

Off Piste



Snowgum on Mt Piper

Membership Subscriptions for the 2014 season are now due

Register Now opens on 1 May 2014, via the Club website.

Lodge Weekend at Penderlea 20-22 June. See page 8.

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Newsletter Contributions

- Photos of trips, lessons, snow country, meetings or social events.
- Reports on tours, lessons and races and CCCSC events.
- Letters to the editor.
- Articles about XC skiing, snow conditions or related topics.
- Items to buy or sell.
- Please send emails to cccsceditor@gmail.com
- The deadline for articles for the next newsletter is Sun 1 Jun.

President's Piece

Let me introduce myself. My name is Lachlan Kennedy. Without violence I have seized power and am now the president of a wonderful club - the Canberra Cross Country Ski Club. I staged this coup d'club not only because I love the club, and skiing, but also because I expect a knight-hood.

For those who don't know me, I have been a member of the club since it formed in a room in the Dickson Library in 1984 (more on that date below).

At that time, I had been skiing for about 8 years (already

not long enough), but I still had basic skills. It was through the club, and the opportunities it provided for training and touring, that I improved my skills and eventually gained a wide knowledge of the Snowy Mountains. It also provided me with some great friendships. Beyond that, when I could, I skied in the Victorian Alps, and eventually to some wonderful, and at times too steep, places beyond our shores. I have done some very silly things on skis, but thankfully (well, in my opinion anyway), I am still here and still hungry to do more.

Which raises a question. Why do we put up with cold, wet, wind, swollen creeks and navigational uncertainty in the pursuit of what some people would not call pleasure? I have often wondered about our fascination for snow and ice, and every season I set out to understand it better, and at the end of every year the mystery remains. May it ever be so.

This year is the club's 30th anniversary and some special events are being organised. A birthday party will be held at the social meeting on 9 July. And the club will be running a photo competition and a poetry competition specially for

this 30th winter. (See inside for more information.) There will be prizes!

The committee has been working hard over summer and has organised an excellent program for the social club meetings which will take place at the Turner Scout Hall in Mason Street on every second and fourth Wednesday of the month.

Work is proceeding on a Facebook page for the club.

And there will be a special 30th anniversary tour in spring.

Some of us are slippers and sliders, some climbers and turners, and some are both. Whatever your goals in cross country and back country skiing, members of the CCCSC will be providing opportunities this winter to pursue them in the company of like spirits.

So let's all bid a warm welcome to the 2014 season - well, I suppose that should be a cold welcome - and look forward to the magic of snow.

Cheers

*Lachlan Kennedy,
President*



Training News

**Learn TOUR LEADERSHIP SKILLS
- no cost to members!**

Saturday 14 June

At Perisher Nordic Trails.

Learn the skills required to lead a group in the alpine environment. The club will pay the costs for your professional instruction. Numbers are limited so book early! At the Perisher Nordic Trails.

Register on-line at -

<https://www.registernow.com.au/secure/Register.aspx?E=8503>.

Lots of great training opportunities in 2014 - check out the lesson schedule in this edition (pages 11 & 12).

June Lodge Weekend — Pender Lea Chalets

There will be an early season lodge weekend this year. All old and new members are welcome.

Dates: Friday 20th June to Sunday 22nd June.

Place: Pender Lea Chalets 3 and 4, Alpine Way Thredbo.

Cost: (includes two nights accommodation) \$120 per person for a twin/ double ensuite room, or \$90 per person for a shared loft.

Early birds, paid by 28 May, save at \$100 or \$80 per person respectively.

We will have the usual lodge weekend activities, including Saturday group dinner night, refresher ski lesson and tours.

Contact Bruce Porter for more information.

SnowSports ACT Ski Sale & Expo



The SNOW SPORTS SALE & EXPO is on again on Saturday May 10, 2014 at the Old Bus Depot Markets, 21 Wentworth Avenue, Kingston.

WANT TO BUY?

There will be preloved second hand ski and snowboard items for sale along with new items from local retail stores, children to adult sizes. All proceeds from the event go toward supporting our ACT snowsport athletes, programs and events.

The Sale & Expo will be open **8.30am – 1.30pm**

WANT TO SELL?

Drop off items to the Old Bus Depot, **12.00pm – 7.00pm on Friday May 9**. They will then be labelled by our volunteers and put on display for the Sale on the Saturday.

There is a charge of \$2 per item lodged into the sale. SnowSports ACT takes a 25% commission if your goods are sold. You will receive a balance by cheque within 2 weeks of the sale.

Any unsold gear must be collected after the Sale on the Saturday between **2.30pm – 3.30pm**. You can ring us to check that you have goods to be collected before coming in.

Please be realistic with items you want to sell, older items such as straight skis may be unlikely to sell. Older bindings may be unsafe. Please do not sell damaged items, such as helmets.

We hope to see you there and please spread the word of our event to your school, club, friends, work mates, family, etc!

ARE YOU ABLE TO VOLUNTEER?

We are looking for Club members to assist at the front door with security on the Saturday, between 8:30am and 1:00pm, and you can nominate your preferred times. If you have a few hours to spare, please respond to Peter Cunningham.



 THE SNOWSPORTS ACT

SKI & SNOWBOARD SALE & EXPO

SATURDAY MAY 10

8.30AM - 1.30PM
Old Bus Depot Markets
Wentworth Ave, Kingston

Preloved second hand items for sale along with new items from local retail stores.

Goggles, helmets, pants, jackets, alpine skis, snowboards, cross country skis, snowboots all at bargain prices! Childrens to adult sizes

Want to sell items? Drop off items to sell Friday May 9, 12.00pm - 7.00pm.

