
Birkebeiner Bulletin

Volume 38 No 2

June 2015



Official Newsletter of the Birkebeiner Nordic Ski Club

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Bulletin copy closes the 1st of each month — April to October

President's Report

Ronice Goebel



Welcome everyone.

2014/15 has been a busy year with plenty of behind the scenes activity. BNSC is a growing club that continues to be valued for its friendly atmosphere, efforts to promote XC Skiing and provide opportunities to enjoy the sport at any level.

During the past 12 months BNSC has successfully conducted many events and projects including:

- Annual casserole dinner which was held at Bogong OEC, with guest speaker, Tim Cope, adventurer and author.
- Presentation of Ian Ryan Award to Trisha Cross
- Junior training camp at Bogong with two days of on-snow ski coaching,
- Popular Ski de Femme
- The Birkebeiner Classic, which is part of the interclub series, and interclub relays
- The Rocky Valley Rush
- The Australian XC Ski Championships
- XC Ski clinics for club members
- Coach Education opportunities – increasing coaching capacity of BNSC
- Junior Joey on-snow fun days,
- Junior Birkie coaching days each Sunday
- OS Coach Project (Tom Smith from Sun valley Idaho took on role of junior coach)
- Mid-year dinner at Roi's Restaurant
- 24th Kangaroo Hoppet international ski race
- End-of-year BBQ by the lake in Mount Beauty
- Cub working bees for trail infrastructure and club house
- Club house Survey
- External and Internal Club House Renovations

BNSC has regular monthly newsletters from May to November, a website which has been updated regularly, a Facebook page, and emails to members highlighting coming events. BNSC continues to be an advocate for XC Skiing in Victoria and sends representatives to SXCVC

Several members representing Australia at World Senior Championships in Falun Sweden, World Junior and U23 Championships in Kazakhstan, and World University Championships in Slovenia, received club grants for overseas competition costs. Finn Marsland was wax tech and coach for the team in Kazakhstan and Sweden, and Brian Keeble was manager to Sweden.

Recently, the club has held three working bee days, clearing trails, moving fallen or obsolete snowpoles, and cleaning or improving the clubhouse.

Some special thankyou's are in order as people retire from positions.

Outgoing secretary, Trish Cross, who has done an impressively meticulous job maintaining records and minutes, handling all the correspondence, and generally ensuring everything gets done. Trish has been tireless in her efforts and has responded to numerous requests from me to produce documents and information for all manner of things. Trish's diligence and generosity is all the more impressive as her non skiing back ground has not in any way impinged on her reliability and efficiency. Huge thanks to Trish who has filled this role since 2008.

Outgoing membership secretary and newsletter editor, Bill Little, in his cheery, original and generous manner has done this job since the year 2000. Bill has maintained our register, grappled fearlessly with the online membership system and has done a consistently fantastic job with our monthly newsletters. Until recently, Bill has also been the stalwart for our events, managing the timing for our races, and maintaining timing equipment, and has continued to be an ongoing consultant to the Trnkas who have taken on the

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Office Bearers 2015/16

Officers

President	Ronice Goebel
Vice President	Blair Hume
Secretary	Doug Hamilton (03) 5754 1826
Treasurer	Ann Bellingham
Social Secretary	Kerry Lucas

Ordinary Committee Members	Margaret Trnka Jim Gargan Ian Franzke Allan Marsland Michelle Forrer Alice Hamilton Penny Goebel Nick Wright
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Volunteer Positions

Bulletin Editor & Website Administrator	Paul L'Huillier
Membership Secretary	Helen L'Huillier
Clubhouse Stewards	Tony Keeble & Megan Benne
Ski de Femme Co-ordinator	Ronice Goebel
Skidoo Steward	Ian Franzke
Bush S&R Victoria Delegate	Ian Franzke

Committees

Race Committee	Margaret Trnka (Secretary) Michal Trnka Nick Wright Ronice Goebel Paul L'Huillier
Junior Committee	Michelle Forrer (Convenor) Ronice Goebel Kate Prest
Search & Rescue Committee	Ian Franzke (Convenor) Jim Gargan
Club reps. on Hoppet Board	Bill Little Ronice Goebel
Hoppet Race Committee	Bob Flower (Chairman) Allan Marsland (Race Director) Helen L'Huillier (Secretary)

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task in the field. For those who like history, Bill's stories are testament to his active contribution as S&R member. For his many years of service we are indebted and extend huge thanks, wishing him happy travelling.

Treasurer Ann Bellingham, who has taken on the task of handling the MoneyWorks system and efficiently tracking our finances and advising the club on budgeting issues.

Vice President Blair Hume who has picked up the reins and has actively promoted the working bees and liaised with FCRM to improve the trail system.

