide brimmed hat, and Ian McCormick and Piers Browning (the eventual winner) extremely smart in green corduroy and grey velvet respectively.

Beneath their blankets, the Kandahar was a predominantly feminine team, although Jimmy Riddell looked rather dashing in knickerbockers, tweed jacket and bow-tie, while Edward Hampton set an entirely new trend by wearing a flowery sarong, anorak and bath cap. Secretary Hussey was wearing her "old goat coat", and Fiona Pile, who had overslept that morning, was wearing her blue silk dressing gown (which probably accounted for her unexpectedly good finishing time!).

Fortunately the course had softened during the day, and after a hectic Le Mans type start with skis off, everyone was away. Somehow all the starters managed to find the Finish, in very varying times, and when all the results were added up the DHO, as was fitting, had just won the day.

A memorable day ended with farewells at Wengen Station, accompanied by large slugs of whisky passed round in the bottle by Ros Hepworth, a perfect vision from the 1920s, with skis, sticks, skirt and hat to match — and looking justly proud of her DHO!

KANDAHAR CITADIN RACES

The Daily Telegraph Parallel Slalom Trophy,
Val d'Isère, 12th-13th April, 1975

ETHEL LEVERSON, MBE

I HAD QUITE MADE up my mind that it would be impossible for me to go to the Alps this year, first because I can't ski any more and secondly the expense in these days of the falling pound. Then Helen Tomkinson said she might be going out by car, first to Wengen and then to Val d'Isère, and would I like to come with her; of course I said yes!

We had a very good drive out and Helen eventually dropped me at Villars where I had been asked to stay before going on to Val d'Isère. There was snow everywhere and the trees looked lovely in bright sunshine. That night it started to snow, real cold winter snow, and it snowed the whole week I was there except for one sunny morning when I went up to Bretaye where ski-ing was in full swing. More like January than April! I left Villars on April

11th; by car to Aigle with snow all the way, train to Geneva, and finally bus. I was very excited to be going to Val d'Isère as I had heard so much about its wonderful ski-ing and organisation.

Saturday morning was glorious and the race by arrangement with the NSFGB, organised by the Kandahar and Club des Sports de Val d'Isère, was perfectly prepared. I had never seen a parallel slalom before and was most interested. I came to the conclusion that it was an excellent race to end the season, being open to Citadin teams of 2 men and 2 girls from several nations which gave all the competitors a fair amount of ski-ing. The course was set on the Val d'Isère slalom course and the piste was very well prepared. Austria, France, Great Britain, Italy, Holland, West Germany and Switzerland were represented by 7 teams, and two Belgians and one Canadian formed an eighth.

The first day was the Individual Slalom; each competitor skied against all the other competitors from other Nations, this meant that everyone had a good deal of ski-ing, which was just as exciting and amusing for the spectators as it was for those taking part.

Unfortunately, the Swiss girl, Nelly Streule, fell and hurt her knee which put her out not only of the Individual race but also the Team event. This was very bad luck as she was last year's Individual Slalom winner.

The Individual results were:

Girls: 1. Eliana Brissoni — Italy (aged 15).

Men: 1. Peter Grielhusl — Austria.

Altogether an excellent day's ski-ing — very friendly and amusing.

On Sunday was the International Team event with teams of 4, two men and two girls. Owing to the accident to Nelly Streule, a French racer was allowed to join the Swiss team as they had no reserve, and Gilles Boily of Canada was allowed to take the place of an absent German racer. This was for this race only (not as a precedent), and it seems likely that in future the Team race will be run first.

It was again a lovely day and the course was in splendid condition, everyone was trying their hardest to win and the finish saw some very spectacular falls. Gilles Boily was determined to uphold the honour of Canada and was going all out from start to finish in spite of a bad fall at the finish early in the day. He was most popular as he was not only a valiant skier but a very amusing one.

The British team was truly representative, one from England, one from Scotland and two (Red Dragons) from Wales. Although they were not highly placed it was their first really International race and I am sure they enjoyed it thoroughly, learning a lot and improving throughout the day.

It was quite a long affair as all members of each team had to compete against all members of the other countries. In the final

the three top teams had to compete again to find the actual winners. The results were:

1. Germany/Canada.
2. Austria.
3. France.

It was a most enjoyable and happy event for both competitors and spectators. In fact a good time was had by all and we look forward to next year.

THE BUGABOOS

FENELLA BALME

YES, WHEN YOU HEAR the name you think twice, but if you are a powder snow skier fanatic do not think twice, just go! You will never regret it.

On April 1st, and it was not an April Fool, we found ourselves checking our skis onto an Air Canada flight bound for Calgary. Fourteen hours later, a shorter journey than many of us make to the Alps, we were dining in the magnificent baronial Banff Springs Hotel, and the next morning putting our skis onto Canadian snow.

Banff, in appearance more like a ranching town, was first known as "Siding 29" during the building of the Canadian Pacific Railway in the 1880s, has now grown to a large tourist centre. In summer it is a mass of sightseers, and in winter the skiers, but it is only recently that it has become an International ski centre, with the Banff Springs first opening for the winter season in 1969/70.

From Banff you ski the three resorts, Mount Norquay the nearest to Banff, Sunshine and Lake Louise, the largest ski area in the Canadian Rockies. There are buses between Banff and these resorts both in the morning and afternoon. Compared to European resorts they are small with not such a large network of lifts, mostly chairs; but all the resorts together offer a wide variety of ski-ing for all standards; and the magnificence of ski-ing in these vast mountains stretching for miles out of sight must be remembered. Also a view I will never forget is looking down on a carpet of green fir trees across to Lake Louise and the Victoria glacier.