Free Entry
Sausage Sizzle & Drinks available

Ski / Snowboard tuning demos
10am and 1pm

www.snowsportsact.com.au





Trip Report - Mt Twynam and Friends - 5 October 13



On Saturday, 5 October 2013, Alan Levy and Ken Moylan went on a ski tour to Mt Twynam and places nearby. Neither of us was the official leader, so who knows what would happen if a corner got involved.

Route

The road had been cleared the day before, which enabled us to park at Charlotte's Pass. From here it was the routine walk down the crumbling brick path to Foreman's Crossing. The river was pretty low, so I walked across the rocks and scarcely wet my boots. Alan chose to don his diving boots and wade across.

We headed up hill and downstream along the Snow River, crossing Soil Conservation Creek and getting close to Hedley Tarn. Here, we faced a choice of routes. Alan gave up a little altitude and easily crossed Blue Lake Creek. Ken was unwilling to lose height and had a hard time getting across the creek. Eventually we reached



Looking down at Foreman's Crossing, from near Charlotte Pass. Look at all the people who've crossed the river and are preparing for a day on the Main Range! Photo: Ken Moylan

Crummer Spur, lay behind a few rocks out of the wind and ate our morning tea.

After, we continued up towards Mt Twynam. Alan chose to skirt around the knoll we were on whereas I simply followed the ridge straight up. All of a sudden, it stopped rising and dropped down to a saddle. I had bagged Little Twynam without meaning to.

More climbing got us to the top of Mt Twynam, where we took in the views. Watson's Crags beckoned, so we made the short run down and up to Tenison Woods Knoll and took in more views. My first skins-off run of the day took us down to lunch, taken sitting almost on the top of the Main Range, with the view of Strzelecki Creek at our feet, framed by The Sentinel and Watson's Crags.

"... skiing down the giant half pipe"

Ken Moylan on the summit of Mt Twynam.
Photo: Alan Levy



After lunch, we ran down the lovely glacial valley to Blue Lake, over the ridge to Soil Conservation Creek and onto the next ridge, coming off Carruther's Peak, for the final run down to Foreman's Crossing.

The river had risen a little during the day, so I got the toes of my boots a little wet while rock-hopping across the ford. Alan put on his damp diving boots and waded back through the rivers. The day ended with the uphill walk back up to Charlotte's Pass and the car, only about 100m up above Foreman's Crossing.

View south from Watsons Crags to Mt Townsend and Townsend Spur.
Photo: Alan Levy



Best Bits

* Skiing down the giant half-pipe that is the old glacial valley running into Blue Lake. It has steeper and flatter areas and, at better

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(Continued from page 4)

times in the season, a broad and consistent cover.

- * Looking out over the Western Faces. I hadn't been anywhere near them for a whole season and it just felt so good to be back and looking over the big drops and stacked ranges again.

Worst Bits

- * Where was everyone? After we left Foreman's Crossing, we saw only 2 empty tents and 2 people (a skier and a snowboarder) trudging up one of the easier Blue Lake chutes. There was a good snow cover, no rain and a long weekend. What kept everyone away?
- * Another windy day. What a drag it was to head into it. Is every weekend a windy day?



Overlooking Blue Lake. Photo: Alan Levy

Wax of the Day

Skins, nothing, universal klister.

A several hour climb at the start of the day suggested skin wax. The skins worked well until I took them off at the top of Tenison Woods Knoll. A beautiful glide wax

only run down followed before our lunch break. For the rest of the day, universal klister did the trick. The drifts of new snow had well and truly transformed to suit klister.

Ken Moylan

Trip Report — Mt Townsend End of Season - 2 November 13

On Saturday, 2 November 2013, Ken Moylan led Adam Lilley and Tony Brown on a ski tour from Thredbo to Mt Townsend and places in between.

Anxiety About Enough Snow

I was worried that the snow would be gone before the trip happened. The season had started badly and who knew how much snow there would be on the day.

On the Tuesday before the trip, I turned to the internet for intelligence about the snow situation. The Thredbo and Guthega snow cams gave some joy - there were still drifts of snow up high at Thredbo and on the Main Range. Snowy Hydro's Snow Depth Calculator page also gave good news. The snow depth at Spencer's Creek was tracking to become nil at the same time as last year - a good sign for the proposed tour.

It was going ahead!

Route

The snow cover had receded a lot, so we did a fairly basic there and back trip. From the top of Thredbo, we walked along the metal grate to a bit past Rawson's Pass before putting on skis.

Tony, who was on North American snow shoes, walked to Mueller's Pass for morning tea. Adam and Ken, who were on modernised Kiandra snow shoes, skied there, but not before taking

an extra downhill run because we had enough time and energy.

Adam skied up to the top of Mueller's Peak while Ken and Tony traversed along the rocks and grass of the upper Wilkinson's Valley until we were all below Mt Townsend.

Lunch was had atop Mt Townsend, in the lee of the peak and out of the constant

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Mt Townsend and Alice Rawson Peak under an end of season snow cover, as seen from Mt Kosciuszko.
Photo: Ken Moylan



Tony Brown and Adam Lilley on top of Mt Kosciuszko. The rocky outcrop in the background might be Simkin Peak or might be Rams Head.

Photo: Ken Moylan



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wind. The view North from the North-East summit of Mt Kosciuszko was admired.

There followed a lovely ski down into Wilkinson's Valley, following leads as far down as we could. We worked our way back up to the Main Range Track and walked and skied up the northern spur of Mt Kosciuszko to the top, for afternoon tea and more views.

From there, Adam and Ken skied all the way down Kosciuszko South Ridge, until the snow ran out at about 1960m altitude. That last run was a great way to finish the season.