Allan Marsland, long time committee member, who continues with wise council and advice on any number of matters including our dealings with Skiing Australia, Falls Creek Resort Management, SXCVic and of course the Kangaroo Hoppet .

Tony Keeble and Megan Benne for overseeing the highly

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valued and comfy Birkie Club house. Tony was instrumental in developing the club house survey and then ensuring some of the issues raised could be addressed by some alterations to the kitchen area, and placing others on an agenda to be addressed.

Social secretary, Kerry Lucas, for organising all our social events, venues and highly engaging guest speakers.

Ronice and helpers for organising our Birkie OS Coach Project, the Junior program, Ski de Femme day with Alice Hamilton and facilitating opportunities to increase the coaching capacity of BNSC club.

Michelle Forrer for organising our Junior Joey program and the always popular Junior Birkie camp in July.

Ian Franzke for co-ordinating the Search and Rescue group, maintaining the skidoo and ensuring members are qualified to drive the thing. Jim Gargan also continues to provide wisdom and expertise to the BNSC S&R operations. To all S&R volunteers, your efforts are valued and have been gratefully recognised by those affected.

The race committee, Marg Trnka (race secretary), Bill Little, Paul L'Huillier, Michal Trnka and Nick Wright for organising races conducted by BNSC. Our other Committee members for their input and assistance in conducting club events and making decisions.

Paul L'Huillier for researching and organising the importing of the new *polycarbonate fence poles* from Italy. It took foresight and persistence to see it through, but new poles have made race fencing preparation a lot easier.

To all of our general members who help out at our many and varied activities in many big and small ways responding to requests to help out. Thankyou, everyone. It is through the contributions of our members that the club continues to grow and thrive to the benefit of our community and those

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2015 Activities Calendar

May		
Sat 23	• Working Bee - Clubhouse, Race Hut & Trails	Blair Hume
June		
Sat 6	• Casserole Dinner – (Outdoor School-Bogong) <i>Also the official Opening of the Ski Season</i>	Kerry Lucas
Wed 17	• Mt Beauty Primary School Ski Sale – Community Centre 10am–1pm • Committee Meeting: 7:30pm — Hoppet Office	Doug Hamilton
July		
?	• Mid-Season Dinner	Kerry Lucas
?	• Junior Birkie Coaching (refer to club website for timetable)	Ronice Goebel
?	• Adult Instruction Clinics (TBA)*	
August		
?	• Junior Birkie Coaching (refer to club website for timetable)	Ronice Goebel
?	• Adult Instruction Clinics (TBA)*	
Sat 1 & Sun 2	• Australian Junior Championships (BNSC are the organisers)	Margaret Trnka
Sat 15 & Sun 16	• Australian Senior Championships (BNSC are the organisers)	Margaret Trnka
Thur 20	• Falls Creek Invitation Night Sprints	Finn Marsland
Sat 22	• Kangaroo Hoppet 9:30am (7, 21, 42km F)	Helen L'Huillier
November/December		
?	• End of Season BBQ by the lake *TBA (to be announced)	Kerry Lucas

Junior Calendar

June	
Sun 28	— Snow, Trek & Travel Mini Series #1 (C) – 11am
July	
Sun 5	— Junior Joey #1. Meet at the Nordic Bowl Falls Creek– 11am
Sat/Sun 18/19	— Victorian Junior XC Championships (Sprint (C), Distance (F)) — Falls Creek
Sun 26	— Snow, Trek & Travel Mini Series #2 (F) – 11am
August	
Sat/Sun 1/2	— Australian Junior XC Championships (Sprint (C), Distance (F)) — Falls Creek
Sun 9	— Snow, Trek & Travel Mini Series #3 (C) – 10:45am
Sat 8	— Junior Joey #2. Meet at the Clubhouse Falls Creek at 11am for a snowgaine event.
Sat 22rd	— Joey Hoppet. Nordic Bowl Falls Creek at 9:50 (7km) (F)
Wed 26–Fri 28	— Australian Secondary Schools Ski Team Championships
Sun 30	— Junior Joey #3 – Meet at the Clubhouse Falls Creek at 10am for a family fun day in the Nordic Bowl. Snow, Trek & Travel Mini Series #4 (F) starts at 11am. Following the Mini Series event there will be a BBQ.
<p>Junior Joey events are run by parents and usually involve such activities as: novelty races, bumps and jumps, fun games and activities, snowgaines and family dress-up days. The juniors then progress to the Birkebeiner Junior Program (Junior Birkies) which gives the children an opportunity to improve technique and further develop their personal skiing skills.</p> <p style="text-align: center;">Contact – Michelle Forrer – Mob: 0417 206 672 – Email: <mishforrer@gmail.com></p>	

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who love this sport.

