



COLD FACTS

NEWSLETTER OF THE ILLAWARRA ALPINE CLUB LIMITED

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Cover photo: Our favourite local hill - anyone for fresh corduroy?

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Message from the Editor

Another Summer passed and once more we start the 'prep phase' for the winter sports ahead. A welcome distraction from the hot'n'dry reality of February was the Torino Olympics, which was pretty compelling viewing for vampires, insomniacs and other nocturnal creatures who could stand waiting up until the Seven network decided to give the Alpine events a run...where we witnessed the World Cup's top names crash out spectacularly from their pet events! (ego-ouch!) Overall, a great showing from the AUS team who showed many top 16 performances as well as the outstanding Gold from controversial Begg-Smith and Alisa Camplin launching into orbit to nail the Bronze. Very unlucky not to have seen Torah Bright on the Half-pipe winners' podium...maybe next time... On a serious Environmental note, please view a recent article on climate change in the KNP: 'Crisis mounts in the Snowies' at our website under the Issues/News link.

From the President

Hello everyone,

It is hard to believe that we are only a few weeks away from the start of the 2006 season. The year is really flying by! Let's hope ol' Huey is going to be good to us again this year with plenty of snow to play with.

Annual General Meeting

The AGM was held at North Wollongong Surf Club on Wednesday 26th of April. Each year the number of members attending the AGM is reducing. I would like to take this opportunity to encourage you all to make an effort if you can to come along to the AGM each year. IAC is your club and to have your say in how the club is running, we'd like to see as many people as possible at the meeting. Decisions are made at the AGM that affect you and the running of your Club, so come along and be involved. Your new committee and their primary functions are:

President Fiona Montgomery
Vice President Geoff Mettam (Supplies)
Vice President Phil Warren (Lodge Management)
Treasurer Mike Di Leva
Secretary Karen Irvine

Directors:

Julie Irvine (Booking Officer)
Tony DiMilia (Maintenance)
Geoff Sturday (Club Captain - Racing)
Viola Hallahan (Website Management)
Jonathan Mandl (CF Editor & Junior Development)
Paul Hallahan (General C'tee & Maint. assistance)

I would like to take this opportunity to thank the 2 outgoing committee members - Jenny Charker and Robert Hannam.

Jenny Charker has been on Committee for 6 years, and has been very passionate about the Huts projects. Fortunately for the Club, Jenny will continue to champion the Huts projects on our behalf, and I would like to thank her for continuing to act in that very important role.

Robert Hannam took on the challenge of booking officer last year and I would sincerely like to thank Robert for volunteering and being prepared to take on this very difficult and challenging role last year.

Fiona Montgomery

Life Membership

At the AGM, there was a motion that Timothy Lee be elected as an honorary life member.

Tim has been a dedicated and active member of the club for some 36 years when he joined up after helping with the addition of Siberia.

Tim held the Club Captain position on the Committee for approximately 10 years where he worked tirelessly to keep the Illawarra name on the trophies. In this role he was a key player in getting our successful Junior Race Training Program off the ground, which he subsequently ran for 10 years even though he had no children of his own involved.

He returns year after year to working bees and spent many hours constructing the new-beaut garbage sled. He has even been known to give up valuable skiing time to do minor repairs at the lodge (depending on the powder of course).

At 70 he is still a very active and competitive skier. He is widely known and respected across the snowfields and is an inspiration to many. A keen participant in all Club activities he has never missed a Ball or an aquavit.

His devotion to the Club shows through in everything that he does for it.

I pleased to announce that Tim Lee was elected to Honorary Life Membership of the Club with a rousing standing ovation. Congratulations Timmy!!!

Club Person of the Year

This year the Club Person of the Year Award is being awarded to Tony Di Milia.

Tony has made a huge contribution to the Club in time and money. Despite the onerous business commitments of his own, he has still managed to fulfil an important role in the Club and upon joining the Committee has jumped into the role boots and all.

Tony has demonstrated dedication and commitment to the Club whenever and wherever needed, and he is a great ambassador for the members of the Club.

Congratulations Tony!

Lodge Improvements

During the general business part of the AGM, a lot of time was spent discussing potential improvements to the lodge. In previous editions of Cold Facts I have made reference to a potential extension of the lodge, upgrading the Siberia bathrooms etc.