Finally, Adam and Ken rejoined Tony near Cootapatamba Lookout for the walk back to Thredbo and the ride down the chairlift.

Some Numbers

This was my 18th day on skis this season. According to a map, the trip was 22km long and had about 800m of climbing.

Best Bits

There were lots of good bits this day.

* The first downhill run of the day, down a flank of Mt Kosciuszko. The slope was so even and the snow so consistent that all I was aware of was the

pressure of the snow through my feet and the feeling of where my weight was on each foot.

* Seeing a glider fly over the top of Mt Kosciuszko. It was close enough that I could hear its wings cutting through the air.

* Skiing down from the top of Mt Kosciuszko. Usually, the first 50m vertical of run down from the summit down has a skittish layer of ice, but this day it had hero snow, which made for an easy run down.

* Skiing down a boulder field at the bottom of Kosciuszko South Ridge. It was like skiing through trees - turn here, or else!

Worst Bits

* The wind. Every weekend ski tour for two months suffered from strong winds. This tour was no different. I'm looking forward to next season when the weekly weather pattern should have shifted phase a day or two.

* Horse manure. I saw fresh manure from feral horses near Mueller's Pass. They must be following the snow-line up the mountains.

* Skiing down a boulder field and not making the turns. My skis are a little more scarred and sadder now.

Wax of the Day

Fishscale skis. The snow had the usual end-of-season top layer of dirt, which would have grottied up klister to uselessness within half an hour.

The snow had a lovely texture of firm base beneath a layer of soft, wet snow. It was hero snow - you had to really stretch yourself to make a bad turn.

Ken Moylan

"I could hear its wings cutting through the air"

Adam Lilley and Tony Brown on the metal grid walkway, near Etheridge Gap.

Photo: Ken Moylan





Ken Moylan approaching the finish line of the 2014 Gatineau Loppet, after skiing 51km. It is the Canadian equivalent of Australia's Kangaroo Hoppet, and is a part of the World Loppet race circuit. Saturday, 15 February 2014



XC Ski Week 2014 - August 2-10:

Planning is well under way. The event calendar and masses of other XC information is being updated as it comes to hand. Check the Perisher XC website <http://www.perisherxcountry.org> from time to time for the latest updates.

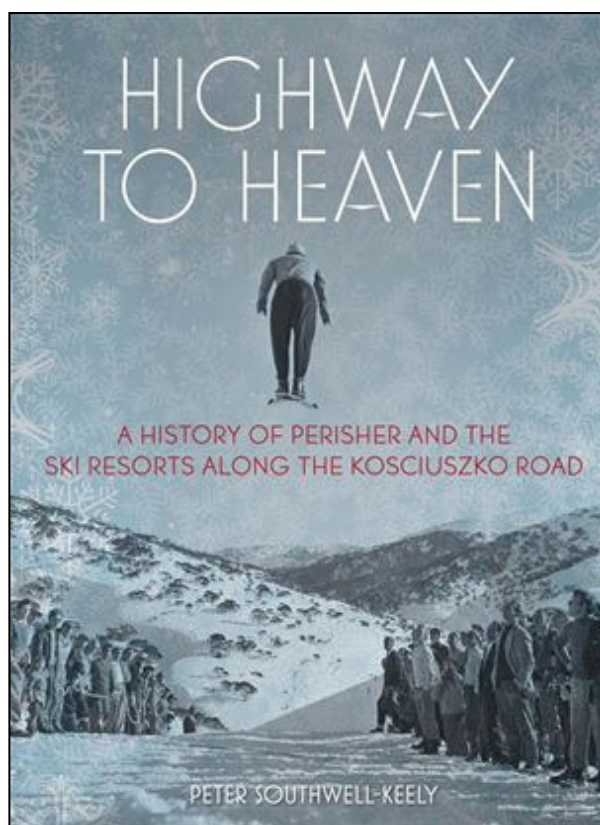
Highway to Heaven

A History of Perisher and the Ski Resorts Along the Kosciuszko Road

Perisher and the surrounding high country provides a wonderful playground for skiers, snowboarders and nature lovers. As time moves on, it is easy to forget the good old days of rope tows or no tows, lodge buildings, homemade skis, lace up leather boots and riotous lodge parties. The Perisher Historical Society (PHS) has been established to capture the memories of the early days of the Perisher Range area and have published this history of the area.

Beautifully written by Peter Southwell-Keely, this handsome volume of 260 pages and over 400 images, is a must have for all snowsports lovers who have enjoyed the area. (see cover on right)

Flip through the many images and then read the detail of the fascinating sequence of development, the history of the disciplines, ski patrol, the lodges. the characters, the State Government funding of the Hotel Kosciusko that kick-started a huge tourist industry for the region and much, much more.



