

R.A.S.C.A.L. inc.

Telephone 82 4914

P.O. Box 11, Woden, A.C.T. 2606

AUGUST 1986 NEWSLETTER



PRESENT COMMITTEE:

President:	Greg Fraser
Vice-President:	Jack Walters
Secretary:	Barbara Brown
Asst. Secretary:	Daryl Lawrence
Treasurer:	Bernard Hughson
Asst. Treasurer:	Jan Bailey
Committee Members:	Mary Fogarty Warren Bishop Ann Didcott (Newsletter Editor) Mike Woods Chris Acker Kim Matthews
Bookings Officer:	Jan Murdoch Tel. 824914



DATES FOR YOUR DIARY:

18 SEPTEMBER:	Social Evening to Farewell Hans & Eva Nusshold
25/26 OCTOBER	Work Party
15/16 NOVEMBER	Work Party
22/23 NOVEMBER	Work Party

Members are urged to participate in these work parties. They are a valuable way of keeping running costs down and can actually be good fun!



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PRESIDENT'S REPORT

Since the last Newsletter we have had our very successful and enjoyable Club dinner at the Harmonie German Club. It was pleasing to meet many new and old friends in pleasant surroundings. The Committee has been encouraged by the support given to this function and will be looking to arranging some further social activities during this year. My thanks go to Jan Bailey, Meena Koerner (Harmonie German Club) and Alwyn Smith (CSE) for making the night such a success. Members should remember that CSE offers a very wide range of top quality ski, camping and sporting equipment and clothing with a standard 10% discount to RASCAL members.

Reports from Jindabyne indicate that recent improvements to the Lodge have added to the comfort of members. The Committee is looking to further improve the amenity of the Lodge in the forthcoming year. These include:

- . new dining chairs
- . bed lights
- . bunk ladders
- . sliding door and screen to the top deck

A key part of our efforts to maintain and improve the Lodge will be the Spring work parties. The Committee has decided these will be held on:

- . 24/25 October
- . 14/15 November
- . 21/22 November

Chris Acker will be co-ordinating our efforts on these weekends. I hope that we might get a strong turnout for these work parties as we are looking to do some improvements to both the Lodge and the grounds.

My thanks to Bernard Hughson, Peter Wilson, Steve Ahern, Jan Bailey and Heinz Buettikoper and their families on their efforts on the last Autumn work party (31 May - 1 June). The Lodge was left in good shape for the season.

The Committee is arranging for a complete reprint of the Constitution to pick up the major changes of recent years. Many thanks to Tony Clarke for providing assistance with the typing. We are also revising an information booklet on the Club and the Lodge. Copies of both documents will be sent to all members when they are reprinted.

The Committee has conducted a thorough review of the By-laws relating to Lodge bookings. A copy of the revised By-laws are attached. Key points are:

- . Members children over the age of 16 may stay at the Lodge unaccompanied by their parent (4.1.12)
- . Weekend accommodation for non-members shall be allocated after 9.00 am on the immediately preceding Tuesday of the weekend (5.1.3)

- . During winter no member shall sponsor more than two non-members at any one time (4.1.15)
- . Group bookings for Organisations may be considered by any two of the President, Secretary or Treasurer without applying the normal non-member rules provided accommodation is available and the rights and interests of members are not adversely affected (4.1.17)

It is important to emphasise several points about Lodge usage. The Committee has been very concerned that some members are trying to book unaccompanied children under 16 into the Lodge. The Committee believes that this is not in the interests of either the Club or the children concerned. It is for this reason that By-law 4.1.12 has been adopted.

The Committee is also concerned that several members have camped children in campervans and the like when they have been unable to have them accommodated in the Lodge. The Committee believes that this is not in the best interests of the Club. The Lodge and its grounds were never designed for camping. It means that Club facilities are being used without payment. The Lodge was designed to accommodate 28 and we have always restricted numbers to that level for the amenity, convenience and safety of members. The Committee is not prepared to compromise on this position and is amending By-laws/rules to clarify the position. In the meantime, it would be appreciated if members could honour the spirit of the existing rules. As a general rule lodge facilities should not be used unless members are booked into the Lodge. This is not meant to exclude casual visitation of the Lodge by members.