Finally, many splendid and grateful thanks to Jim Crebbin as co-ordinator driving the club renovation compliance project, and Rob Boland and Mike Smith for taking on the monumental and time consuming job of club house renovations that has included installing double glazed windows downstairs, and recladding of the exterior. Jim has put in the lion's share of the work to ensure the club house is ready for winter 2015.

Lastly, may we have a consistent snow cover for this ski season, continued camaraderie and enjoyment for our members.

The World of Marathon Skiing!

Created in 1978, the Worldloppet is an International Ski Federation of cross-country ski marathons uniting 20 races on 5 continents.



Clubhouse Report

Tony Keeble & Megan Bennie

Hi all.

What a great 12 months!

Megan, I and the girls have really enjoyed our first 12 months as clubhouse managers.

We had a lot of support from other members last winter, helping us clean up on Sunday afternoons, so a big thank you to everyone who has helped.

Obviously the biggest achievement during the past 12 months was the survey of members regarding the use of the clubhouse. Once the results were in and the BNSC committee met, a course of action was established.

The following actions have arisen as a result of the survey and the committee's direction:

The stove was removed. It was removed by Kevin Moorman. Kevin also put in some extra power points.

1. The fridge was removed and given to the Mount Beauty & District Men's Shed.
2. Drawings of a new bench were handed to Len Plum. A new bench has been installed.
3. A new microwave, sandwich maker and urn were bought to help during the busy times.
4. The capital works have occurred and the clubhouse has a great new exterior including double glazed windows.
5. A huge thank you to Jim and his workers. The work is completed.

Also, last year saw the changes in layout. This seemed to go well. We have not suggested any changes to this and to continue with the present structure for another year.

We are looking forward to this winter and another year as clubhouse managers.

2015 Membership Now Due

This is a new membership system. [<Click here to join>](#)

Ignore any request for a password at the start. If your email is recognised, look for the link "Start a new membership" with this address.

Families: Please enter just one adult for the family membership, and then list the other family members in the box provided. i.e. only one form to fill in, and one payment of \$75.

Couples or parent and child: Enter one adult, then click on *add another person* before checking out. You may need to create a password to add the second person. There is no need to create another password for the second person before proceeding to checkout.

Having trouble? Contact Helen L'Huillier:

- Tel: (03) 5754 4606
- Email [<helenlhu@bigpond.com>](mailto:helenlhu@bigpond.com)

Search & Rescue Report

Ian Franzke

It has been a busy year for the search and rescue team with members participating in searches both in the local area and away. We have received a number of thankyou cards from victims and their families. Thankyou to everyone that has helped out over the year. Below is a copy of the search reports from BSAR that we have been involved in.

Missing boy Lake Eildon after 5 day search – April 2015

The search for Luke Shambrook in Fraser National Park near Eildon resulted in him being found alive after a five day search.

A total of 63 BSAR members contributed to the search effort including 55 searchers, 2 Police Liaison Officers and 6 Peer Supporters. A BSAR searcher found the boy's hat in dense bush during a line search on day four. He was spotted by helicopter on day 5 then carried out to safety. *Frank Zgoznic, BSAR Field Organiser.*

Missing snowboarders on Mt Bogong –13/15 July 2014

Two snowboarders failed to return home as expected from a trip to Mt Bogong on Saturday evening 12 July. Police initiated a full BSAR callout of both north east and Melbourne members early Sunday morning. Three BSAR members from the Birkebeiner Nordic Ski Club at Mt Beauty quickly responded, climbing to Michell Hut where the men's tent was situated, and commenced searching the debris below a recent avalanche site that had been located off the east side of the upper Eskdale Spur.

On Sunday evening a large team of Police Search and Rescue and additional BSAR members from Melbourne climbed to Michell hut and prepared for a large scale search effort. Searching the avalanche debris located one victim on Monday morning. As the fate the two men was now tragically clear, on Monday evening all BSAR searchers were flown off Mt Bogong by Police helicopter.

The following day, Tuesday 15 July Police SAR located the second victim. Another call was made on BSAR members from the Birkies Club, with eight members returning to Michell Hut to assist in the recovery operation down to Camp Creek Gap.

Bush Search and Rescue Victoria extends its sympathies to the family and friends of Martie Buckland and Daniel Kerr.

Mt Bogong callout 5-6 July 2014

Police received a triple 0 call from two men lost on Mt Bogong on Saturday 5 July, who had become separated from the rest of their party in bad weather. Police requested BSAR assistance. Five BSAR members from the Birkebeiner Nordic Ski Club at Mt Beauty responded at short notice to the BSAR local call-out and ascended the Staircase Spur during the night. In the early hours of Sunday morning they located the two men in their collapsed tent near the top of the Staircase Spur. Both were thoroughly soaked, severely hypothermic and dehydrated. The men were moved into tents and carefully warmed over the next few hours.