After much discussion at the AGM, the following motion was passed:

“That we send out a questionnaire to all senior members to ascertain their priorities with regard to lodge improvements, with sketches, estimated costs and potential individual commitment required for the various options”

So we will be asking you, the members, to tell us what your priorities are in relation to some of these lodge improvements. It will take us a little while to get this questionnaire together, and then there will be a special edition of Cold Facts dedicated to the lodge improvements – asking for your opinions.

So keep your eye out for that in the coming months, and please make sure you send it back to us and have your say.

Lodge Management

I would like to welcome our new management team Kirk Donkin and Melanie Golby to the lodge this year. If you are attending the “food” working bee weekend, you will have a chance to meet them there, otherwise, please make yourself known to them when you arrive at the lodge for your holiday. I am confident you will be well looked after this year!

Have a great season and happy skiing everyone!

Fiona Montgomery

From the Webchief

As always, submissions for the website are encouraged. Please contact me by email: webchief@iacski.com with any items that may be of interest.

Our website is constantly being improved and updated – be sure to bookmark and visit on a regular basis for news, developments and an extensive directory of member services and Club contacts.

Viola Hallahan

Lodge Maintenance and next Working Bee

Please note the next working bee will be on the “Food weekend”, the 19th and 20th May. NOT MUCH TIME to find a way to getaway, and have 1 or 10 drinks on me. And at the same time help out plus most of all have lots of fun.

Priorities:

1. Get food indoors.
2. Vac all rooms and get Lodge looking right.
3. Cut grass outside.
4. Sand and cement outside stone wall.

I'm hoping for some of u guys to make an effort and help us out. Looking for about 10 to 12 people.

If you haven't been before, that's OK - would be nice seeing some new faces. Tony Di Milia

0418 423 091 or email tdimilia@hotmail.com

WIN an MP3 player!

Tell us about your most memorable or hilarious moment at a past Working Bee and win a 128Mb MP3 player.

Ski to your favourite 32 track songlist this season! Best tale or yarn judged by IAC Committee will receive this prize. Entries close 12 June – winner announced in next *Cold Facts* – enter by email coldfacts@iacski.com or mail to PO Box 359 Figtree NSW 2525.



From the Booking Officer

Well what an interesting couple of months for me, learning the role of booking officer.

The best way to contact me is via email bookings@iacski.com. I try and answer the emails that same day. Or you can ring the booking officer's phone 0424 617 707 which is turned on from Monday to Friday, 7pm – 9pm.

The bookings have been coming in thick and fast. Currently we have 2307 beds booked (not including the wait list), out of a possible 3680. We still have a lot of vacancies for June and September. During August, mid week still have some vacancies. Why not take a chance on the snow and have a relaxing holiday down the lodge, let someone else do the cooking and catch up with old friends. The vacancies page is being kept up to date by our Web Chief, so have a look and plan you next holiday.

Just a reminder, no paper work/confirmation is sent out until I receive a deposit. Once the deposit is processed an invoice is sent to the member via email or mail. Deposits should be approximately 25% of total booking and be sent within 7 days after booking. The total balance is due 2 weeks prior to arrival date. If all members follow these rules, it saves me ringing them to chase money.

Hope you all enjoy your ski holiday this year.

Julie Irvine

Vale Shirley Mettam

Members were deeply saddened to learn of the passing of Shirley Mettam on the 25th of April.

As a driving force in the family, Shirley was ever an enthusiastic Tennis player, School P&F identity, Probus and Toastmistress member and loyal Illawarra Alpine Club Member.

In the midst of these roles, she was raising two devoted sons and keen skiers, Neil and Geoff.

Always supporting Bob on the Club Committee and encouraging her sons every activity, Shirley is remembered fondly by her family as 'the strong woman standing behind the good man.'

Shirley lived to happily enjoy a proud third generation of the family developing, with grandchildren Jack and Charlotte. Shirley's life and times on and off the snow will be well remembered and celebrated by Neil, Geoff, Gail and Robyn.

The Committee of the Illawarra Alpine Club send their sincere condolences to the Mettam family.

XC News

Michael Edmondson has very kindly offered to assist with the Training of our Junior Race Development Team during sessions over the two weeks scheduled for July and Aug/Sept 2006.

IAC sincerely thanks Mike for his continuing support to maintain a competitive Illawarra performance in Cross – Country events.

General News

NEW KOSCIUSZKO NATIONAL PARK ENTRY STATION FOR 2006

This season you can expect to drive through a brand new multi-lane Park entry station on the Kosciuszko Road.

In a joint \$2.5M project between the NPWS, Department of Commerce and the RTA, the entry point for inbound car access to Perisher Blue will be at a new 4 lane, 7 booth facility at Sawpit Creek, on the site of the old Service Station.