We have just learned that this winter will be the last time that Hans and Eva will be managing our Lodge. This is very sad news because they have added a lot to its enjoyment and character over the last few years. We are organising a farewell function for them and details will be outlined elsewhere in this Newsletter. The Committee is extremely grateful for all their efforts. We wish them all the very best for the future and hope they will stay in touch with RASCAL.

Greg Fraser
President



"DINNER AT THE HARMONIE GERMAN CLUB":

A highly successful social evening was held on Friday, 13 June when 57 RASCAL members and friends attended a dinner at the Harmonie German Club, Narrabundah.

A highlight of the evening was the display and demonstration of a diverse and exciting range of ski equipment and clothing available for both downhill and cross-country enthusiasts.

The Committee is especially appreciative of the efforts of Meena Koerner who catered for the function, and Mr & Mrs Smith of CSE Camping and Sport Equipment, Phillip who provided and demonstrated all of the clothing and equipment on display. (Remember, a discount is available to RASCAL members at CSE).

Because of the success of the night the Committee is now planning another social evening to co-incide with the end of the ski season and Hans and Eva Nusshold's departure.

Jan Bailey



LODGE MANAGERS:

Rascal has acquired a considerable number of new members since last winter and many people won't have made the acquaintance of our managers Hans & Eva Nusshold and Nadine, their delightful daughter. They were prevailed upon to introduce themselves.....

Dear Members,

We would like to introduce ourselves to the new members and the ones who have never met us in the past six winters at RASCAL Lodge in Jindabyne.

Hans and I came to Australia in 1975 as ski instructors at Perisher Valley. We got married in 1979 and in the same year the RASCAL Club committee (Tony Clarke as President) decided to have us as live-in caretakers in the Lodge starting with the season of 1980.

The first two off seasons we went back to Vermont, USA where we ran a ski school at Bolton Valley.

1983 we decided to spend at least half a year in Austria, especially since we wanted children. So we gave up Vermont and started our "Australian Ski Adventure" tours to Australia; which are operated by Hans and myself and bring Australian skiers to Austria.

On the 20th of June 1983 we got our family addition who is called "Nadine". Because of her late arrival I missed out on coming to RASCAL that year - but Hans, with the help of all the members, managed very well. Nadine came out with us in 1984 and she has considered "The Lodge" as her Australian home for the past three seasons.

We worried at first whether we could stay on after having the baby. But it never seemed to bother anybody that Nadine was around - on the contrary she refers to a lot of members as Aunties and Uncles or Grandmothers and Grandfathers and to their children as her friends.

It just shows that Rascal Lodge is a place where everybody from 2-70 feels at home and welcome.

We look forward to meeting you as you came down this season.

Hans, Eva & Nadine Nusshold





WAGRAIN WITH HANS & EVA:

One Rascal member, Bernard Hughson, was lucky enough recently to be able to sample the "Austrian Ski Adventure" that Hans & Eva refer to. Here is his first-hand account.....

During the northern winter Hans & Eva host ski holidays for Australians in their home village of Wagrain. I recently had the opportunity to spend a few days skiing with them, and the experience more than lived up to the blurb in the brochures.

Wagrain is a small alpine farming village that doubles as a ski resort in the winter. Nearby villages and towns include St. Johann, Flachau, Kleinarl and Zauchensee, and all are inter-connected by a marvellous lift system of Gondolas, chairs and the ubiquitous T-bars.

Pistes are long, wide and superbly groomed and it would be difficult to become familiar with the variety of skiing in a fortnight in the area. Lift queues were minimal and the largely German and Australian users very courteous in their behaviour. Quite a change from the August mayhem in this part of the world. The level of difficulty would appeal to all standards of skier: up to and including upper immediates with a good parallel technique. It could be less suitable for the genuinely expert skier looking for a real challenge, although even for these people a week spent getting into condition could be a good investment before taking on the higher reaches of the Swiss Alps. A hint for first time skiers in Europe is to take into account altitude for the time of year. I talked to some Australians who had spent a week in February above 3000 metres and the cold was so severe as to impair their enjoyment. Wagrain has between 900 and 2000 metres and is at its best from mid January to early March. February is the peak season.

