



Birkebeiner

BULLETIN

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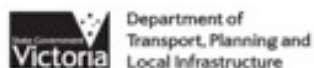


The Birkebeiner Clubhouse

Enjoyed the season?

The season is almost finished with a beautiful sunny day for the Hoppet. You've still got time to get on the skis with great crust skiing all around Falls – plus if you have young kids the last Mini

Series is on Saturday 7th September at 11am. Make sure you go and support this great event. See you next year for lots more snowy fun!



Sport and recreation



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Office Bearers

2019/2020

Officers

President: Ewen Silvester

president@birkebeiner.org.au

Vice President: Michelle Forrer

Secretary: Ronice Goebel

secretary@birkebeiner.org.au

Treasurer: Jeanette McLaren

treasurer@birkebeiner.org.au

Committee Members

Ann Bellingham Warren Sanders

Nick Wright (Sheepie)

Blair Hume Paul Gray

Peter Smith Mal Oldis

Allan Marsland

Portfolio Positions

Bulletin Editor: Kate Prest

Website Administrator: Paul L'Huillier

Race Secretary: Ann Bellingham

racesecretary@birkebeiner.org.au

Membership Secretary: Nick Wright

membership@birkebeiner.org.au

Clubhouse Steward: Peter Smith

Ski de Femme Co-ordinator: Ronice Goebel

Skidoo Steward: Nick Wright

Bush S&R Vic Delegates Ian Franzke & Warren Sanders

Kangaroo Hoppet Rep: Bill Little & Ronice Goebel

Working Bee Co-ordinator: Blair Hume

Race Hut Manager: Brian Keeble

Skidoo Mechanic: Ian Franzke

Welcome to our new members

Justin Britt, Frances Campbell, Alison Ciolli, Nikolas Coyne, Beau Duggan, Mary Feeney Hall, Heike Fleckenstein, Andrew Hall, Clancy Harvey, Emily Harvey, Ella Hocking, Lea Hocking, Megan Hocking, Zoe Hocking, Vince Humphries, Bruno Imbs, Ella Jackson, Toby Jennings, Nicholas Katsonis, Alice Kjar, Jenny Kjar, Nick Kjar, Richard Kjar, Meagan Lee, Matt Lorback, Maya Lorback, Oscar Lorback, Sophie Lorback, Matt Meckenstock, Sandra Mejak, Tahlia Pate, Stella Thurkettle, John Walker, Megan Wilson

So now in total we have 405 members.

For those that like crunching the numbers, this is made up from....

- 306 members are part of the 84 family memberships we have
- 68 members have an individual adult membership
- 13 life members
- 5 Search and Rescue only
- 13 members are individual juniors

And some more interesting stats....

- Just over 50% of members live within approx. 50km of Mount Beauty.
- 7 Members are from Queensland
- 2 Members are from Western Australia
- 29 Members are from New South Wales (mostly Albury, but some further away)

BSAR (WHO?) News by Warren Sanders

BSAR is an acronym for Bush Search and Rescue – a prominent Victorian volunteer group established as a section of The Federation of Victorian Walking Clubs (VicWalk) inc. Since 1949 and pre-dating the Victorian Police Search and Rescue squad, the Federation has maintained this specialised section.

BSAR members come from all across Victoria from a vast array of backgrounds, but they all share a passion for the outdoors. They are content with spending anywhere from a day to multiple days searching in often hard and difficult terrain. They are equipped with specialised equipment and for most it brings great satisfaction to find a lost or injured person.

The number of callouts for BSAR members has always been high. Mobile phones have made a big difference, but with our population continuing to grow and with adventure activities becoming easier and more affordable – statistics show that the Victorian Police SAR squad get an average of 1.5 call outs per day. Their squad simply cannot keep up with the demand and therefore partner with this specialist group. Through careful structured communication BSAR volunteers are deployed by the Victorian Police.

Locally – Birkebeiner Nordic Ski Club is a part of VicWalk and maintains a strong presence within BSAR. The North East BSAR group is unique in that it is the only district which can be deployed alone, without the assistance of Victorian Police Search and Rescue. Local members have extensive knowledge of the Alpine National Park/ Bogong High Plains and the harsh weather conditions people tend to go missing in. Birkie Search and Rescue members have been instrumental in saving lives on both Bogong and Feathertop, as well as assisting in dozens of other searches over the years.