BOOKING FORM
Canberra Cross Country Ski Club
JUNE LODGE WEEKEND
Pender Lea Chalets 3 and 4, Alpine Way Thredbo
FRIDAY 20 June to Sunday 22 June 2014

Family Name:			
First Name:			
E-mail address:			
Telephone:	Work	Home	Mobile

Names of other members to be included in this booking:		Age (if under 18)
Name:		
Name:		
Name:		
Name:		
Name:		

Accommodation options (Note: All prices are per person and include two night's accommodation.)
 You will need to bring all your food and drink, toiletries, towels and linen for a single or king size bed.
 DELUXE: 12 Twin or 6 Double (King) beds available with ensuite (maximum 2 people per room)
 BUDGET: 8 Single beds available in shared loft or dining room (maximum 3 people per room)

	Number of people	Number Double	Number Twin	Early Bird paid by 28 May	Standard paid > 28 May	Amount enclosed
DELUXE				\$100	\$120	\$
BUDGET				\$80	\$90	\$

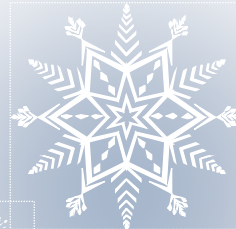
Saturday Evening Meal			
I/we will bring for the group (circle one)	Entrée	Main	Desert

Transport sharing: (tick one box)			
I will make my own transport arrangements.			
I can offer a lift	Contact phone/email _____	Number of people	
I would like a lift	Contact phone/email _____	Number of people	

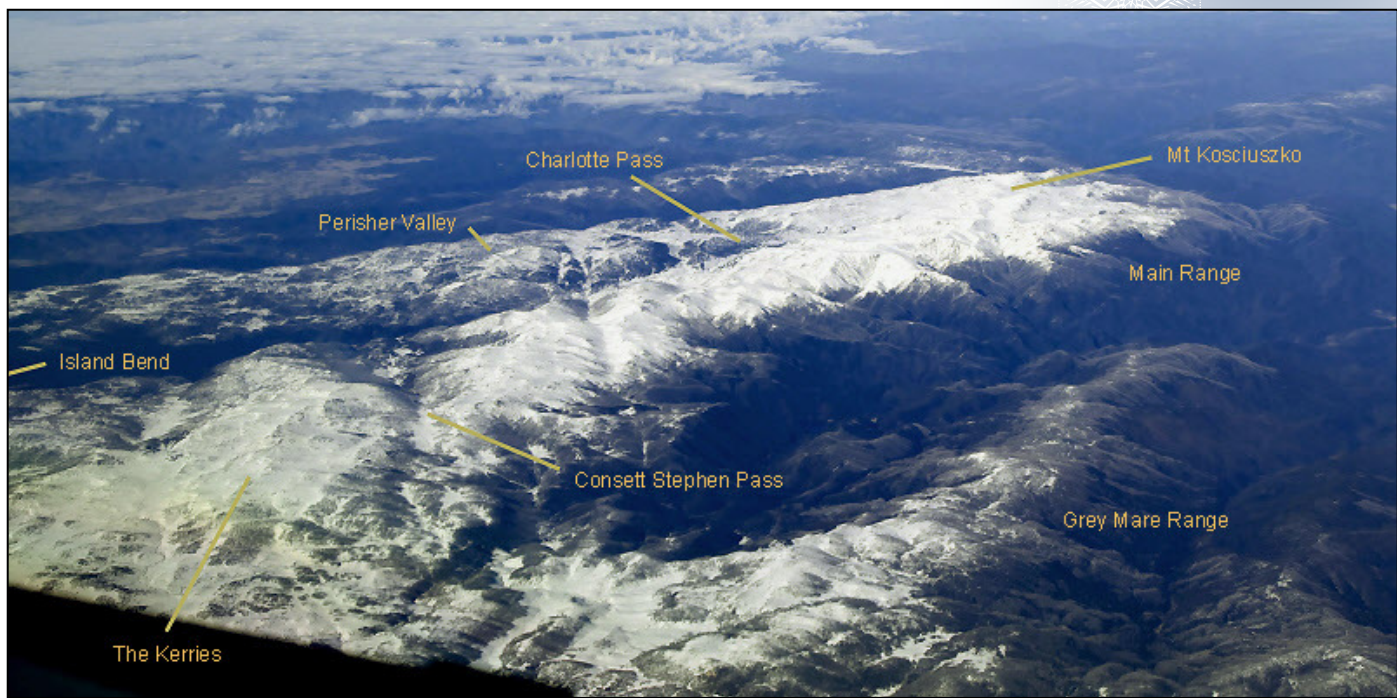
Those seeking lifts should contact people offering lifts (contact numbers will be provided on the attendee list) and make their own arrangements.
 CCCSC does not guarantee that you will find a lift nor does it take any responsibility for any lift you find.
 If you can not find a lift you may wish to take a bus. Deane's Group (Transborder, Lever) and others run regular buses from Canberra to Jindabyne, Bullocks Flat and Thredbo.

Payment may be made: In person at a CCCSC social meeting (cash or cheque/money order) To mail to CCCSC GPO Box 6234 O'Connor ACT 2602 (Cash or cheque/money order)
Please Note: Payment must be received to secure a booking. Bookings are non-refundable but may be transferred to another Club member – please notify the Lodge Weekend Coordinator The Coordinator will try to provide the accommodation option that you have requested, but if this is not possible you will be contacted and offered an alternative. Book early to avoid disappointment. For all enquiries please contact the Coordinator, Bruce Porter.