Now, the powder skiers' dream, Heli-ski-ing, where you will find bowl after bowl of untracked powder, and see undisturbed mountain life. I have vivid memories of the tense anticipation while we eagerly listened to our instructions before take-off; "Always stay in sight of the pilot", "Keep your skadi on transmit and under the protection of your sweater". Then the climax came and we were flying into the heart of the Rockies, and nervously climbing out of the helicopter door, to lie flat on the snow until



HELI-SKI-ING IN THE BUGABOOS

it was high above us on its way to collect the next party. The guide was off, over the ridge and we were into that unforgettable powder snow, billowing either side of us.

During one day you ski between 10,000 and 15,000 vertical feet, but it is possible to cover over 30,000 feet in a day, each run between about 4,000 feet. The guide carefully chooses the most suitable slopes for the standard of skiers and weather conditions, so you will not find yourself confronted with any of that horrible crust!

Skiers come from all over the world to taste this ideal, and

now three main areas have been opened up, the Bugaboos, Cariboos and Monashees. Luxurious lodges have been built in the former two so there is no need to return to the valley and civilisation at the end of the exhausting but exhilarating day's ski-ing. A week spent in the heart of the Rockies will cost around 900 Canadian Dollars, which sounds expensive but it is worth every penny.

Day and three day trips are also organised which will be enough for some people, as you must be very fit in order to ski 100,000 feet of powder snow in a week.

For further information about ski-ing in the Canadian Rockies please contact the Ski Club of Great Britain. We were kindly invited to visit Banff in April 1975 by Air Canada, Alberta Travel and the Banff Springs Hotel.

DRY SKI SLOPES

(People are still a bit sceptical about Artificial Ski Slopes and their value so I asked Hilary Drake, a qualified Ski-Instructress and Veteran of Lords Dry Ski Slope in St Johns Wood to explain.—Ed.)

* * *

MENTION DRY SKI-ING to the majority of holiday skiers and their reaction might range from sheer horror to plain disinterest—after all they “ski parallel”. It seems only a few recognise the true worth of artificial slopes both for the beginner and the advanced skier.

Well what is a dry ski slope? Quite simply they consist of one of a few types of plastic matting that is bought by the square foot, interlocked together and laid on a natural or artificially erected slope. The majority are open-air although there are a few under cover. Unfortunately at some outdoor slopes the matting is often mistakenly laid direct onto the ground without a polythene layer in between. The result, once exposed to a little of our British weather? A mud bath! Just before any real enthusiasts rush off to buy some plastic ski matting to erect a slope in the garden for the kids, perhaps I should mention the material is very expensive, so don't be surprised if you find a session on a slope seems to be rather costly.

The skis used should be of a special type with a harder sole than a snow ski, so never bother to bring along your new 210 cm downhill skis, you would ruin them as well as look just a little silly! Wear your own ski boots by all means, but be prepared to have to adjust the bindings on the hired skis. Some people also make the mistake of donning their new ski suits—I have even seen one worth skier complete with bum bag. Alas! Plastic bristles

are just not as kind to clothes and skin as snow, so jeans and a sweater with a pair of gloves to protect your hands are far more appropriate. Leg injuries, not surprisingly, are fewer than on snow. None of those tips in a side of a mogul and forward dives; nor the hazards of ski-ing in heavy spring snow—Great for the X-Ray departments, nasty for the skier! Not wishing to disenchant, however, the most common injury known to dry ski-ing is dislocated and sometimes fractured fingers and thumbs which seem, occasionally, to get caught up in the plastic rings or bristles. Gloves are therefore an absolute must. Perhaps we should provide everyone with boxing mitts!

Assuming that one makes the effort to visit a slope, what can it do for you? What most people do not realise is their true purpose. They are chiefly used to teach technique and should provide a large enough area of moderate gradient on which to introduce you to the first tentative turns or to improve more advanced manoeuvres through a series of exercises. Equally important, they give you the chance to get reasonably fit before your winter holiday. It is my belief that they are not, and never could be, more than a preparation for the real thing. There is no way that a stretch of plastic can compare with the sport in its true surroundings. Half the joy of ski-ing is being in the mountains, the exhilaration of speed down mountain trails, through the trees or on wide open pistes and exploring virgin snow; as anyone hooked on ski-ing knows only too well. Dry Ski Slopes, in my opinion, do not offer a recreational sport in themselves and anyone not considering ever snow ski-ing is wasting their time on plastic. It is the grind without the joy of the sport, as I continually stress to the complete beginner after a dispiriting and exhaustive first hour. However, do not therefore discount their value. A beginner particularly, can save up to a week of precious holiday time which might otherwise have been spent messing about on the nursery slopes.

Having introduced a considerable number of adults to the sport on plastic, I think the most rewarding result this season was one admittedly young, fairly fit man, who could do reasonable parallel turns after only ten hours of instruction and practice. This was before he had even set eyes on the snow of his first ever ski-ing holiday. No mean achievement I'm sure you will admit. From those who have some previous experience, how often one hears a shriek “But I can't do it on this stuff!” It is more difficult than on snow; the skis run more slowly with the greater resistance and are therefore more difficult to turn. Great for showing up your technique which has to be pretty good to look accomplished on plastic. My advice to even the more accomplished? If you do come along take instruction. An hour of correction through a progression of exercises to help solve your individual faults, is worth five hours' practice on your own. A little practice between lessons is often invaluable, but slogging away for a long session alone is only disheartening and you would probably become bored very quickly. Ski-ing on plastic also gets you fit in a far more

satisfactory way than those frantice five minutes on the bedroom floor trying to limber up the day before you are due to fly off to the Alps!

N.B. For those interested in plastic slopes a pamphlet can be obtained from the NSFGB which lists all the slopes in Great Britain.

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LADIES' SKI CLUB, 1974-75

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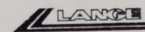
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