This site is 4km further uphill than the old station, which was a peak-period bottleneck for everyone.

The new facility is being fast-tracked to the target completion date of the June long weekend.

The aim of the project is to significantly improve fast access to the resorts with 2 lanes dedicated as express lanes for current Season Pass, Multi-day or special permit holders.

The single lane Kosciuszko Rd will progressively widen on approach to the entry station, and signage will guide you to the appropriate lane and booth.

The two 'express lanes' will be closest in parallel to the road, so that a quick visual confirmation of your pass will allow you to drive on through.

Other lanes (further to the left) will be designated for those purchasing day or Season Passes on the spot, and the furthest left lane will be a dedicated Bus only booth for tours and shuttle services.

Jindabyne NPWS Officer Steve Reddon advises IAC Members the importance of having your Pass pre-purchased in advance of entry, so that you will simply drive through, rather than be backed up with others wanting to pay via EFTPOS or Credit Card in peak times.

Cold Facts asked for clarification on the issues of Sawpit Creek carpark's future and the Park entry pricing increases as of 1 October 2006.

Steve advised that although the carpark now is currently part-filled with heavy machinery and plant, it will continue to remain as a floodlit gravel parking area for long-stay users of the Park. This will not be affected by the presence of the new entry station.

(Ed – good news for all, and the aim of having the station a non-pedestrian zone may keep the carpark assured without any new 'mini-visitor centre' facility. Sawpit carpark hitch-hiking regulars may find better options here too.)

The increased Park entry charges from October are a sore point for all, however the NPWS have given assurance that the factor of increase on 2005 rates, whatever level of Pass is purchased, is 100% routed to the Kosciuszko National Park exclusively.

As an example, Steve cited the pricing difference between the 05/06 Season Pass to 06/07. This \$60, no matter where in Australia you buy the Pass, will be channelled back to the KNP.

Rumours in relation to the benefit only being passed on if Passes were bought in Jindabyne were false, he said.

Currently the Sawpit Ck site is awash with activity and the Kosciuszko Rd adjacent has a 200m one-way section restricted by temporary traffic lights to alternate uphill/downhill traffic flow.



Torino 2006 Olympics wrap-up

Plenty of inspiration for the coming 2006 OZ season! Read more on our Olympic Team's performance in summary on the IAC website under 'Issues/News'

First Tracks

How do you test for the ideal Alpine Boot-fit? Top ski coaches recommend the 'shell fit' method. This method ensures there is match in:

- **Boot length**
- **Boot width**
- **Boot contours**

The following steps should be followed to determine if the boot shell and the skier's feet are matched in **length**:

*Pull the liners out of the boots and place feet into the empty shell. Move feet towards the front of the shell until your big toe contacts the very front of the boot.

*Flex forward and check the gap between your heel and the shell – if your index finger can fit in the gap with a little 'wiggle room' then fit for length is correct.

The **width** of the shell of the boot and your forefoot must match so that your forefoot can spread in the boot when bearing weight.

*With foot centred in boot shell, open the lower shell as wide as possible and check for contact with sides of your feet. Check for a symmetrical clearance on both sides.

Shell contact on both sides means boot is too narrow for your foot – try another brand.

Matching the **boot contours** with the anatomical shape of your ankle and foot is also important.

*Does the area around your ankles match the boot's shell contours?

*Does the position of your ankle bones align?

*Does the size and position of the heel match?

If a significant difference is found, try another brand.

This method might just help find the right boot for your comfort and a real aid to carving performance.

Last Run

Jindabyne's Marty Whittington usually has to drive 2 hours to get his surfboard wet but on Wednesday the waves came to him, crashing into the shore of Lake Jindabyne.

He had to deck himself in a full-body wetsuit and boots to brave the waters of the lake, and the surf was only a metre high, but Mr Whittington was still able to ride the wind swell for a good 20m - something he had always dreamt about doing.

"I've had worse surf in the ocean," he said.

"The locals say on a windy day, 'You could surf on the lake today', but no one has ever done it, not that I know of."

He lasted long enough to catch 10 waves before his ears felt as if they were going to snap off and he called it a day, but he hasn't ruled out adding surfing lessons to his Jindabyne Adventure Bookings business.

He decided not to relive the experience yesterday, saying the wind had started to come off the snow-covered mountains and was that cold his ears would definitely have come off second-best.

Thanks to The Canberra Times, 6 April 2006