Once sufficiently re-warmed, each man was moved down to Bivouac Hut for further treatment, now assisted by members of Police Search and Rescue Squad. At Bivouac Hut additional BSAR members from Melbourne and Mt Beauty, as well as local SES personnel, assisted in getting the men off Mt Bogong. This was successfully achieved by the end of the day. Both men made a full recovery.



Bogong Rescue 1st call-out - Birkie BSAR team — From Left: David Panozzo, Bob Flower, Roger Blackwell, Marty Erickson & Matt O'Keefe (Ambulance Officer not in photo)



Campsite, Staircase Spur. Photo: Bob Flower

Social Activities Report

Kerry Lucas

Casserole Pre-Season Dinner – Sat 14th June 2014 – This was held at the Bogong Outdoor Education Centre with around 70 guests attending.

The guest speaker Tim Cope gave a very memorable talk and slide show about his adventures in Mongolia. The Ian Ryan Award was given to Trish Cross. Everyone had a good night!

Rois Dinner – 24th July 2014 – 41 people attended the Mid Season Dinner which is about the same numbers as previous years. The Club paid \$15 per head and each person paid an extra \$20 for their 2 course meal. It was great to see so many members socialising and enjoying time off the snow.

End of Season BBQ 23rd November 2014 – 45 members attended the BBQ at the pondage. The weather was good, and the club spent \$ 123.25 on the catering.

Membership Report

Bill Little

430	Members that belong to families
73	Individual Seniors
33	Individual Juniors (many juniors are part of family memberships)
7	Life members
3	Associate members
21	Search & Rescue members (note: other S&R members would have family or individual senior memberships)

The Worldloppet

in numbers:



- Brings together over 130'000 skiers per
- 16'541 passport holders in 49 countries the world.
- 3900 masters titles awarded.



Media Report

Alice Hamilton

Blair Hume phoned local papers and provided me with a list of contacts – Thanks Blair

Article: *Birkebeiner Nordic Ski Club Gears Ups*. Sent to KV Observer, Border Mail and This Week. Published in This Week

Meeting with Finn Marsland to discuss the promotion of xc skiing through media. Finn is yet to send through a document from SSA with details and recommendations for clubs. Liked what we were doing at BNSC. Encouraged us to promote through Twitter and Instagram and this message was passed on to our club members – thanks to those that have been posting their pics.

Article: Tom Smith sent to KV Observer (thanks to Trish Cross for the contact) Published with a big edit.

Felt XC skiing and club events were covered quite well in This Week thanks to Kat Paul.

Made an effort to take photos of club members out and about (e.g. Pub to Pub) and sent to Bill for the newsletter.

Ideas for 2015? Happy for ideas on how to build up the BNSC media presence.

Remind club members to promote and share their skiing experiences through Instagram at the beginning of the season #fallsxc

Junior Report

Michelle Forrer & Ronice Goebel

Junior Joeys:

The 2014 ski season saw three Junior Joey events scheduled. These events were not listed on the Race Calendar unlike previous years to make the focus more towards our junior BNSC members. The three events were all held on Sundays, starting at 11am.

The first event involved a fun games and skills session in the Nordic bowl. This was very well attended (about 25 skiers) with sunny weather and fresh snow. Thank you to Jim Gargan and Alice Hamilton for running this event and to all the parent helpers.

The second event commenced from the clubhouse and saw the Joeys negotiate their way around a 'Snowgaine' in small groups. There were 12 Joeys and each group was assisted by parent helpers. Thanks to Dean Gray for collecting the markers at the end of the day!

The third event was combined with the final Snow Trek and Travel mini series and as Bob and Lynn Marie Cranage had already planned races, relays and lazer shooting it was decided that the Family Fun Day would involve the Joeys participating in these activities with

BNSC providing sausages in bread and slushies. Thank you to Andrew and Kate Prest for organising and cooking the BBQ. There would have been around 10 BNSC families in attendance on this day.

Kate Prest has enthusiastically agreed to take over the running of the Junior Joey program for 2015.

Junior Birkie Squad:

Junior Birkie Camp – July 7/8th: Thirty five amazingly talented and fabulously mannered Junior Birkie skiers between the ages of 10 and 14, gathered together for some fun times and awesome cross country skiing.

The skiers spent the first day on classic skis, fine tuning their skills and enjoying the fantastic sunshine and off track skiing. The second day saw some skating skills clinics on firm snow, in foggy and freezing conditions. A special thank you to the wonderful parent helpers; Johanna Pihkanen, Ewen Silvester, Matt Flanagan, Therese Harrison and Conrad Forrer.

Also, a big thank you to all the fantastic ski instructors who kept the juniors safe and engaged during their lessons; Tom Smith, Ronice Goebel, Matt Flanagan, Ewen Silvester, Nicole Rundell, Emma and Hugh Pollard.