Accommodation (chiefly in Pensions) is of a very good standard, particularly if the option with private facilities is used. There Pensions are in Kirchboden, a few hundred metres up the hill from the village centre and immediately adjacent to the lifts. A regular free commuter bus collects from this point for a ten minute ride to an additional lift point on the other side of the valley.

I don't really know what GEMÜTLICHKEIT means, but I think Wagrain has it. The social life will not appeal to young ragers, rather it is the pleasant pace of mountain Gasthofs providing good food for moderate prices and a rather cheery, friendly atmosphere.

Getting There

The closest international airports are Munich and Vienna, and a train to the region takes 3 or 4 hours from those centres. There is an airport at Salzburg used by domestic

European carriers. A longer but very interesting trip can be made through Zürich. Qantas/Swissair have a competitive fare to Zürich, and there is a train from Zürich to Viennz which stops at Schwarzach, one of the points at which Hans or Eva meet visitors.

The train trip takes about 8 hours through superb alpine scenery and there is a dining car. I thought it was a highlight of the trip, but then I love trains.

In the end a lot depends on the snow, and Austria had a very good season which may have coloured my view. Having said that, I couldn't fault the experience. Highly recommended.

(Ed. note "Gemutlichkeit" combines all of "cosy, comfortable and friendly" - sounds good!)



The Editor makes no apology for the bias towards cross-country skiing evident in the rest of this newsletter. The simple fact is that contributions came only from members with this particular interest.

* * * * *

Connie Lou Davies continues our series on FITNESS -- she assures us that STRETCHING is what it's all about.....

Why Stretch

Stretching, because it relaxes your mind and tunes up your body, should be part of your daily life. You will find that regular stretching will do the following things.

- Reduce muscle tension and make the body feel more relaxed.
- Help coordination by allowing for freer and easier movement.
- Increase range of motion.
- Prevent injuries such as muscle strains. (A strong, pre-stretched muscle resists stress better than a strong, unstretched muscle.)
- Make strenuous activities like running, skiing, tennis, swimming, cycling easier because it prepares you for activity; it's a way of signaling the muscles that they are about to be used.
- Develop body awareness. As you stretch various parts of the body, you focus on them and get in touch with them. You get to know yourself!
- Help loosen the mind's control of the body so that the body moves for "its own sake" rather than for competition or ego.
- Promote circulation.
- It feels good!

Who Should Stretch

Everyone can learn to stretch, regardless of age or flexibility. You do not need to be in top physical condition or have specific athletic skills. Whether you sit at a desk all day, dig ditches, do homework, stand at an assembly line, drive a truck, or exercise regularly, the same techniques of stretching apply. The methods are gentle and easy, conforming to individual differences in muscle tension and flexibility. So, if you're healthy, without any specific physical problems, you can learn how to stretch safely and enjoyably.

Note:

Note: If you have had any recent physical problems or surgery, particularly of the joints and muscles, or if you have been inactive or sedentary for some time, please consult your physician before you start a stretching or exercise program.

When To Stretch

Stretching can be done any time you feel like it: at work, in a car, waiting for a bus, walking down the road, under a nice shady tree after a hike, or at the beach. Stretch before and after physical activity, but also stretch at various times of the day when you can. Here are some examples:

- In the morning before the start of the day.
- At work to release nervous tension.
- After sitting or standing for a long time.
- When you feel stiff.
- At odd times during the day, as for instance, when watching TV, listening to music, reading, or sitting and talking.

How To Stretch

Stretching is easy to learn. But there is a right way and a wrong way to stretch. The right way is a relaxed, sustained stretch with your attention focused on the muscles being stretched. The wrong way (unfortunately practiced by many people), is to bounce up and down, or to stretch to the point of pain: these methods can actually do more harm than good.

If you stretch correctly and regularly, you will find that every movement you make becomes easier. It will take time to loosen up tight muscles or muscle groups, but time is quickly forgotten when you start to feel good.

The Easy Stretch

When you begin a stretch, spend 10-30 seconds in the *easy stretch*. No bouncing! Go to the point where you feel a *mild tension*, and relax as you hold the stretch. The feeling of tension should subside as you hold the position. If it does not, ease off slightly and find a degree of tension that is comfortable. The easy stretch reduces muscular tightness and readies the tissues for the developmental stretch.

