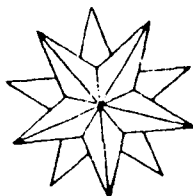
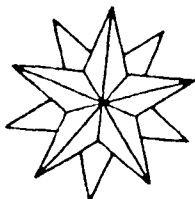
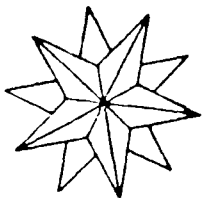


# R.A.S.C.A.L. INC. NEWSLETTER



## SPRING 1987



## PRESIDENT'S REPORT:

As many of you know I was overseas on business for several months earlier this year. I am pleased to report that during my absence your Committee did an excellent job of managing the Club. My special thanks to Jack Walters and the other members of the Committee for keeping things run so well.

Whilst I was away the Committee was very busy ensuring that the Lodge ran smoothly during the winter. Our new lodge managers were welcomed at a social function in June. I understand it was a very enjoyable and successful evening although we could have had more members in attendance

The season has passed without great drama so far. Paavo and Jane have settled in reasonably well and I have a good reaction from some members to them. There have been the usual flow of mid-season running repairs to the lodge. However, some of the problems will require more serious attention in the off-season. I hope that members and people on the waiting list will support us at the forthcoming work parties. Details are set out elsewhere in the Newsletter.

We are looking again at the position of spouse of members. At present spouses have the rights and privileges of membership. In essence, spouses enjoy vicarious membership rather than membership in their own right. The Committee has been placed in a difficult position in considering the position of spouses where they no longer continue to be a spouse. We are considering several alternatives:

- . retain the existing rule but give spouses an automatic right of membership within 12 months of the dissolution of the marriage, partnership, etc.
- . retain existing rule but give spouse automatic entry to waiting list for membership.
- . remove clause 7 (existing provision) and change rules so that spouses become members in their own rights.

We would appreciate any views on this matter from members.

Two things which will benefit the Club in the longer term and hopefully ease the learning curve of future committees is the preparation of a lodge maintenance schedule and an operating manual for the Committee. The Maintenance Schedule will set out all of the regular maintenance jobs which should be done and how frequently they should be done. It will also provide any special information which those doing the work should know. The operating manual is designed to ensure that future Committees will have some idea of what their responsibilities are and how they need to be exercised. The plan is to have both of these ready by the 1988 AGM.

Hope to see lots of new faces at the Spring Work Parties.

Regards  
Greg Fraser (President)



# Secretary's Report



From Barbara Brown

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## NEW MEMBERS

RASCAL welcomes the following new members to the club.

Jennifer Brichacek	Simon Dawkins
Mary Randall	Anne Reed
Eileen McNally	Julie Pettit
Brian Molinari	Geoffrey McGuinness

## LODGE MAINTENANCE

The Committee has continued to replace items in the lodge this season. The electric stove has been replaced, new pillows, wine glasses and plastic grip floor tiles for use as bathmats have been purchased. We have also purchased a new vocaphone for the Booking Officer, so hopefully we can say goodbye to the problems we experienced earlier in the season.

## CLEANING DUTIES WHEN STAYING AT THE LODGE

There has been confusion amongst members about your cleaning responsibilities when staying at the lodge.

While the Live-In Lodge Managers are in residence, they are paid to clean the living areas of the lodge, three times each week. This includes the kitchen, bathrooms, living room and entrance hall.

YOUR responsibilities are to clean your bunkroom when you leave, (including vacuuming the floor and folding the blankets), and to ensure that ALL mess made by you, your family or your guests, is cleaned up straight away. This includes your cooking utensils, crumbs on the table, powder on the bathroom floor and weeties on the kitchen floor. You must also take all food with you when you leave the lodge, especially that in the refrigerator.

When the Live-In Lodge Managers are NOT in residence, you are responsible for all lodge cleaning. When there are more than five people staying at the lodge, the Booking Officer will appoint a lodge manager who must allocate the cleaning duties.

Hope this clears up the misunderstanding about this very important matter.

## DEFINITION OF "WINTER" SEASON

The Committee has agreed to change the dates defining "Winter" season. The new dates are from 1st July to the 30th September. This means that should the snow fall in June, you will be able to ski at Summer lodge rates.

