
BIRKEBEINER BULLETIN



Volume 37
No. 5.5
September 2014



Official newsletter of the Birkebeiner Nordic Ski Club

PO Box 192 Mount Beauty Victoria 3699

Telephone: (03) 57544323

Website: <http://birkebeiner.org.au>

Editor's email address blittle@netspace.net.au

This Issue:

Editor's bit	1
Hoppet Shop	2
Darcy and Phil	3
Snow Trek and Travel Mini Series	3
Junior Joey No. 2	4
Tim Tam Tommy's Farewell	4
Clubhouse Survey	5
From the President	5
Coaching Project	6
Sochi Bib handover	6
ASSSTC	7

President

57592639
0409 332 642

Vice President

Secretary

5754 4323
0422 049 207

Assistant Sec.

Treasurer

57541815
Newsletter Editor & Membership Secretary
57544174
Social Secretary
5754 1341
0407 814 114

Committee Members

Alice Hamilton		hamilton.alice.l@edumail.vic.gov.au
Allan Marsland	57544541	allan.marsland@gmail.com
Ian Franzke	5754 1281	ianfranzke@hotmail.com
Jim Gargan	5754 1785	gargan@internode.on.net
Marg Trnka	57544637	marg@trnka.com.au
Michelle Forrer	57541722	forrer.michelle.l@edumail.vic.gov.au

Ronice Goebel

ronice.goebel@gmail.com

Blair Hume

blairhume@yahoo.com.au

Trish Cross

trishacross@bigpond.com

Penny Goebel

penbel1961@gmail.com

Ann Bellingham

bellingham.kathryn.a@edumail.vic.gov.au

Bill Little

blittle@netspace.net.au

Kerry Lucas

km.lucas@bigpond.com

Editor's Apology and Hoppet Thanks

Some of the astute among you may have noticed a decline in the ability of your editor over the years. It has reached a stage where I left a complete page out of this newsletter, which is why it has been rereleased. I humbly apologise and can only plead stupidity.

I would like to add a thank you to any body who contributed in any way to the running of the Hoppet. Without you the event could not take place.

2014 Hoppet Shop

The Hoppet Shop could not operate without the wonderful volunteer efforts of Birkebeiner Nordic Ski Club members and Mt. Beauty community volunteers.



The co-ordinators would like to thank Mary Pike, Jenny Farrington, Jenny Farrington, Meg Crebbin, Gael Little, Karen Roberts, Marg Hayes, Bruce Wharrie, Joan Evans, Sue Tilley, Liz Harvey, Linda Crapper, Sandi Coleman, Beth & Ian Smith, Wendy McLelland, Ann Bellingham, Sonja Smith, Sarah Gardiner, Luise Mock, Judy Ranton, Nola Skey, Sue Veikkanen, Marion & Paul Sharman, Helen & Ian Howley, Jane Derrick, and the support from the Race Office.



Two of the Russian Hoppet skiers enjoyed their time in the Hoppet Shop.

With support from Falls Creek Resort Management, over 100 skiers were transported to the Hoppet on coaches on the morning of the Kangaroo Hoppet.

Hope to see you all again for Hoppet 25.

Trish Cross





Darcy Little and Phillip Bellingham.

The lifelong mates (Beavis and Butthead) were on a ski together on a Friday afternoon. They have not seen each other for quite some time. Darcy had taken some time off a hectic schedule as an exercise physiologist on the Sunshine Coast to come down south for a wedding and used the time to catch up with one of the athletes in his extensive stable. He caught Phil on a rest day and had to be repeatedly told to slow down. Sometimes the athlete has to tell the life coach what to do. By all accounts they had a good catch up

Thanks to Ronice for the photograph.

Images from the Snow Trek and Travel Mini Series. Sun 3/08/2014



Kate Prest with daughter Lulu



Emma Prest on the start line



Fiona McLennan with her daughter Kirsty

Thanks to Alice Hamilton for the photographs

Junior Joey # 2 – Sunday August 10th

Ten brave Junior Joeys headed out in small teams to participate in the annual snowgaine/treasure hunt. The Joeys used their map reading and skiing skills to find as many markers as they could within an hour. Thank you to the parents who skied around the trails with the Joeys and to Dean Gray for collecting the markers afterwards.

Michelle

RESULTS

Fenella Stamp Agatha Stamp Rosie Franzke Zoe Weeks (Tom and Richard)	85 points
Amy Gray Hannah Gray Zoe Gray Amelie O'Brien (Paul, Bron, Wayne)	125 points
Lucas Gray Emma Prest (Dean)	145 points



Amy and Zoe Gray find a marker

To the Birkebeiner Nordic Ski Club - farewell from Tim Tam Tommy

To the incredibly passionate ski families and community of the Birkebeiner Nordic Ski Club, I can't express enough gratitude for the unforgettable experiences you have given me this winter. From the bush skiing (crust cruising) adventures with the Birkie Juniors, the glow on the faces of the local school kids when they skied down the Boomerang for the first time, and to the willingness of all the adult skiers in the Birkie clinics in literally taking a leap out of their comfort zones to not only try but to adopt different exercises in their continuous personal progression of skiing, every single skiing experience I've had across the greater outreach of the Birkebeiner Nordic Ski Club community (school kids, junior athletes, senior racers and lifelong skiers and activists for the sport) have all been truly enlightening, inspiring, and down right fun. The embracing families I was so fortunate to stay with made me feel I was truly part of your family of skiers. Having the opportunity to live with you all side-by-side made me truly feel part of your compassionate, endearing community. All of the amazing Birkie families and members I spent time with allowed me to enrich in a vast variety of cultural endeavors from the savory tea (Tim Tams included), eclectic music, and new love of footy (GO TIG's!!!). Above all I strongly feel that from the selfless families I had the fortune to stay with, to all whom I had the opportunity to adventure with, whom I share stories with, and to those whom I kept caffeinated with in the Birkie clubhouse, these experiences allowed me to forge a truly special friendship with your entire community that I will forever cherish. Having grown up in a wide range of ski communities all my life, I can honestly say your ski club is the most enthusiastic array of skiers I have come across. Every person may have a different objective for what they hope to get out of skiing, but everyone within your club has a true love for skiing. Whether you're a scroginating chook footer or an Olympic racer, skiing

draws together everyone who simply loves to get out an go. Thank you for the opportunity to get out and go with all of you, and for accepting me into your truly embracing and endearing ski community.