The Developmental Stretch

After the easy stretch, move slowly into the *developmental stretch*. Again, no bouncing. Move a fraction of an inch further until you again feel a mild tension and hold for 10-30 seconds. Be in control. Again, the tension should diminish; if not, ease off slightly. The developmental stretch fine-tunes the muscles and increases flexibility.

Breathing

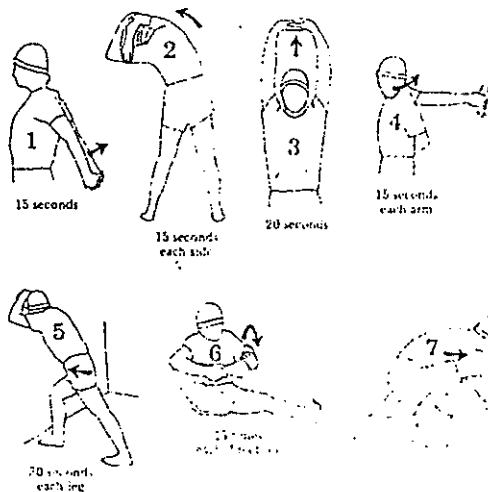
Your breathing should be slow, rhythmical and under control. If you are bending forward to do a stretch, exhale as you bend forward and then breathe slowly as you hold the stretch. Do not hold your breath while stretching. If a stretch position inhibits your natural breathing pattern, then you are obviously not relaxed. Just ease up on the stretch so you can breathe naturally.

For Reference: STRETCHES by Malorna Enterprises

Before and After

Skiing (Cross Country)

Approximately 12 Minutes



30 seconds

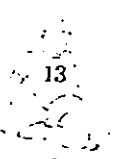
9
Repeat
7 & 8
other leg



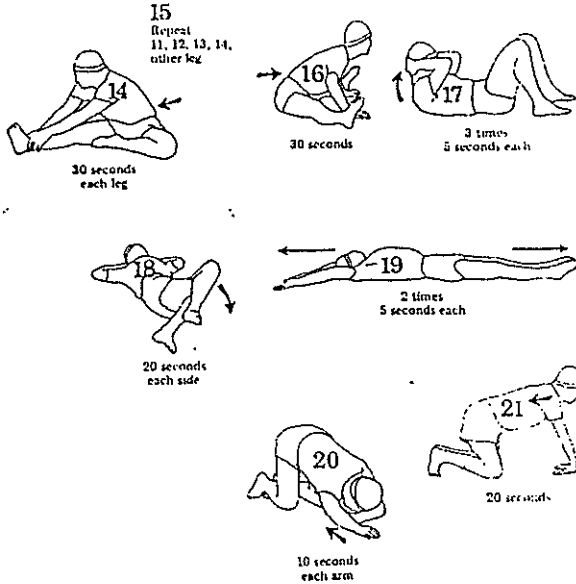
20 seconds



5 seconds



20 seconds



In skiing, as in other sports, it is necessary to concentrate on the three SS - Stamina, Suppleness and Strength. Suppleness or flexibility refers to the range of movement present at various joints. It can be improved by stretching exercises.



Stretching helps to increase coordination between muscle groups.



Females are generally more flexible than males and remain so throughout life.



DRESSING FOR THE OCCASION:

People considering taking up cross-country skiing sometimes ask "what do you wear?" - and a very important question this is, too. Chris Acker offers some excellent advice.....

Gliding through eerily quiet snow-covered trees, carving the only ski tracks in an otherwise perfect snow bowl, pushing along a high exposed ridge with a stunning view on either side - these are just a few of the simple, uncrowded pleasures of x-country skiing.

But it is not all clear skyed, calm weathered bliss. The Snowy Mountains weather is as fickle as anywhere in the world, and a perfect morning can quickly turn into a whiteout by lunchtime. The only safe way to cope with these abrupt changes to the weather is to know what to wear and when. For skiing any distance away from a safe refuge, it is necessary to carry a few articles of clothing, and the further the distance, the more thought needs to be put into what to take and what to wear.