The Alps from Above

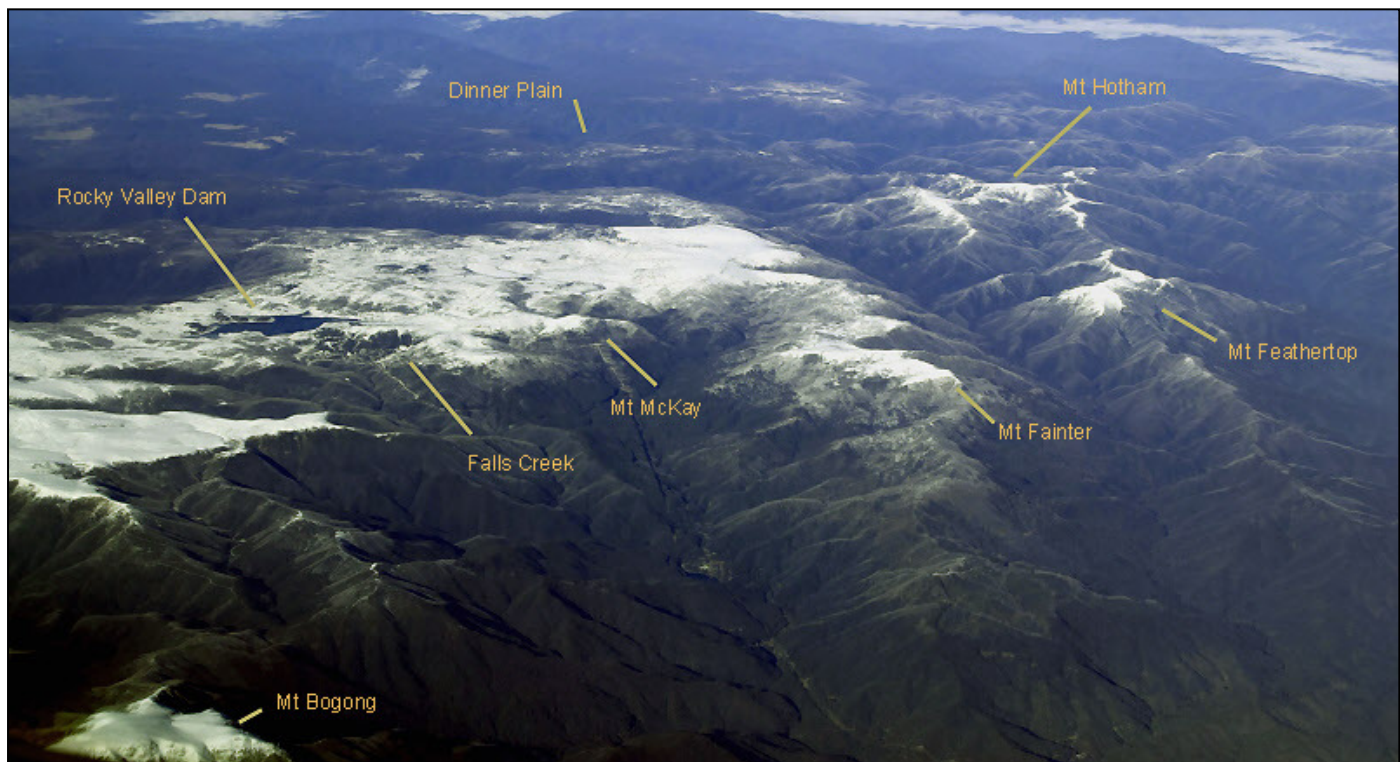


Snowy Mountains:



The southern part of the Snowy Mountains in winter, showing the Grey Mare Range, Geehi Valley, the Main Range and Perisher area.

Victorian Alps:



Looking south past Mt Bogong to the Bogong High Plains, with Falls Creek and Rocky Valley Dam visible on the left, and Mt Hotham, The Razor-back and Mt Feathertop across the West Kiewa Valley to the right. The extent of the snow cover is not that great when viewed from an aircraft!

Cross Country Skiing Lessons 2014

Lessons at a glance

Date		Instruction
June	Saturday 14	Tour Leadership Skills — Full Day — 8:45am-4pm (\$10pp) (see note 1)
	Saturday 21	June Lodge Weekend Early Season Refresher - Half Day AM — 9am-12pm (\$50pp)
	Saturday 28	Basic Skills - Half Day AM — 9am-12pm (\$50pp)
	Saturday 28	Basic Skills Downhill - Half Day PM — 1pm-4pm (\$50pp)
July	Saturday 5	Basic Skills Plus - Full Day (\$70 pp)
	Sunday 6	Race Training Refresher inc. waxing clinic (classic and skate) - Race week is 2-9 August Full Day (\$70pp)
	Saturday 12	Basic Skills - Half Day AM — 9am-12pm (\$50 pp)
	Saturday 12	Basic Skills Downhill - Half Day PM — 1pm-4pm (\$50 pp)
	Saturday 12	Intermediate Skills - Full Day — 9am-3pm (\$70 pp)
	Sunday 13	Telemarking for beginners - Full Day — 9am-3pm (\$70pp)
	Saturday 19	Basic Skills Plus - Full Day — 9am-3pm (\$70 pp)
	Sunday 20	Introduction to Skating - Half Day AM — 9am-12pm (\$50pp)
	Saturday 26	Snowcraft and survival skills - Full Day — 9am-3pm (\$70pp – possible extra costs for overnight snow camping - contact K7 for price)
	Sunday 27	Steeper ski skills - Full Day — 9am-3pm (\$70pp)
	Mon 28 – Wed 30	3 day development course (\$210) (see note 2)
Aug	Friday 1	Race Training Skills Improvement (classic and skate) - Half Day AM — 9am-12pm (\$50pp) (Race week is 2-9 August)
	Saturday 30	Pre Kosci Tour Race Clinic (classic and skate) - Half Day — 9am-12pm (\$50pp) (Kosci Tour is Sunday 31 August)
	Date to be advised	Telemarking at Charlotte Pass – Full Day (cost tba) (see note 3)

The fine print and how to book

- Lessons will only be run if there will be 6 or more participants.
- Bookings should be made by 5pm on the Wednesday before the lesson if possible, however they will still be accepted after Wednesdays (this helps with planning instructors etc).
- There might be times when, because of a lack of snow, you will need to catch the ski tube to Blue Cow to attend a lesson. You will have to pay for the ski tube, so make sure you carry the fee with you. For more information and ski tube prices go to <http://www.perisher.com.au/resort-information/getting-to-perisher/skitube.html>.
- Lesson locations are subject to change depending on conditions.