Please make it known to the entire Birkebeiner community that you all are always welcome in our U.S. community; I would love to keep the incredible relationships we've developed long-lasting and will always have my door open to you all.

All my best,

Tim Tam Tom

Thomas Smith

Assistant Coach, XC Comp Team

Sun Valley Ski Education Foundation

tom@svsef.org

541-408-7833

CLUBHOUSE SURVEY

As the current lease with Falls Creek Resort Management is due to expire at the end of 2015, Birkebeiner Nordic Ski Club is committed to making upgrades to meet current regulations.

BNSC is considering the options it has for upgrades to the clubhouse. Falls Creek Resort Management has asked that our clubhouse upgrade its energy efficiency. As part of this we are also taking the opportunity through this survey and other avenues to receive feedback from our members before decisions are made.

To support this, the BNSC Committee would value members' feedback on current usage of the Clubhouse.

Please take the time to read and fill out the following short 5 to 10 min survey.

<https://www.surveymonkey.com/s/Birkieclubhouse>

Note: The survey will close at the end of September.

From the President

Yes, Winter is over but no need to summer wax and hang up the skis just yet! There is plenty of fabulous spring snow and back country to explore. Rumor has it that some grand masters of the club (and young pups) have already been out to the Fainters, Spion Kopje and Tim's Spur, to say nothing of the crew that skied from Hotham to Falls Creek last week.

The consensus is A GREAT SEASON ALL UP, and for the BNSC volunteers who ran a lot of programs, we say a huge and massive thanks. Thanks also to new committee members who put their hands up at the AGM this year. We know it is a friendly club, and people generally volunteer for the fun and friendship, for kids, and to give back to the sport. On that note, sometimes our resources were stretched, so if anyone has any ideas on how we can encourage more club members to help out with a few hours, let the committee know! (Even our "scone bake off" for Ski de Femme was great and appreciated by all.)

The newsletter and Facebook will keep you up to date on all club info including the progress of the young ones heading off overseas to compete this northern winter. Teams are yet to be announced officially, but we know there will be a lot of Birkie club members. So to them we say good luck, train hard, race hard, ski fast and have fun. It is a great opportunity!

Happy spring skiing everyone

Ronice

COACHING PROJECT

This season, The BNSC Junior committee decided to increase the “coaching capacity” and confidence of club members to assist the junior XC ski program. The committee made funding available to subsidize by 50% the cost of the course. Eight Birkie club members signed up for the on snow component of the Level 1 Coaching Course, and some will go on to complete the whole course. Alison Mc Ardle ran an excellent course and passed on the latest in skills and drills, and technique in both classic and skate. There will be spinoffs for others of course, and Michelle Forrer, Kate Prest and Alice Hamilton have already used that knowledge at Ski de Femme. The other significant ‘project’ was hosting an International coach to support the junior program, and this year, Tom Smith from Sun Valley Idaho filled that role superbly by providing friendship and technique analysis to young and old(er) alike.



Getting some pointers so we can give some late one arvo



THE HAND OVER....the Sochi bib! Phil handing the president his bib from Sochi to go with the rest of the Olympic bibs.

ASSSTC

The Australian Secondary Schools Snowsports Team Championships (ASSSTC) have been held annually since the 1960's and consists of a three day carnival of cross country, alpine and snowboarding team events.

The cross country events consist of a boys and girls classic race where the times of the first 2 members of your team are combined, a boys and girls 3 person relay and additional team members may participate in the mixed reserve relay.

Ronice Goebel and Brian Keeble set a fun and challenging course for the competitors allowing those students who had never raced (or xc skied for that matter) to have a go. Footy shorts seemed to be the trendy race attire for 2014. The students and officials all appreciated using the new race bibs as well.

The Mount Beauty Secondary College Team participated well in all the cross country events usually placing second to Wangaratta High School. One of many highlights was the reserve team lapping every other team in the race and coming home clear winners. MBSC were able to win a number of other events over the three days and claim the championship trophy from Snowy Mountains Grammar for the first time in 11 years. They also won the overall boys category and the snowboarding category.

The MBSC boys also won the boys Joey Hoppet trophy this year. Tom Smith proved an inspiration to many of our students this season and we had the highest participation rate in the Hoppet in many years. The support from the Birkebeiner ski club in providing coaching over the past three years has been fantastic for our students, thanks so much.



The whole team



The cross country section



The team was:

Tom McMahon, Paige Dillon, Mitch Passuello, Kenton Ford, Sarah Hodge, Ebony Tanzen, Charlotte Rookes, Ben McIlroy, Marvin Smith, Nic Blackwell, Kira Grace, Ella Gould, Millie Smith, Jared Cook, Jarrah Forrer, Liam Hood.

The start of the cross country classic race

2014 Hoppet Shop

The Hoppet Shop could not operate without the wonderful volunteer efforts of Birkebeiner Nordic Ski Club members and Mt. Beauty community volunteers.



2 of the Russian Hoppet ski time in the Hoppet Shop.