Junior Coaching

For 2014, BNSC, in partnership with the Kangaroo Hoppet and the Victorian Junior XC Ski Team, provided a grant to invite an Overseas skier/coach to conduct a junior coaching program. Tom Smith from Sun Valley in Idaho took up the offer and was an energetic inspiration to our juniors, and seniors alike. He also coached Mt Beauty secondary college and local primary schools. Tom was billeted by BNSC families and made many friends in the valley. Two of our juniors, Kat Paul and Abe Wright, and U23 athlete Casey Wright spent our summer at Sun Valley in an elite skiers program that was facilitated by Tom having been a visitor to our club. In summary, the OS Coach Project has been deemed a success from many perspectives including the international cultural exchange front.

The first stand alone Australian Junior Championships for a number of years were held at Perisher in NSW. BNSC sent a large contingent, and was well represented on the podium in most age groups.

For 2015, BNSC has made available funds to contribute to the *OS Coach Project*. Hopefully this will happen, but is yet TBC.

Late announcement: Yes it is confirmed. The Club and Vic Junior Squad have Eric Storvall from Finland coaching here this winter. Offers to billet Eric for two weeks to Ronice please.





Remote Terrain Stretcher Wheel & two Furno Split Rescue Stretchers

Jim Gargan

Birkebeiner Nordic Ski Club's Search and Rescue Group had an unusually busy year in 2014, in particular with searches, rescues and retrievals on Mt. Bogong.

As a member of the State wide group Bush Search and Rescue (BSAR), affiliated with Bushwalking Victoria, the BNSC group is called out by Police Search and Rescue or local Police. BNSC-BSAR is often called out into the field as the first line of response in the alpine environment for local incidents while larger groups are gathered, equipped and transported from Melbourne.

Members of BNSC-BSAR also travel to incidents in other parts of the State when called, such as recent searches at Eildon.

The heavy involvement in incidents on Mt Bogong last year highlighted the need for specialist rescue stretchers and transport systems that were easily accessed locally.

Mt Beauty Rotary Club, Bendigo Bank, Upper Kiewa Valley Lions Club and BNSC generously combined resources to obtain a Remote Terrain Stretcher Wheel and two Furno

Split Rescue Stretchers.

In combination, BNSC-BSAR, Police and Ambulance now have access to both stretchers and the wheel.

This equipment makes carrying a patient over rough terrain much, much easier than having to manually do the same job without this equipment. This will benefit not only the recipient of our care, who should experience a quicker and more comfortable rescue, but also the BNSC-BSAR, SES, Police and Ambulance Officers who will have a much less exhausting job and reduce the risk of injury to search and rescue personnel.

The new equipment was presented at the BNSC AGM with representatives from BNSC, Rotary, Lions, Mt Beauty Police and Ambulance Victoria.

Note: If interested in joining the S&R Group contact Ian Franzke (co-ordinator):

- Mob: 0438 066 669,
- Email: <ianfranzke@hotmail.com>.



From left: Bob Flower (Rotary Club), Peter Dilley (Police), Ian Ross (Ambulance), Ian Franzke (BNSC) & Bill Sutton (Lions). Jim Gargan in the stretcher.



Birkebeiner Nordic Ski Club Inc.
Annual Financial Summary
 For the year ending 30th April 2015

1. Overview of year

1. **Net Worth of the Club** — **\$77,896.72** Deficit of: \$7,068.89.
2. **Bank Accounts** = **\$51,026.25** — (2013/14 \$53,507.59).
 - *Cheque Account* balance **\$7,626.32**
 - *Term Deposit* totals **\$43,399.93**.
3. **Total Income** — Actual: **\$22,993.79** (2013/14 — \$23,045.47).
4. **Total Expenses** — Actual: **\$30,052.68** (2013/14 — \$17,860.70).
5. **Deficit** for the year was **\$7,068.89** (2013/14 — \$5,184.77 Surplus).
 This was after the Club paid out \$9,317.49 for leasehold improvements, \$3,500.00 for athlete grants, \$1,235.00 for an overseas coach, \$2,971.05 for polycarbonate poles (after donations) and brought \$4,736.55 depreciation of fixed assets to account.
6. **Memberships** — Actual: **\$6,944.70** (2013/14 — \$5,857.18). The Club uses The Active NetWork organisation to administer our Online Membership payments.
Note: fees - Family \$75.00, Individual \$35.00, Junior \$25.00, Associate \$25.00.
7. **Hoppet Management Fee** — **\$7,266.00**— (2013/14 \$6,910.00)
8. **Race & Junior Development Program** — Birke Classic, National Championships, Rocky Valley Rush, Junior Camp at Bogong and the Ski de Femme were organised. Income from races was \$4,731.59 and expenses were \$1,359.02 leaving a profit of \$3,372.57.
Skidoo costs were \$1,331.58 and hire income was \$400.00.
9. **Grants** - In February the Club was successful in gaining *Two Junior Vic Talent Grants* of \$500.00 each.
10. **Depreciation Expense** of **\$4,736.55** was brought to account at year end. This was calculated as 10% of the written down value of our Fixed Assets. The value of the clubhouse furniture and fittings was also reduced to better reflect the Net Worth of the Club.