K7 Adventures. provide instruction for most lessons - www.k7adventures.com or phone 0421 862 354.

Mountain Adventure Centre. provide the instruction for the one day telemarking at Charlotte Pass in Aug - www.mountainadventurecentre.com.au or phone 1800 623 459.

Map to Perisher Nordic Trails. Most lessons are based at the Perisher Nordic Trails. The trails are across the road from the main Perisher Centre and Car Park. This link provides directions and a map to help you find the trails. <http://www.k7adventures.com/ACCESS%20TO%20PERISHER%20NORDIC%20SHELTER.pdf>

Kosciusko National Park Entry Fee. You will need to pay a park entry free. For up to date information on fees go to:

<http://www.environment.nsw.gov.au/NationalParks/parkFeesConditions.aspx?id=N0018>

Transport & Parking. **Car pooling:** CCCSC coordinates transport but cannot guarantee a lift on every occasion. You can post a message on the Club's Google Groups site to car pool. The link to the CCCSC Google Group is: <https://groups.google.com/group/ccsc?hl=en> A contribution to costs will be required. **Buses** are an option: Murrays - www.murrays.com.au/ or Transborder - www.transborder.com.au/ Parking is free inside Kosciusko National Park.

Make a Booking! For all bookings (except Navigation Skills and Telemarking at Charlotte Pass) go to <https://www.registernow.com.au/secure/Register.aspx?E=8503>

Questions? email Canberra Cross Country Ski Club's Training Coordinator - ccscstraining@gmail.com

Note 1: Use this link to register for this course <https://www.registernow.com.au/secure/Register.aspx?ID=6114>.

Note 2: Contact Deb for more information and/or enrolments on this program.

Note 3: Enrolments for the full day Telemarking at Charlotte Pass course are managed by Paul Krebs. Contact Paul for more information on this popular day of instruction with the Mountain Adventure Centre.

TOUR LEADERSHIP SKILLS K7 Adventures

Learn the skills required to lead a group in the alpine environment. The club will pay the costs for your professional instruction. Numbers are limited so book early! At the Perisher Nordic Trails.

JUNE LODGE WEEKEND EARLY SEASON REFRESHER

K7 Adventures 9am-12pm

This caters for absolute beginner to advanced.
Minimum group size of 6 or price by negotiation.

BASIC SKILLS (CLASSICAL TECHNIQUE)

K7 Adventures 9am-12pm

This lesson caters for absolute beginners who have never been on skis before. Covers basic techniques and survival skills on easy terrain at the Perisher Nordic Trails.

- Introduction to cross country skiing including equipment
- Falling and recovering
- Side-stepping
- Diagonal stride
- Herringbone
- Star turn
- Intro to snow-plough

Minimum group size of 6 or price by negotiation.

BASIC SKILLS DOWNHILL

K7 Adventures 1pm-4pm

This lesson builds on the skills covered in Basic Skills and Basic Skills Plus on moderate terrain at the Perisher Nordic Trails.

- Balance
- Step turn
- Snow plough

Minimum group size of 6 or price by negotiation.

BASIC SKILLS PLUS (CLASSICAL TECHNIQUE)

K7 Adventures 9am-3pm

This lesson builds on the skills covered in Basic Skills and Basic Skills Downhill on moderate terrain at the Perisher Nordic Trails.

- Balance
- Glide
- Moderate downhill
- Traversing
- Kick turn
- Self arrest
- Double pole
- Snow-plough and snow plough turn.

Minimum group size of 6 or price by negotiation.

RACE TRAINING REFRESHER (CLASSICAL AND SKATE TECHNIQUE) INCLUDING WAXING CLINIC

K7 Adventures 9am-3pm

Caters for people who have competed in a tour race. Light classic and/or skate skis required.

- Refresher of all classic and skate race techniques.
- Advanced techniques including double-pole stride (classical technique), double and single time (skating technique)
- Transitions
- Faster cornering and downhill technique
- Waxing clinic

Minimum group size of 6 or price by negotiation.

INTERMEDIATE SKILLS (CLASSICAL TECHNIQUE AND INTRODUCTION TO SKATE TECHNIQUE)

K7 Adventures 9am-3pm

This lesson builds on the skills covered in Basic Skills, Basic Skills Plus and Basic Skills Downhill on steeper terrain at the Perisher Nordic Trails.

- Step-turn
- Stem Christie
- Telemark
- Bumps & Dips
- Introduction to skating
- Double pole stride

Minimum group size of 6 or price by negotiation.

TELEMARK FOR BEGINNERS

K7 Adventures 9am-3pm

Prerequisites for this course are basic alpine or cross country skiing skills, able to snow plough and do snow plough turns on easy terrain at the Perisher Nordic Trails.

- Introduction to telemark skiing inc. equipment use
- The new telemark progression
- Stationary exercises and telemark stance
- Balanced telemark movement straight running
- Lead change and changing edges
- First turns & Linked telemark turns

Minimum group size of 6 or price by negotiation.

INTRODUCTION TO SKATING

K7 Adventures 9am-12pm

Aimed at skiers who have no or limited experience of skate technique - an easy introduction: Prerequisite is Basic Skills Plus (or equivalent).

- Strengths & limitations of classical and skate skiing
- Balance & skate skiing
- Position, momentum, rhythm
- Skating without poles
- Introduction to pole technique
- Basic skating with poles

Minimum group size of 6 or price by negotiation.