On the weekend of the 27th-28th July all BSAR members were invited to a Steep Snow and Ice (SSI) training weekend on Eskdale Spur – Mount Bogong. The 'Birkie's' hosted the trip. Ian Franzke, David Panozzo, Bob Flower and Warren "Sheepy" Sanders were joined by 19 other members from around the state. An early start for the Melbourne crew meant that the police bus rolled in at 8:30am to the Mountain Creek carpark. SSI equipment was distributed to all participants. This included avalanche transceivers, snow probes, radios, ice axes and rescue equipment. A busy schedule lay ahead!

The group swiftly made the steep climb to Michel Hut, where they were welcomed by three members of the Vic Police SAR squad who were assisting and overseeing safety. Saturday's weather continued to simulate common searching conditions of high wind chill, fog and cold. The afternoon session was spent placing snow anchors, rope setups and digging snow pits to check avalanche probability around the Hells Gap area.

Upon moving to another area, unfortunately one of our members suffered a suspected fracture of the leg. What ideal company to be in for this to happen! The remainder of the weekend's SSI training was written off as all members went into rescue and evacuate mode.

The stretcher/ sled from Michel Hut was retrieved while other members cut in an appropriate trail back to the hut. I mentioned earlier that our members come from various

backgrounds and professions. As it happened we had one doctor and two paramedics with us. Yes our patient was in good hands.

Moving a patient with a fracture or any serious injury/ illness takes careful planning, especially in the winter alpine environment. Just before nightfall our patient was placed in the warmth of Michel hut, closely being monitored by the medical team. Plans can change quickly during a search or rescue and we were notified into the evening that a medical helicopter would give winching a try, if weather permitted. After four brightly coloured flares were sent skyward through thick fog, it was determined they would try again in the morning.

I slept solidly. Up at 6am, pack down and eat and ready for a 7am departure. Hoping for clear skies and a straightforward winch operation, the conditions couldn't have been worst. Strong winds and limited visibility meant numerous attempts by the helicopter were abandoned.

Intel from further afield was that the cloud was lifting and it was a case of 'hurry up and wait'.

Our backup plan to move the patient lower down the mountain was enacted late morning. Bright SES had been contacted to assist with walking up a 'wheel' that attaches onto the bottom of the patient's sled to manoeuvre over dry terrain (no snow). Our patient was calm and collected (or drugged up) and in pretty good spirits for the trip down. Sliding down a mountain with a team of 6 rescuers by the side, controlling speed and direction is a challenging task. After a kilometre of snow travel and several hundred metres of lifting and carrying the sled over rocky terrain, once again the helicopter returned. This time able to hover 60 feet above the tree canopy to perform a confined area winch to the satisfaction of all members involved.

There is no better training than the real thing.

On return to the carpark having retrieved our own packs, praise was given to the four agencies involved and the collaboration it takes to carry out a rescue with utmost professionalism.

NE district BSAR who are based in Mount Beauty invite and encourage new members to join, anytime. You do not need to live in Mount Beauty and there is zero pressure with no assumption you can commit to every callout. You are always given the option not to attend – no reason needed.

Enquiries can be made to secretary@birkebeiner.org.au attention to: Warren.

Lots of photos by Bob Flower of the training weekend are on the next page...



Birkie bits by Nordic Ned

Next year will be the 30th Ski de Femme...

BIG huge thanks to each of you for making 29th Ski de Femme successful again! Good spirit good energy good scones sums up the day! The straw tipped in favour of running it despite the ruggedly cold forecast and the conditions were terrific and having everyone turn up to coach and help out was appreciated. All up, about 100 women involved on the day if you count us.

2020 will be the 30th Ski de Femme! An auspicious one to celebrate so we hope to organise some funding to build on a few new ideas - such as a bus and headbands

Ronice Goebel and Helen L'Huillier on the job (right)



Find out all about the history of skiing in Australia and story behind Birkebeiner

<https://www.birkebeiner.org.au/ski-history/>

Birkie members have been busy at the weekly Hoppet Training Groups



Congratulations to our very own Australian Champs winners

BNSC members Phillip Bellingham, Casey Wright and Kat Paul all won Gold Medals at the 2019 Australian Open Championships on August 17/18. Check out ausxc.com for more details of the event.