#### 4.0 LODGE BOOKINGS - GENERAL

##### 4.1 General Booking Procedures

- 4.1.1 "Winter" shall mean that period from the 1st of July to the 30th of September inclusive.
- 4.1.2 "Summer" shall mean that period from the 1st of October to the 30th of June inclusive.
- 4.1.3 All bookings shall be made with the Club's Booking Officer and shall be lodged on a Club Booking Form.
- 4.1.4 All accommodation charges shall be paid fully in advance. Mail bookings shall be accompanied by payment in full. A telephone enquiry will be recorded as a booking only after full payment is received and a Club Booking Form is lodged with the Booking Officer.
- 4.1.5 Confirmation of bookings can be obtained by telephoning the Booking Officer.
- 4.1.6 Bookings for a longer period take precedence over bookings for a shorter period and subject to the requirements in clauses 4.1.16 and 5.1.3, members' bookings take precedence over non-members' bookings.
- 4.1.7 Notwithstanding all other rules a member who is otherwise unaccompanied by a member may book one non-member without restriction.
- 4.1.8 No substitution of booking is allowed without prior approval of the Booking Officer. A request for a change shall be regarded as a new booking.
- 4.1.9 All bunk rooms are to be vacated and cleaned by 5.00pm of the day of departure.
- 4.1.10 Keys are issued by the Booking Officer in respect of each booking made, on the understanding that they are to be returned to the Booking Officer within 48 hours of the end of the booked period. For each day in excess of this, members will be charged \$5.00. Until this fine is paid members will be prevented from further bookings.



## IMPORTANT NOTICE

The following members have not paid their annual subscriptions to RASCAL for the past two years. They have been notified by certified mail, of the Committee's intention to cancel their debenture and transfer the money to the RASCAL general account.

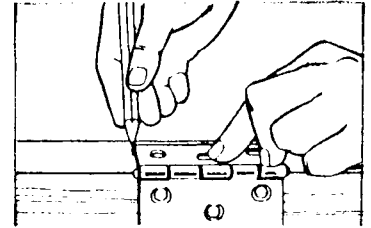
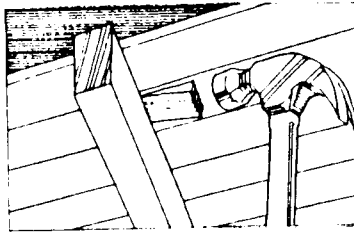
Many letters have been returned "address unknown".

If you know the whereabouts of any of the following members, believe that they are interested in maintaining their membership of RASCAL and would like to do them a good turn, please contact them and ask them to pay their back subscriptions before the first week in October.

ANDERSON, CORNELIA  
ARMSTRONG, DENNIS  
ATTERBURY, HELEN  
BENJAMIN, PHILIP  
BERNOTAG, VICTOR  
CAIRNS, ANTHONY  
ESLER, MURRAY  
EXELL, FRANCES  
HOLZAPFEL, HELEN  
MACCALLUM, PATRICIA  
MCMURRAY, YVONNE  
MATHEWS, BARBARA  
MILLS, ROSEMARY  
MITCHELL, MARY-LYN  
NORMAN, JOAN  
O'BRIEN, HELEN  
FERRIMAN, JEANINE  
ROBERTSON, HILARY  
SCOTT, ALENA  
SPRINGOLD, MARIA  
STRACHAN, ANNE  
SZMERLER, GEORGE  
TRETHERWEY, IAN  
VAUGHAN, MARIE

WOOD, JOYCE



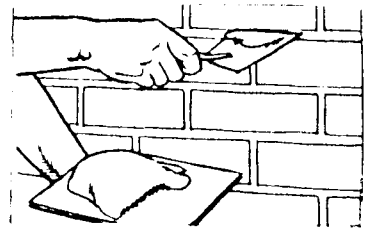


RASCAL WORK PARTIES

SPRING 1987

NO.1 31ST OCTOBER & 1ST NOVEMBER

LEADER: Barbara Brown  
Telephone work 432412  
home 413070

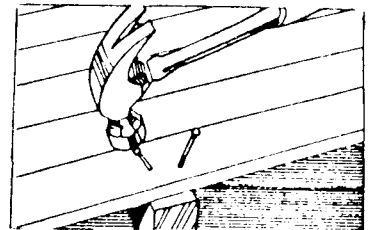


NO.2 14 & 15th NOVEMBER

LEADER: Greg Fraser  
Telephone home 885474

NO.3 28 & 29TH NOVEMBER

LEADER: Mike Woods  
Telephone home 588925

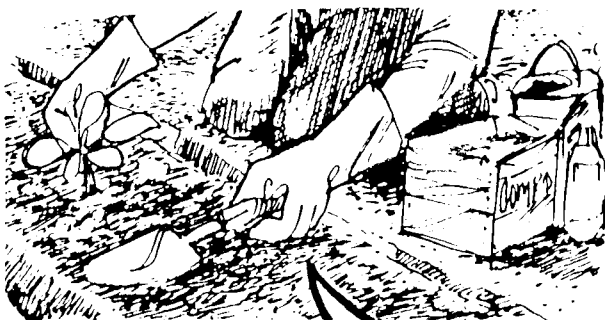


Ring the leader for details of the type of work and equipment required.

BOOKINGS: Ring Jan Murdoch tel:824914  
(you must book in)

WORK EXPECTED: One full day's work or two half days' work.

ENJOY YOURSELF THE REST OF THE TIME!



We gratefully acknowledge Dr Sherry and Dr Henderson's permission to reprint the following article.