3 DAY DEVELOPMENT COURSE

K7 Adventures 9am-3pm (3 days)

Preferred (but not essential) prerequisites are Basic Skills and a reasonable to good level of fitness. The course will be based at the Perisher Nordic Trails and cover all terrain. An off-trail Nordic tour may be included.

- Introduction to Instructors & course overview
- Refresh basic and intermediate skills
- Nordic Trail fitness training
- Cornering
- Pole technique and timing for Classical Skiing
- Movement analysis
- Relay races as a method to improve skills
- Introduction to Skate Skiing and/or refresher for skate skiing
- Using the 'gears' in skate skiing
- Introduction to and refresher for race techniques
- Off piste and on piste nordic skiing

Please register your interest by sending an email to Deb dpurss@gmail.com. Lodge stay available at extra cost.

Minimum group size of 6 or price by negotiation.

RACE TRAINING SKILLS IMPROVEMENT

(classic and skate) K7 Adventures 9am-12pm

Aimed at skiers with Basic Skills Plus and/or Introduction to Skating (or equivalent).

- Develop & refine your skating & classic techniques
- Maintaining rhythm
- Pacing and using gears properly
- Hill climbing techniques
- Cornering techniques
- Managing snow conditions: icy, crusty, sketchy, deep powder, sloppy
- Waxing

Minimum group size of 6 or price by negotiation.

SNOWCRAFT AND SURVIVAL SKILLS K7 Adventures 9am-12pm

This course caters for all levels and takes place on moderate terrain. Location will be advised closer to the lesson date.

- Snow Skills
- How to build emergency snow shelters
- Overnight stay in a snow shelter (optional)

Possible extra costs for overnight snow camping - contact K7 for price.

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TOUR PROGRAM — 2014

DATE	DESCRIPTION	LEADER
Around 22 & 23 August	O'Keefe's Hut from Nimmo Plain Intermediate skills Rolling and hilly terrain Medium distance A 3 or 4 day trip incorporating the weekend of 22 to 23 August. There will be an optional side trip to Mount Jagungal. We will need to bring tents for camping on at least one night and if the hut is occupied. Because of access issues, we will leave the cars on the other side of Bulls Peak Creek and walk until we hit snow (possible around 5 km). (However, I may be able to get transport of packs and people across the Creek from a friend who lives in the area). This is intended to be a leisurely medium distance/medium terrain trip. Total party size of 6. As this is a joint CCCSC/Canberra Alpine Club – I will be aiming for equal representation from both clubs.	Monika



The good old days! Skiing in Canberra in 1948.
(www.trove.nla.gov.au)

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STEEPER SKI SKILLS

K7 Adventures – 9am-3pm

Prerequisites are Basic Skills Plus and Basic Skills Downhill. Location will be advised closer to the lesson date, slopes will be at the high end of blue.

- Backcountry skiing – tips and tricks
 - Learn how to ascent, traverse, descend and recover on steeper slopes
- Minimum group size of 6 or price by negotiation.

PRE KOSCI TOUR RACE CLINIC (classic and skate) K7 Adventures (9am-12pm)

Prerequisites are Basic Skills Plus and/or Introduction to Skating (or equivalent). Hone your skills for this popular citizen race. Minimum group size of 6 or price by negotiation.

TELEMARKING AT CHARLOTTE PASS

Mountain Adventure Centre (full day)

Date in August and costs to be advised. Full Day Package (includes instruction, lift pass & lunch). Caters for those with basic to intermediate skills on steep terrain.

ANNUAL MEMBERSHIPS EXPIRE MAY 1st

Ski fever is here!

But what's this....your annual membership has already expired or will expire as of May 1st!

To ensure that you continue to receive the many benefits associated with being in the

Canberra Cross Country Ski Club, we recommend that you renew your membership as soon as possible. You may do this by:

- Paying via credit card on our website at <http://www.cccsc.asn.au>
- Sending a cheque to the address on the enclosed membership form, or
- Paying in cash at the club meetings on the second and fourth Wednesday of every month from May to September. The first meeting will be held on 28th May at the Scout Hall, Haig Park, 5 Masson St, Turner. The doors open at 7:30pm — and the meeting starts at 7:45pm.

Membership of the Canberra Cross Country Ski Club offers many benefits, including:

- Discounted lodge weekends at the snow fields
- Discounted ski lessons with accredited coaches
- 10% club discount on ski and hire gear at select outlets
- Regular social events and information nights
- Access to car pooling
- Newsletter
- Google groups membership with rapid updates on impromptu ski trips
- Weekly club tours, and
- Sports insurance coverage

We're looking forward to catching up with you again!

Winter Poetry Competition

Cross country skiers are by and large a lyrical lot. Unimpressed by speed and derring do, we prefer the quiet glades of the back country. But we also know how a tent shakes in a gale. We know the shadows on the snow, the rainbow glint of sunlight on snow crystals. We know the seasons more than any others and love the winter above all.

So in our 30th year it is time for the club to run a winter poetry competition so that we can put our connection to the snow into words.

The Theme

So the theme of the competition is 'winter in the Snowy Mountains (or what I like or dislike about winter)'.

Rules

Modern poetry has no rules. So the rules for our competition are very broad. You can enter a poem written in any form, and your poem can be any length. It can be comic, descriptive, serious, sad, or satirical.

Judging and Winners

The winner will be announced and the poem performed at the Social Meeting of 10 September.

(Our judging panel has yet to be selected.)

How to Enter

Simply send your entries by 1 September to Lachlan and head them 'CCCSC winter poetry competition'.

Samples of Winter Poetry

Until now, winter poetry has belonged to the northern hemisphere. Here are some examples.

Eskimo father's song (anon.)