2. New capital purchases

1. The club purchased new polycarbonate fence poles and a drill & bit to put them in, thanks to the work of Paul L'Huillier. The total cost of the project was \$6,746.00. The club paid \$2,971.05 after donations were received.
2. The Clubhouse lease expires in 2016. So far the major costs to comply with a new lease have been windows and cladding. There will be more expenses to come, including electrical compliance work.

Ann Bellingham
 Treasurer
 (10 May 2015)





**A letter from Abe Wright
(National Junior Team Member)
in regards to a grant he received**

To BNSC,
Thank-you very much for your generous support in helping me have an amazing northern winter in Sun Valley, Idaho, USA. My time away consisted of three months in Sun Valley. Here I skied with the Sun Valley Ski Education Foundation with my sister Casey and Kat Paul, who are both Birkebeiner club members. My trip concluded with two weeks in Truckee, California, where I competed in the US Junior National Championships.

I competed in a number of Junior National Qualification races held in the mid-western states, which allowed me to represent Australia at the US Junior Nationals. Despite this being my first major international competition, I still managed to achieve my best result of the season. I finished 38th in the 15km Classic mass start race.

This season allowed me to gain a valuable insight into life as a professional skier. I believe that the experience that I gained has drastically improved my skiing ability, and now I am setting my sights on the 2016 Junior World Championships in Romania.

Once again, thank-you for your support. I am looking forward to seeing you all out on the trails this season.

Abe Wright



Junior Nationals Skate Sprint Qualification

**Eric Storvall
Club coach from Finland**



I am a 26 year old cross country skier from Finland. I am brought up in a small place called Kronoby on the west coast of Finland about six hours north from Helsinki. Five years ago I moved to Sweden to study sports medicine. After graduating this spring I moved back to Kronoby where I currently live. Right now I am skiing on a semiprofessional level and also running a coaching business (ES Endurance) as a part time job.

I am from the Swedish speaking minority of Finland. My mother's tongue is therefore Swedish and my second language is Finnish. In Kronoby about 80% of the population speak Swedish. The landscape here is very different from yours, I think. There are no mountains, only flat fields, forests, swamps and the Baltic Sea. We ski at sea level and the terrain is very flat.

I cannot remember when I started to ski. I have probably been skiing ever since I was able to walk. My father is a former skier. He was the one who introduced me to cross country skiing. I started skiing seriously at the age of 16 when I started studying in a high school for cross country skiing. I have three medals from the junior national championships and also represented Finland in the junior world championships. Since then I have been competing in national level and Scandinavian Cup competitions.

My family members are: My mom Agneta and my father Stefan. My siblings are Emma 22 years, Anton and Fanny both 17 years. All of my siblings are active cross country skiers. My father is still competing in veteran competitions. The only one in my family who is not skiing is my mother.

I like being outdoors in the nature and spend a lot of time training. When I am not training or working I enjoy spending time with friends and playing the guitar. I have four guitars and I will for sure miss them in Australia.

I have travelled a lot but I have never been outside Europe. I am looking forward to get to know you and to experience the Australian winter!

Regards Eric





Clubhouse Renovations Update

Jim Crebbin

On Sat 23 May, the scaffolding around the clubrooms came down revealing a shining, brand new exterior.

This is the result of a total of 47 volunteer days by 12 Birkie members, under the watchful eyes of Jim, Mike Smith, and Rob Boland. Interestingly 36 of these days were done by the over 60s.

Special mention should be made of a couple of bods. Firstly Mike Smith who willingly lent us his magnificent scaffolding, delivered it, and directed its erection, as well as helping with the cladding. His gesture saved the club a bucket of money, seeing the weather delayed the progress of the works, it was on site for ages.