Clothing for x-country skiing is largely individual, but should follow a few basic rules. The first and most basic is the layer theory. All this means is that it is much better to wear 3 or 4 thin layers than one thick layer, and subsequently add or subtract to your clothing as the weather or your level of physical effort

changes. It is best to start with a base layer of some form of thermal underwear. There is quite a variety to choose from. From this build to suit the conditions. Perhaps tracksuit pants, a skivvy and a thin woollen jumper will suffice. Or perhaps overpants and windproof jacket. Again it depends on the situation.

Perhaps the biggest danger - and an often unrecognised one - is the wind. Even a 10km/h wind can freeze exposed skin at a staggeringly quicker rate than if it is a calm day. So always be aware of the power of the wind to suck heat away from the body, and protect against it.

Another danger area is the head and neck. 40% to 60% of body heat is lost through the head/neck area, so the saying goes: if your toes are cold, cover up your head. Your body will always try to conserve heat, so if you begin to get cold, the blood flow will slow to your extremities in order to keep your core temperature (head and chest) up.

Never venture far from good shelter without at least a long hooded parka to keep both the wind out and the heat in. There are only two other basic considerations when dressing for x-country skiing. Beware of wearing cotton - jeans are not suitable for skiing, they become wet in a very short time (and wet means cold in the snow), and another related danger is if you are skiing hard, you sweat and unless you can afford the expensive goretex variety of clothing (waterproof but allows sweat to escape), when you stop you can easily become cold. These dangers are only to be aware of, not to be scared of. And if you are armed with a simple array of clothing layers, it is very easy and cheap to enjoy the quiet, uncrowded enchantment of x-country skiing.



HYPOTHERMIA:

A condition about which it is important to have some knowledge, particularly if you venture out into the backcountry (or if you haven't heeded Chris Ackers good advice!). This account is borrowed from John Turnbull's article on "Ski Safety: what you must know" printed in The Canberra Times on Sunday, July 20, 1986.

(see over)



Hypothermia is heat loss from the body core — winter's cold and silent killer. It can be very insidious — people have died from it without knowing they had it, and without voicing a word of complaint. This happens because hypothermia affects brain functions, causing loss of awareness and intelligence.

Consequently, a constant watch kept for its signs in both oneself and one's companions.

A lowering of the temperature of the body core by only one degree from its normal temperature of 37 degrees Celsius causes

shivering, the first signal that it is time to seek shelter or take rewarming steps such as the addition of protective clothing, exercise, or the intake of hot fluids. At 35 degrees, hands begin to lose their grip, it becomes difficult to speak clearly or make simple calculations, and coordination is affected. At 33 degrees there may be a complete inability to use muscles, and almost total loss of intelligence, severe shivering, and collapse becomes imminent.

About 31 degrees, unconsciousness occurs, inevitably followed by death unless the victim can be rewarmed internally. (These temperatures vary slightly according to age and physical fitness, with older, and less fit people, succumbing at higher temperatures. Remember too that small people, particularly children, lose heat faster than large ones because of their greater surface area to body-mass ratio.)

External heating of an unconscious hypothermia victim must be avoided because it often causes death from the "hypothermia paradox". When a person becomes chilled, the body's automatic defence system closes off blood circulation to the outer body and extremities, conserving heat for the body core to preserve intelligence as long as possible. This means that when core temperature is close to the critical limit, the outer shell and limbs are already much colder.

Warming the outer body at this stage expands capillaries and starts the blood circulating there again, foiling the body's defence mechanism by allowing colder, exterior blood to interchange with that in the body core. This can cool the core that little extra which kills.

Hypothermia victims must be warmed internally as a matter of great urgency. To do this, Snowy Mountains police now carry "core warmers" — small, portable, gas-heated breathing apparatus which enable victims to breathe heated air.

Standard oxygen-breathing equipment commonly carried by ambulances can kill an already unconscious hypothermia victim, because its gas cools as it expands from the cylinder, cooling the hypothermic patient's core.

In the absence of a core-warmer, unconscious victims should be insulated against further heat loss with sleeping bags or whatever is handy, and given prolonged mouth-to-mouth resuscitation. If they revive, they should then be given warm fluids to drink.

Hypothermia is almost impossible to cure once a victim is unconscious, unless sophisticated equipment is available, but can easily be prevented through wariness and adequate clothing.