# Hazards of cross country skiing

## Introduction

Cross country skiing is a popular winter sport but it can be dangerous even for experienced skiers. Two case reports from the 1986 season illustrate the possible hazards faced by cross country skiers.

## Case one

On the weekend before the official opening of the season, a 33 year old man took a day trip cross country skiing alone in the Blue Lake area (altitude 2050 m) of the Snowy Mountains, New South Wales. The weather was clear. He had been a skier for 10 years. Using edgeless skis he was climbing Mount Carruthers and was on the flat at the top of a slope when he started to slide. He slid to a steep section and then raced down a vertical drop into a gully and creek. He attempted a self arrest technique with his ski stock pole tips and but he failed to stop and tumbled. The skier landed on his feet, doubled over, the left side of his face hitting a rock.

He remained conscious with full recall of these events. He started to make his way out when he was spotted by other skiers who went to Charlotte Pass village for help. Coincidentally, the State Emergency Service of Jindabyne was undertaking a routine exercise in the area and evacuated him to Jindabyne for medical attention. Large sheets of treacherous ice slowed their progress.

The patient had gross facial swelling, loss of his upper and lower incisors, and lacerations to his lips and left eyelid. X-rays revealed fractures of the middle third of the face with depression of the middle third (Le Fort type II), the nasal bones, the frontal sinus and the floor of his anterior cranial fossa.

There was a cerebrospinal fluid leak from his left nostril for three days with subsequent loss of smell and infra orbital anaesthesia. His jaw was fixed with elastic

bands. At follow up one month later he was doing well and was back at work.

## Case two

A 24 year old man was at the front of a party of six skiers. It was his second season of nordic skiing and the party included experienced skiers who were instructing. A cautious skier, he was using good quality downhill nordic boots and his pack weighed about 18 kg. His full length skis had metal edges.

The party was traversing an icy face (gradient 10° to 20°) in an area called Flying Fox. They were on their way to Blue Lake via the Guthega Dam in the Snowy Mountains. They expected to do some ice climbing using crampons (grappling hooks). The weather was fine. The skier was not sighted over a 15 to 20 minute period and members of his party later found him lying face down in a creek, unconscious, at the bottom of a steep 80 to 100 m drop (gradient 60°), 10 m upstream from the Flying Fox. His pulse and respiration were absent and cardio pulmonary resuscitation was unsuccessful.

His stocks and skis were broken. Rescuers noted some trees and branches broken in his rocky path but few signs of a struggle to stop a slide, which could have been expected to be arrested within seven metres. They guessed he may have lost balance with his heavy pack, hit his head and lost consciousness and then slid uncontrollably.

Autopsy revealed a crush fracture of the C2 vertebra with spinal cord compression. His cranium was intact. There was a laceration on his right lung (no rib fracture) and to his face.

## Discussion

Cross country skiing is not a risk-free sport, although the injury rate is a lot lower

than that of downhill skiing. When injury does occur, it may be more serious. These two case histories are similar in that the mechanism of injury was an uncontrollable slide down an icy face resulting in head and neck injury.

Compared with the downhill ski the cross country ski is longer, less rigid and usually edgeless (as in Case one) making it less effective in arresting such uncontrolled slides. Many ski tourers are using metal edged skis and learning how to 'telemark' (a method of turning on cross-country skis) out of slides. Case one unsuccessfully attempted to use his pole tips to stop his slide. Some skiers are using skis with attached hooks ('self arresters') on the handle for this purpose.

Clearly, the first skier erred by skiing alone, and was lucky to be saved by other skiers who happened to see him after his fall. If he had lost consciousness at the time of impact with the rock in the creek he may have drowned or later succumbed to asphyxia and hypothermia from wandering about in the mountains with limited visibility and a compromised airway.

It is difficult to see how the second skier could have avoided fatal injury, apart from, perhaps, more cautious trail selection and by carrying a lighter pack.

Cross country skiers planning to enter difficult terrain would be well advised to study the safety techniques of mountaineers for handling icy slopes (such as self arrest techniques and the use of ropes, crampons and ice axes). Members of many nordic ski associations are available to teach such skills.

*Eugene Sherry  
Antony Henderson*

## References

1. Sherry E, Asquith J. Nordic (cross-country) skiing injuries in Australia. *Med J Aust* 1987; 146: 245-246.

RASCAL INCORPORATED

ACCOMMODATION BOOKING FORM

All enquiries and applications should be forwarded to  
The Booking Officer  
RASCAL Incorporated  
PO BOX 25  
GARRAN ACT 2605

Telephone 824914

Block bookings \$160 per night and \$270 per two nights

	<u>WINTER TARIFF (per night)</u>	<u>SUMMER TARIFF</u>
	<u>FRI &amp; SAT</u> & all Public & School holidays	<u>SUN - THURS</u> excluding Public & School holidays
MEMBERS	14	12
CHILD OF MEMBER	9	7
NON-MEMBERS	20	18
CHILD OF NON-MEMBER	16	14

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
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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