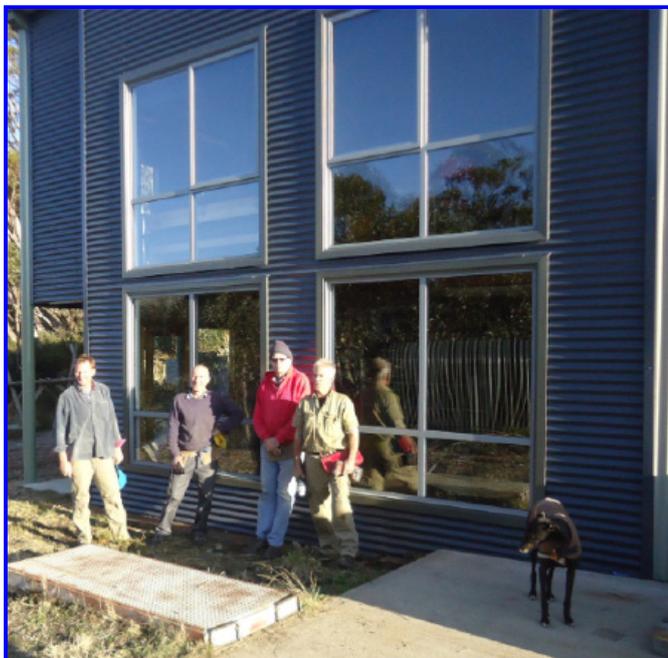
Rob Boland and his mate Paddy ensured the cladding went to plan, and their efforts are there for all to see, hopefully for ages.

My thanks go to all who helped me when help was needed, but I must mention Phil Evans, who turned up on 5 occasions, and would have done more if it wasn't for a broken rib. (And he never uses the club rooms!!)

All that needs doing now is to get rid of those b—y skidoo trailers. How about it?

To see a **slideshow** of all the renovations click this link:

<http://birkebeiner.org.au/clubhouse/clubhouse-history/>



Successful completion of a major project - Congratulations to: From Left:: Rob Boland, Jim Crebbin (co-ordinator), Bill Little and Paddy plus all the other volunteers who made it happen.

Pre-Season Casserole Dinner

Kerry Lucas

When: 6.00 pm Saturday 6th June 2015

Where: Outdoor School – Bogong Village

RSVP: By **Wednesday 3rd June** to Kerry Lucas:

Email: <km.lucas@bigpond.com>

Tel: 5754 1341 or **Mob:** 0407 814 114

Parking — It would be best to drop off food and passengers then park down at Bogong Jack's Cafe. Parking is limited around the School.

Food — Bring food to share (singles - a casserole or dessert, families - casserole and dessert), plus your own drinks and glasses. There are plastic beakers for kids' drinks. Plates and utensils are provided.

Children- Main course dinner for the children will be served first at 6.30 and then be supervised by some of the older children.

Guest Speaker

Dr Etheridge is an atmospheric scientist with the CSIRO Oceans & Atmosphere Flagship. Title of his presentation is:

— **An inch of powder on a mile of base** —
Science on the polar ice caps from a snow sports perspective

His research involves ice sheets, solar radiation and the gases in the atmosphere that affect climate and stratospheric ozone. He has led eight research expeditions in Antarctica and Greenland. He is also working with the energy industry to address the problem of greenhouse gas emissions.

While at the poles, David makes the most of the environment as a keen skier and climber. His presentation will give insights into the scientific and outdoor activities of these special places.

- Second hand equipment sale (bring it along, someone may buy it. Label it with your name and the asking price).
- DVDs and other activities for the kids.
- Lots of talk, It's a great night to meet members & get fired up for the coming season.
- The *Ian Ryan Award* will be presented
- Two *Victalent Grants* will be presented.
- New & old members most welcome.



Department of
Transport, Planning and
Local Infrastructure



Sport and recreation



Birkie Bits

by Nordic Ned

Committee positions

Retirees — A big thank you to our two retiring committee members, Bill Little and Trish Cross. Bill has been membership secretary and Bulletin editor for the past 10 years and in the past has held many other positions within the Club. He is a life member and represents the Club on the Hoppet Board. Trish was secretary for seven years and her efficiency and dedication to the role was impressive and very much appreciated by the committee. She is in charge of Hoppet merchandising and co-ordinates the Hoppet Shop during Hoppet week.

New members — We welcome onto the committee Doug Hamilton (secretary) and Nick Wright (ordinary member). Nick is also on the Race Committee.

Clubhouse renovations

This has been an ongoing project for the last 8-10 months including all the planning. Jim Crebbin was asked to take on the role of Project Manager and did a great job to see the project completed during the working bee of 23 May. Refer to page 10 for Jim's report and to our website for all the photos. Look under Clubhouse > History.

Falls Creek Master Plan 2014

Click [\[HERE\]](#) to open a pdf file of the 2014 Falls Creek Master Plan. Cross country plans make interesting reading.

Hoppet 25 Faces

Club member Kate Prest is the driving force behind this latest Hoppet promotion. She is working with Helen L'Huillier to get the 'Faces' to the public each week. As of this week Face #14 has been published — *The Gray Brothers*.

New Race Timing System

The Club is currently investigating the purchase of the latest electronic timing system as the one that has been used and added to over the last 20 years has now passed its use by date. Thanks to Michal Trnka and Bill Little for doing the homework on this. It will not be a cheap purchase if the club decides to buy. We are looking at partnerships with other organisations and grant applications to reduce the cost.