AN ACTIVITY FOR ALL THE FAMILY:

One of the pleasures of cross-country skiing is that it is truly a family activity. This delightful account of a day's skiing out from Guthega tells how one 13 year old enjoyed her day. Our thanks to Helen Gibson for her unsolicited contribution.

It was a brilliant day; the sun was beaming down onto the snow causing the crystals to sparkle. The soft, slushy snow squished under our skis as we plodded up Spencer's Creek. In order to cross the icy clear water flowing between the frozen rocks we had to carry our skis whilst jumping from boulder to boulder. Because we had stopped it was also an excuse to guzzle some chocolate, the fast energy giving booster. Later we stopped for lunch. Whilst other members of the party boiled some billy tea or sunbaked, I practised telemark turns, down a gentle slope nearby. As I ate lunch I gazed at the scenery. A couple of white fluffy clouds drifted across the clear blue sky, changing their shapes every second. The sun was hot; there was no wind; the weather was perfect. Because we dawdled over lunch it was getting late. We had to snap out of our laziness and push on towards Charlotte's Pass. The gliding motion of ourskis in full swing, the climb up to the saddle was hard work but we felt it was worthwhile. The snow peaked mountains lay all around us. The ski home was a gradual downhill run, following the Snowy River. There were lots of beautiful stripey snowgums, their colours brought out by the moisture in the air.

We had to wait for the two beginners in our party who found it difficult to control the long thin skis. They watched in envy my brother who, swerved around shrubs and ducked under branches. Where as then they saw a tree they had to sit down in hope of stopping which usually resulted in a sprawled heap of arms and legs.

The sun was closing in, behind the snow laden mountains. As soon as it was gone the snow grew an icy crust. Going downhill was a great problem. Our skis slid and slithered uncontrollably. I fell often. As it got darker the cool blue icy surfaces became silhouetted against a lovely pink sky. The twisted snowgums looked mysterious.

The Guthega lodges glowed across the valley as we emerged from the trees. The slope down to Guthega Creek was steep and very icy. When we tried to descend it, all was chaos. There was no way of turning or stopping; in the end, everybody took off their skis, slipped and scrambled down the hill and over the creek. I was tired, my legs were like lead.

I was daunted by a gigantic hill in front of me. I carried my skis and trudged slowly up the steep climb. The warm friendly lodge was now facing me. I stepped inside and left behind me the mountains, full of beauty.



CONTRIBUTIONS PLEASE:

Kim Matthews has kindly agreed to edit the next newsletter during Ann Didcott's absence overseas. The newsletter can only every be as good as the articles received, so please start thinking now of how you can contribute. The next publication is due on in October. Kim may be contacted on 062 - 816781 (a.h.)

MAY 1986

RASCAL INCORPORATED

ACCOMMODATION BOOKING FORM

All enquiries and applications should be forwarded to
The Booking Officer
RASCAL Incorporated
Woden Valley Hospital
PO Box 11
WODEN ACT 2606
Telephone 824914

	<u>WINTER TARIFF (per night)</u>		<u>SUMMER TARIFF</u>
	<u>FRI & SAT</u> & all Public & School holidays	<u>SUN - THURS</u> excluding Public & School holidays	
MEMBERS	13	11	8
CHILD OF MEMBER	9	7	6
NON-MEMBERS	19	17	11
CHILD OF NON-MEMBER	15	13	8

I wish to reserve the following accommodation at RASCAL Lodge

PLEASE PRINT ALL INFORMATION

<u>FULL NAME</u>	<u>M F</u>	<u>MEMBER/ NON-MEMBER</u>	<u>AGE</u> if under 18	<u>DATES OF ACCOMM.</u>	<u>CO:</u>

I enclose cheque for to cover nights.

Name of member _____
Address of member _____
Telephone of member _____
Signature of member _____
Work address of member _____

Please photocopy if you require any more of these forms

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I wish to reserve the following accommodation at RASCAL Lodge

PLEASE PRINT ALL INFORMATION

FULL NAME	M F	MEMBER/ NON-MEMBER	AGE if under 18	DATES OF ACCOMM.	COST

I enclose cheque for to cover _____ nights.

Name of member _____

Address of member _____

Telephone of member _____

Signature of member _____

Work address of member _____

Please photocopy if you require any more of these forms