Great snowslide

Stay away from my igloo

I have my four children and my wife

They can never enrich you

A Japanese winter haiku by Issa.

The snow melts

And the village

Is overflowing with children.

WRITE ON!

Lachlan Kennedy



Dr Herbert Schlink on skis. (www.trove.nla.gov.au)

Volunteers for Snowy Mountains research

I am a PhD student, doing some research in the Snowy Mountains this winter, and I'm looking for some volunteers to help out with my project. I was wondering if you might be able to circulate the information below amongst your members, in case anybody is interested in some free trips to the snow and needs a good excuse to get out cross-country skiing.

I'm studying the effects of winter climate change on alpine ecosystems, and the experiment involves weekly trips up to the Snowies (the site is near Illawong lodge) to clear snow from specific areas. I'm after 2 volunteers who can manage 4 weekend days each between the beginning of August and end of September. All expenses for the trips will be covered.

Any help you're able to provide in spreading the word on this would be most appreciated.

Kind regards,

Rachel Slatyer
PhD Candidate
Department of Zoology,
University of Melbourne,
Parkville,
Victoria, 3010

Phone: 0400355034

E-mail:

rslatyer@student.unimelb.edu.au

Mountain Glossary

Funger/Fanger

Playing in the mountains generally entails some risk and different people have different tolerances to it. Fun and danger lie on a spectrum.

Fun: Harmless fun, no real risk.

Funger: Messing this up would probably hurt, but your mind is more focused on the fun than the danger.

Fanger: Messing this up would definitely suck. Like maybe you'd die. It's still sort of fun, but you're more focused on not dying than how much fun this is.

Danger: Not fun, you are completely focused on not dying and you're not really sure you're going to be successful.

... from the Canadian Alpine Club mag, 'The Breeze'

Social meetings 2014 — all welcome

Wednesday 28 May 2014

An introduction to Norway's Den Norske Turistforening (DNT) fantastic system of hut touring

The first social meeting of the season. Club member Dave Drohan will share his experiences of skiing in Norway via the great system of touring huts available.

Wednesday 11 June 2014

Canberra Cross-Country Ski Club Open Night & 2nd Hand Gear Sale

The club will open its doors to the public. Several club members will provide advice on the range of activities and other benefits the club offers. A range of equipment will be displayed. All club members are encouraged to attend to help promote our club. Wayne Petherbridge will also provide an update on the Perisher Cross Country Trails and what's planned for 2014 .

Wednesday 25 June 2014

The Snowy Mountains Scheme

Noel Carter, who worked on the Snowy Mountains Scheme from its earliest days, will give a presentation on the history of the Snowy Mountains Scheme . This scheme not only taught people with ski skills to Australia, but it built the roads which we now use to access the mountains.

Wednesday 9 July 2014

Norway's Nordic Resort Trails

Dave & Jacqui Drohan will talk about the joys of skiing on Norway's resort trails.

Wednesday 23 July 2014

Huts of Kosciuszko

Ian Frakes from the Kosciuszko Huts Association will give a talk about the huts that dot the landscape in Kosciusko National Park, originally built by stockmen, miners, fishermen, skiers, and SMA surveyors, and now used as popular destinations by bushwalkers and skiers,

Wednesday 13 August 2014

Telemarking Night

Graham Hammond from Mont will be talking about telemarking and the latest gear from Mont, including new telemark ski equipment currently available and their purpose, telemark skiing tips, and will show a video on telemark skiing in Japan.

Wednesday 27 August 2014

NSW SES - Alpine Search and Survival

Colin Malone from the NSW SES will talk about alpine search and survival.

Wednesday 10 September 2014

The Alpine Environment - followed by the announcement of winners of the Poetry and Photography Competition

Anthony Evans, Area Manager for Alpine-Queanbeyan Area, NSW Office of Environment & Heritage, will talk about the alpine environment. Plus, judging of this year's poetry and photography competitions!

Wednesday 24 September 2014

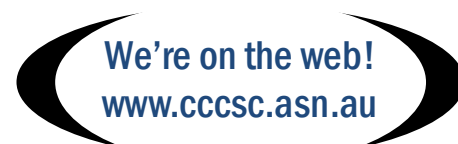
Track Skiing Overseas, and Annual General Meeting

Prior to the Club's Annual General Meeting, Warren Feakes will talk about Track Skiing overseas, tips for improving your track skills, and the Masters World Championships being held in Syktyvkar, Russia in 2014 and Vokatti, Finland in 2015.

Meetings are held at the Turner Scout Hall, 5 Masson St, Turner, Canberra (adjacent to Haig Park) on the 2nd and 4th Wednesday of every month from mid May to October. Door opens at 7.30 pm for 7.45 pm start. Light refreshments will be provided.

Club Committee Contacts

President Lachlan Kennedy	cccscpresident@gmail.com
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CANBERRA CROSS
COUNTRY SKI CLUB

PO Box 6234
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Email: info@cccsc.asn.au

Fun and fitness in the snow



Club Snow Camping Gear for hire

The following gear which is owned by the Club is available for hire to Club members. These prices are cheap. The commercial hire charge for a 2-person tent is \$45 per week-end.

Tent (Macpac 3-4 person) - \$20/weekend ; - \$30/week

Trangia stove - \$3/weekend; - \$5/week

Snow shovel - \$4/weekend; - \$6/week



Club Safety Gear for use by Tour Leaders

The Club has two Personal Locator Beacons (PLB), two GPS units and some first aid kits which are available free of charge to members leading Club ski tours.

PLB (GME MT410G)

Contact Alan Levy & Steve Warild

GPS (Garmin Etrex Vista HcX)

Contact Alan Levy & Steve Warild