Men's Sprint Finalists



Women's Sprint Finalists

A few BNSC members really got into the Hoppet spirit this weekend....Do you know who they are?



You guessed right!... Erin Yungblut our club coach...



Ronice Goebel looking a little worse for wear before the race even started!

Proposed new policy

Feedback is welcome on a new policy that the committee is proposing to ensure safety is everyone's responsibility. It will be reviewed in October. Comments or feedback may be forwarded to the secretary@birkebeiner.org.au or you may approach the executive of the BNSC committee in person.

BNSC CLUB HOUSE: SUPERVISION OF CHILDREN

BNSC is committed to providing an enjoyable and safe environment for everyone.

It is in the interests of protecting everyone, BNSC committee is adopting the following policy guidelines that are underpinned by Child Safety and welfare and consideration of other adults and members using the club house.

Victoria has adopted 7 Child Safe Standards that are reflected in the recently introduced Child Safe Legislation. The BNSC Child Safe Policy (2017) provides guidelines for events and activities and the WWCC policy makes clear the obligations of the club in this regard. Ski & Snowboard Australia Limited of which BNSC is a member, does have a Member Protection Policy

With so many new families with young children, and in order to comply with the above, we ask you to observe the following.

1. Appropriate arrangements for supervision of children U12 (that includes primary and pre school age and young children and babies) by a designated person MUST be made.

The DESIGNATED person MUST be age 15+. Note that Victorian Department of DHSS states, "babies and young children are not to be left unsupervised."

2. Options for active supervision may include
 - ❖ Another adult
 - ❖ Share care with another family.
 - ❖ Baby sitter aged 15+

August 2019

Lots of fun at the Junior Birkie Camp

We had a great Birkie Junior camp, with 24 participants in total. There was plenty of snow and although the weather was challenging on Sunday we still made the most of it.

A big thank you to-

- Our wonderful and fun coaches- Erin Yungblut, Belinda Phillips, Helen Gough, Jeremy Rosewarne, and Dean and Paul Gray
- Our parent helpers for all your help with food and car pooling- Kate and Andrew Prest, Helen Gough, Kate Preston, Jess Gray, Richard Stratton and Wayne O'Brien
- Vic Squad athletes for leading ski tour- Patrick Manning, Liam Flanagan, Finn and Molly Ryan, Nicola Smith and Indi Zwar
- To the parents for all the yummy baked goodies
- Ronice Goebel for assisting as camp manager
- Mt Beauty Secondary College and YMCA Windy Corner for discounted ski hire

Without all this voluntary assistance it would not be possible to bring such an affordable ski experience to these young people.

All feedback is welcome. Hope to see you all on the snow over the winter.

Bron and Paul Gray





2019 Mini Series

Falls Creek Event Dates

Date	Start Time	Technique
Sunday 23-06-2019	11:00am	Classic
Saturday 06-07-2019	1:00pm	Freestyle
Sunday 04-08-2019	11:00am	Classic
Saturday 07-09-2019	11:00am	Freestyle

Note:

- Classic technique is permitted in Freestyle events
- All age classes will be mass started at various intervals
- Race registration from 9:15AM Windy Corner Day Shelter at Falls Creek
- **NOTE:** Race registration on the 06-07 is from 11:30AM
- Coaching/Course inspection 45 mins before race start

Distances and Age Grouping

Under 8	.5km
Under 10	.75km
Under 12	1.0km
Under 14	1.25km
Under 16 and Under 18	2.5km
ADULT	2.5km

Entry Fee

Child \$10 per event
Adult \$10 per event

OPEN TO: All children under 18 years of age at the 31/12/2019 who are NOT members of the National X-C Ski Team. All Adults from beginners to seasoned tour skiers welcomed.

- At the last mini series event a diploma will be awarded to all participants and a medal for those who complete all 4 events
- **Contact/Enquiries:** Lynn-Maree Cullen – 0409592226 or lmc0511@gmail.com
www.tnsc.com.au





BNSC NEEDS YOU!