National XC Skiing Website

Click this link to check it out <www.ausxc.com>. The National Race Calendar can also be viewed on the site.

Sport & Recreation Vic - Victalent Grants*

Recently the Club was awarded two Victalent Grants of \$500.00 each. These will go to two deserving juniors and presented at the Casserole Dinner.

**Victalent grants assist with the cost of travel for competition and training so that country Victorians have the chance to play sport and get more active, more often.*

Billets needed for our Overseas Coach

It's great news that Ronice has again been able to secure the services of an overseas coach for the season (refer to profile page 9). If you live in Mt Beauty... can you offer billeting for two weeks? Can you share your home and a bit of good Aussie hospitality with our Finnish coach Eric?

Please let Ronice know ASAP if you can assist **Mob:** 0409 332 642 or **Email:** <ronice.goebel@gmail.com>

BNSC has a great history of welcoming overseas visitors, and our current overseas coach invitation project, extending over the last few years has proved to be successful. This project has been a part of future planning and building the coaching capacity of BNSC by the sharing of expertise and ensuring ongoing junior development as a priority. Apart from an insight into international skiing, great friendships have been forged, and connections have been made for our elite skiers. Importantly, the xc ski community has benefited and the cultural exchange and fun have been highlights for everyone.

Doug Hamilton - New Secretary Profile



Doug started cross country skiing in 1982, while living in Melbourne, and most of his early years were spent skiing at Lake Mountain. He worked for 37 years in the public service, but loves the outdoors, so is glad to have retired last year to Mount Beauty. Although he has lived most of his life in Melbourne,

Doug has family back a long way in the North-East. He has completed 7 Birkebeiner and 7 Hoppet races, and also likes a little bit of kayaking, fishing and cycling.

Snowracer Insurance

Snowracer is a free membership registration for recreational snowsport competitors of all levels. The free Snowracer registration includes \$500 of personal accident and \$1 million public liability insurance cover for participants in ski or snowboard events in Australia. This will provide customised insurance cover for your members while competing in almost any ski/snowboard event this season including club events, ski school races, interschools etc.

You will find further information regarding Snowracer and its many benefits as well a simple registration process via the Snowracer website below.

Note: The Club is not going to register club members. It is the responsibility of club racers to sign up directly via the Snowracer website.

Click this link <www.snowracer.com.au>

Junior Birkie 2 Day Camp

The popularity of this junior camp was indicated with the camp being oversubscribed within two days of the applications opening.

It is being held on Monday 6th and Tuesday 7th July with the 24 juniors being accommodated at the Outdoor School Bogong. Michelle Forrer has been the co-ordinator for a number of years and does a terrific job supported by husband Conrad, parents and coaches.



Children's Pulks on offer (free)

For some years the clubhouse had two children's sleds (pictured below) for members' use. Two years ago they were removed, following the purchase of a state-of-the-art chariot and have been taking up space in the Hoppet storage area ever since. Does any member want one at no cost? Please contact Paul L'Huillier, 0400 056 247 ASAP before they go to the Mount Beauty Primary School Ski Sale this Saturday 6th June.



Working Bee – 23 May

On Saturday 23rd May a major working bee was held at Falls Creek centred on the clubhouse, race hut and the Paralyzer hill (Nelse Track) where drainage work was done. Thanks to the 17 volunteers who turned up, and to Blair Hume who co-ordinated the effort.



Workers measuring sections of fencing, cutting to size, labelling and storing in the Horseyard Hut ready for Hoppet setup day.

Volunteers enjoying lunch thanks to Alice Hamilton, Trish Cross & Ann Bellingham



Junior Birkie Coaching Program

The Junior Birkie Coaching Program is on every Sunday, from 10.45am until 12.30pm and is planned to start mid July. It is for grade 5 and up skiers who are, or may be, interested in racing. Parents will need to register the junior skier for the program and fill in a medical.

This program is aimed at developing technique in order to ski faster and more efficiently in a friendly environment, is age specific and takes into account the readiness to want to learn and to improve. The focus is fun but a big step up from Junior Joey's.

Keep an eye on the website < <http://birkebeiner.org.au/programs/junior-birkie/> > for announcements.

Looking Back...

In the winter of 1990 the Victorian Minister of Sport & Recreation Steve Crabb was visiting Falls Creek. The Club could not let such an opportunity slip by without briefing him on our plans to gain WL status for the Australian Birkebeiner. Through Falls Creek Management we arranged a meeting with him in Cloud Nine and showed him a brief video of a WL race and explained our plans. President at the time, Bob Flower, presented the ski pictured below to him after the meeting. 1990 was the trial event that would be assessed by three WL delegates. *Note: The ski has recently been returned to the Hoppet office apparently no longer wanted.*