If you enjoy being part of our ski club PLEASE volunteer to do “something” this season to help out. Our club is GREAT because our members are GREAT

EVERY LITTLE BIT HELPS: WHAT YOU CAN DO

JUNIOR PROGRAM	Joey's, Gliders, Junior Birkies – assist coach, admin, come up with a 'special fun' game etc etc
JUNIOR BIRKIE CAMP	Planning, Organising, Instructing, cooking, driving
SKI DE FEMME	Coaching clinics, help run race, organize morning tea and spot prizes, make scones
CLUB HOUSE	Vacuum, tidy, sweep, wash tea towels, take rubbish, wipe fridge, benches,
RACES	Timing, race official, marshals, set up, clean up, drive skidoo, take photos, First Aid, Bib washing
SUMMER WORKING BEE	All day or a few on the tracks and trails
KANGAROO HOPPET	Lots of choice!
SEARCH AND RESCUE	Training and searching
ROLLERSKIS/UNIFORMS	Maintenance
BNSC COMMITTEE	Membership, Social, Snow mobile, Newsletter, Website, Treasurer, Club House Maintenance, Race Hut Maintenance, Governance, Grant applications etc etc

SKILLING UP OUR COACHES PROJECT

SPORTING CLUB GRANTS PROGRAM 2018/19 - ROUND 2 : SKILL DEVELOPMENT for parents, older students, skiers and coaches

GREAT NEWS -BNSC has been granted Victorian government funding to support future involvement and commitment to developing a pool of assistant coaches and coaches.

Coaching accreditation will increase the confidence of volunteers and develop the skills and knowledge to assist our coaches and to be an effective coach. Providing this opportunity will support junior development and other club programs in our community.

We recognize there are significant costs to volunteers in turning up each week to help, so providing funding to cover training costs is a huge incentive that sends a message that the volunteers are valued, especially to students on low incomes. Ski and Snowboard Australia is restructuring coaching pathways and providing a new entry level course which targets older junior athletes and parents. We envisage this government grant will support future involvement and a willingness to take that first step to helping out!

NEXT STEP?

If you are interested BNSC will cover 60% of your course costs. Note you do NOT need to be a racer or great skier – a passion for xc skiing, people, and a willingness to help out at some level is sufficient. Contact Ronice if interested for more info. You can register for any of the courses listed in this newsletter. Further courses and workshops will be offered as the year progresses.

FREE ONLINE TRAINING AND LEARNING OPPORTUNITIES

The following are recommended for club members involved in club programs. Some of these will contribute to coaching accreditation if you are interested.

- Sport Australia Community Coach General Principles
https://origin.sportaus.gov.au/coaches_and_officials/coaches
- Community Officiating General Principles
https://origin.sportaus.gov.au/coaches_and_officials/officials
- Play By The Rules (PBTR) Child Protection
(<https://www.playbytherules.net.au/online-courses/child-protection-online-course>)
- ASADA online Coach module (ASADA eLearning) <http://elearning.asada.gov.au>



*Clubhouse Manager
Peter Smith*

Clubhouse Rules

The Clubhouse is for Day Use only. And for the comfort of others the committee asks all members to please observe the following rules:

1. *No skis or waxing inside the building. (Waxing can be done in the skidoo shed next door, or in the Windy Corner Day Shelter waxing room.)*
2. *Use the shelves and hooks for your belongings, keep the downstairs benches clear for people to sit.*
3. *No outdoor footwear or wet clothes upstairs.*
4. ***Clean up after yourself - no dishes to be left on the sink.***
5. *Take all your rubbish home. We do not have a rubbish bin in the clubhouse.*
6. *If you are the last person to leave the clubhouse please ensure all lights are off and the upstairs electric heater and kettle are off*
7. *Lock the door if are the last person to leave, even in the middle of the day, to keep our belongings safe while we are out skiing.*
8. *On busy weekends, space is at a premium - it helps if you bring a pre-prepared lunch.*

Newsletter of the Birkebeiner Nordic Ski Club

PO Box 192
Mount Beauty VIC 3699

Secretary: Ronice Goebel
Email: secretary@birkebeiner.org.au
Website: <http://www.birkebeiner.org.au>